

A. 學校簡介

法政大學位在東京的市中心，在日本是一所歷史悠久的學校，擁有一流的教學設備以及環境，是一個非常適合讀書與學習的地方，另外，法政大學也是一所國際化的學校，擁有許多英文授課的課程，以及外籍生、交換生，整體而言校園氣氛非常活潑熱絡，同學也都很友善。

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

我最喜歡的是日文課程中，鴻野豐子老師所開設的「日本文化體驗」課程。鴻野老師是一個非常友善而且熱情的老師，總是會在上課前和我們聊天、分享我們這週的趣事，在老師面前我能夠用日文很輕鬆自在的表達自己想說的話，不會感到任何壓力。課程內容包含：茶道體驗、書道體驗、防災館體驗、日本傳統玩具以及食物的分享....等。老師每週會帶領我們不同的主題，並且讓我們透過製作簡報以及報告的方式，分享自己所學習到的事情，除此之外，我也透過了同學們的分享瞭解到了更多日本文化不同的面向，十分有趣。這堂課也大大提升了我日文口說以及撰寫作文的能力，可以說是受用無窮。

C. 國外研修之生活學習（課外）

在日本交換的期間，我每週都會利用課餘時間在東京四處走走逛逛，在這五個月內幾乎把東京所有地方，知名觀光景點，以及一些比較小眾只有日本人會去的景點，進行深度的探訪。其實打從來日本第一天剛落地開始，我就都使用日文和店員、車站人員進行溝通，而越到後來，我也幾乎都能夠聽懂店員在跟我說什麼，並且也能夠根據當時的情況和店員溝通（例如少給餐點等），以解決我的問題。另外，我也對於東京的地鐵以及該如何轉程十分地得心應手，日本的交通以及一些旅遊該注意的事情我也了解了很多，未來當我再度回到日本旅遊時，這些都是我可以派上用場的能力。

D. 交換/研修之具體效益 (請條列式列舉)

1. 增進日文能力
2. 學會規劃好每一件事
3. 增進國際視野，了解不同文化
4. 增進英文會話與表達能力

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？

否

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？

日本的學生大部分都是搭電車通勤上學的，對他們來說通勤一個小時都算是正常的，但我一開始很不能適應，覺得學校離宿舍好遠、要提早一個小時出門很麻煩。另外，日本上下班期間尖峰時段的電車非常地擠，時常會覺得呼吸不到新鮮空氣或是快要站不穩，我只能盡量避開尖峰時段出門，或是避開在人潮多的站上車，減少遇到滿員電車的狀況。

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？

我認為最大的成長是學會和自己獨處，了解到很多事情自己一個人也能夠完成，甚至在自己一個人時更能夠靜下心來解決問題，因此不需要害怕只有自己一個人，要相信自己可以做到，還能夠做得很好！

H. 感想與建議

我認為法政大學是一所給交換生的自由度很高的學校，除了國際處所提供的活動以及基本修課門檻外，他們不會干預太多學生的事，因此交換生要懂的去尋找資源或者是安排規劃。另外，台灣的交換生也可以善用 G Lounge，他幾乎每天都會有美國的老師在那邊和我們用英文聊天、

幫我們修正文法的錯誤，我覺得老師非常有趣！他時常和我們分享一些道地的美國用法，在那裡也可以和其他想增進英文口說的日本同學聊天，我覺得是一個非常好的資源！

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

Hosei University, located in the central of Tokyo, is one of Japan's most historic institutions, offering state-of-the-art facilities and an excellent learning environment. It provides an ideal place for studying and personal growth. Moreover, Hosei University is highly internationalized, featuring numerous courses taught in English and a diverse mix of international and exchange students. The campus atmosphere is vibrant and dynamic, and the students are genuinely friendly and welcoming.

During my exchange period, my favorite course was the Japanese language class titled "Japanese Culture Experience." The instructor was an incredibly kind and enthusiastic teacher who always started the class by chatting with us and sharing interesting stories from the past week. Thanks to this relaxed environment, I could confidently express myself in Japanese without feeling any pressure. The course covered various topics such as tea ceremony experiences, calligraphy workshops, disaster prevention center visits, traditional Japanese toys, and food sharing. Each week, the instructor introduced a new theme, encouraging us to learn through creating presentations and delivering reports on what we had explored. Additionally, my classmates' presentations allowed me to gain new insights into Japanese culture from different perspectives, making the course highly engaging. This class significantly improved my Japanese speaking and writing skills, leaving a lasting positive impact on my language abilities.

During my time in Japan, I made it a point to explore Tokyo in my free time, visiting almost every part of the city over five months. From famous tourist attractions to lesser-known spots frequented only by locals, I delved deep into Tokyo's unique offerings. From my very first day in Japan, I started using Japanese to communicate with shop staff and station employees. Over time, I became proficient at understanding and responding to conversations with store clerks, even in situations requiring problem-solving. I also became adept at navigating Tokyo's intricate subway system and switching between lines efficiently.

Over these five months, I feel that my Japanese skills have improved tremendously. Before coming to Japan, I had passed the N3 level of the Japanese Language Proficiency Test, but my abilities were largely self-taught, and I lacked confidence in speaking. Living in Japan and attending the Japanese language courses provided by the university greatly accelerated my progress. Now, I can comfortably spend an entire day speaking only Japanese with my friends and read Japanese articles directly. Furthermore, I learned to plan everything meticulously. With only a few months for this exchange program, I carefully thought through how to maximize this limited time and identified the goals I wanted to achieve. I organized my plans systematically, enabling me to handle unexpected situations effectively and adjust quickly when needed.

Regarding daily life, one of the biggest differences I noticed between Taiwan and Japan was the commuting habits of students. In Japan, it is common for students to commute an hour or more to school, which initially felt inconvenient for me. I struggled to adjust to the long travel times and found it bothersome to leave an hour early for class. Additionally, the trains during rush

hours in Tokyo were extremely crowded, often leaving me struggling to find fresh air or maintain my balance. To avoid these challenges, I started planning my trips outside of peak hours or boarding trains at less crowded stations to minimize the likelihood of encountering packed cars.

I believe Hosei University offers exchange students a great deal of freedom. Beyond the activities and basic course requirements provided by the international office, the university does not overly interfere in students' affairs. This means exchange students must actively seek out resources and make their own plans. Taiwanese exchange students can take advantage of the G Lounge, where American instructors are available daily to chat in English and help correct grammar errors. These teachers were incredibly engaging, often sharing authentic American expressions with us. The lounge also provided an excellent space to converse with Japanese students eager to improve their English-speaking skills. I found it to be a fantastic resource!