

A 廣島大學，以一個詞形容就是郊區。我們在校區，在廣島西條區，距離市中心約需搭乘公車轉電車 15+45+ 等車時間，1 小時多一點。也因為有點偏僻，學校很大很大，以至於學生通常會買腳踏車來當作交通工具。當然也是有好處的，滿方便到外縣市的大眾運輸工具在校內就有-高速巴士直接把廣島大學當作一站，要前往九州或是神戶大阪挺方便的。

B 「藝術文化論演習」是我受益最多的課程，這是偏向ゼミ，也就是有點像 meeting 的課程，我會選單純是因為我是該教授負責的，老實說，很難，這堂課約 6 人固定出席，沒有人會特別為了你用英文，所以都是以日文再討論和對話，甚至學生每個都要報告 10 分鐘以上，當然是日文，但也因為如此，被逼著大量的聽和說，提升不少日文能力，讓這堂課成為我認為受益最多的課程。

C 通常上完課都會前往社團，我參加的是 IMD イラスト漫画同好会，是一群喜歡畫畫的人的社團，在那邊體驗到了一直很憧憬的日本社團，雖然我認為僅 4 個月是無法完整融入與參與，但好在該社團的人非常歡迎其他人的加入(具日文能力)，讓我有很好的回憶。

D 學會/增強 獨立思考、煮飯、主動、獨處、社交能力。
以及能從另一個角度觀看自己到底想甚麼和需要什麼。

E 並沒有遇到真的能稱上「困境」，有的話頂多是交換生的學生證不能開社團大樓的門，解決方法是先去詢問學校人員後，確定我們的證是不能開的，只能等其他學生也要進出社團大樓。

F 無

G 是，在日本待了 4 個多月，對於各種事情或是心境有滿大的改變。交換的這 4 個月，時間過得飛快，雖然滿老套的，但我感覺最大的成長是更知道要把握當下，別讓時間白白跑掉，當然，盡情地去享受也是一種方法，不過我自己是了解到，我並不會那麼地享受出遠門，因此把這筆錢和時間去投資在其他地方，對我是個更好的選擇。

H 這個交換計畫對我的價值是遠超花費的，在和原本生活的地方相比，極度自由的生活下，能從和以往

天差地別的角度去看自己的人生， 再加上這是從學生畢業後，幾乎沒辦法再得到的體驗，所以我是推薦條件允許的人，不一定得是廣島大學，但可以參加交換計畫。

除此之外，主要收穫是語言的重要性，若日文不佳，幾乎無法和其他學生交談，只有極少數而已，在這極少數之中，願意和你說話或是對的上頻率的更甚。若英文不佳，自然也無法和其他國際生交流，自己是使用日文檢定前往日本交換，所以很難用英文和其他人溝通。也了解到，如果未來人生規劃會觸及日本，若日文能力沒那麼理想，絕對無法有最好的體驗，或是說，如有能和其他人使用日文溝通的能力，一定能讓自己和日本人的交流生昇華。

I

Hiroshima University is best described in one word: rural. Located in Saijo , East Hiroshima, the campus is far from the city center. It takes over an hour to reach downtown by bus and train.

Because the campus is so vast, most students use bicycles to get around. However, the location has its perks. There is a highway bus stop right on campus, making it very convenient to travel to other cities like Osaka, Kobe, or regions in Kyushu.

The most rewarding course I took was " Seminar on Art and Culture." It was a small, intense class with about six students. Since it was a "Zemi " (seminar style) , everyone had to participate in deep discussions. No one used English for my sake; everything was in Japanese. I even had to give a 10-minute presentation in Japanese. Although it was very challenging, this "sink or swim"

environment forced me to improve my listening and speaking skills significantly.

Outside of class, I joined the IMD Illustration and Manga Club. As someone who loves drawing, I had always dreamed of experiencing Japanese club culture. Although four months was too short to fully integrate, the members were incredibly welcoming to anyone who could speak Japanese. These interactions became some of my most cherished memories.

This exchange program taught me more than just academics. I improved my daily life skills, such as cooking and being independent. More importantly, I learned how to spend time alone and think deeply about what I truly want in life. I realized that I do not actually enjoy traveling to far-off places as much as I thought. Instead, I prefer investing my time and money into personal growth and specific interests.

A major takeaway from this trip is the importance of language. I realized that if your Japanese isn't strong enough, it is very difficult to have deep conversations with local students. Similarly, since I applied through a Japanese language track, my English was not strong enough to communicate deeply with other international students. I now understand that if I want to work or live in Japan in the future, mastering the language is the only way to truly connect with the people and the culture.

In conclusion, this exchange was worth far more than the money I spent. It offered me a sense of

freedom and a new perspective on life that I could never get after graduation. I highly recommend this experience to anyone who has the opportunity. It is a life-changing journey that teaches you to cherish the present moment.