

A. 學校簡介

創價大學是位於東京都八王子市的私立綜合大學，於 1971 年由教育家池田大作創辦，以「創造價值」為教育理念，致力於培養具有全球視野、和平精神與社會責任感的人才。由於是日本創價學會創辦，因此跟創價學會有非常深厚的淵源關係。雖然有一些學會會員就讀，但多數仍是一般學生。校園環境優美，被譽為「花與綠的大學」，並擁有國際化的學習氛圍，吸引來自世界各地的交換與留學生。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

在此次交換中，我想推薦兩堂課程給學弟妹。若是商管類學生，我推薦選修全日文的「消費者行動論」課程，此堂課程能透過日本商業觀點理解行銷概念，教授的日文很標準、能將行銷概念解釋清楚也提供講義，考試內容若有多加複習也並不困難，這堂課也是我收穫最多的課程。而無論是哪個科系的同學，我都推薦選修「日本傳統文化」，這是最喜愛的課程。在每週的課程中，會邀請各個領域的講師，讓同學體驗日本傳統文化，其中包含：茶道、書道、花道、和服體驗、和樂器體驗、日本傳統舞蹈、年節行事等等內容，在專業講師指導下每堂課程都很有趣，在外面要花幾千日幣體驗的內容，在這裡都能享受到。

C. 國外研修之生活學習 (課外)

在課外時間，可以自由參與校內組織 wlc 所舉辦的課後語言練習，當時我很熱衷於參與日本語道場及 Global Village 這兩個課程。在 wlc 舉辦的練習皆是由校內學生負責，由 wlc 支薪聘請校內學生負責教學，例如日本語道場會是日本的同學設計課程、帶領練習。Global Village 則是有西文、韓文、法文、德文、俄文、中文教學，另外也有英語會話練習、寫作練習可以選擇。對於想去練日文口說、學習第三或四外語的同學，我相當推薦。

D. 交換/研修之具體效益 (請條列式列舉)

- 體驗日本當地生活、文化
- 學習英日文、練習口說與寫作
- 提升獨立生活的能力
- 探索更多生涯可能性
- 透過外國專業課程看見他國視點
- 提升跨文化溝通能力
- 增進國際視野
- 認識外國朋友

E. 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？

一開始在去日本時，雖然我已擁有 N2 證書，但仍然對於用日文溝通感到困難，甚至連去便利商店，我都聽不懂店員問我什麼。後來我在遇到類似困境時透過 Chat GPT 查詢，並在去某個場所前，先了解可能會遇到什麼樣的字彙與常用句型，例如去美甲店可能要了解手指的名稱、指甲形狀表達的方式、顏色等等，在進去前我就會先快速複習一下，講不出來的則試圖用比較簡單的講法和對方解釋。除此之外，我也積極在課堂和課外時間與同學交流練習，課後也會去日本語道場，透過廣泛的練習與主動學習，到後來我也可以和日本人正常交流，甚至是討論社會議題、政治宗教話題。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

最不適應的其實是他們繁複的規定與潛規則，例如在宿舍有門禁、回收分類很複雜、每週有打掃時間、離開宿舍要標示等等，在外也常常會要擔心自己是否影響到他人，並不如台灣社會那般自由隨性。但在深入了解他們的文化後，自然而然可以理解他們在意的點，以及規定的用意，就能知道如何在不冒犯他人的情況下行動。

G. 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？

其實在出國前，我會覺得獨自在國外生活很困難，也許很多時候也會很孤獨很無趣。不過在實際去日本後，我才發現原來不是這麼一回事。原來我自己也可以處理大大小小的事，可以獨自去採買東西、自己煮飯、去很遠的地方獨旅、可以認識外國朋友、用英日文溝通……等等，我覺得這些對以前的我來說可能不是那麼容易，也很難從中感受到樂趣。在出國後我才發現原來我可以這麼獨立，能做到更多事情讓我更有自信，也開始會想像自己改天能在國外進修、工作的可能性，也希望可以繼續認識其他國家。

H. 感想與建議

我誠摯建議每個對外國生活感興趣的學弟妹，都能鼓起勇氣去參與交換計畫。在念語言學校、打工度假、外派、念國外研究所的選項中，交換絕對是成本最低、最划算的選項，如果未來想往國外發展，也會是你探索的最佳時刻。也許每個去交換的人感受都不太相同，但我覺得交換會是我大學生活中最獨特也難忘的回憶，也是自我成長、語言學習最快速的一個時期。如果覺得生活費很有負擔的同學，建議考慮像創價大學這樣的學校，有提供免費住宿、每個月五萬日幣的補助，再加上台灣教育部提供的六萬元台幣，可以大幅降低在國外的生活開銷。在這邊也想再次感謝創價大學，不僅是上述實質的贊助，其實在生活上也都能感受到來自創價的支持，從一開始我們抵達機場就提供遊覽車接送，在新生週讓我們在校內就處理完市役所流程 + 銀行開戶，以及舉辦大大小小的活動培養留學生之間的感情，還有各種學生自治組織會組織活動，宿舍的殘寮生機制更是很完善，讓我們在生活中無時無刻都有人支援。即使創價大學位在地理位置較微不便的八王子，他們所提供的這些資源也足以彌補了。一開始我會很擔心他們是宗教學校，會不會有很多傳教或宗教活動，但實際上身為留學生並沒有被傳教過，也不需要參與宗教活動。在朋友與老師中也有部份的人是隸屬於創價學會，但除非我主動詢問，也不會有人主動去提起。

