

國際交換生返國報告書

一、緣起

我從小即在外文的環境中學習，並於過程中開啟了對日文的興趣。日本於我而言是個值得深入理解並探討的國家，不僅是與臺灣密不可分的歷史及古蹟、新舊並存且獨具特色的人文及風情、甚至是當今於東北亞不斷累積的政治及經濟實力，我對此皆抱有濃厚的求知慾。其中，早稻田大學作為日本數一數二的私立大學，其在政治與經濟等學科所帶來的影響更是不計其數。「耳聞之不如目見之，目見之不如足踐之。」我期許能透過今年社會科學院的交換計畫，親身走訪並體驗這個蒙上一層面紗的國家。於碩士、更是於作為學生的最後一年，投入所學並實現嶄新視野的研究。

二、學校簡介

早稻田大學自 1882 年(明治 15 年)10 月 21 日創立，位於東京都新宿區，至今已有 140 多年歷史，為日本數一數二的私立大學之一，其貫徹「學問的獨立」、「學問的應用」、「培育模範國民」為其建校的宗旨。早稻田大學長期致力於建構國際學習環境，其尤其重視交流與互動過程，透過與世界各地的大學締結學術交流協定，與海外的教育、研究機關進行人材交流與研究交流，以發展國際交流環境。

三、國外研修之課程學習(課內)

早稻田大學使用「Waseda Moodle」作為課程支援系統，包括選擇課程、課綱查詢、講義下載、測驗考試、與郵件寄送等等皆會透過此系統進行。

由於碩士課程規範需配置一位交換期間的指導老師，因此交換期間有兩門必修的課程，一堂為「研究指導」，即日語のゼミ。學生需於課堂中發表碩士論文研究或其他學術研究的概論，並與同堂課程的學長姐進行提問和討論，最後由指導教授進行講評。交換期間，我的指導教授為劉傑教授。由於必須以日文進行專業課程與發表，剛開始會覺得壓力有些大，然而教授與學長姊皆十分和藹可親，不論是於課業上亦或是日本生活上皆給予我很多幫助。偶爾課程結束後大家也會到附近餐廳聚餐以增進感情，對我來說是非常難能可貴的經歷。

除此之外，我另有選擇修習劉傑教授的「日本外交史」。同樣是以日文授課，課程主要講述第二次世界大戰前後的中日關係。規範的教科書為松本重治先生所撰謝的《上海時代》，以第一人稱撰寫日記的方式記錄當時的中日關係，是非常具有文學史實價值的一本書。劉傑教授雖然沒有訂立期中與期末考試，卻有要求學生必須每周閱讀本書的篇章並撰寫簡易的心得和感想。一開始也對於全日文的課程感到緊張，但劉傑教授在課堂中卻會以淺顯易懂的方式敘述本書的內容，讓我得以了解當代日本與中國是如何在雙方不信任的情況下走向戰爭，並且使歷史的矛盾延續至今日，十分受益良多。

除了專業課程之外，早稻田大學另外開設日本語教育研究中心(CJL)，交換學生可以免費透過修習 CJL 所開設的日語課程增進日語口說、寫作、閱讀、聽解等能力。於修習 CJL 課程之前，學生亦可透過研究中心所提供的線上測驗以得知自身日語程度並選擇相應的課程。

於交換期間，我修習了 CJL 所開設的「総合日本語 6」與「日本語で学ぶ国際関係論」。「総合日本語 6」為総合日本語的最高階課程，採實體與線上授課雙進行的方式，透過指定教科書訓練學生的日文讀寫之能力。而「日本語で学ぶ国際関係論」則是透過團體討論的方式，透過教師指定文章、新聞稿訓練閱讀與口說能力。CJL 課程作業偏多，回家複習的時間也相對較長，但與不同國籍的同學一同練習日文、甚至更進一步地成為朋友，也算是達成了交換前增廣見聞、結交新友之目標。

四、國外研修之課程學習(課外)

早稻田大學作為日本國內國際學生眾多的學校，其有著專為國際學生設計的學生團體與協助管道。

ICC(異文化交流センター)便是其中之一，ICC 提供國際學生交流機會，每個月會不定期舉辦茶會，除了結交外國朋友以外，也能練習聽力與口說。此外，為了促進國際學生理解日本文化，ICC 也會舉辦像是和服體驗、和菓子製作等活動，讓國際學生的校園生活更加豐富。

