

報告

這一次的交換留學使我認識到一個完全不同於台灣的環境，生活中的食衣住行都必須使用自己平常很少使用的語言進行交流，因此我學會如何盡量使用肢體語言以及增強自己本身的外語能力。從第一次食堂點餐的手忙腳亂到應對自如，其中陪我練習的研究室同學還有其他一起去新大留學的台灣朋友都給了我很大的幫助。

另外我和研究室的朋友也一起互相學習中文與日文，我教他中文而他教我日文，由此他成功考過台灣華語檢定 TOCFL 的入門基礎級。

期末考結束時我和研究室的朋友們一起去沙灘淨灘與烤肉，新潟的海灘即使是在夏天也不會太炎熱，也多虧日本人自覺的環境意識，沙灘本身並沒有太多垃圾。

由於新潟大學不在都市圈中，因此外食的選擇較少，我自己也藉此學習一些料理技巧。從一開始的只有主食到漸漸地能有兩三道配菜，學會怎麼搭配食材都是令人難忘的。之後慢慢學習看各種食譜，學習怎麼挑選適合的蔬菜，漸漸地能給自己烹飪一餐。

新潟縣著名的其中一個特產便是日本酒，因此新潟大學便有一個特色課程叫做日本酒學，為了學習當地特色因此我也有修習這門課。其中在課程結束時的假期，有一個體驗活動能夠讓我們實際參訪日本酒工廠，能夠親眼看到稻米從原米到精米再到米麴最後成功釀造出來的過程令我十分感動。

另外在今年初，日本新潟縣與石川縣發生了非常嚴重的地震，我在新潟大學附近的名宅也能看到毀損的建築物，台灣與日本都時常遭受天災的危害，因此我們需要互相學習該如何處理應對這些災難。台灣花蓮在今年春天也發生一場非常嚴重的地震，因此在便利商店或是公共場所有時也能看到支援台灣的募款箱。這些都讓我體會到發生災難時勢必要互相幫助。

由於暑假期間有較多自由時間，因此我計畫了一場橫跨半個日本的環島之旅，旅途中見識了許多日本的歷史風土名情，住在青年旅舍時也認識了許多外國或日本朋友，每個人的人身經歷背景都不同，會來到日本或是開始旅途的原因也都不盡相同，了解這些人的經歷對我來說是一個非常難能可貴的體驗。

對於整趟日本交換留學我學到的東西真的非常多，也感謝對我非常親切的老師及同學們還有學生協會的工作人員，如果沒有這些善良的人們的幫助恐怕我也很難如此快速融入到這個新環境。初次體驗一個全新的生活真的會面臨許多挑戰如:自己去新辦手機門號、處理保險與稅金事宜、學會搭乘當地的交通工具、在商店找尋自己需要的物品、適應接近 0 度的氣溫等等。但我很慶幸自己能夠面對這些挑戰，正是因為這些經驗我才能夠慢慢成長為不懼怕困難的人。

英文報告

My exchange program in Japan helped me experience a very different life compared to Taiwan. In daily life, I had to use a foreign language that I was not very good at. This made me learn how to use body language and improve my language skills. I remember feeling very nervous when ordering food in the school cafeteria for the first time. Luckily, my lab classmates and Taiwanese friends helped me a lot. With their support, I slowly got used to life in Japan.

In the lab, I also exchanged languages with a Japanese friend. I taught him Chinese, and he taught me Japanese. After practicing together, he passed the basic level of the TOCFL Chinese test, which made both of us happy.

After the final exams, my lab friends and I went to the beach to clean up trash and have a barbecue. Even in the summer, the beach in Niigata was not too hot. Thanks to Japanese people's good habits, there wasn't much trash on the beach.

Niigata University is not in a big city, so there were not many restaurants nearby. Because of this, I started learning how to cook. At first, I could only make simple meals with rice or noodles. Later, I learned how to cook vegetables and other side dishes. I also learned how to read recipes and choose good vegetables. Cooking for myself became a fun and useful skill.

Niigata is famous for Japanese sake (rice wine). The university even has a special class about sake. I joined this class to learn more about the local culture. During the break, we visited a sake factory. I saw how rice is changed step by step into sake. It was very special to see the process in person.

At the beginning of the year, there was a big earthquake in Niigata and Ishikawa. Some houses near my dorm were damaged. Taiwan also has many earthquakes, so I understand how scary they can be. After another big earthquake happened in Hualien, Taiwan, I saw donation boxes in Japanese stores for Taiwan. This made me feel that people from different places can help each other during hard times.

During the summer vacation, I planned a trip across many parts of Japan. I visited historical places and stayed in youth hostels. I met many people from Japan and other countries. Everyone had different stories and reasons for traveling. Talking with them helped me learn more about the world.

This exchange experience taught me many things. I am very thankful to the kind teachers, classmates, and staff who helped me. At the beginning, living alone was hard. I had to set up a phone plan, learn how to use the bus, find things in stores, and deal with insurance and cold weather. But I am proud that I did it. These challenges helped me grow and become stronger.