

A. 學校簡介

法政大學創立於 1880 年，位於東京千代田區，是 GMARCH 成員中的 H。雖然總共有三個校區（市ヶ谷、多摩、小金井），但是大部分的留學生都會在市ヶ谷上課，而多摩和小金井校區距離市ヶ谷需要搭乘電車(單程)一個小時半，因此學校在選課前會再三提醒大家要特別注意上課地點。

交通方面，法政大學在飯田橋站和市ヶ谷站中間，到鬧區(澀谷、新宿、秋葉原等等)滿近的。選課方面滿自由的，以交換生為主的 ESOP 課程通常只要申請都能選上。滿特別的一點是，第一堂課一定要出席，且部分老師會要求寫申請書；加退選時間則是長達三週，時間很充裕。

如果想修日文課 (JLE)，在開學前會有能力測驗，從初階到進階為 J1~J7，其中 J6~J7 課程重心不會在文法或單字，但是可以自由選修法政大學日文授課的學部課程。另外，J1~J5 如果想申請換級，基本上都是 OK 的，但如果被分到 J6 或 J7 想往下調，機率不高。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

這學期一共修了七堂，其中六堂都是 JLE，只有一堂是學部課程。很推薦 JLE 的課。

這次我被分配到 J4，雖然這個程度被老師們公認為最辛苦的一級，事實也的確如此，因為每週都需要投入大量時間預習與複習，但是收穫非常豐富，聽說讀寫都有兼顧。

感到最特別的一堂課是鴻野先生所開設的日文對話，透過每一堂的角色扮演來練我們的口說，而從第三堂課開始會有日本在地學生加入與我們組隊，幫助我們擬(角色扮演)稿或是跟我們一起聊天，我覺得能跟如此多的日本學生直接對話是很難得的機會，雖然大部分都很害羞，英文也完全不會說，但是每一個人都很認真的幫助我們說日文，是很難得的一次經驗！

C. 國外研修之生活學習 (課外)

在東京旅遊和生活，感受很不一樣。旅遊因為是短暫停留，往往會比較不易察覺到一些隱形束縛；但生活了一段時間後，慢慢發現了東京的生活有很多隱性規則。最基本的像是需要在搭乘電車前將背包背在前面，又或是搭乘新幹線時，會跟後方的人知會一下再將椅子往後倒等等。

另外，這半年的生活也打破了大家對日本「一板一眼」的印象。這段時間每當我遇到狀況時，只

要敢說(日文)，多數時候都能通融，並非只有 1 和 0。且在時間觀念上，就我接觸到的日本人而言，多數都不守時，對我而言還滿有趣的。

D. 交換/研修之具體效益 (請條列式列舉)

1. 語言能力

雖然很多時候看漢字就能理解，但是聽力就很需要磨練了，尤其當地人講日文的速度都很快，且一個句子每個人也都有不同的說法，所以我習慣在遇到聽不懂的時候先簡單對付幾句或是請店員再說一遍，事後再上網搜尋或是和朋友出去玩時，向他們請教這時候該說什麼。建議不要卡關時就轉英文，這樣日文會進步得比較快。

2. 金錢規劃

由於東京的誘惑實在太多了，加上現在匯率優勢，很容易產生「每件東西都很便宜」的錯覺，然後沒有節制的一直花錢，加上日本的交通開銷驚人，若沒有買定期券，一個月光電車費可能會高達數千元台幣，因此在東京生活，金錢的規劃可以說是最難的部分。

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？

是，多數日本人將「不給他人添麻煩」的文化做得很徹底，且我認為這是一種體貼他人的正向習慣。因此有透過觀察學習這種處事態度，讓自己能更細膩地顧及周遭環境與他人的感受。

