

學校簡介

三重大學位在三重縣的津市，主要由人文學部、教育學部、醫學部、工學部、生物資源學部組成，校內即有附設醫院，也常可見到實驗田以及飼養的生物。

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

因為我申請交換當時的日文級別只有N4，所以最終是以三重大學的國際交流中心所屬的特別聽講生身分進行交換。

不論以何種身分交換，最初都要先接受日語能力測驗以進行分級，之後則視被分配到的級別選課。若為中級2以上則幾乎無限制，以下則只能選國際交流中心的特定課程（主要是日文課）、人文學部的課及其他指定課程。雖然看起來處處受限，但其實老師們都很歡迎大家去上課，所以只要是有興趣的課程都能去嘗試，不僅是日文課，其他學部的課程亦然。

而我除了日文課之外，另外上的課程還有醫學醫療，學生幾乎都是來自各個學部的日本人，由多位老師共同授課並介紹醫療的相關照護、病人會有的狀態及相應處置等等內容，老師有時也會讓學生們發言，並思考自身專業可以提供什麼幫助，除了能以日本角度了解醫療現況，也能從其他日本學生的發言中學到不同觀點及回答方式。

國外研修之生活學習（課外）

在學期初會舉辦社團博覽會，可以去參觀了解甚至體驗各個社團會進行怎樣的活動，初期各社團也會舉行一連串迎新的體驗活動，我也因此加入了幾個社團，並有了許多新奇體驗。其中還有個社團會專門舉辦跟外國留學生交流的活動，大家也可以藉此與來自各個國家的人互動。

校方偶爾也會發起一些活動或者小旅行讓留學生們參與，讓大家體驗日本相關文化，也更認識自己所居住的環境。

此外，在各個宿舍會有日本學生作為RA(Resident Assistant)負責協助住在宿舍的留學生們。在我來的這學期就有RA會自己發起一些小活動，也整理祭典的相關資訊，讓大家一起玩桌遊、吃點心、逛祭典……

交換/研修之具體效益（請條列式列舉）

1. 日文能力提升

雖然也不能稱我的日文說得有多流利，但相比最初被認為不太會講日文的時候，現在我可以用日文跟各國的大家交流彼此國家的文化、相約出遊、分享生活大小事，甚至討論未來等等，也可以更清楚地問出課業上的問題，至店家或一些機關辦理事務時也更知曉該如何做出應答。也由於生活在日本，會實際與日本人接觸，我也在談話中學到不少過去無法從教科書上習得的各種日文用法。

2. 生活經驗增加

從自己申辦手機門號（我是自己去實體店家辦理的）到至市役所詢問疫苗事宜；因為初來乍到，一切的生活必需品都須親自添購；大部分的家務也須由自己一手包辦；在顧及生活開銷的同時也要確保不會影響正常生活——過去種種有家人朋友協助陪伴的事情都由自己獨力完成，所學會、能獨自面對、處理的事情也更多了。

3. 眼界更開闊

因為遇見了來自各方的人們，實際相處過後才更加知道自己的渺小，這是沒有親身體會過就無法獲得的感悟。

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?

我覺得我遇到的事情都不至於說是困境，若真的有問題可以上網搜尋其他人的解決辦法，或勇敢徵詢他人的意見想法都是很好的解決方式。

此外，在日本很可能會遇到只承認特定信用卡支付的情形，大家若有需要可以準備多家信用卡預備使用；在這附近搭的電車常有分普通、急行、特急等，其中特急需要另外購買特急券才能搭乘，雖然可以上車後另外補票，但大家還是要多加注意所搭乘的是何種列車。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

基本上我所遇到的文化差異都是想像得到且在接受範圍內的，所以還算適應得不錯。但可能因為受文化影響，我曾遇過幾次日本人在問話或回答，抑或僅是為了傳達某句話的前提，經常讓人感到曖昧模糊，不知道對方的意思是正面或負面，此時只能多向對方確認幾次、揣摩對方當下的心態，或自己盡量擷取最為重要的部分了。

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?

如上所述，正因此次出去交換我遇見了形形色色的人們，經歷了過往不曾有過的體會，在自己與他人相處、觀察別人之間交流的過程裡，我更深刻地感受到不該將自己封閉於自己設下的小圈圈裡；不應自己先行下註解，而錯過親自接觸瞭解的機會；也因見證了其他人對於日本的熱愛，也讓我反思自己到底想要的是什麼，並為其努力。

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

我認為有獎學金的支持還是對交換生活提供了一定程度的幫助，雖然光是基本固定開銷就佔了一大部分，但仍能減輕不少負擔。在考慮是否要出國交換時，我有把獎學金也納進考量因素才決定前來交換的。

