

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

1 學校簡介

早稻田大學位於東京都新宿區，可以說是日本前幾熱鬧的地方，大眾交通運輸 10 分鐘內到新宿車站，15 分鐘到池袋，20 分鐘到澀谷，是非常便捷的地方。早稻田有 9 個校區，大學部有 13 個學部(相當於台灣的學院)，我就讀本校區的社會科學部，是個人數非常龐大的學部。

2 國外研修之課程學習（課內）

我在早稻田社會科學部修習了個體經濟學、總體經濟學、多變量分析及統計學，主要是為了準備未來的碩士考試，同時也鍛鍊自己的日文能力與數學基礎。起初上課時，多變量分析的教授語速非常快，導致我有些時候會聽不懂，但在三週至一個月後，我也漸漸習慣了那種語速的日文。我也覺得我的日文不再是只能應付生活上的對話的等級，而是進階到可以聽懂專業用語了。在上總體經濟學時，因為是小班級課程，所以基本上每個人每堂課都會上台講解題目，因為平常在台灣還是沒有很常用日文溝通的關係，導致常常會想不出來要怎麼說明，或是常常結巴，而在經過三四個月的這樣的訓練後，這個問題已經改善了許多，不會再畏懼上台用日文講解題目了，在複習基礎課程的過程中，我的日文也得到了相當大的進步。

3 國外研修之生活學習（課外）

我在日本也時常尋找機會來練習日文。我住在早稻田的國際宿舍，雖然說是國際宿舍，但裡面的日本同學還是過半數。所以我會時常找他們聊天來訓練自己的口語能力，同時增進與日本同學的感情，我也能藉此更了解日本民族的性格以及現在時下日本大學生流行的東西。而我也受西灣學院伊藤教授邀請，與我的政經系交換生同伴在伊藤教授的課程上，赴千葉縣流山市公所擔任口譯一職。口譯一直是我最害怕的工作之一，因為口譯的現場壓力非常大及容錯率很小，但伊藤老師不斷地給我機會練習，讓我可以藉由熟練口譯來克服心中的恐懼。我也覺得身為一個交換生可以到日本的市公所翻譯是一個難能可貴的機會。而日本統計學會每年都有舉辦統計檢定，來測驗對統計學的理解程度。我也以檢定統計最高級的一級為目標來加強我的統計學，並在明年 11 月時打算再次赴日應考。

4 交換/研修之具體效益（請條列式列舉）

1. 增進語言的口說能力
2. 使自己在生活上變得更獨立
3. 更深入了解該國家的風情與文化
4. 使該地學生更了解自己的國家，促進國際交流

5 感想與建議

我覺得我度過了一個說充實也不是很充實，畢竟還有很多想去的地方沒去，但說平凡也不平凡，因為也體驗到了一些一般赴日交換生不太會體驗到的生活，但我在當地認識了很多人的，體驗到了當地人最真實的生活，如趕電車、去超市買菜及跟朋友一起去家庭餐廳吃飯之類的。我也靠著因緣際會認識了三位這學期要來中山的交換生。所以我覺得很快樂。我建議來日本交換一定要勇敢一點，多鼓起勇

