

學校簡介

法政大學(Hosei University)在東京市ヶ谷、多摩、小金井三個校區，交換生的課程主要會聚集在市ヶ谷校區進行，該校區位於千代田區，為東京繁華的政經中心，所以相當方便，鄰近的地鐵站有飯田橋、市ヶ谷。法政大學為一所私立大學，與東京的明治大學、青山學院大學、立教大學和中央大學合稱 MARCH(難考程度被視為僅次早稻田和慶應的私校)，法政也被視為是國際學生較多的學校。

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

對不會日文的交換生來說，會接觸到的開課單位主要為 ESOP(主要給交換生)、GBP(英文授課，商管相關)、SCOPE(英文授課，永續話題相關)以及日文課程。在開學前會先進行日文測驗來做簡單分級，學生可以選擇自己級別以下的日文課。交換生的修課限制為一學期最低 6 門課，但法政大學針對要研究生身分的交換生也有通融，我是一學期最低 4 門課，考慮到論文撰寫我也只修了四門。其中我受益最多的課程是 SCOPE 所開設的 Social Development and Sustainability，這堂課主要圍繞著一本叫 Happy City 的書進行，每周閱讀章節並在課堂討論，期末報告則是實地訪查特定區域，來衡量該區是否符合 Happy City 的敘述，我從這門課學到都市規劃相關的概念以及哲學，最棒的是剛好自己身處在一個陌生的城市，所以我能從這門課所學到的框架來欣賞東京，也進一步

發現平常不會注意到的地方都是有心思的設計和規劃。

國外研修之生活學習（課外）

儘管東京是座國際一線城市，且在生活上與台灣有許多相似的地方，但需要適應及學習的也不少。我居住的宿舍位於江戶川區的葛西，坐落在東京都的邊緣地帶，在這裡英文就不那麼通用，是個挑戰也是學習的機會，在日本的這五個月，日文的口說可能沒什麼增長，但聽力的進步相當有感，從在餐廳甚麼都聽不懂，到後來點餐的過程流暢許多。規劃旅程也是一項挑戰，而這次交換中我最有成就感的就是獨自到北海道的旅遊。從搞定車票、住宿、旅遊期間與他人的互動、第一次看到雪，且還在札幌看了第一場演唱會，是非常棒的體驗和學習。

交換/研修之具體效益

1. 外語能力

不管是英語還是日語，都會有所進步，且我認為到他國就該學習一些基本的當地語言，只會英文在東京生活不會有太大困難，但會一點日語的話，會有更多更新鮮的體驗。

2. 增長國際觀

這次交換是我第一次在國外生活，也是第一次在大城市生活，在與許多人接觸、和根據自己的所見所聞，會不禁認為若自己一輩子都待在

台灣的話，真的是有點可惜。

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？

最大的困境還是語言的隔閡，但好在現在有許多 AI 可以使用，比如當我不曉得去理髮時要怎麼說，我會詢問 AI，並把它記起來，到時去現場說，很快就能學會一段對話需要的句子。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

這次交換也是我第一次住在宿舍裡，有些歐洲國家的學生真的很吵，但可以透過 APP 跟寮長反映，寮長也處理得很有效率，算是滿幸運的。

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？

這次交換讓我懂得跟專注在自己身上，在東京生活過後，了解到大家都不太在乎別人在做甚麼，有一種只要不妨礙到別人，你可以好好展現自己的地方。

感想與建議

在前往法政大學的交換期間，體驗到很多人生的第一次，而在東京這座大城

市也真的是開了眼界，至今還記得第一次到東京車站，其外觀跟周圍的商業大廈讓我不僅讚嘆道：「這就是一座大城市該有的樣子。」，都市生活緊湊的節奏、日本的四季分明都是很新鮮的體驗，且在東京永遠不愁沒事可做，沒有東西可看，大家都能找到自己的歸屬，而法政的學伴制度也提供交換生更深入體驗日本文化的機會，也非常慶幸我有很棒的學伴，此次交換非常順利且圓滿。

英文心得

Studying at Hosei University in Tokyo was an eye-opening experience that greatly enriched both my academic and personal growth. Located in the heart of the city, Hosei provided an excellent learning environment, and I mainly attended courses at the Ichigaya campus. Exchange students had access to various programs, including ESOP, GBP, and SCOPE, which offered English-taught courses on business and sustainability. Since I was also working on my thesis, I was allowed to take a reduced course load, enrolling in four classes instead of the usual six. Among them, the most impactful course was *Social Development and Sustainability*, which revolved around the book *Happy City*. Through weekly readings and discussions, I learned about urban planning and how city design influences human happiness. The final project required us to assess a real district in Tokyo based on the book's concepts. This class completely changed the

way I viewed cities—living in an unfamiliar metropolis like Tokyo became an opportunity to apply these new perspectives, making me appreciate the thoughtfulness behind its urban design.

Beyond academics, daily life in Tokyo presented its own challenges and rewards. While the city is known for its international atmosphere, my dorm in Edogawa, on the outskirts of Tokyo, had fewer English speakers, making it an excellent environment to improve my Japanese listening skills. Though my speaking ability remained limited, I gradually became more comfortable with daily conversations, from ordering food to handling small interactions. I also gained confidence in planning independent trips, and one of my proudest moments was my solo journey to Hokkaido. Traveling alone for the first time, I managed to arrange transportation, find accommodations, and explore the region entirely on my own. Seeing snow for the first time and attending a concert in Sapporo made the experience even more memorable.

This exchange also introduced me to cultural differences and new ways of thinking. One surprising challenge was adjusting to dorm life, particularly with students from different backgrounds. Some European students were much louder than I was used to, but the dorm had a reporting system that

made it easy to address such issues. Another key realization was that, in a large city like Tokyo, people are highly independent and focused on their own lives. Unlike in smaller communities, where social expectations can feel more restrictive, Tokyo provided a sense of personal freedom—so long as I wasn't bothering others, I could fully be myself.

Overall, this exchange was an invaluable experience that expanded my worldview and gave me a taste of life in a truly global city. It was my first time living abroad, navigating a fast-paced urban environment, and stepping outside my comfort zone. Every challenge, from overcoming language barriers to adapting to cultural differences, contributed to my personal growth. Looking back, I am incredibly grateful for the opportunity to study at Hosei University and immerse myself in Tokyo's vibrant culture. This experience has strengthened my independence, broadened my perspectives, and left me with unforgettable memories.