

A. 學校簡介

琉球大學創立於 1950 年，是沖繩縣唯一的公立大學。校園坐落於沖繩本島中部的西原町與中城村的交界，具有豐富的生態環境，適合學習與研究。琉球大學設有人文社會部、教育學部、理學部、醫學部、工學部與農學部，涵蓋多領域學科，並以海洋、環境、亞熱帶農業與醫學研究見長。由於沖繩歷史上深受琉球文化與東亞地區影響，學校在國際交流方面也十分活躍，吸引許多來自亞洲各國的留學生。

B. 國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

琉球大學主要為交換生開設日語以及沖繩相關的課程，於正式選課之前，依據個人日語能力進行分班，再與老師商討選課建議。我這學期共選修了日語授課的中級日語課，以及英文授課的日本文化與沖繩文化。日語課一星期需上四天，同時涵蓋聽說讀寫等內容，透過每日作業練習增進文法、聽力與口說的能力。而日本文化則是由美國籍老師授課，透過討論文化差異與社會議題豐富同學的國際視野。不過我最推薦的課程是沖繩文化這堂課，除了能在課堂上學習沖繩方言、飲食文化、歷史、建築外，還安排了一學期三次的校外參訪。例如這學期參訪了拔河博物館、釀酒廠與古民家，透過實地走訪更深入的瞭解沖繩文化。此外，課堂上老師會隨機分組，讓日本學生和交換生能有共同交流的機會，提升彼此的文化理解與語言能力。

C. 國外研修之生活學習（課外）

由於沖繩獨特的歷史背景與地理位置，在留學期間我造訪了許多琉球王朝留下的歷史文化遺產，如首里城、勝連城跡、今歸仁城跡等等，感受沖繩悠久的歷史氛圍。此外，我利用閒暇時間去了周邊的離島，體驗不一樣的生活步調。我也參加許多當地的節慶活動，例如 10 月中旬正逢沖繩有名的那霸大綱挽祭，讓我充分體驗到沖繩人對傳統文化的熱愛與虔誠。而在新年時，我和朋友一起去神社參拜，親身體驗了日本的新年習俗。琉球大學也為留學生提供豐富的交流機會，像是學期初參加由校友會舉辦的 homestay，和當地的 home 媽一起去參觀博物館與品嚐傳統沖繩料理，深入體驗當地家庭文化。學校還設有由學生組成的語言交換社團，每月舉辦四場語言交流活動，分別是日語、英語、中文和西班牙語，讓日本學生和留學生可以相互學習、交流語言。除了校內活動，我也透過朋友參加在地的 NPO 舉辦的各種活動，例如日語教室、運動會以及料理體驗，這些經驗不僅讓我能與當地人互動，也幫助我提升日語口說能力與社交技巧，對我來說是很難忘的寶貴經驗。

D. 交換/研修之具體效益 (請條列式列舉)

1. 認識日本與琉球歷史與文化
2. 增進英日語能力
3. 結交外國朋友
4. 學習獨立生活

E. 海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題；如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？

留學時曾因手部拉傷前往骨科就診，由於日語程度有限，與醫生溝通時遇到了不少困難，讓我感到十分困擾。為了避免溝通不良，後來看診時，我會請日語較好的朋友陪同，幫忙說明具體情況，醫生也會輔以簡單英文解釋，確保雙方都能相互理解，這讓我安心不少。此外，我也發現國外健保

制度與台灣有所不同。雖然日本也有健保給付，但除了醫藥費之外，還需支付初診費，因此整體看診總花費相對較高。這次經驗讓我體會到身處異國時，語言能力的重要性，也讓我更珍惜台灣的醫療資源。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

沖繩的文化和台灣相近，最大的差異在於交通方面。日本的駕駛習慣和台灣不同，車輛會主動禮讓行人，沒有太多的機車亂竄，讓我感到既驚訝又安心。不過沖繩的大眾交通不太方便，公車會常常誤點，交通費也相對較高，對於沒有車的學生來說成了一大挑戰。因此熟悉環境之後，我和朋友一起租車自駕，改善交通方面的問題。

