

學校簡介

法政大學位處日本關東的難關大學，共有三個校區，小金井、多摩、市谷，這次我交換到的校區位於市谷，旁邊就是靖國神社，是為可能招致3成國人厭惡的民族主義象徵建築。

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

我最喜歡的是金子廣幸老師的日本敬語，老師非常親切，敬語也都解釋的很好，即便我是日文系出身，有些敬語還是很常忘記，這是一門非常推薦的課。除此之外，法政大學也開放交換生修習他們的一般課程，只是第一堂一定要記得要問老師給不給修這門課，雖然被沒特別問過，但建議要有考過日本語能力測驗至少N2的水準，這樣老師才會認定你能夠吸收該堂課的課程知識，但基本上沒有不能修的課，如果有遇到任何問題也可以請教交流學生中心(ESOP)，非常親切，回信也很迅速。另外，有些時候法政方也會提供獎學金(JASSO之類的)的申請機會，詳細可以問ESOP。

國外研修之生活學習（課外）

我覺得日本的鄉下很讚，我喜歡它們正在凋零的感覺，跟單純的復古感又不太一樣，當然有些地方靠著故鄉納稅、地方創生發展的很不錯。感受凋零是美麗的，套句俗話，會讓你感謝人事物的生與滅。另外在生活援助上，第一可以考慮打工，但要記得入境時要填妥你有打工的需求，書類法政大學方那邊也會提供；第二有時候市役所會提供生活援助金(聽其他交換學生分享的)，但他們不會主動通知，很有生活需要都可以問市役所，外國人也可以領，現金或是入帳，現金發放的時間窗口比較短，入帳的話要有郵局帳號，缺點是如果你只待一學期，可能到帳時你已經回國了。

交換/研修之具體效益（請條列式列舉）

- 1.增廣見聞
- 2.精進語言
- 3.擴展社交圈
- 4.了解文化

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?

其實沒有，梁朝偉說過他很喜歡住在日本的感觉，是可以享受孤獨的沈浸感，你完全不會日文，在這裡完全活得下去，當然這種生活樣態，可能僅限於都市地區。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

畢竟台灣是殖民地，多數的文化很多是移植的、嫁接的，好聽的講是文化大熔爐，難聽的講是要形塑自我認同需要花很長時間，但我不覺得這是壞事，雖然每個人在形塑自我認同後，社會很容易出現某種主流意識，主導整體國家或文化的走向。所以文化這件事上，我覺得沒有太大感覺，

簡單來說，日本就是環境在好一點的台灣，更多純的日文元素，人口基數較多，左翼跟右翼人士也廣泛存在，天皇的崇敬概念，對於生活在台灣的某些人來說可能只會感謝蔣先生保留天皇制度，簡單來說我覺得文化衝擊，取決於你的意識型態形塑的過程，以及你所在的資訊圈，但我個人認為我比較沒有這方面的困擾，甚至可以說是憤世忌俗的程度。

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？

大概是更確認心中的某些想法，認識到其實每個地方都有好與壞，而不是單單只要是日本，所以台日友好，謝謝你喜歡台灣之類的，我不討厭日本，正如我不討厭台灣一樣，社會很複雜，工作很辛苦，透過這段經歷，能讓我更理解我自己對事物的看法，並認識到有差異中的無差異。

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？

可以到更多的地方看看，蠻有感，謝謝中山和國家的不懈栽培，希望至少不讓長官或職員有浪費公帑的感覺，沒有獎學金的話我應該還是會去這一趟，但也只是我剛好學過日文，不然其實我也有考慮去挪威。

感言及心得感想

這是一段很棒的經歷，的確有留下些什麼。我覺得每個國家都有他美的角度，交換的意義，就是要找到正確或習慣的打開方式。是一個可以讓自己回首過往人生，思考自己生活態度的獨特生命經驗。認識到了很多朋友，有同一宿舍來念語言學校的奔四男子漢來日拼一把；有來自烏茲別克，喜歡靈異文化的稚嫩軟男；有踏遍整個日本大陸的戰國史迷；當然也有不怎麼出門，但一起出去玩就人來瘋的宅宅朋友。最後感謝學伴大板（土反）涼與唐木琴美的辛勤照顧開車帶我去館山、河口湖、富士山上、橫濱等的地方觀光。謝謝學校讓我去日本，也謝謝自己的各種努力，感恩感恩，希望後續兵役與求職上不會遇到太大問題！

以上

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)

School Introduction:

Hosei University, located in the Kanto region of Japan, is a challenging university with three campuses: Koganei, Tama, and Ichigaya. The campus I exchanged to is located in Ichigaya, right next to the Yasukuni Shrine, an architectural symbol of nationalism that might provoke disdain from 30% of our countrymen.

Coursework Abroad (Academic Studies):

My favorite course was Business Japanese by Professor Hiroshi Kaneko. He was very kind and explained honorifics well. Even though I majored in Japanese, I often forget some honorifics. This is a highly recommended course.

Life Learning Abroad (Extracurricular):

I think the countryside in Japan is great. I like its sense of decline, which is different from a simple retro feel. Of course, some areas have developed well through hometown tax and local revitalization.

Witnessing decline is beautiful; as the saying goes, it makes you appreciate the birth and demise of people and things.

Specific Benefits of the Exchange/Study Program (Listed):

Broadened horizons

Improved language skills

Expanded social network

Understood the culture

Difficulties Encountered and Solutions During Overseas Life:

Actually, none. As Tony Leung once said, he likes the feeling of living in Japan, where you can enjoy the immersion of solitude. You can live here without knowing any Japanese, although this might only apply to urban areas.

Cultural Shock and Adaptation:

Since Taiwan was a colony, much of its culture is transplanted or grafted. Positively speaking, it's a cultural melting pot; negatively, it takes a long time to shape a self-identity. However, I don't think this is bad. After people shape their identities, society tends to develop a mainstream consciousness, influencing the direction of the nation or culture. So, I didn't feel much cultural shock. Simply put, Japan is like Taiwan with a better environment, more pure Japanese elements, a larger population, and a wider range of left and right-wing people. The reverence for the Emperor, for some people in Taiwan, might only extend to gratitude for Chiang Kai-shek preserving the imperial system. In short, cultural shock depends on how your ideology is shaped and your information circle. Personally, I didn't have much trouble with this and could even be described as disdainful of the world.

Personal Growth from Overseas Experience:

Probably in affirming certain ideas in my heart, realizing that every place has its pros and cons, not just Japan. I don't dislike Japan, just as I don't dislike Taiwan. Society is complex, work is hard, and this experience has helped me better understand my views on things and recognize the indifferences within differences.

The Biggest Help of the Scholarship for Overseas Study:

It allowed me to travel more, which was very meaningful. Thank you to Sun Yat-sen and the nation for their relentless nurturing. I hope to at least not give my superiors or colleagues the impression of wasting public funds. Without the scholarship, I probably would still have gone on this trip, but I also considered going to Norway since I had studied Japanese.

Final Thoughts and Reflections:

This was a great experience that indeed left something behind. Thank you to the school for letting me go to Japan, and thank you to myself for all my efforts. Grateful, grateful, and hoping not to encounter too many problems in subsequent military service and job hunting!