

學校簡介：

創價大學位於東京西側的八王子市，不算是特別熱鬧的區域，從學校搭公車到八王子站約半小時。如果想前往新宿，可以選擇搭乘 JR 中央線、京王線，或是學校提供的直達巴士。校園面積廣大，三、四月時有櫻花盛開，十一、十二月則是銀杏的季節。午餐方面校內有 Lawson 及好幾個食堂可以選擇。

我住的宿舍是友光寮，步行至學校約需 30 分鐘，房間為雙人房，設備齊全且乾淨。宿舍內有日本學生作為 unit leader，負責協助處理日常事務，宿舍偶爾會舉辦一些有趣的活動，如包餃子、製作飯捲等，讓大家能夠互相交流。每年十月，創價大學會舉辦屬於學校的創大祭，是很特別的經驗。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

開學前會有日文程度分級測驗，因此不需要擔心不知道自己該選擇哪一個程度的課程。我上學期選修的全部都是日語課程，而下學期除了日語課程外，我還選修了日本文化課程和日本企業課程。由於一些規定，每週至少需要修滿 10.5 小時的課程，這和在歐洲交換的同學們很不同。日語課程全部以日語授課，如果有不懂的地方，老師不會直接用英文解釋，而是會用日文重新表達並加以解釋。我最喜歡的課程是日本文化課程，因為每週都有機會體驗不同的日本傳統文化，像是茶道、書法、傳統舞蹈等。不過如果沒有日文基礎，可能會聽不太懂課程中的解說。另外我認為日本企業課程（英文授課）也十分有趣，在課程中可以學到一些日本企業的文化以及消費者習慣等。

國外研修之生活學習（課外）

因為幾乎每天都有課，比較少機會去東京以外的地方，所以課餘時間我會去探索不同於旅遊時所看到的東京。日本的電車非常方便，也沒有想像中的那麼困難，只是學校所在的八王子距離新宿、澀谷等鬧區比較遠，所以需要花不少時間在交通上。

交換/研修之具體效益（請條列式列舉）

1. 語文能力提升

2. 認識不同風貌的日本

3. 獨立自主的能力

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？

我和室友的生活習慣非常不一樣，和國際處商量了兩個多月才終於讓我換房間，這讓我見識到日本人做事的嚴謹性，即使是換房間這樣的小事，也會非常仔細地考慮每個細節和規定。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

日本的人行道比較狹窄，但是腳踏車非常多，且他們不太會按鈴鐺，所以常常會在走路時無意間擋到他們的路。因此，在走路時真的要特別小心，時刻留意身後是否有腳踏車靠近，這樣才能避免不小心妨礙到其他人。

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？

我覺得最大的成長是在處理孤單的能力上。身處異國，偶爾會想家、想朋友，尤其是當自己一個人的時候，會特別感受到孤單。然而，在日本的生活中，獨處的時間其實很多，所以我學會了如何調適自己的心情，與自己對話。這段經歷讓我變得更能接受孤獨，並學會享受獨處的時光。

感想與建議

不論好的壞的，我都當作是這趟旅程很棒的養分。這一學年我結交來自不同國家的朋友，也學會煮飯，以及在陌生的環境中尋找自我並適應變化。這樣的經歷真的非常難得，畢竟人生中能有多少機會可以在異國他鄉待這麼長的時間，並且以最單純的學生身份去體驗當地的文化、生活和人情？所以我認為是非常值得去交換、拓展視野的。

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)

University Overview:

Soka University is located in Hachioji, a quieter area on the western side of Tokyo. While the area is not particularly bustling, it is well connected. It takes about 30 minutes by bus to get to Hachioji Station. To get to Shinjuku, I can either take the JR Chuo Line, Keio Line, or a direct bus from the university. The campus is spacious, and during spring (March and April), cherry blossoms bloom, while in November and December, the ginkgo trees are stunningly golden. The campus also offers several cafeterias and a Lawson convenience store for lunch options.

My dormitory, Yuko-Ryo, is about a 30-minute walk from the university. My room is a double, and it is well-equipped and clean. The dorm also has Japanese student unit leaders who assist with daily matters and occasionally organize fun activities, such as dumpling-making and sushi rolling, which offer opportunities to interact with others. The university also holds its annual festival, the "Sōda Festival," every October, which was a unique and enjoyable experience.

Academic Courses and Learning:

Before the semester begins, there is a Japanese proficiency placement test to ensure that everyone selects the right level of Japanese language course. During the first semester, I took only Japanese language courses. In the second semester, in addition to Japanese courses, I enrolled in Japanese Culture and Japanese Business courses. Due to visa requirements, we must take a minimum of 10.5 hours of classes per week, which is quite different from exchange students in Europe, who often have fewer class hours.

The Japanese language courses are taught entirely in Japanese. If I didn't understand something, the instructors would rephrase things in Japanese instead of switching to English, which helped me improve my language skills. My favorite course was the Japanese Culture course. We had the opportunity to experience different aspects of Japanese tradition, such as tea ceremonies, calligraphy, and traditional dance. However, having a basic understanding of Japanese is essential to fully comprehend the explanations. Additionally, I found the Japanese Business course, taught in English, to be very interesting. It gave me insights into Japanese corporate culture and consumer habits.

Life and Cultural Learning Outside of Class:

Since I had classes almost every day, I didn't have much time to explore areas outside Tokyo. However, during my free time, I made an effort to discover different aspects of Tokyo that go beyond the typical tourist attractions. The train system in Japan is very convenient and easier to navigate than I had imagined, but since Soka University is located in Hachioji, which is quite far from areas like Shinjuku and Shibuya, traveling can take up a significant amount of time.

Specific Benefits of the Exchange Program:

1. Improved language skills
2. Gained a deeper understanding of different aspects of Japan
3. Enhanced independence and self-reliance

Challenges Faced During the Exchange:

One of the challenges I encountered was that my living habits did not align well with my roommate's. After discussing the issue with the International Office for over two months, I was finally able to switch rooms. This experience made me appreciate the meticulousness and thoroughness with which Japanese people approach even the smallest details, such as room changes, as they consider all factors and regulations carefully.

Cultural Shock and Adaptation:

A cultural challenge I encountered was the narrow sidewalks in Japan, combined with the fact that there are many bicycles. Cyclists often don't use bells to alert pedestrians, which made it easy for me to inadvertently block their paths while walking. I had to stay very alert while walking, constantly checking behind me to ensure that I wasn't obstructing anyone on a bike. This was a small adjustment, but it required me to be more mindful of the surroundings.

Personal Growth and Reflections:

The biggest growth I experienced was in learning to handle loneliness. Being in a foreign country, it's natural to miss home and friends, especially when I was alone. However, I found that there was a lot of time for solitude in Japan, and I had to learn to adjust my mindset and have conversations with myself. This

helped me become more comfortable with being alone and made me realize that solitude doesn't always have to be negative—it can be a time for personal reflection and growth.

Final Thoughts and Advice:

Regardless of whether the experiences were good or bad, I've come to view them as valuable nutrients for my personal growth during this journey. Over the past year, I've made friends from all over the world, learned how to cook, and developed the ability to adapt to new environments. This kind of experience is rare and incredibly worthwhile—after all, how often do we get the chance to live in a foreign country for such a long period and experience the culture and daily life from the perspective of a student? I believe that participating in exchange programs is definitely worth it, as it broadens your horizons and helps you gain unique insights into the world around you.