

學校簡介

東京大學為日本第一學府，原身為教授「蘭學」的幕府直轄院校。後日本政府頒布「帝國大學令」，與台北帝國大學（現國立台灣大學）同成為九所帝國大學之一。二戰之後復名為東京大學。東京大學主要有三個校區，分別為本鄉主校區、駒場校區及柏校區，我所住的宿舍位置便是在柏校區附近。柏校區比起教學更為偏重於研究，為物性研究所（ISSP）所在的地方，也是我交換的實驗室所屬的機構。

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

交換期間我總共修習了五門課，分別是固態物理II、日本語中級1 會話、半導體物理、物質科學、日本語中級1 文章。日語相關課程在選修之前會需要先通過一個網路上的能力檢定，並且在第一堂課時會再次確認學生程度是否符合。我覺得這個機制能非常有效的讓你找到适合自己程度的課程，而不是因為沒有自信而選了最簡單的課卻沒有學到東西，也不會不小心選擇太難的課程而跟不上進度。而物理相關的課程固態物理II及半導體物理為日語教授課程，而物質科學為英文。我認為用日語學習沒有學過的東西還是有些吃力，但教授都會提供投影片做為參考，所以課後想要自己複習時不至於毫無頭緒。

國外研修之生活學習（課外）

除課程學習以外，生活上沒有遇到太困難的事情，但一開始有可能會因為聽不懂他們的習慣用語而跟店員雞同鴨講。例如：店員問我「中等大小的袋子可以嗎」我回他「大丈夫」，我想表達沒問題，但她以為我不要那個袋子了。除了書上會寫的日文之外，還要學習日本人的使用習慣才能順暢的溝通。

交換/研修之具體效益（請條列式列舉）

1. 增進自己的國際視野
2. 培養獨立自主的能力
3. 增進外語能力
4. 認識外國人眼中的台灣
5. 認識不同文化背景的朋友

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?

辦理各項事務的時候都滿困難的，包括手機、郵局儲蓄帳號、簽證。手續真的很多也很麻煩，雖然很多服務都有英文及中文翻譯，但我被錯誤的中文翻譯騙幾次之後都乾脆看日文版本。不然他翻錯我自己看不懂，但中文版本也沒人可以看懂或告訴我他翻錯了。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

遇到很多文化衝擊，但如果沒有要長期定居在這裡的話，都不是很嚴重的事，所以也沒什麼要適應的。例如：很在意筷子的拿法是否正確、畢業後隔天就要到公司報到中間不能有空檔、對於性別的印象較為傳統等。

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？

第一次與非台灣人談論到台灣相關的事情之後才發現很多事情只有台灣人自己沒有意識到，聽到日本跟印尼的人比我還清楚地描述台灣現在的國際情勢跟時事我感到很羞愧。原先內心深處抱持的「應該沒事吧」的心態有被打破。

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？

可以去體驗更多事情，不然日本物價比較高可能會有點捨不得到處出去玩。

感言及心得感想

在出國之前我非常討厭英文，雖然我來到的是日本，事實上大部分的對話我也都盡可能用日語進行，然而非母語者還是會有不懂的單字或聽不懂的對話，這時候大部分的人都還是會切換到英文跟自己對話，畢竟也沒有其他語言了。尤其在日本也遇到許多除了日本國籍以外的人更是經常需要用英文溝通。所以到日本的一年間除了日語的進步以外，對英文的恐懼也少了不少，原本會擔心自己文法錯誤或造出很不通順的句子，後來發現根本沒人在乎你is講成are，聽不懂就再想別的辦法描述配上比手畫腳最後有聽懂就好了。因此我覺得放下對於講錯的恐懼反而對於溝通很有幫助。