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？

是，我認為自己非常渺小，東京的節奏遠快於我過往生活過的任何城市，這種急速運行的社會體制對我造成了一些衝擊，例如頻繁發生的「人身事故」，觀察到大家對於此類事件趨於麻木的反應，讓我意識到這座高度發達的城市為了維持運轉，似乎需要擁有一種集體的理性與疏離，在這種「容不下差錯」且「步調一致」的框架下生活，我深刻體會到了個人的渺小。

H. 感想與建議

在東京生活，體驗到了前所未有的方便與舒適，但我深知這份和諧是建立在眾人的高度自律與社會約束力之上。東京的繁華景象總是讓人在不知不覺中沉浸其中，但卻也同時掉入了無形的巨大框架中，由於這個城市實在是太發達，所以每天、每個地方的步調都很快，彷彿融不得小差錯和

任何標新立異的事，因此在國外一個人生活時，大部分被壓垮和感到成就感的地方反而是日常瑣碎小事。

我很慶幸自己能在學生時期就來東京，因為我所需要擔心的就只有課業壓力，這六個月，我感受到了四季的分明、人情的冷暖、以及穿梭在這座城市的喧囂和沉寂之間。唯一的遺憾是，希望日文能力能在赴日前再好一點，相信能知道更多我所不知道的東京。

- 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

Hosei University, founded in 1880, is one of the GMARCH members. While the university has three campuses, most of the exchange students chose to study at the Ichigaya campus. The curriculum offers great flexibility through the ESOP program. However, first-class attendance is mandatory, and some professors require written applications. Regarding JLE courses, levels range from J1 to J7 by taking the placement test. Advanced students (J6–J7) can enroll in regular faculty courses conducted in Japanese.

This semester, I took seven courses, six of which were JLE courses. I was placed in J4. Among the courses, Kono teacher's "Japanese Conversation" impressed me - Each session featured role-playing to improve speaking skills. Starting from the third week, local Japanese students joined to assist us. Despite their shyness and limited English, their dedication to helping us practice Japanese made this an invaluable cross-cultural experience.

Traveling in Tokyo and living here are two very different experiences. When traveling, because the stay is brief, it is often difficult to notice the "invisible constraints" of society. However, after living here for a while, I gradually discovered that Tokyo life is governed by many implicit rules. The most basic examples include carrying your backpack in front of you before boarding a train or informing the person behind you before reclining your seat on the Shinkansen. Additionally, my life over the past six months has shattered some common stereotypes of Japanese people. Whenever I encountered issues, I found that if I had the courage to speak up in Japanese, things were usually flexible.

Specific benefits are language skills and financial planning. First, language skills. I suggest not switching to English when you face difficulties. My habit was to use simple responses

or ask staff to repeat themselves when I didn't understand; afterward, I would look it up online or ask Japanese friends for the proper way to respond. Second, financial planning. Because Tokyo has so many temptations and the current exchange rate is so pretty, it is easy to overspend. Furthermore, transportation costs in Japan are incredibly high. Without a commuter pass, monthly train fares can easily reach several thousand NT dollars. Consequently, managing your finances is the most challenging part of living in Tokyo.

Concerning to cultural shocks, most Japanese people strictly adhere to the culture of "not causing trouble for others", which I perceive as a positive and considerate habit. Through keen observation, I consciously adopted this mindset and behavior.

Living in Tokyo offers incredibly convenient and comfort, which is built upon high levels of self-discipline and social pressure. It's easy to get caught up in the city's excitement, but at the same time, you feel like you're living inside a huge, invisible box. Since the city is so developed, everything moves so fast that there is almost no room for mistakes or being "different." Because of this, when living alone abroad, I found that the things that either stressed me out or made me feel proud were usually just small, everyday tasks.

I'm glad I came to Tokyo as a student, which I only had to worry about my grades. In these six months, I experienced the clear changing seasons, the ups and downs of human connection, and both the noisy and quiet sides of the city. My only regret is that I wish my Japanese had been better before I came. If it were, I believe I could have discovered even more interesting parts of Tokyo that I didn't get to see.