

交換心得報告

A 學校簡介:

琉球大學琉球大学 (University of the Ryukyus) 是沖繩縣唯一的國立大學。琉球大学有多個學院，包括人文社會科學、教育、醫學、工學、農學等學科。但如果只是普通交換生的話，大部分的時間都是上日語及沖繩相關的課程。

B 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:

日語課 A 班(初學者密集班)，能夠在短時間內快速提升日語能力，只是上課時數相對較長，但個人覺得很值得。除此之外還有一些英文授課的課程，可以認識許多來自不同背景國家文化的同學做交流。

C 國外研修之生活學習 (課外):

可以積極參與社團活動或其他有機會與日本人交流的活動，畢竟都已經出國了，肯定要好好把握機會。在沖繩的這一年裡，參加了網球及室內足球社，也因此結交了許多日本好友，日文對話能力多少有提升。除了社團外，我還認識了一群愛潛水的日本人朋友，因此不論日文或潛水技巧都進步很多。如果還沒有汽車駕照的人，建議去日本前要考到，在沖繩或其他地方會開車會方便很多。

D 交換/研修之具體效益 (請條列式列舉):

1. 增進外語能力
2. 開拓國際視野
3. 深入體驗國外文化民情
4. 增進自信心及獨立能力
5. 結交國際朋友
6. 會學會一些煮飯技巧。

E 海外生活期間是否曾遭遇困境，及是否解決問題?

印象比較深刻的是剛到日本時的郵局開戶及到市役所辦在留卡等，會比較需要學伴或是國際處的老師或職員幫忙，但大約一個月後該辦的事情就會處理完，就可以輕鬆一點地體驗留學生活。

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？

日本與台灣最大的差異在於交通的部分，不論是駕駛方向及素養與習慣都有很明顯的不同，優質非常多，且日本路上機車的數量也少於台灣很多，所以開車也輕鬆很多，適應也非常容易。日本商店也比較早打烊，但是營業到深夜的居酒屋也非常的多。在台灣外食便宜，因此大學四年外食居多，但到日本之後，因為自己煮會省更多，因此大家都是偶而外食為主。

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？

因為海外留學而使得我有機會與來自世界各地的朋友交流，在過程中也常因背景與經歷的不同，而有不一樣的想法與觀點。在個性上，也情緒稍微穩重了一點，對人處事的方法有正面的轉變。

H 感想與建議

經過這一年的海外留學，得到了許多美好的回憶，也看到日本許多值得我們學習與效仿的地方。若有機會的話，出國交換是不錯的選擇，除了能夠去國外拓展視野，還有母校及獎學金的支持，負擔減輕許多。

英文版:

The University of the Ryukyus has various faculties, including humanities and social sciences, education, medicine, engineering, and agriculture.

However, for regular exchange students, most of the time is spent attending Japanese and Okinawa-related courses. Japanese A class allows for rapid improvement in Japanese language skills within a short period of time, although the class hours are relatively long. However, I personally felt that it was very worthwhile. There are also some English-taught courses, which allow you to meet and interact with students from various countries and cultural backgrounds.

I would highly recommend to actively participate in club activities or other events that provide opportunities to interact with Japanese people. After all, when you're abroad, you should take the opportunities to practice your Japanese. During my year in Okinawa, I joined the tennis and futsal clubs, through which I made many Japanese friends, and my Japanese conversation skills improved to some extent. Besides the clubs, I also met a group of Japanese friends who love diving, which greatly improved both my Japanese and diving skills. If you don't have a driver's license yet, I recommend getting one before coming to Japan. Driving will make life a

lot more convenient in Okinawa for sure.

Study abroad can make you improve foreign language skills 、 broaden international perspective 、 immerse in the culture and customs of foreign countries 、 increase self-confidence and independence 、 make international friends 、 learn some cooking skills.

Some of the most difficult things when you arrived in Japan was opening a bank account at the post office and obtaining the residence card at the city hall when I first arrived in Japan. It required some help from buddies or teachers/staff at the international office. However, after about a month, all the necessary paperwork was done, and you could enjoy the abroad life more freely.

The biggest difference between Japan and Taiwan is in terms of transportation. There are noticeable differences in driving direction, manners, and habits, which are of much higher quality in Japan. There are also far fewer motorcycles on the roads in Japan compared to Taiwan, which makes driving much more relaxed, and adapting to this was quite easy. Stores in Japan also tend to close earlier, but there are plenty of izakayas that stay open late. In Taiwan, eating out is cheap, so I mostly ate out during my four years of university. However, after arriving in Japan,

cooking for yourself saves more money, so most of us only eat out occasionally.

Lastly, studying abroad has given me the opportunity to interact with friends from all over the world. Due to differences in backgrounds and experiences, I often encountered diverse ideas and perspectives. In terms of personality, I've become a bit more emotionally stable and have seen positive changes in how I handle interpersonal relationships.

After a year of studying abroad, I've gained many wonderful memories and seen many aspects of Japan that are worth learning from and emulating. If you have the opportunity, going on an exchange is a great choice. Besides expanding your horizons abroad, your home university and scholarships offer a lot of support, which reduces the financial burden significantly.