另外，在跟許多朋友聊過之後，我覺得在國外待了一年從國外的視角來看台灣非常有趣，曾經覺得非常理所當然的一句「我台語不好」在外國人眼裡卻非常莫名其妙，解釋了為什麼老一輩很多會講台語但年輕人卻很多不會跟現在幾乎通用中文的歷史淵源之後，對方覺得恍然大悟得出結論說所以台灣講中文跟台語時，突然又要開始解釋除了台語以外還有客家語跟原住民語。另外，外國人問到台灣有那些古蹟或景點時，又會不小心突然開始上起關於西班牙跟荷蘭的歷史課。也常常被問台灣什麼季節下雨、哪裡有山脈、最高跟最低氣溫大概多少、哪裡有路可以穿過中央山脈、台灣的選舉方式、某某相關法律、健保措施等等。生活在這片土地時覺得理所當然的事情對外國人而言卻是全新的知識，因此推薦大家出國前記得去複習台灣歷史、地理跟公民，不然被考倒的話會有點羞恥。

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)

The University of Tokyo, often referred to as Todai, is Japan's leading university. Originally an institution for teaching Western studies, it became an Imperial University alongside others like Taipei Imperial University (now National Taiwan University) under the Imperial University Order. Post World War II, it was renamed The University of Tokyo. The university has three main campuses: Hongo, Komaba, and Kashiwa. During my exchange, I stayed near the Kashiwa campus, which is more research-focused and home to the Institute for Solid State Physics (ISSP), where my laboratory is located.

During my exchange, I enrolled in five courses: Solid State Physics II, Intermediate Japanese Conversation 1, Semiconductor Physics, Materials Science, and Intermediate Japanese Writing 1. The Japanese language courses required a proficiency test before enrollment to ensure appropriate placement, which I found very effective in matching students with the right level. The physics-related courses, Solid State Physics II and Semiconductor Physics, were taught in Japanese, while Materials Science was in English. Although learning new subjects in Japanese was challenging, the professors provided slides for reference, which greatly helped in my post-class reviews.

Beyond academic learning, daily life posed its own set of challenges, primarily due to language barriers. For example, when a store clerk asked if a medium-sized bag was okay, my response of "Daijoubu desu" (meaning "no problem") was misunderstood as me declining the bag. Such incidents underscored the importance of understanding colloquial Japanese beyond textbook language to communicate effectively.

Concrete Benefits

- Broadened international perspective
- Developed independence and self-reliance
- Improved language skills
- Gained insights into how Taiwan is perceived by foreigners
- Made friends from diverse cultural backgrounds

Handling administrative tasks like setting up a phone, bank account, and visa were quite daunting due to the numerous procedures involved. Despite the availability of English and Chinese translations, inaccuracies in the translations often led to confusion, prompting me to rely on the Japanese versions to avoid misunderstandings.

I experienced several cultural shocks, such as the meticulousness of using chopsticks, the immediate start of work after graduation without breaks, and traditional gender roles. However, since I wasn't planning to reside in Japan long-term, these weren't significant issues that required major adjustments.

Discussing Taiwan with non-Taiwanese people made me realize how much I took for granted. I felt a sense of shame when foreigners, such as Japanese and Indonesians, were more knowledgeable about Taiwan's current international situation and affairs than I was. This experience shattered my complacent attitude and made me more aware of global perceptions of Taiwan.

Before going abroad, I disliked English, even though I was in Japan. Most conversations were in Japanese, but when faced with unfamiliar words or dialogues, switching to English became necessary, as it was the common ground. Meeting people from various nationalities in Japan also required English for communication. This experience helped me overcome my fear of making grammatical mistakes, realizing that effective communication often involves improvisation and understanding rather than perfect grammar. Additionally, talking to foreign friends made me see Taiwan from an outsider's perspective. Explaining why many older Taiwanese speak Taiwanese while younger generations don't, or the historical context of Spanish and Dutch influences, provided new insights into Taiwan's unique cultural and historical background. Such experiences highlight the importance of brushing up on Taiwan's history, geography, and civic knowledge before going abroad to avoid feeling embarrassed when questioned.