

學校簡介

法政大學(Hosei University) 位於日本東京都都心千代田區，是東京都「難關私大」（非常難考的私立大學）「MARCH」之一。由市谷、多摩、小金井 3 個校區所構成，均位於東京都內。無論是學習場所，

還是大學的學年活動、社團、聯誼會活動、與朋友交流、及開發未來人生潛力等活動據點都在東京都內。

該校創建於西元 1880 年，其法學部以及社會學部的歷史十分悠久至今已超過 100 年歷史，是日本私立大學中第一所設立這兩個學部的大學。該校的學科涵蓋文科和理科各個方面，大學擁有 15 個院系，

38 個學科，研究所擁有 15 個研究科，除了日文相關課程外，也提供了豐富的英語課程。

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

於法政大學的課程我主要選日語課的課程，及一些英文的寫作課程，日語的課程基本是一堂一學分，而其他課程則是一堂2學分

國外研修之生活學習（課外）

第二學期主要跟日本人一起出去玩，第二學期時間都排到很滿滿的，主要都被打工和日本人朋友出去玩的時間給佔據了，基本上完課完全就沒看書了，我覺得在第二學期的日文能力大幅增加，跟日本人的溝通雖說不是完全溝通無障礙，但基本可以了解7到8成，我覺得像我這樣跟日本人一直交流的人算蠻少的，之前有一次還日本人聊天時講到其他人，當我說到那個人是日文系，那個日本人還很驚訝，說我不是日文系的日文怎麼比日文系的還好，感覺一直跟日本人感覺還是感覺有差，像在打工也都會跟店長聊天，像是煙火大會該去哪看比較好之類的，未來想要幹嘛啊之類的談話

交換/研修之具體效益（請條列式列舉）

1. 外語能力精進。
2. 自我了解與成長。
3. 深入了解日本文化。
4. 結識新朋友。
5. 深化國際視野

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?

無

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

無

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？

我覺得對於自己的人生規劃更清楚，看到日本很多外國的學生25歲以上的學生或休學幾年再復學的學生意外的多，覺得每個人的腳步都步一樣，沒必要一畢業就要繼續讀研究所或幹麻的

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

我覺得因為有學校的補助才讓我更放心的交換一年，真心覺得還好有交換一年，因為在第學期才開始慢慢敢跟日本人交流，如果上學期就結束，感覺應該不會進步到什麼日文

感言及心得感想

很開心能有機會代表中山大學到日本東京的法政大學擔任交換留學生。雖然這不是我第一次到日本，但卻是第一次以這樣的身分在日本生活長達將近一年的時間。過往曾有過機會到日本留學，然而

當時因為經費的考量未能成行，終於在幾年以後得以如願，真的覺得自己很幸運還能有這樣的機會。

這也多虧中山大學與海內外多所學校締結成姊妹校，才能讓我們學生有機會看見不一樣的視野。日本可以說是亞洲最先進的國家，到日本可以看到很多劃時代的東西，而這樣的國家卻又能完整的保留其傳統文化，透過實際的海外生活，感受到日本民族與台灣不一樣的做事習慣與方式，透過這樣的比較過程，對彼此國家都有更不一樣的認識與了解。在日本的生活過程中，獨立的海外生活經驗，也讓自己更加了解自己，也覺得有所收穫與成長。

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)

Hosei University Overview:

Hosei University, located in the Chiyoda Ward of central Tokyo, is one of Japan's prestigious "MARCH" universities known for their high entry barriers. Comprising three campuses in Ichigaya, Tama, and Koganei, all within Tokyo, the university offers a range of activities and opportunities within the city, including academic pursuits, extracurriculars, social events, and networking.

Established in 1880, Hosei University boasts a rich history, particularly in its Law and Social Sciences departments, each with over a century of existence. It stands as the first private university in Japan to house both these faculties. With 15 schools, 38 disciplines, and 15 research institutes, the university covers a wide array of subjects in arts and sciences, including a robust offering of English courses alongside Japanese-focused ones.

Courses Taken Abroad (In-Class):

During my time at Hosei University, I primarily focused on Japanese language courses, as well as a few English writing classes. Japanese language courses were typically one credit per class, while other subjects counted as two credits.

Life Learning Abroad (Extracurricular):

In the second semester, I immersed myself in socializing with Japanese students and explored Tokyo. While my schedule was quite packed with work and outings, I found that the extensive interaction with locals significantly enhanced my Japanese language skills. Communication with Japanese individuals became more effective, allowing for about 70-80% understanding, which was rare for someone not majoring in Japanese. This experience broadened my perspective and deepened connections with Japanese culture.

Specific Benefits of Exchange/Study Abroad (Listed):

1. Enhanced foreign language proficiency.
2. Personal growth and self-awareness.
3. In-depth understanding of Japanese culture.
4. Formation of new friendships.
5. Broadened international perspective.

Reflections and Recommendations:

I am thrilled to have represented Zhongshan University at Hosei University in Tokyo, Japan, as an exchange student. Although not my first time in Japan, this extended year-long experience was a unique opportunity. Thanks to the sister-school partnership, I gained a fresh perspective on the world through immersion in Japan's cutting-edge advancements while preserving its traditional culture. This experience facilitated cross-cultural comparisons between Japan and Taiwan, fostering a deeper appreciation and understanding of each country's values. Living independently abroad also led to personal growth and self-discovery.