

學校簡介：

創價大學位於東京西側的八王子市，從學校坐公車到車站大約需要半小時。如果想去新宿，可以搭 JR 中央線、京王線或是學校也有提供直達的巴士。

學校的佔地蠻大的，不過上課的地點基本上都是在同一棟的中央大樓，午餐的話校內也有兩三個食堂或是便利商店可以選擇。而由於我是春學期的交換生，很幸運能夠看到校園內各地櫻花盛開及晚上打燈的夜櫻。

國際處的人幾乎都能用英文溝通，所以不太會日語的人也不用擔心，生活上的大小事都可以詢問他們，他們都會盡力協助。開學時，郵局帳戶、電信、保險等各方面的問題他們都會帶著大家一起辦理，只需要跟著他們的指示做就好，不用擔心自己要去跑一堆麻煩的手續。

男生宿舍的部分由於是 2017 年完工的，設備都算是蠻新的，而且距離上課的大樓只要走路大概 10 分鐘的距離。學期間會舉辦像是運動會、手作章魚燒等活動來促進日本學生和交換生的交流。

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

我選修了日語、行銷和專案管理。日語課是根據開學測驗來分級，可以依據自己的程度選擇課程難度，通常一到五每天都有一節課。老師上課基本上是全日文，因此如果跟著上課的進度準備和複習，能明顯的感覺到進步。但不會日文的話也不用擔心，遇到不會的地方提出疑問，老師都能用簡單的英文或比手畫腳讓大家理解。而行銷和專案管理都是全英語授課，除了學習專業知識以

外，兩堂課都會進行大量的討論，因此對於想練習英文會話的人也是非常推薦。

國外研修之生活學習（課外）

我在課餘時間會去東京各個地方探索，雖然學校所在的八王子距離新宿、澀谷等熱門地區比較遠，但日本的電車真的非常方便，只要查好該在哪裡搭車、哪裡換車，想去哪裡都能到，不過走很多路還是無法避免的。平常我也會跟日本的室友們相約去超市買日用品、吃飯、玩遊戲等，除了讓我更深入體驗日本的風俗民情之外，對於日語的實際應用也是非常有幫助。

交換/研修之具體效益（請條列式列舉）

1. 深入體驗日本生活、風俗民情
2. 日語、英語能力的提升
3. 獨立處理生活大小事的能力

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？

保險金繳納方面的問題有些複雜，一次會寄來很多說明書和好幾期的帳單，再加上不是所有的日文都看得懂，會有點困惑不知道該怎麼辦。不過遇到

任何問題都能去詢問國際處，他們都能用英文溝通並且會盡理協助我們解決問題。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

我在日本遇到的絕大多數人都是非常友善且有禮貌的，但這麼多人的國家當然也是會有極少數對於外國人不那麼友善的人。我認為即使當下的感受可能不太舒服，但最好的處理方式應該是忍一時風平浪靜，很大部分的人還是非常親切友善的。因此如果在來之前能建立這種認知，在遇到這種情況時就比較不會那麼衝擊。

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？

最大的成長我想應該是為自己負責、獨自處理各種大小事的能力。在一個沒有父母幫你把事情都處理好、語言也不太通的地方，能有這個機會在出社會前有自己辦理銀行、保險並打理生活中各種事物的經驗，在經歷過這些麻煩的過程後不僅更能體會父母的辛苦，也能提前熟悉未來步入社會要面對的各種瑣事。

感想與建議

一學期真的是很短的時間，不過我很慶幸當時的自己有參加交換學生，能夠在最後的學生生涯有這一段特別的經歷一定是我終生難忘的回憶。可能有些人會猶豫、擔心，不過我認為這個經驗是非常難得的，脫離學生身份之後要擔心的事情很多，可能很難再有這種機會比較無憂無慮的在國外長期生活，因此非常推薦給還在考慮的各位，這絕對會是你不會後悔的決定。

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)

Soka University is located in Hachioji City, which is on the west side of Tokyo. It takes about half an hour by bus from campus to the station. If you want to go to other places, you can either take JR, Keio or the direct bus provided by the school. The campus is quite large, but classes are mainly held in the central building. For lunch, there are two cafeterias and Lawson to choose from. As a spring semester exchange student, I am lucky to see cherry blossoms blooming around the campus. The international office staff are all very kind and most of them can speak English, so no worries if you can't communicate in Japanese. They will assist you in any kind of daily life issues. For example, opening bank accounts, insurance, and so on. Just follow the instructions and you will be fine. The male dormitory completed in 2017 has relatively new facilities and is about a 10-minute walk from the classroom. Events such as sports festival and Takoyaki-making parties are held to promote interaction between Japanese and exchange students.

I took Japanese, marketing, and project management courses. You can choose the difficulty level of the Japanese class based on the grades on

the entrance test. Classes are conducted mainly in Japanese, so if you keep up with the lessons and review them, you can make a significant progress. However, if you don't understand anything, just ask the teachers and she will explain in simple English or through gestures. Marketing and project management courses are taught in English. Besides learning professional knowledge, both courses involve a lot of discussions, which I highly recommend for those who want to practice their English conversation skills.

In my spare time, I explored various places around Tokyo. Although Hachioji is relatively far from popular areas like Shinjuku or Shibuya, Japan's train system is extremely convenient. As long as you know where to catch and transfer trains, you can go anywhere, though a lot of walking is unavoidable. I also went to buy groceries at supermarkets and have dinner with my Japanese roommates. This not only allowed me to deeply experience Japanese customs and culture but also greatly improved my practical use of Japanese.

The benefits are improving my Japanese and English skills and the in-depth experience of Japanese life and culture. My biggest growth was learning to take responsibility for myself and handle various tasks independently. In a place where I couldn't rely on my parents and didn't fully understand the language, I had the opportunity to manage all kinds of stuff before entering the workforce. Going through these troublesome processes helped me better appreciate my parents' efforts and prepared me for dealing with various issues in the future.

A semester is indeed a short period of time, but I am grateful that I participated in the exchange student program. This unique experience at the end of my student life will be an unforgettable memory. Some people may hesitate or worry, but I believe this experience is extremely valuable. After entering the workplace, there will be many concerns, and it may be difficult to have such an opportunity to live abroad for such a long time

without worries. Therefore, I highly recommend this to anyone considering it. You definitely won't regret this decision.