

# 國立中山大學出國交換/研修(含寒暑期課程)/獎助學生 返國報告書

## 早大心得

非常感謝中山大學、管院以及國際學程讓我能夠去日本交換，跟當地學生以及世界各國的留學生互相學習、交流，透過日本教授、業界講師了解日本工作文化以及日式經營管理學。在這次交換的旅途中我也跨出舒適圈，培養國際觀以及山海胸襟。

我所交換的學校為日本頂大之一的早稻田大學，早大創立於 1882 年，是日本最具聲望的私立大學，強調自由學術與多樣性而聞名，早大擁有多個學院，涵蓋文學、商學、法學、科學技術等領域。早稻田大學培養了眾多政商界領袖及文化名人，致力於全球化教育和研究。校內擁有優美的校園環境，學生生活豐富多彩，也是日本留學生最多的學校。

我在早大的研究所修了四堂研究所商學研究科(GSC)以及 Waseda Business School 的課程(日文授課一堂、英文授課三堂)(圖一)以及三堂日本語學校(CJL)的課程。透過課程中企業個案以及學術論文，不僅能從中學習專業的管理知識以及實務經驗，而在與來自不同國家、不同專業背景的學生討論的過程中，也可以學習到不同的知識和觀點，也加強英文口說能力(圖二)以及跨文化交流能力(圖三)。在三堂日本語的課程，除了讓我再次感受自身日文的不足外，我也從中學習到日本企業用語以及如何進行日文做課堂報告。這些課程不僅提升了我的語言能力，還幫助我更好地理解日本的職場上的溝通方式，以及日本學生在大學期間的求職過程。

早大國際處(異文化交流中心)有舉辦一系列的活動給國際學生參加，例如太鼓活動、插花活動、國中小參訪，但可以因為報名人數眾多，所以我最後只成功報名到 Japanese Table 跟語言交換，雖然此認識了一些日本人以及國際學生，但比較可惜的是最後只有跟語言交換的學伴比較熟。我覺得如網路上所說，交換生要跟日本人成為朋友會比較困難，加上我所選的課程中日本人只佔所有學生的 10%，因此如果想認識更多日本人以及成為好朋友的話，參加校內的社團會是最快的方式。

在課餘時間，作為交換生的我當然會利用機會四處旅遊。與許多前往不同國家的歐洲同學相比，我選擇了探訪一些不為觀光客熟知的地方。其中，最讓我印象深刻的是位於稻盛和夫紀念館。稻盛和夫被譽為「日本經營之聖」，他創立了京瓷和 KDDI，並成功拯救了負債達兩兆三千億日圓的日本航空。他的經營理念、企業案例和人生哲學，無不值得我們深思與學習。因此這次交換期間，我特地前往京都，深入了解他的成功故事與智慧。透過這次參訪，我不但學習到他的人生智慧外，更激發了我對未來發展的思考。稻盛和夫的精神與價值觀，讓我對自己的職業規劃有了新的啟發，也鼓勵我在未來的人生道路上更加努力與勇敢。

I would like to express gratitude to National Sun Yat-sen University, the College of Management, and the Office of International Affairs (OIA) for providing me with the opportunity to participate in an exchange program in Waseda University, Japan. This experience was not only enriching academically but also personally fulfillment, allowing me to engage with local students and international exchange students.

The chance to immerse myself in the academic environment at Waseda University was particularly significant. I enrolled in four courses within the Graduate School of Commerce (GSC) and Waseda Business School, consisting of one marketing course conducted in Japanese and three courses offered in English. Additionally, I pursued three

courses at a Japanese language school (CJL). This diverse curriculum allowed me to explore various aspects of business and management from both local and global perspectives.

Through case studies and academic papers, I gained a robust understanding of professional management knowledge and practical applications. Engaging in discussions with students from a variety of countries and backgrounds provided me with unique insights and perspectives that enriched my learning experience. This collaborative environment fostered not only my academic growth but also significantly enhanced my English speaking skills and cross-cultural communication abilities. By interacting with exchange students from different cultures, I learned to appreciate diverse viewpoints and approaches to problem-solving, which is essential in today's globalized business landscape.

Moreover, the Japanese language courses were instrumental in helping me recognize my own limitations in Japanese language. While I became more aware of the challenges I faced, I also gained valuable skills in business culture and presentation techniques in Japanese. These courses allowed me to practice speaking in a professional context, thus bridging the gap between theoretical knowledge and practical application. As I worked on delivering presentations in Japanese, I not only improved my language skills but also developed a deeper understanding of the nuances of communication in a Japanese workplace.

One of the most enlightening aspects of my exchange was the opportunity to learn from distinguished Japanese professors and industry speakers. Their insights into Japanese work culture and management practices provided me with a comprehensive view of how business is conducted in Japan. I learned about the importance of teamwork, consensus-building, and the value placed on relationships within the workplace. These cultural insights are invaluable for anyone aspiring to work in or collaborate with Japanese companies.

Additionally, the exposure to Japan's unique business practices has broadened my mindset and nurtured a global perspective. I found myself stepping out of my comfort zone, which was both challenging and rewarding. By engaging with different courses, I became more adaptable and open-minded. This experience has motivated me to seek further international opportunities in my career, recognizing the importance of cultural competence in today's interconnected world.

In summary, my exchange program in Japan was a precious experience that enriched my academic knowledge, enhanced my language skills, and expanded my cultural understanding. The lessons learned and connections made during this period will undoubtedly influence my future and contribute to my growth as a global citizen and professional. I look forward to applying these experiences as I continue to navigate my future career paths, equipped with a broader perspective and a deeper appreciation for cultural diversity.