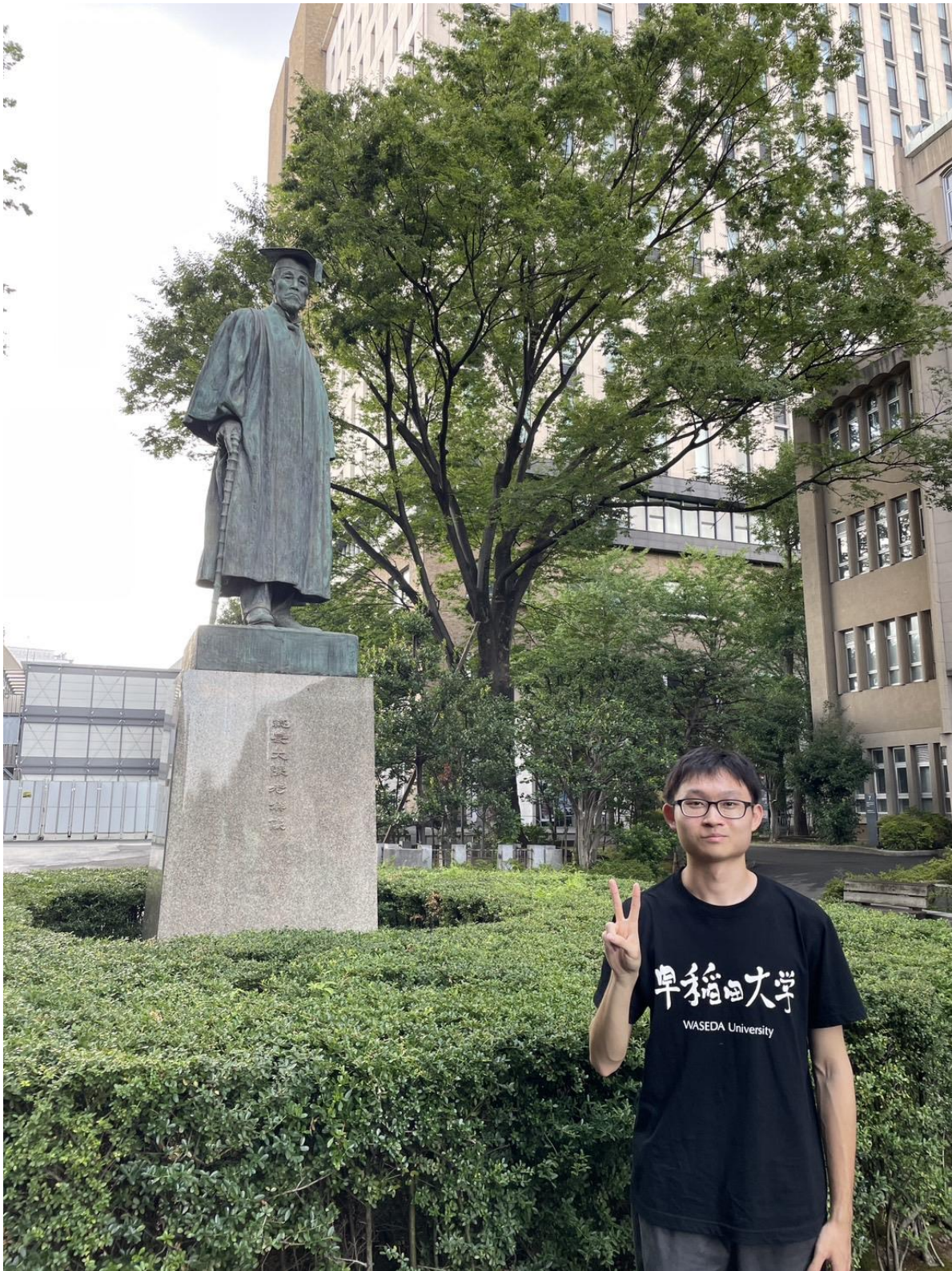
氣與當地人練習日文，多去看看各種地方，畢竟交換是一個難得的機會可以在外國待如此久的時間。

6 相片（2~3 張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）

1. 跟宿舍的日本朋友們去奧多摩地區爬山及露營
2. 至伊藤教授的「社會創新創業與永續治理課程」擔任口譯
3. 與早稻田大學的精神象徵大隈銅像合照







英文心得:

I had exchange student life in Waseda University which is in Sinjuku District in Tokyo. It's very convenient and bustling around the Waseda University. You can go to Sinjuku Station in 10 minutes, 15 minutes to Ikebukuro and 20 minutes to Shibuya. There are 9 campuses and 13 schools in Waseda. I studied in School of Social Sciences which has a lot of students.

I registered microeconomic, macroeconomic and multivariate statistical analysis to prepare my exams for entering the

institute and train my Japanese and math abilities. It was difficult for me to understand the content of the course, but soon I got used to learning it with Japanese. When I was taking the macroeconomic course, everyone in the class should solve the question on the whiteboard and elaborate it. So, I got a better speaking ability and review the knowledge about macroeconomic at the same time after taking this course.

I was always looking for the chance to practice my Japanese. I lived in the international student dorm of Waseda, but Japanese students was the majority there. I usually chatted with them to training my speaking ability and bond with them at the same time. Also, I know more about character of college students in Japan and what popular is Japan now. My exchange student friend and I were also invited by Professor Ito in Si Wan College to be the interpreter of her course which students go to Japan for two weeks for field trip, We went to Chiba prefecture for two days. Although I study Japanese, I am still afraid of being a interpreter, I have to be under pressure and have little fault tolerance during interpreting. But professor Ito always give me the chance to practice facing up to my fears. It was a precious chance to being a interpreter even in the township office in the Nagareyama City in Chiba. Japan Statistical Society holds the Japan Statistical Society Certificate one time per year to test the ability of statistics. My aim is to take the test so I enhance my statistics in Japanese and will to travel to Japan again in November in the next year for the test.

The benefit of exchange students:

1. Improve the speaking ability
2. Live a life of independence
3. Know more about the customs and culture of the country
4. Let students in that country know more about Taiwan, improve the international communication

I had life not even so enrich to say it' s enriched during exchange student, because I had a few spots that I wanted to go but I didn' t. But also, it' s not simple, I make a lot of Japanese friend and experience the life of the normal Japanese, like to catch the train, to go to the supermarket and go to a family restaurant with friends. I also meet three Japanese exchange student who will come to NSYSU this semester, I am so glad of my life. I suggest that people who will go to be a exchange student should pick up the courage to talk with local people to practice the speaking ability which is hard to practice in Taiwan. Also to travel around because it is also a rare chance to study abroad with less cost and so you can stay in foreign for a long time.