G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

留學讓我學習如何獨立生活，不僅需要妥善打理自己的生活起居，還需在遇到問題時，主動且有效率地尋找解決方案。此外，這段經歷也讓我的個性變得比較圓融。與來自不同文化背景的同學相處時，我會換位思考，試著理解與尊重彼此差異，讓我在人際交流上更加自信與開放。

H. 感想與建議

雖然這次交換只有短短一學期，但透過學校課程訓練與日常生活應用，我感受到自己的英文與日文能力提升了不少，也認識許多來自世界各地的朋友。而我認為沖繩是個很適合作為交換留學的地點，不僅擁有獨特的歷史文化與相對低廉的生活成本，琉球大學也給予許多資源，使留學生能以較少的開銷享受豐富的生活體驗，這段經歷對我而言是難能可貴的收穫。

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上
赴中國交換者免填英文心得

I went to The University of the Ryukyus in Okinawa, Japan as an exchange student for one semester. The University of the Ryukyus is the only public university in Okinawa. Located at the central and south of Okinawa, the campus is surrounded by a rich natural environment, making it an ideal place for learning and research. The university offers various faculties, including humanities, education, science, medicine,

engineering, and agriculture, with strengths in marine, environmental, subtropical agriculture, and medical research. Due to Okinawa's historical and cultural influences from the Ryukyu Kingdom and East Asia, the university is highly active in international exchange and attracts students from across Asia.

During my exchange semester, I took Japanese language courses and classes related to Okinawan culture. Before formal course selection, students were placed into appropriate levels based on their Japanese proficiency. I enrolled in an intermediate Japanese, a Japanese culture class taught in English, and an Okinawan culture course. The Japanese class met four times a week, covering listening, speaking, reading, and writing through daily assignments. The Japanese culture course, taught by an American professor, explored cultural differences and social issues, broadening our international perspectives. My favorite was the Okinawan culture course, where we learned about the Okinawan dialect, food, history, and architecture. The course also included three field trips, such as visits to the Tug-of-War Museum, a local distillery, and traditional Okinawan houses, offering an immersive cultural experience.

In my free time, I explored Okinawa's historical heritage, including Shuri Castle, Katsuren Castle Ruins, and Nakijin Castle Ruins. I also visited nearby islands to experience a slower-paced lifestyle. Attending local festivals, such as the Naha Giant Tug-of-War Festival, allowed me to witness Okinawans' deep appreciation for their traditions. During Japanese New Year, I visited a shrine and experienced Japanese customs firsthand. The university provided many exchange opportunities, including a homestay program where I visited museums and enjoyed traditional Okinawan cuisine with a local family. A student-run language exchange club held monthly events for Japanese, English, Chinese, and Spanish learners, facilitating cultural and linguistic exchange. Additionally, I participated in community activities organized by local NPOs, such as Japanese language classes, sports events, and cooking workshops, which improved my Japanese communication skills and allowed me to build relationships with locals.

On the other hand, I faced challenges during my stay. When I injured my hand and visited an orthopedic clinic, my limited Japanese made communication difficult. To resolve this, I later brought a Japanese-speaking friend to assist with explanations, and the doctor used simple English to help me understand. Additionally, I discovered that Japan's healthcare system differs from Taiwan's, requiring an initial consultation fee on top of medical costs. This experience made me appreciate Taiwan's healthcare system and reinforced the importance of language skills when living abroad. Cultural differences in transportation also stood out. In Okinawa, drivers yield to pedestrians, and traffic is more orderly compared to Taiwan. However, public transportation was inconvenient, with frequent bus delays and high fares. To address this, my friends and I eventually rented a car, making travel easier.

In conclusion, my exchange experience profoundly impacted my personal growth. I became more independent, learning to manage daily life and tackle challenges proactively. Interacting with students from different backgrounds also made me more open-minded and understanding of cultural differences. Although my exchange lasted only one semester, it was an invaluable experience. Okinawa's unique history, affordable cost of living, and the University of the Ryukyus' extensive support made it an ideal study abroad destination. This journey enriched my academic and personal life, leaving me with unforgettable memories.

