

1. 九州大學介紹：

該校在理工、醫學、社會科學及人文學領域皆具優勢，重視國際交流與產學合作，吸引眾多海外學生前來就讀，致力於培育具備全球視野與專業能力的人才。

2. 推薦受益最多/最喜歡的課程:

我個人覺得在專業內容的部分，且我學到很多的是 暗号と情報セキュリティ特論這門課，這門課分成上下半節兩堂課由櫻井老師負責理論，小出老師負責實際操作教學，我覺得實際操作教學的老師教學相當認真，且內容充實，第一堂課的時候，老師也很可愛的使用一個 vtuber 外表來進行網路授課的部分相當有趣且很懂年輕人。該課內容充實學到相關多關於網路安全，密碼學與資安相關的知識相當有趣。

3. 國外研修之生活學習（課外）

外國學生占比相當多的關係，學校常會舉辦許多外國學生向的活動，宿舍每星期也會舉辦交流活動，聊聊天，玩玩桌遊等等活動，我也藉此認識許多各地來的朋友，也能增進日文的口說技巧。課餘外我也經常出門旅遊，

4. 交換/研修之具體效益

1. 日文口說的提升：

剛到日本時我對於我的日文口說是完全沒有自信的，能說出的也就幾個大家耳熟能詳的單字。為此我開始經常跟外國朋友一起講日文聊天，積極的參與活動認識朋友，即便我是裡面日文最不流利的，朋友對於我的日文也是相當包容，會說出我錯的地方與會猜測我的表達意思，也唯有此，能讓我口語能力更進一步，特別感謝在那遇到的朋友們。

2. 對日本文化的了解：

去日本旅遊跟在那邊生活完全是兩回事，正面與負面的事情皆會有所接觸。在那邊生活過

後，我覺得我個更加全面的了解到日本文化也接觸到許多日本人，這些是旅遊中很難能接觸到的。舉例來說，日本人真的非必要的話會很少會跟陌生人說話，他們在餐廳裡也多是使用自助點餐的方式，能線上服務跟認證就不用本人實體到場，也更加方便且與顧客著想，相當有趣。

5. 海外生活期間是否曾遭遇困境：

在日本生活期間，有一個小小困境困擾我，日本人對於認外國人是相當準確。能從衣著化妝便能大概知道是外國人，對此他們會習慣性地勉強自己說英文，雖然是很體貼，但是對我來說我個人比較喜歡用日文交流，一方面他們比較自在，一方面我也想練練口說。

6. 文化衝擊

我覺得文化衝擊這部分主要來自於其他外國學生交流時比較令我衝擊，舉例來說，之前跟中國朋友打球時，它們說它們國中左右就要開始一個人離開父母離開家出去外地念書生活，父母親的相處時間接觸不多，也就放假或考試完才有機會回家團聚。對此他們家庭中父母親與兒女間的關係可能還不如國中高中的同學來的親切，算是令我印象蠻深刻的。

7. 最大的成長是什麼

再交換期間我個人覺得最大的收穫無疑是我日文口說能力有明顯的進步，很慶幸有一群包容我且體貼的朋友們，除此之外，我覺得世界觀也有所不同，說實在的，我們中山大學裡的外國留學生不多，我們很難與國外的學生有所交流，我在交換期間接觸到來自世界各地的人，大家用這英文與日文溝通，分享彼此國家的所見所聞。

8. 感想與建議

我認為對即將要前往去日本交換的同學，我的建議是，日本人篇內向內斂，對於交朋友的話，不訪大方主動點，且友情的培養是需要時間與用心的，主動跟他們交流他們很有耐心且體貼的。

Kyushu University Exchange Experience

Kyushu University, founded in 1911, is one of Japan's leading national universities. It is strong in engineering, medicine, social sciences, and humanities, and places great emphasis on international exchange and collaboration. Its motto "Openness, Self-reliance, and Collaboration" reflects its mission to nurture global-minded professionals.

Among the many courses I took, the one I benefited most from was *Advanced Cryptography and Information Security*. The course was taught in two parts: Professor Sakurai covered the theoretical foundations, while Professor Koide focused on practical exercises. I especially enjoyed the practical part, as the professor was very dedicated and even used a VTuber avatar for online lectures, which was both fun and engaging. I learned a great deal about cryptography, cybersecurity, and network protection through this course.

Life outside the classroom was also fulfilling. Since there are many international students, the university and dormitories regularly organized events such as cultural exchanges and board game nights. These activities allowed me to make friends from different countries and improve my Japanese conversation skills. I also traveled often during weekends, which gave me more opportunities to experience Japanese culture firsthand.

The exchange had several benefits. First, my Japanese speaking ability improved significantly. At the beginning, I had very little confidence, but thanks to patient friends who encouraged me and corrected my mistakes, I gradually became more fluent. Second, I gained a deeper understanding of Japanese culture. Living in Japan is very different from short-term travel, and I experienced both the positive and challenging aspects of daily life, such as self-service systems in

restaurants and the polite but reserved communication style.

Of course, there were some difficulties. For example, Japanese people often noticed I was a foreigner and switched to English, even when I preferred practicing Japanese. While well-intentioned, it made communication a bit tricky at times. Another cultural surprise came from talking with Chinese friends, who shared that they often left home to study in another city as early as middle school, resulting in limited family interaction. This was very different from my own experience and left a strong impression.

Overall, my biggest growth during the exchange was the improvement of my Japanese speaking skills and a broader worldview through interaction with students from around the world. At my home university, there are not many international students, so this exchange gave me valuable opportunities to connect across cultures.

For future students planning to study in Japan, my advice is to be open and proactive. Japanese people may seem reserved at first, but once you take the initiative, they are patient, considerate, and willing to build genuine friendships.