

A. 學校簡介

琉球大學位在沖繩本島的西原町，是一所風景超美、氣氛很悠閒的學校。校園真的很大，而且離海也不遠，常常能看到藍天白雲，讓人心情很好。因為這裡有很多國際交換生，所以國際氛圍很濃厚，學校也對交換生很照顧，像是宿舍、保險、開戶什麼的，都有專門的承辦人員幫忙，還有人會說中文，剛到時真的超安心。

B. 課程學習（課內）

這學期我修了八門日語相關的課程，有會話、漢字、作文、聽讀解、文法，還有幾門文化類的課程，比如「國際共修的日本文化」跟「沖繩文化」。

我自己最喜歡的是「作文 A3S」這門課，雖然蠻難的，但真的讓我進步很多，從一開始不知道怎麼寫，到後來能寫出比較完整的文章，老師還會一對一修改，非常細心。

另外「會話 A3S」也幫助很大，老師會讓我們分組講日文，這讓不敢講日文的我有許多機會可以練習說日文和修正口語上的錯誤。

C. 生活學習（課外）

我住在校內宿舍，是一人一間的小房間，裡面有洗手台，浴室跟廚房是共用的。還有免費洗衣機跟烘衣機可以用，生活機能算不錯。唯一比較硬的是住在五樓，但沒有電梯，每天都要爬樓梯當作運動。然後我也因為有廚房的關係開始學會煮菜和做飯。

因為學校真的很大，剛開始都用走的去上課，每次都要走 10 幾分鐘，後來實在受不了，就租了一台車，方便超多。

課外生活也很精彩，雖然 Buddy Program 有點普通，但因為交換生很多，大家會一起去圖書館念書和自己揪團出去玩，像是去海邊游泳、參加煙花大會等等，這些活動都超有趣！

D. 具體效益

- 日語聽說讀寫能力大幅提升
- 學會用日語寫作
- 認識來自世界各地的朋友
- 深入了解沖繩文化、歷史、當地習俗

- 增強獨立生活與自我管理能力
- 確立了未來想出國留學的意願

E. 遇到的困難與解決方式

一開始真的超痛苦，因為老師講課完全用日文，而且語速很快，我幾乎聽不懂，筆記也不知道怎麼寫。但我沒有放棄，跟朋友組讀書會，課後一起複習，也會主動問老師問題。老師很有耐心，也會用簡單的日文再說一次。加上我會先預習講義，慢慢就越來越能聽懂了。

F. 文化衝擊與適應方式

文化差異一定有，比如說日本人很注重外表的乾淨與穿著，他們基本上每個走在路上的人都是有稍微打扮過才出門的，這讓原本穿個衣服就會直接出門的我也開始會要求自己出門前一定要刮鬍子和整理頭髮，還有日本人做事很講究流程，處理事情很謹慎。我一開始很不習慣，但後來就想說「既然來到人家的國家，就照人家的規則來」，慢慢也就適應了。反而讓我學會怎麼有耐性，也更懂得尊重別人的生活的方式。

G. 自己的成長

我覺得最大的改變是變得更有自信和更了解如何應對未知的情況。以前如果聽不懂就會慌，但現在會冷靜下來想辦法解決。還有我變得更有彈性，能適應不同的生活環境，不會因為遇到困難就放棄。這些能力未來不管是升學還是工作，我覺得都很有幫助。

H. 感想與建議

我真的很推薦學弟妹們來琉球大學交換，尤其是對日語或日本文化有興趣的人。學校環境很棒，老師也很親切，而且有學校的獎學金幫忙，經濟壓力會小很多。如果真的要說建議的話，就是校園太大了，建議來之前就先準備交通工具，尤其是超推薦要租一台車，一個月差不多台幣五千五左右，會大大提升你在沖繩生活的品質。還有就是不要怕講錯日文，勇敢講，錯了老師也會幫你改。最後，一定要結交各國的朋友，因為這是很難得的人生經驗，我也很珍惜有這樣的機會認識他們。

I. 英文心得

Spending four months as an exchange student at the University of the Ryukyus in

Okinawa was a truly eye-opening and unforgettable experience. The campus is located in a peaceful town surrounded by beautiful nature, with the ocean not too far away. The atmosphere was relaxed and welcoming, and I could immediately feel the slower pace of life compared to Taiwan. What impressed me the most was how friendly and supportive everyone was, especially the staff at the Global Education Center. They guided us step-by-step through the process of setting up a bank account, buying insurance, and getting settled in the dormitory. Some of them even spoke Chinese, which made me feel more at ease during the first few weeks.

As for academics, I took several Japanese language and culture courses. To be honest, the beginning was tough. All the classes were taught in Japanese, and the teachers spoke quite fast. I remember sitting in the first week's lectures not understanding much at all. But with time, things started to change. I began studying with classmates, asking more questions in class, and reviewing the materials after school. I slowly got used to the language and eventually felt more comfortable speaking and writing in Japanese. Among all the courses I took, I particularly enjoyed the composition class. Writing longer essays in Japanese helped me express myself more clearly and confidently. Another class I really liked was the listening and reading course, where we worked with real-world materials like news reports and audio clips. It made the learning process feel much more practical and engaging.

Life outside the classroom was also full of new experiences. I lived in a single room on campus. It was a bit small, but it had everything I needed, including a private toilet and shared kitchen and bathroom facilities. The dorm also had free washing and drying machines, which made life easier. The only downside was that I lived on the fifth floor with no elevator—going up and down the stairs every day definitely kept me in shape! Since the campus was pretty big and walking to class took more than ten minutes, I eventually decided to rent a scooter, which made getting around so much easier.

This exchange taught me a lot more than just language. I learned how to adapt to a new environment, manage daily life by myself, and communicate with people from different cultures. I also gained a deeper understanding of Okinawan culture, which is quite different from what I expected. Of course, there were some challenges along the way—language barriers, cultural differences, and moments of homesickness—but

each obstacle helped me grow in ways I didn't expect.

Looking back, I'm really grateful I had this opportunity. I not only improved my Japanese skills, but also became more confident, independent, and open-minded. Thanks to the scholarship I received, I was able to enjoy this experience without worrying too much about finances. If anyone is thinking about doing an exchange in Japan, I would absolutely encourage them to go for it. It's not just about studying abroad—it's about discovering a different way of life and finding out more about yourself along the way.