

學校簡介

日本法政大學，為東京都MARCH難關大學之一

法政大學在東京總共有三個校區，分別是市谷（千代田區）、多摩（町田市）、小金井（小金井市），除了東京之外，也有靜岡校區（靜岡縣靜岡市）。大多地交換生主要會在市谷校區，而部分理工組的學生會在小金井或多摩校區。這次交換是在位於東京的千代田區市谷校區，鄰近許多東京名校，生活機能也十分便利。

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

我最喜歡的是法政大學JLP課程裡的商業日語，該堂課的授課教授是金子廣幸教授，金子教授上課十分幽默風趣，也會依據學生們的能力調整上課的難易度，並且還有在NHK錄製日語教學的相關節目，雖然課程內容並不簡單，但是我從課堂上學到許多有趣的課外知識以及許多的日語敬語。

國外研修之生活學習（課外）

這六個月的交換我學到最多日語的地方莫過於旅行，雖然旅費有限沒有辦法去太多地方，但是我在獨自旅行的過程中，學會用日語問路，學會看懂交通資訊，以及學會如何在最有限的金錢資源下合理的規劃旅途的食衣住行。

交換/研修之具體效益（請條列式列舉）

1. 日本當地的生活文化以及學校和職場文化
2. 使我想要進一步規劃前往日本攻讀研究所
3. 結交了許多不同國籍的朋友
4. 學會在不同的環境下獨立生活

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?

我在日本時得到了新冠肺炎，當時非常的難受，但又礙於語言問題不敢前去就醫。後來實在不得已，獨自前往診所就醫。雖然與醫生交談過程偶有卡頓，但後來還是順利完成就醫以及領藥。這次經驗不只讓我了解日本就醫的流程，更讓我理解到如果想要融入當地生活，這種日常生活會遇到的困擾必須有能力解決。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

其實在日本遇到的文化衝擊並不大，雖然有，但並不會花太多時間去適應，大多就是一些生活習慣的問題，如：垃圾分類，回訊息的方式等。最特別的也許就是在line上回訊息的時候，日本人回訊息的時間是非常久的，如果邀約一個人太久沒回的話，也許就是對方沉默地拒絕了。

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？

我覺得最大的成長莫過於學會一個人生活。我在台灣的時候很習慣有朋友的生活，很多城市中的資訊與活動都是靠朋友聽聞來的，而在日本很多時候都是一個人，好吃好玩的都必須去自己探索。自己一個人的時候有的時候會很無聊，但又不想獨自出門，最後就自己一個人在床上躺一整天。不過漸漸的我發現，其實就算自己一個人出門也很好玩，不論是城市還是鄉村，只要願意做好事前的資料查詢以及規劃，就算只有一個人也非常的有趣。

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？

說實在的，獎學金約只佔總支出的三分之一不到，但其實不論有沒有獎學金，我都夢想著這輩子必須出國讀書或生活。有了這筆獎學金，反而讓我多出了一筆可以讓我多去探索不同文化的資源，讓我能夠去更多的城市見見世面。

感言及心得感想

東京對我來說是第一個我住過的大城市，在這之前我都是住在鄉下居多，就連高雄都沒辦法比擬東京的繁忙。

城市固然有它的魅力，無盡的夜生活，斑斕的霓虹燈，以及擁擠的車水馬龍。我第一次感受到城市的夜晚是如此的美好，也第一次感受到自己在一座城市裡是多麼的渺小。

在每天通勤的列車上一邊抱怨著輪番上演的事故誤點，一邊體會著前所未有的城市生活，大概是我這次交換最喜歡的部分。

雖然東京的消費實在令人難以喘息，但是其優越的地理位置也讓我有機會能一見富士山的壯麗，日光的秋紅，以及甲州街道的銀杏。

非常感謝能有這次交換以及獲得獎學金的機會，這會是我這輩子最難忘的回憶，雖然過程有辛苦也有挫折，但是我在交換的過程中學到了很多在教室裡面不可能學到的知識。

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)

Japan's Hosei University is one of the MARCH universities facing challenges in Tokyo. There are three campuses in Tokyo, namely Ichigaya (Chiyoda Ward), Tama (Machida City), and Koganei (Koganei City). Apart from Tokyo, there is also a campus in Shizuoka (Shizuoka City, Shizuoka Prefecture). Most exchange students usually study at the Ichigaya campus, while some engineering students may study at the Koganei or Tama campuses. This exchange took place at the Ichigaya campus in Chiyoda Ward, Tokyo, which is close to many prestigious Tokyo schools and has very convenient living facilities.

My favorite part was the Business Japanese course in the JLP program at Hosei University. The course is taught by Professor Hiroshi Kaneko, who is humorous and adjusts the difficulty of the class according to the students' abilities. He also participates in NHK programs related to Japanese language teaching. Although the course content is not easy, I learned a lot of interesting extracurricular knowledge and Japanese honorifics in class.

During this six-month exchange, I learned the most Japanese while traveling. Although I had limited travel funds and couldn't go to many places, I learned to ask for directions, understand transportation information, and plan my travels reasonably with the most limited financial resources while traveling alone.

The I learned in the exchange includes:

1. Local life culture in Japan, as well as school and workplace culture.
2. It made me want to further plan to pursue graduate studies in Japan.
3. I made friends with many people of different nationalities.
4. I learned to live independently in different environments.

I accidentally contracted COVID-19 while in Japan, which was very uncomfortable. However, due to language barriers, I was hesitant to seek medical attention. Eventually, I had to go to the clinic alone. Although there were occasional communication difficulties with the doctor, I successfully completed the medical treatment and received medication.

This experience not only allowed me to understand the process of seeking medical care in Japan but also made me realize that to integrate into local life, one must be able to solve the daily troubles encountered.

Actually, the cultural shock I experienced in Japan was not significant. Although there were some, I didn't spend too much time adapting. Most of it was just some issues with daily habits, such as garbage sorting and communication styles.

Perhaps the most special thing is the long response time on LINE. Japanese people take a very long time to reply on LINE, and if someone doesn't reply to an invitation for a long time, it may be a silent rejection.

I think the biggest growth for me was learning to live alone. When I was in Taiwan, I was very used to having friends around, and much of the information and activities in the city were learned through friends. In Japan, however, I was often alone, and I had to explore things like good places to eat or have fun by myself. Sometimes it was boring to be alone, but I didn't want to go out alone, so I ended up spending the whole day in bed alone. But gradually, I found that it was actually fun to go out alone, whether in the city or the countryside. As long as you are willing to do some research and planning beforehand, it can be very interesting even if you are alone.

To be honest, the scholarship only accounted for less than a third of the total expenditure, but whether or not there was a scholarship, I have always dreamed of studying or living abroad in my lifetime. With this scholarship, it actually allowed me to have more resources to explore different cultures, enabling me to

visit more cities and broaden my horizons.

I am very grateful for this exchange and the opportunity to receive the scholarship. It will be the most unforgettable memory of my life. Although there were hardships and setbacks along the way, I learned a lot of knowledge during the exchange that cannot be learned in the classroom.