感言及心得感想

我想謝謝中山大學、三重大學、家人、朋友以及各位相關人員的協助與支持，我這次才能順利來到日本交換。其實原先我考日檢完全不是為了出國交換而準備，所以想跟有看到這裡的大家說：無論未來是否有出國交換的打算、是否有其他想完成的目標，就算現在看似再不相關的事情，若自己有興趣或有意願，都可以讓自己先準備好，變成隨時都可以是已經準備好了的狀態以迎接每個機會。當然如果是早早就確立目標的人，也希望你們都能及早準備好自己、把握任何能接收的資源並勇敢前行。

另外，雖然不確定其他人的情況是如何，但大家來這裡都可以申請一位tutor，在中文裡比較像是語伴。當初因為看了之前學生心得中有提到，所以我有先寄信給我的指導教師申請，有些人也是後來得知才趕在期限前申請的，若大家有意願也可以先向自己的指導教師確認。有任何課業方面的問題都可以詢問tutor，但也可以像朋友一樣，一同參加活動或出遊。

最後我想說：不管日文好不好大家都可以勇敢開口、與別人對話，不需要因為擔心自己是否文法或發音錯誤而不敢說話，無論用哪種語言、只講零星單字也好，因為也正因自己對他們而言是外國人，大多數的人都會試圖理解彼此究竟想表達什麼，並盡量以彼此都能懂的方式回應，所以不需要懼怕，儘管從中學習即可。

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)

Mie University is located in Tsu City, Mie Prefecture. It is mainly composed of the Faculty of Humanities, Faculty of Education, Faculty of Medicine, Faculty of Engineering, and Faculty of Bioresources.

Since my Japanese level was only N4 when I applied for the exchange, I ended up being a special school auditor of the Center for International Education and Research (CIER) in Mie University. Regardless of the status of your exchange, you must first take a Japanese language proficiency test for grading, and then select courses depending on the level you are assigned to. There are almost no restrictions if you are at the intermediate level 2 or above, and you can only choose specific courses of the CIER, of the Department of Humanities, or other designated courses. Although it seems to be restricted everywhere, the teachers actually welcome everyone to take classes, so you can try any courses you are interested in, not only Japanese courses but also courses from other departments.

At the beginning of the semester, there will be a club exposition, where you can visit to learn about and even experience what kind of activities each club will carry out. In the initial stage, each club will also hold a series of welcome activities. Therefore, I joined several clubs and had many experiences there. There is also a club that organizes activities with local and foreign students, and you can also participate in these events to interact with people from various countries. Occasionally, the school will launch some activities or small trips for international students to take part in, so that everyone can experience related Japanese culture and learn more about the environment where they live. In addition, there will be Japanese students in each dormitory as RAs (Resident Assistants) to assist the international students living in the dormitory. During the semester when I lived here, RAs would organize some small activities by themselves, and also organize relevant information about the festival, so that everyone could attend some activities like playing board games, eating snacks, joining the festival together, and so on.

Besides, I learned a lot from the exchange period as below:

1. Japanese ability improvement

Although I can't say how fluent I am in Japanese, compared to when I was thought to be unable to speak Japanese at first, now I can use Japanese to communicate with people from other countries about the culture of each other's country, and even discuss our future. I can also ask questions about schoolwork more clearly, and know how to respond when going to a store or some institutions to handle affairs. Also, because I lived in Japan and had actual contact with Japanese, I learned a lot of various Japanese usages that I could not learn from textbooks in the past.

2. Increased life experience

Because I was new here, I had to purchase all the necessities in person and had to do most of the housework by myself, and so on. All of those were done by myself.

3. Broader horizons

Because I met people from all over the world, and after getting along with them, I became more aware of my own insignificance. This is an insight that cannot be obtained without personal experience.

Thanks to Sun Yat-Sen University, Mie University, my family, my friends, and all the relevant personnel for their assistance and support, which made it possible for me to come to Japan for exchange this time. In fact, I did not prepare for the JLPT for going abroad at all, so I want to tell everyone who has seen this: No matter whether there is any plan to go abroad for exchange in the future, whether there are other goals that you want to achieve, even if it seems irrelevant now, if you are interested or willing to, you can make yourself ready first, and become ready at any time to meet every opportunity. Of course, if you are a person who has set your goal, I hope that you can prepare yourself early, grasp any resources you can receive, and move forward bravely.

In addition, although I am not sure about the situation of other people, everyone of you can apply for a tutor when you come here. Because it was mentioned in the previous student experience, I sent a letter to my instructor to apply for one. You can also confirm with your instructor first. You can ask your tutor any

academic questions, and you can also participate in activities or travel together like friends. Finally, I would like to say: no matter what the level of your Japanese is, you can talk bravely and have a conversation with others. You don't need to be afraid to talk with others because you are a foreigner to them, most people will try their best to understand what you want to express, and try to respond in an appropriate way that you can understand easily, so there is no need to be afraid, just learn from it.