

A. 學校簡介

法政大學是一所位於東京的私立大學，共分為市谷、多摩、小金井三個校區，國際交換生的課程主要在市谷校區進行。交換學生會被分發到不同的學部，但不會實際參與該學部的活動，實質上隸屬與 ESOP。ESOP 開設的課程皆為英文授課，交換生們有優先權。另外，如果有參與日文能力分級測驗的話，可以選修 JLE 提供的日文課程。JLE 的課程分為七級，根據開學前的線上測驗結果分級，J6、J7 的學生可以選學部課程，不受 ESOP 跟 JLE 的限制（若課程資訊中標示不接受 ESOP 學生則不在此限）。

B. 國外研修之課程學習

這學期選的六堂課中，我最喜歡的課程是金子広幸老師開設的 Business Japanese 1，授課內容主要是敬語的運用。這門課會在第一堂課進行分級測驗，總共分為三級，如果有就職、打工等對敬語有高度需求的人可以挑戰 3，1 跟 2 主要是在練習課本中的內容。學期初在教尊敬語跟謙讓語等的動詞變化，接著根據課本中每個單元的主題學習敬語在不同場合下的運用，像是拒絕、建議、提出要求等等。每個單元都會有 Role play，需要根據該單元主題寫一段情境對話並在上課時間演示。學期末有一份 interview 的作業，需要你自選一個主題去練習用敬語採訪一位日本學生，僅需繳交紙本報告。雖然有很多 Role play 跟隨堂測驗，但測驗基本上都是課本內容，有認真上課跟複習的就能應付。老師在上課也常常提供時間讓我們跟組員練習 Role play，所以其實負擔不重。但最值得推薦的一點是這門課上課氣氛常常很歡樂，如果 Role play 想寫一些搞笑的內容金子老師也非常歡迎，有問題的話老師也非常認真的解答，能感受到金子老師非常關心學生。如果想要輕鬆學習敬語的話非常推薦這門課。

C. 國外研修之生活學習

生活學習的部分，到了日本想要多走走看看但擔心新幹線太貴，可以跟學校申請新幹線學割券，只要距離大於 101 公里就可以用 8 折買到新幹線車票。申請方法是到外濠大樓 7-11 對面的學生事務中心填寫單子，接著拿去新幹線車站のみどり窓口買票就可以了 (JR 飯田橋站就可以購買)。

D. 交換/研修之具體效益

1. 日語課程增進口頭報告、寫作等語言能力
2. 選修課程讓我有機會從日本人的角度看待歷史、政治與經濟
3. 和不同國家學生交流擴展國際視野
4. 到處旅遊、參與夏日祭典感受不同風俗民情
5. 觀察日本的促銷手法及各種期間限定活動，學習不同的行銷方式

E. 困境及解決方法

在學期開始一段時間後，我曾因為缺乏學校提供的官方交流機會而使交友圈開始陷入停滯。但在意識到這個問題後，我轉而嘗試把握在課堂上的交流機會，將討論內容延伸到課堂以外來增加話題，也多找台灣朋友一起認識不同國家的人，避免一對一時電力消耗得太快，在語言轉換卡住的時候也能互相幫忙。最終有成功多認識到一些日本人，還有泰國、韓國等不同國家的交換學生。

F. 文化衝擊

日本的社會環境和台灣相差不大，雖然沒有很直接的文化衝擊，但仍然可以在小地方看出日本人的堅持。像是餐廳候位絕對會照順序入場，不會因為先有兩人的位子而跳過四人組的客人讓後面的客