另外也提供以下關於生活上的小建議：提醒大家記得攜帶足夠現金出國，去了通常兩週內都會開通銀行帳戶可以存款，如果要在國外提款或大量刷卡要注意有匯率和手續費問題，食堂之類的地方也可能只接受現金和交通卡。在出國前可以先買兩週的 esim 卡，後續選擇電信業時，若情況允許比起校內提供的，自行去找樂天、au 等電信公司可能會更划算也更彈性。選課時雖然有進行分級測驗，但你可以依據你的學習情形、目標，自由選擇其他等級的課程。

I. 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) 500 字以上

Soka University is a private comprehensive university located in Hachioji City, Tokyo, founded in 1971 by educator Daisaku Ikeda. Guided by the philosophy of "value creation," it is committed to fostering individuals with a global perspective, a spirit of peace, and a strong sense of social responsibility. While it has historical ties with the Soka Gakkai organization, most students are not members, and the campus maintains an open and diverse environment. Known as the "University of Flowers and Greenery," Soka offers a beautiful campus and an international learning atmosphere that attracts exchange students from around the world.

During my exchange semester, I took several courses, and I would like to recommend two in particular. For students in department of business, I highly recommend the all-Japanese "Consumer Behavior" course. It provided valuable insights into marketing concepts from a Japanese perspective. The professor spoke clear and standard Japanese, explained theories thoroughly, and provided lecture materials, making it accessible even for non-native speakers. With sufficient review, the exams were manageable, and this course was where I gained the most academically. Regardless of major, I also recommend "Japanese Traditional Culture," my personal favorite. Each week featured guest instructors from different fields, offering hands-on experiences such as tea ceremony, calligraphy, flower arrangement, kimono wearing, traditional instruments, dance, and seasonal events. These

activities, which usually cost thousands of yen outside, were all included as part of the course.

Outside the classroom, I actively participated in language programs organized by the university's World Language Center (WLC). My favorites were the Japanese Language Dojo, where Japanese students designed lessons and guided practice, and Global Village, which offered introductory classes in Spanish, Korean, French, German, Russian, and Chinese, as well as English conversation and writing practice. These opportunities were excellent for improving Japanese speaking skills and exploring additional languages.

This exchange brought me numerous benefits, including experiencing daily life and culture in Japan, improving my English and Japanese—particularly in speaking and writing—developing independence, expanding my career perspectives, gaining insights from foreign academic viewpoints, enhancing cross-cultural communication skills, broadening my international outlook, and building friendships with people from various countries.

One challenge I faced early on was communication. Even though I had passed the JLPT N2, I initially struggled to understand everyday conversations, such as those in convenience stores. To overcome this, I prepared before visiting certain places—learning relevant vocabulary and phrases—and simplified my speech when necessary. I also made a conscious effort to converse with classmates and attend the Japanese Language Dojo regularly. Over time, I became comfortable holding in-depth discussions, even on social, political, and religious topics.

Another cultural adjustment was adapting to Japan's many rules and unspoken social norms, such as strict dormitory curfews, detailed garbage sorting, mandatory cleaning schedules, and ensuring my actions did not inconvenience others. Understanding the reasoning behind these rules helped me adapt without feeling restricted.

This experience transformed me. Before going abroad, I imagined that living alone overseas would be difficult and perhaps lonely. In reality, I discovered I could manage daily tasks, travel solo, cook for myself, and connect with people from around the world. These achievements gave me greater self-confidence and sparked the possibility of pursuing further studies or work abroad.

I sincerely encourage anyone interested in experiencing life overseas to consider an exchange program. Compared to studying at a language school, working holidays, or pursuing a degree abroad, exchange offers an affordable and well-supported option for exploration and growth. Soka University, in particular, provides generous support—free dormitory accommodation, a monthly scholarship of 50,000 yen, and additional assistance from Taiwan's Ministry of Education funding. The university also offers warm hospitality, from airport pickup to guidance on administrative procedures and various student-led events, ensuring a smooth and enriching stay.

This exchange was one of the most memorable and transformative parts of my university life, accelerating my language learning, expanding my worldview, and strengthening my independence. I will always treasure this chapter as a turning point that shaped both my skills and mindset.