

愛媛大學交換心得報告

愛媛縣愛媛大學位於愛媛縣松山市中心，為國立大學，通學路交通便利且松山市有市內環狀電車，可搭乘電車到校，亦可騎自行車上。愛媛大學的學生基本都是騎自行車通勤，因此校內有多處腳踏車停放處。校內分為多個學部，本次交換經驗就讀社會共創學部，另修習國際聯攜處（國際處）的日本語言課程。

我認為本學期交換經驗中，受益良多的課程是社會共創學部的地域居住文化課，這門課講述了愛媛縣從古自今各區域的發展史、特色以及現今發展，幫助我更了解愛媛的生活。除此之外，愛媛大學也安排了許多課外課程，例如防災、消防體驗，讓留學生們能夠了解在日本遇危機時刻如何自救與逃生；松山市內 MIC 中心也安排了許多給留學生、境外人士的活動，如茶道、日本佛教文化體驗、松山短期寄宿家庭，平時與寄宿家庭出遊，瀏覽愛媛縣內的各個觀光名勝之處。

在交換期間除了修習校內課程，另執行本校全球移動實踐人才計畫，前往愛媛縣內子町進行探訪。在內子町我參與了當地特有的祭典活動，並且記錄籌備與當日過程，本計畫的成果發表亦在內子町遊客中心二樓以特別短期展覽形式展出，此經驗也將做為論文研究資料使用。

在海外生活期間，最困擾的莫過於金錢（現金使用）。雖目前多使用信用卡及線上付款、虛擬交易，但是有些飲食店還是得使用現金付款，又或者學校食堂因 ip 地址、學生身份等無法使用特定 APP 交易，就得以現金付費。因此若遇現金不夠之時，就需要換鈔。所幸一齊來日交換的台灣朋友們相互支援，免於現金不足的困擾。在此建議若赴日或者其他國家交換的同學，請務必開啟信用卡國外提現的功能，或帶一些台幣現金，以供不時之需，可在當地換幣使用。

而在日本受到最大的文化衝擊，我想應該是垃圾的分類了！每個縣市針對垃圾分類的規定不同，包括每天資源垃圾的回收、垃圾袋顏色都依照規定而不同，各項產品不同部分也得額外分類。舉例來說，寶特瓶的瓶蓋和瓶外塑膠包裝分類相同，但是瓶身卻與前兩者分類不同；便當盒子包膜與本體的分類也不同，在台灣我們或許大概分類塑膠和一般垃圾，但日本卻是十分的「講究」，若赴日前往交換的同學，學校也會在第一天就向同學們說明，可見其重要性。

在愛媛的這四個月，因為當地生活步調與天氣和台灣大不相同，屬實讓我的習慣有了些微的改變，例如能夠享受城市中的慢生活，體驗每天到超市撿便宜的興奮感以及天天下廚的驚喜感（因為不好吃），我最享受的過程是把好吃的原型食物變成難吃的恐怖料理，這些都是在這裡很新奇的體驗。尤其日本也有許多台灣沒有的蔬菜，吃起來的食感十分有趣。

日本人在料理上也獨具匠心，每一道菜都能夠體驗到日本人的精神，以及他們長年累計的飲食習慣。如果說在台灣是大快朵頤的美食天堂，在日本就是恬靜的蔬食慢步調。我特別喜愛日本的小菜，每一鉢小菜都有著被賦予的符號意義，豆腐拌菠菜（ほうれん草の白和え）是一道常見的涼拌小菜，體現了繁忙的日常卻又注重營養與健康的日本料理精神；炊飯（炊き込みご飯）也是一道簡易料理，其中包含了許多食材，雞肉、鮭魚和菇類為常見，將美味、營養、簡單化為一鍋，我認為也是化繁為簡的精神之一。這樣的「化繁為簡」又讓我想起近年來引起討論的「侘寂」（也不曉得我的連結是否正確）不過細細回想這四個月帶給我最大的變化，也許就和料理一樣，化繁為簡，也如同成語所說的大事化小、小事化無這樣的心態吧！

Exchange Experience at Ehime University

During my four-month exchange at Ehime University in Matsuyama City, Ehime Prefecture, I experienced both academic growth and personal transformation. Ehime University is a national university located in the city center, with convenient transportation such as the circular tram system. Most students commute by bicycle, and the campus provides ample bicycle parking. I was enrolled in the Faculty of Collaborative Regional Innovation and also took Japanese language courses offered by the International Office.

Among the courses I attended, “Theory of Regional Life and Culture” was particularly meaningful. The course introduced the historical development, regional characteristics, and contemporary changes of different areas in Ehime. It deepened my understanding of local lifestyles and regional identity while allowing me to connect classroom knowledge with real social contexts. As a graduate student in social innovation, this course strengthened my ability to analyze regional development from both cultural and structural perspectives.

In addition to academic study, the university organized disaster prevention and firefighting experience programs for international students. These activities were practical and insightful, reflecting Japan’s strong awareness of crisis preparedness. The Matsuyama International Center also arranged cultural exchange activities such as tea ceremony experiences, Buddhist cultural workshops, and short-term homestays. Through these programs, I interacted with local residents and gained a deeper understanding of everyday life in Japan.

During my exchange, I also carried out a field research project in Uchiko Town as part of my home university’s Global Mobility Practice Program. I participated in and documented a local festival, recording both the preparation process and the event itself. The results were presented in a short-term exhibition at the Uchiko Visitor Center. This experience enhanced my research skills and will contribute to my future master’s thesis.

Living abroad also required practical adaptation. Although digital payment is common, cash is still frequently used in certain restaurants and on campus. Learning to manage finances and prepare for unexpected situations became an important life lesson. Another cultural difference was Japan’s detailed garbage classification system, which reflects a strong sense of social responsibility and environmental awareness.

Perhaps the greatest change I experienced was adapting to a slower pace of life. I learned to cook daily meals, explore unfamiliar vegetables, and appreciate simplicity in Japanese cuisine. Dishes such as shira-ae and takikomi gohan embody a philosophy of balance and simplicity. Reflecting on this experience, I believe I learned to approach life with greater calmness—transforming complexity into simplicity and embracing gradual growth. Overall, this exchange broadened my academic perspective and reshaped my personal values, becoming a meaningful milestone in my life.