WTSA（早稻田大學台灣留學生會），顧名思義是由台灣留學生所設立的學生團體。WTSA 也會舉辦迎新、期末活動，除了可以結交同樣來自台灣的朋友以外，學長姐們也會分享在日本生活的經歷並給予新入生幫助，讓台灣留學生可以更快熟悉日本社會與校園生活。與之相同性質的還有 TTSA（東京台灣留學生會）。

課餘時間，我則走訪了東京各處，體驗日本生活與文化。即使因距離及資金問題，無法到較遠的地方參觀，然而東京作為日本首都，以其作為探索日本文化的主要地點綽綽有餘。在東京，我透過 JR 東日本鐵道、東京 Metro 地鐵、公車等交通方式，走訪了東京各大景點，例如昭和紀念公園、日本皇居、東京車站、晴空塔、舍人公園、舊中川水邊公園、淺草雷門……等。在四個月的時間裡，我體驗了日本獨有的賞花、野餐與和服攝影等活動。不同於先前到日本遊玩，僅能在短時間內參與為數不多的日本本土活動、或是因交通考量僅能走訪熱門觀光景點。正是因為在日本長期居住，才能走訪並參觀更多地方、並從多個面向體驗到日本的文化風情。

五、研修之具體效益(請條列式列舉)

1. 結交國際各地好友、拓展世界觀。
2. 於全日語的環境中訓練日語聽說讀寫之能力
3. 提升自我獨立能力，發覺自身不足的地方並改進
4. 獲得寶貴經歷，於未來求職履歷中增添優勢與競爭力

六、感想與建議

於碩士的最後一年，非常慶幸自己選擇了到早稻田大學進行交換。獨自身處異鄉雖讓人有時覺得緊張且孤單，然而收穫的成果卻是無可替代的。這四個月裡，我走訪了東京各地，欣賞隨季節更迭的景色；我認識了來自世界各地的朋友，至今仍用 IG 保持聯絡，分享在日本生活的點滴；我於早稻田大學內認識了待人和善的教授和學長姐，透過他們的提點從中學習論文的寫作方式；我也透過日常對話更加提升自身的日文能力，訂立了往後的就業目標。這一切的一切，除了要感謝給予我幫助、並促成我實現交換留學夢想的人們，也要感謝下定決心給予自己機會的我。四個月，說長不長的時間，我卻覺得收穫了比以往故步自封時更加充實的回憶和成果。「讀萬卷書不如行萬里路」我想正是最貼合現在的我一番話了。

這些可貴的回憶和我所學習到的一切知識，必然是我畢業後銜接就業的一大優勢。即使往後到了新環境，期許自己也能回憶起在日本奮不顧身、勇往直前的自己，不摒棄任何成長自身的機會，並持之以恆心且舉步向前。

以上，是我的早稻田大學交換心得，謝謝您的閱覽。也期許正在準備出國交換、出國實習的你，能夠勇敢邁出一步、創造出屬於自己的美好回憶。

七、英文心得

1. Background

Since childhood, I have been immersed in a foreign language environment, which sparked my interest in the Japanese language. Japan is a country I find worth deeply exploring—not only because of its close historical and cultural ties to Taiwan, but also due to its unique blend of traditional and modern elements. Furthermore, Japan's growing political and economic influence in East Asia fuels my curiosity. Waseda University, as one of Japan's top private institutions, has a significant impact in fields like politics and economics. "Hearing something is not as powerful as seeing it, and seeing it is not as powerful as experiencing it firsthand." Through this exchange program at Waseda University's School of Social Sciences, I hoped to personally visit and experience this fascinating country. As a master's student in my final year, I wanted to apply my learning in a new setting and expand my research horizons.

2. University Overview

Founded in 1882, Waseda University is located in Shinjuku, Tokyo, and has a long history of over 140 years. It is one of Japan's most prestigious private universities, with the mission of "academic independence," "application of knowledge," and "cultivating exemplary citizens." Waseda has long prioritized building an international learning environment, particularly emphasizing the exchange and interaction process. The university has established academic exchange agreements with institutions worldwide, facilitating the exchange of students and research to foster a global academic community.

3. Academic Experience (In-Class Learning)

Waseda University uses the "Waseda Moodle" platform for course support, which allows students to select courses, view syllabi, download lecture materials, take tests, and receive emails.

As part of my exchange program, I was assigned an academic advisor. During my exchange, I took two required courses. One was "Research Guidance" (ゼミ), where students present their research topics or other academic work in front of classmates and engage in discussions. My advisor, Professor Liu Jie, was very supportive and kind, providing help not only for academics but also for adjusting to life in Japan. The pressure of giving presentations and discussing academic topics in Japanese was initially overwhelming, but the friendly atmosphere of the class made the experience invaluable. After class, we often went out for meals together, which allowed me to bond with my peers.

