

A. 學校簡介

新潟大學位於新潟市內，有兩個校區，主校區位於五十嵐地區，靠近日本海。校園環境寬敞，綠意盎然，非常適合學習與生活。然而，學校並不位於市中心，交通相對不算便利，從最近的車站搭乘電車到新潟站大約需要 21 分鐘，且班次間隔約 20 分鐘。如果要前往縣外旅遊，交通成本與時間都需要事先考量。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

在交換期間，我受益最多且最喜歡的一門課是「日本で働く」。這門課程介紹日本就職活動的流程與規範，並教授實用的敬語表達及職場禮儀。我學會了如何撰寫履歷書、進行面試應答，並且透過課堂模擬，了解在日本職場中需要具備的態度與技能。課程還引導學生思考自己的職業適性，幫助我更清楚未來是否適合在日本發展。若對日本就業感興趣，我非常推薦這門課；但如果明確不打算在日本工作，修讀此課可能會覺得投入感不足，因為課堂作業多以假設自己要在日本工作為前提。

C. 國外研修之生活學習 (課外)

在新潟的生活讓我體驗了與台灣完全不同的步調。新潟位於日本中部，雖然地理位置讓前往東北、北陸及關東變得相對便利，但實際上並非所有新幹線都能直達各地。上越新幹線僅連接新潟與東京，並未與北陸或東北新幹線串聯，若要換乘需至大宮站轉車，費用相對高昂。若選擇搭乘高速巴士雖能節省費用，但所需時間更長，因此在安排行程時必須考慮交通方式。

此外，新潟縣內仍有部分車站無法使用 Suica 卡，我曾因搭乘至這類車站而無法出站，最後透過站內電話聯繫鄰站站長，由站務員協助補票才解決問題。這讓我深刻體會，若計畫前往非熱門觀光地，具備一定程度的日語能力相當重要，否則處理突發狀況會十分困難。

飲食方面，日本外食價格高且蔬菜種類有限，因此我幾乎三餐都自己煮。所幸新潟有許多大型超市，商品豐富，採買過程也很有趣。除了蔬果與米以外，其他物價並未比台灣高，甚至讓我覺得以台灣薪資來

說，台灣的物價並不低。

雖然我此次交換在春季，未親身體驗新潟的嚴冬，但從秋季來的交換生分享得知，新潟的雪量驚人且持續時間長，甚至可能造成電車停駛並改為線上上課，生活不便之處不少。此外，乾冷的氣候會導致皮膚乾裂，需特別注意保濕。我原本因《雪國》而嚮往新潟，但現在慶幸沒有經歷當地的漫長冬季，若只是想看雪，短期旅行或許更合適。

D. 交換/研修之具體效益（請條列式列舉）

- 日語能力提升，尤其是應對實際生活問題與職場禮儀。
- 學會規劃預算與採買，提升自理與烹飪能力。
- 獨立生活，培養時間管理與解決問題的能力。
- 更深入了解日本社會文化與地方生活樣貌。
- 擴展國際視野，反思未來職涯發展方向。

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？

最大的困境是交通問題，例如在偏遠車站因無法使用 Suica 卡而被卡住。我透過站內電話聯絡站長，並依指示回到指定車站補票，才順利解決。這件事讓我體會到，出發前必須先確認目的地的交通資訊，並具備足夠的語言能力應對。

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？

因為事前已有許多耳聞，所以沒有什麼文化衝擊，但仍有一些觀察。例如，日本學生在課堂上能積極交流，但課後遇見時可能不會主動互動，有時甚至避開眼神接觸。起初我覺得不習慣，但後來理解這是日本文化的一部分。

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？

這次交換經驗讓我更清楚自己的生活偏好，也學會如何享受與自己相處的時光。我在台灣時習慣熱

鬧的社交氛圍，但在日本，我體驗到安靜與秩序，並意識到自己其實更喜歡平靜的環境。此外，我也提升了獨立生活與解決問題的能力，並在語言運用上更加自信，這是我認為最大的成長。

H. 感想與建議

來到日本後，我更加深刻體會到這裡的環境是如此安靜而美好。此外，無論是日常生活還是與人交流，我都認為若想在日本鄉下生活，具備一定程度的日語能力會更好。

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

Niigata is located in the Chubu region of Japan, which makes it relatively convenient to travel to Tohoku, Hokuriku, and Kanto. However, before coming here, my friend imagined that traveling around Japan by Shinkansen from Niigata would be easy, but it was not exactly the case. The Joetsu Shinkansen only connects Niigata to Tokyo, and it is not directly linked to the Hokuriku or Tohoku Shinkansen lines. If you want to transfer to those lines, you need to change trains at Omiya Station, which is quite expensive. Taking a highway bus is a cheaper option, but it takes much more time. This is something I think students should know before coming.

The campus of Niigata University is not located in the city center. The nearest station to the university is about a 21-minute train ride from Niigata Station, and trains come every 20 minutes or so. This means traveling to distant places for sightseeing can be a bit inconvenient. Another thing I experienced is that some stations in Niigata do not accept IC cards like Suica. One time, I got off at a station that didn't allow IC card exits, so I had to use the station phone to contact the staff at a nearby station. They told me to return to a specific station and pay for my ticket there. Without Japanese language skills, this situation would have been very difficult to handle. Therefore, if you plan to travel to non-touristy places, a certain level of Japanese ability is

necessary.

Although I came in the spring semester and didn't experience winter myself, many students who came in the fall told me that Niigata winters are extremely snowy and sometimes inconvenient. There were cases where trains stopped due to heavy snow, and some classes moved online. The dry and cold weather could even cause skin problems. I originally chose Niigata because of its connection to the novel Snow Country, but now I feel glad I didn't have to live through the winter. If you want to see the snow, maybe a short trip is enough.

One cultural difference I noticed is how common it is for people in Japan to travel alone, even in rural areas. This helped me enjoy spending time by myself more. In Taiwan, social activities are lively and frequent, which sometimes leads to unnecessary socializing. After living in Japan, I realized I prefer a quiet and peaceful environment. However, I also felt that Japanese people are more reserved compared to Taiwanese. For example, classmates who were very friendly during discussions sometimes avoided eye contact after class. At first, this felt strange, but I came to understand that it is part of the culture and learned not to take it personally.

Living expenses were another difference. Eating out in Japan is expensive and vegetables are not as abundant, so I cooked most of my meals. Fortunately, there are many big supermarkets with a wide variety of products, which made grocery shopping enjoyable. Except for fruits, vegetables, and rice, most items were not much more expensive than in Taiwan.

As for classes, the most impressive one I took was 日本で働く. In this course, I learned about Japanese job-hunting customs, useful expressions, and workplace etiquette. It also helped me think about what kind of job I might be suitable for in Japan. If you are considering working in

Japan in the future, I strongly recommend this class. However, if you are sure you do not want to work in Japan, it might feel a bit difficult because the course requires imagining yourself as a future job seeker in Japan.

In terms of cultural differences, since I had some prior knowledge, the actual impact was not very strong. However, being here allowed me to deeply appreciate how quiet and beautiful the environment in Japan is. In addition, whether for daily life or interacting with others, I believe that having a certain level of Japanese language ability is important if one wants to live in rural areas of Japan.