

A. 學校簡介

立命館大學是關西四大私立名校「關關同立」之一，主要有 3 個校區，分別為位於京都的本部「衣笠校區」、大阪的「茨木校區」以及滋賀縣的「琵琶湖草津校區」。

我的校區為「衣笠校區」，旁邊是山，位於高處，因此上學路皆為上坡，每天總能看到騎腳踏車的學生氣喘吁吁(包含我)。立命館大學距離市中心有一點距離，若要去市區往往都會搭公車，或是騎約 30 分鐘的腳大車；然而也因為並非位於鬧區，學校周圍反而多了一股清幽的氛圍。

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

我在立命館交換計畫(SKIP 計畫)中選擇 IJL program，也就是專門學習日文的系列課程，會透過能力測驗分班並由學校安排課表。由於先前我只有五十音跟自我介紹的程度，因此被分配到 level 1 的班級(一共有 level1~8)，幾乎每班都不超過 7 個學生，屬於小班制教學。課程內容十分扎實，但考試與作業也不少，周一到周五也都要上課，如果選擇這系列課程的人要有花不少時間在課業上，但確實對於日文能力有很大的幫助。受益最多的是綜合課(Japanese Comprehensive)，能學習到 N5~N4 程度的文法並練習運用。

C. 國外研修之生活學習 (課外)

京都有許多神社與景點，幾乎每周都會安排出門走走。此外，由於班上同學的來自歐美國家，一學期下來英文口說也進步不少。學校也有語言交換計畫可以申請語伴，這學期申請了日文跟英文的語伴，但能不能長期維持語言交換的關係就很看運氣。

D. 交換/研修之具體效益 (請條列式列舉)

1. 日文進步
 2. 英文進步
 3. 開闊國際視野
 4. 結交各國人脈
 5. 變得更獨立，也更善於社交
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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？

因為英文跟日文沒有到非常好，所以有時候跟同學講話會有點有壓力，有段時間會特別不喜歡和人講話。後來逐漸調適心態，也發現同學其實也都對我很包容友好，於是慢慢重建自信心，才恢復正常社交狀態~ 此外，雖然在日本有不少朋友，但有時候大家時間很難湊在一起，或想去的地方不見得朋友想去，很多時候還是以自己一個人吃飯、出去玩為主，偶爾會覺得有點寂寞，但並非每個人經歷都是如此，也有每天許多社交的同學。

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？

目前沒有遇到特別大的文化衝擊，反而覺得京都到處都能看到外國人

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？

變得更敢於使用英文和日文與人交流，也結交許多國外的好朋友！

H. 感想與建議

第一次來日本，在不會講日文的情況下就來當交換學生，甚至以前也沒有國外自由行的經驗，對我來說是非常挑戰的事情。靠著親朋好友幫忙做功課，隻身來到嚮往已久的京都讀書，從一開始非常緊張不安，到現在已經完全適應這裡的生活，不僅

走遍京都神社、結交來自世界各地的朋友、學會煮飯，也已經能用簡單的日文與人溝通，這些都是我寶貴的收穫。

立命館有三間宿舍可填志願，我被分配到裝修最新的大將軍宿舍，優點是離學校近、生活機能好，缺點是沒有獨立衛浴、不能申請巴士通學證(Bus Pass)、因人太多彼此不熟。

不過在日本交換很難像歐洲的同學可以常常去各地旅行，尤其是日文學習課程的 Program 幾乎考試作業都不少，要花時間讀書，但真的能進步許多！而京都這個城市跟東京、大阪比起來較慢步調、氛圍悠閒，較沒夜生活，但喜歡神社寺院以及自然風景的真的十分推薦來這裡交換，四季絕對都有許多令人驚豔的景色存在。

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

A. University Overview

Ritsumeikan University is a private university located in northern Kyoto, near the famous Kinkaku-ji Temple. The campus is situated on a hill surrounded by mountains, making the daily commute an uphill challenge—something that's evident from the sight of students, including myself, struggling on their bicycles. The university is a bit far from downtown Kyoto, requiring either a bus ride or a 30-minute bike ride to reach the city center. However, its location away from the bustling city creates a serene and peaceful environment.

B. Academic Experience

I participated in the SKP program under the IJL track, which focuses on Japanese language learning. As a beginner, I was placed in Level 1 (out of 6 levels), with small class sizes of fewer than seven students per class. The coursework was intensive, with frequent exams and assignments, requiring a significant time investment. However, it greatly improved my Japanese language skills.

C. Extracurricular Experience

Kyoto is home to numerous shrines and attractions, so I made it a habit to explore the city every weekend. Additionally, since most of my classmates were from Western countries, my English-speaking skills also improved over the semester. The university offers a language exchange program where I paired with partners to practice Japanese and English. The success of maintaining these language exchanges largely depended on personal dynamics.

D. Benefits of the Exchange Program

1. Improved Japanese skills
2. Enhanced English proficiency
3. Broadened international perspective
4. Built a global network
5. Became more independent and socially adept

E. Challenges and Solutions

Initially, I felt pressure communicating with classmates due to my limited English and Japanese skills, which led to avoiding conversations. Over time, I adjusted my mindset and realized my peers were supportive and friendly, gradually regaining confidence in social interactions. Although I often explored or dined alone due to scheduling conflicts or differing interests with friends, this also helped me grow more independent.

F. Cultural Adaptation

I didn't experience significant culture shock; instead, I noticed Kyoto's cosmopolitan atmosphere with

foreigners everywhere.

G. Personal Growth

I became more confident in using English and Japanese to communicate and made meaningful friendships with people from around the world.

H. Reflections and Suggestions

Studying abroad in Japan, without prior Japanese language skills or solo travel experience, was a big challenge for me. With the help of family and friends during preparation, I arrived in Kyoto, a city I had long dreamed of visiting. Over time, I adapted to life here, explored Kyoto's shrines, made international friends, learned to cook, and became capable of basic Japanese communication—priceless achievements.

However, unlike European students who frequently travel during exchanges, studying under a Japanese language program is academically demanding, with numerous assignments and exams. Despite the workload, the progress is well worth the effort!