Additionally, I took Professor Liu's course on "History of Japanese Diplomacy." The course primarily focused on Sino-Japanese relations during the period before and after World War II. The required textbook, *Shanghai Era* by Matsumoto Shigeharu, is a diary-style account of the Sino-Japanese relationship, offering great literary and historical value. Although the course was entirely in Japanese, Professor Liu explained the material in a simple and approachable way. This enabled me to better understand how Japan and China moved toward war amidst mutual distrust, a theme that continues to affect their relationship today.

In addition to the core academic courses, Waseda offers Japanese language courses through the Center for Japanese Language (CJL). As an exchange student, I was able to take these language courses for free. Before starting, I took an online test provided by CJL to assess my Japanese proficiency and select appropriate courses. I enrolled in two CJL courses: "Comprehensive Japanese 6" and "International Relations in Japanese."

"Comprehensive Japanese 6" was the highest-level course, focusing on advanced reading and writing skills through both in-person and online classes. "International Relations in Japanese" aimed to improve speaking and reading skills through group discussions and reading articles or newspaper reports. Although the CJL courses involved a significant amount of homework, I greatly enjoyed interacting with classmates from various countries, making new friends, and achieving the goal of broadening my horizons and improving my Japanese.

4. Extracurricular Learning

Waseda University has a large international student body, and several student organizations and support networks are designed to help international students adapt. One such organization is ICC (International Community Center), which organizes regular events such as tea parties, allowing students to meet new people while practicing Japanese listening and speaking skills. ICC also offers cultural experiences, such as wearing kimono and making traditional Japanese sweets, to help international students deepen their understanding of Japanese culture.

Additionally, I joined WTSA (Waseda Taiwanese Student Association), an organization for Taiwanese students. WTSA hosts activities like welcoming events and year-end parties, helping students make friends and adapt to life in Japan. Senior members share their experiences and offer advice on adjusting to Japanese society and campus life. There is also TTSA (Tokyo Taiwanese Student Association), which serves a similar purpose.

Outside of academic life, I explored various parts of Tokyo to experience Japanese culture. Although I couldn't visit distant places due to time and budget constraints, Tokyo, as the capital, offered an abundance of cultural experiences. I traveled around the city using the JR East Railway, Tokyo Metro, and buses, visiting major landmarks such as Showa Memorial Park, the Imperial Palace, Tokyo Station, Tokyo Skytree, and Asakusa's Senso-ji Temple. During my four months in Tokyo, I had the chance to participate in activities like flower viewing, picnics, and kimono photoshoots. Living in Japan for an extended period allowed me to experience more than just the typical tourist activities and really immerse myself in local culture.

5. Specific Benefits of the Exchange

1. Made friends from various countries and broadened my worldview.
2. Improved my Japanese listening, speaking, reading, and writing skills through full immersion in a Japanese-language environment.
3. Enhanced my independence and became more self-aware, identifying areas for personal growth.
4. Gained valuable experiences that will give me a competitive edge in the job market.

6. Reflection and Suggestions

Looking back, I am incredibly grateful to have chosen to exchange at Waseda University during my final year of my master's program. Though living in a foreign country sometimes felt overwhelming and lonely, the experiences I gained were irreplaceable. During my four months in Japan, I explored various parts of Tokyo, enjoyed the changing seasons, and met people from all over the world—many of whom I still stay in touch with via Instagram. I had the opportunity to learn from kind professors and senior students at Waseda University, improving my academic writing skills. Daily conversations helped me improve my Japanese, and I also set clear career goals for the future. All of these experiences were made possible by the support I received from those who helped me realize my dream of studying abroad and by my own decision to step out of my comfort zone.

Four months may seem like a short time, but the memories and lessons I gained from this experience are far more enriching than anything I could have achieved by staying within my previous boundaries. "Reading ten thousand books is not as good as traveling ten thousand miles"—this saying perfectly sums up my experience. These invaluable memories and the knowledge I acquired will certainly give me an advantage when transitioning to my career after graduation. I hope that, in future challenges, I can recall the courage and determination I had during my time in Japan and continue to seize every opportunity for personal growth.

Thank you for reading my exchange experience at Waseda University. I also hope that anyone currently preparing for an exchange or internship abroad can take that brave step forward and create their own unforgettable memories.



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宿舍聯合迎新



淺草和服外拍



千葉迪士尼



昭和紀念公園



葛飾納涼花火大會



舊中川水邊公園