

交換心得報告

學校簡介

大東文化大學總共有兩個校區，「板橋校區」與「東松山校區」，板橋校區位於東京都內，東松山校區則位於埼玉縣內，交換學生們平常上課的校區是東松山校區。從宿舍到學校需要先搭乘東武東上線到高坂站，再轉乘校車，上課尖峰時段由於學生很多，因此大約要在前一個小時出門才不會遲到。

課程簡介

在日本，持留學簽證的留學生需要在一學期內最少修習七堂課，大東大會為交換生們開設日文課，並依クラス 1～クラス 4 程度分班，每個程度的日文課皆為一系列的聽說讀寫課表，總共有六堂課，再加上一堂自己的選修課，共七堂。

大東大所開設的日文課最高級只到 N2，N2 以上的人可以進入學部與其他日本人一起上課。我在來日本交換前已拿到日檢 N2 的證書，但由於我日文是自學的，文法等基礎並不穩固，因此在上學期我選擇再上一次 N2 的課程。到了下學期，我進入了發展學部，與其他正式留學生一起上課，大東大也會為正式留學生開設專門的日文課，與交換生的日文課不同，課程內容更偏向學術寫作與學術文章閱讀。

在這兩個學期的課程中，我受益最多、也最喜歡的課是「Global studies」，這堂課是交換學生與日本人一同上課，老師會給每週的主題，例如：自己國家的美食、歷史、教育制度等等，交換生們需要用日語與日本學生交流，用日語介紹自己的國家。我剛來日本的時候日文還沒有很流利，用日文介紹自己的國家是很困難的事，但這堂課給了我機會能讓日本學生交流，提升自己的日文聽力與口說能力。通過學校的交換制度，對我而言主要有三項具體效益：

1. 經濟負擔相對較小

日本的私立大學學費非常高昂，即使是語言學校也要一筆不小的花費，透過大學的交換制度，能夠只繳中山的學費就能享受到交換校的資源，在當地學習日語，是一件非常划算的事。

2. 提前適應國外生活

我在這年的交換結束後預計進入日本的專門學校就讀，對於未來打算繼續留在日本就學的我而言，透過交換制度不僅可以更加精進日文能力，也能用較低的成本提前適應國外生活，在交換期間因為人在日本的關係，在找房、跑行政手續等流程也比其他人方便很多。

3. 享有學生身分帶來的優勢

在日本，許多地方都有學生優惠，交換生雖然並非正式留學生，但也能享有同等的優惠，對於喜歡旅行到處跑的我來說可以省非常多。

交換期間的文化衝擊

對我而言其實幾乎沒有碰到文化衝擊，也許很多人透過網路、動漫等影視作品認識日本，對日本抱有很大的濾鏡，但我在來日本之前已看了很多在日留學生的分享，因此已經對在日本遇到的任何事不會感到太意外，也不會有期待與現實落差太大的問題。

海外生活期間遭遇到的困境

由於我在交換結束後要繼續進入日本的專門學校就讀，但這會牽扯到簽證的問題，交換生在交換期間所持的是留學簽證，而按照規定，交換一結束現在所持的留學簽證會立即失效，為了讓現在的留學簽證能繼續下去，我與大東大、預計入學的專門學校、入國管理局相談了很久，儘管我的日文口說沒有很流利，在與學校相談的過程很辛苦，但也很謝謝大東大的老師們耐心傾聽、處理我的事情，最後終於處理好簽證的事，我也能順利入學四月開學的專門學校，而經過這件事後，日文口說也更進步了。

交換帶給我什麼樣的改變

儘管在交換前已考取到 N2 的證書，但在口說方便仍有嚴重的不足，每一次開口說日文之前，都要在腦內反覆演練好幾遍，才敢把話說出來，也因為對自己的日文沒什麼自信，很怕開口說日文。但透過交換留學，在老師與同學的鼓勵下，我也對說日文這件事感到不那麼恐懼了。

感想與建議

交換的這一年，帶來給我很多重新認識日本的機會，雖然也遇到很多不順遂的事，但總體而言我非常喜歡在日本的生活，因此決定在交換結束後繼續在日本求學。

現在因為日本政策的關係，外國人想取得日本中長期簽證的難度也越來越高，但透過交換留學，有學校的幫忙就不需要自行處理複雜的手續，對於想嘗試在日本生活的人而言，或是未來有打算在日本求學求職的人而言，申請學校的交換計畫非常有幫助，不必再透過昂貴的語言學校，就能提前適應在日本的生活。

英文心得

Daito Bunka University has two campuses: Itabashi Campus in Tokyo and Higashimatsuyama Campus in Saitama. Most exchange students take classes at the

Higashimatsuyama Campus, which is where I spent my daily academic life during my exchange year. Although the campus is not located in central Tokyo, it provided a quiet and focused learning environment that allowed me to concentrate on my studies and adjust gradually to life in Japan.

In Japan, international students holding a student visa are required to take at least seven courses per semester. Daito Bunka University offers Japanese language courses specifically designed for exchange students, divided into levels from Class 1 to Class 4. Each level includes comprehensive training in listening, speaking, reading, and writing, totaling six courses, along with one elective course. The highest level offered for exchange students corresponds to the JLPT N2 level. Students above this level are allowed to take regular undergraduate courses together with Japanese students.

Before coming to Japan, I had already obtained the JLPT N2 certificate. However, since I learned Japanese mostly through self-study, my grammatical foundation was not very solid. For this reason, I chose to take the N2-level Japanese courses again during my first semester to strengthen my basics. In my second semester, I joined the Faculty of Development Studies and took classes with regular international and Japanese students. Compared to the exchange Japanese courses, these classes focused more on academic writing and reading, which helped me prepare for future academic studies in Japan.

Among all the courses I took, my favorite was “Global Studies.” This class was attended by both exchange students and Japanese students. Each week, we discussed a specific theme such as food, history, or education systems in our home countries. We were required to communicate and give presentations in Japanese. When I first arrived in Japan, my spoken Japanese was far from fluent, and introducing my country in Japanese was a big challenge. However, this class provided a valuable opportunity to interact with Japanese students, greatly improving my listening and speaking skills.

Participating in the exchange program brought me three main benefits. First, the financial burden was relatively low. Studying at a private university or language school in Japan is expensive, but through the exchange program, I only needed to pay tuition to my home university while still enjoying the resources of the host university. Second, the program allowed me to adapt to life abroad in advance. Since I plan to attend a vocational school in Japan after the exchange, this experience helped me improve my Japanese and become familiar with daily life, housing, and administrative procedures. Third, as a student, I was able to enjoy various discounts, which was especially helpful since I enjoy traveling.

Although many people experience cultural shock in Japan, I personally did not face significant difficulties. Before coming, I had already read many accounts from international students, which helped me maintain realistic expectations. The biggest challenge I encountered was related to my visa status. Because I planned to continue studying in Japan after the exchange, I needed to consult with the university, my future

school, and the immigration office. Despite my limited spoken Japanese, the teachers at Daito Bunka University patiently supported me, and this process significantly improved my confidence in speaking Japanese.

Overall, this exchange experience helped me overcome my fear of speaking Japanese and gave me the confidence to continue my studies in Japan. Although the year was not without challenges, it was a meaningful and rewarding experience that influenced my decision to pursue further education in Japan.