人先入場。還有在宿舍如果垃圾分類沒做好或是公用餐具沒有清潔的話，會被挑出來標示。雖然很細碎，但如果有好好遵守他們的規則的話都能適應。

G. 海外生活歷練帶來的轉變

日本交換出發前剛好遇到我對生活的倦怠期，對很多事情都提不起勁。但出國之後常常會覺得來都來了不嘗試一下怎麼行，因此會強迫自己多出門多看看，除了參與了東京都內的許多活動像是靖國神社的御靈祭、葛飾區的花火大會，還去了許多不同的地方旅遊，從近郊千葉的佐原大祭、熱海的海上花火大會，到大阪的萬博、三年一次的瀨戶內藝術季，對我來說都是因為剛好人在日本才有機會跟動力去體驗的活動。心態也從想購物、日文夠用就好，變成想多看看不同地區的風俗民情，也更有動力想學好日文才能跟當地人交流。

H. 感想與建議

雖然是在日本交換，但是意外的更認識台灣，因為在和不同國家的人介紹我來自台灣之後，大家常常會接著問你覺得台灣哪裡好玩、你最喜歡的食物是什麼等等的問題，一開始我因為從未特別思考過這些問題，所以回答得很模糊，但也開始反思自己對台灣的印象，在看到日本的各種活動的時候也常常會想台灣能不能辦到。因此，如果有機會在出發交換前，多花點時間重新認識自己的家鄉的話，除了能好好跟外國朋友介紹外，說不定體驗日本活動的時候也能透過與台灣比對而觀察到更多細節。

I. 英文心得

Hosei University is a private university with campuses in Ichigaya, Tama, and Koganei. Most international exchange student programs are offered under the ESOP program at the Ichigaya campus. The ESOP program

provides courses taught in English, and exchange students have priority enrollment rights. Students who take the Japanese language placement test can also enroll in JLE language courses, which range from J1 to J7 levels. The higher the level, the more courses students can participate in.

Among the six courses I took, my favorite one was Business Japanese 1 taught by Professor Kaneko. The course focuses on honorific language, starting with a placement test to divide students into three levels. We learned the forms of honorific and humble language, practiced their usage in various contexts, and engaged in role-playing exercises for each topic, such as making suggestions or declining requests. Thanks to the teacher's teaching style, the classroom atmosphere was always pleasant.

Living in Japan has taught me many practical skills, such as applying for student discount tickets for the Shinkansen. This has made it easier for me to travel and explore regional events like the Atami Fireworks Festival, the Osaka Expo, and the Setouchi Art Festival. These events have helped me gain a deeper understanding of Japan.

The social environment in Japan is not very different from Taiwan, so there was no direct cultural shock to me, but I still see the Japanese people's persistence in small ways. For example, when waiting for a table at a restaurant, people will always follow the order of arrival and will not skip ahead of a group of four to let a group of two enter first. Also, in the dormitory, if you don't sort your trash properly or clean the shared dishes, it will be pointed out and marked. Though these are minor details, if you follow their rules properly, you can adapt.

This exchange not only made me know Japan deeper but also broadened my perspective on Taiwan. When I introduce myself to people from other countries, they often ask me about my favorite Taiwanese attractions and food. At first, I found it difficult to answer, but I tried to develop a deeper reflection on my hometown and even compared Japanese events with what might happen in Taiwan. This also helped me know Japan in some small but special point-of view.

Although there were some challenges, such as limited social opportunities organized by the school, I overcame them by extending classroom conversations beyond the classroom and connecting with others through friends. This allowed me to meet Japanese students as well as classmates from Thailand, South Korea, and other countries.

In summary, before departing for my exchange program in Japan, I was going through a period of burnout in my life and felt unmotivated about many things. However, being abroad made me forced myself to go out more and encouraging me to participate in more activities. This shifted my mindset from a superficial desire to shop and just get by with basic Japanese to wanting to explore the customs and cultures of different regions, and it also motivated me to improve my Japanese skills so I could communicate with locals. Thanks to this exchange program, I rediscovered my passion for life.



GEC Office 舉辦的文化體驗活動，讓交換學生們體驗日本的書道文化。



利用新幹線學割券到大阪參與 2025 萬博盛會。



學校旁邊的靖國神社在七月舉辦的御靈祭，現場有許多燈籠裝飾跟祭典舞蹈。