

繕打 **中文及英文** 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

此學校在日本三重縣津市，鄰近海邊，校內有間便利商店。校外的話最近的車站是江戶橋站(近鐵)，另一個車站是津站(JR、近鐵)。附近也有超市，生活機能還算可以。只不過車站及超市走路差不多都要 20 分鐘，可以考慮買個腳踏車會方便許多。

B. 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

日文課。課程不像傳統的教學方式，老師不只是帶著學生們念課文或要求他們背誦單詞和文法。相反地，課程更加強調師生之間的互動，老師會鼓勵學生開口說日文，提高學生們的聽說能力。此外，有些課程還會直接帶學生們進行校外教學，讓大家走出教室。

C. 國外研修之生活學習 (課外)

周末時間有時會用來看書複習上課的內容，鞏固所學的知識，確保能夠熟練掌握課堂上所學的日文語法和詞彙。除此之外，還會觀看一些日文學習影片學習到更多關於日本文化的知識。另外，也會參加學校舉辦的各種活動，認識來自不同國家的學生。並通過交流，了解不同國家的文化背景和風俗習慣，也同時訓練自己的外語會話能力。

D. 交換/研修之具體效益 (請條列式列舉)

日文能力顯著提升。

提升國際視野。

認識不同國家的文化。

學會如何解決文化衝突。

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？

火車及公車路線複雜不太會搭，尤其是在轉乘的車站時，情況更加混亂。車站包含了多家不同的鐵路公司，導致轉乘方式也各不相同，有些車站可以進行站內轉乘，而有些車站則需要出站後再進行轉乘。同一輛列車的前半段和後半段可能由不同的公司運營、有人站和無人站的上下車方式、特級券的使用和購買，這些問題都因不同地區或鐵路公司之間的規則也會有所差異。

解決辦法是主動詢問車站的工作人員或者司機。他們對於路線和轉乘的規則非常熟悉，能夠提供準確且實用的引導，告訴乘客如何使用票卡、在哪裡轉乘、以及應該如何付費。

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？

我覺得有個奇特的文化是拉客，有些店員會發傳單或者在店門口拉客人。有些極端一點的會跟在後面或旁邊很久，一直要跟你推銷或要你進去店裡坐坐。第一次遇到的時候很緊張，之後就發現走快點不理他，他會自己離開。

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？

最大成長是學會如何與不同背景文化的人相處，如何與之溝通。

H. 感想與建議

感謝中山大學能提供這種機會讓學生出去國外，也很謝謝國際處師長們能幫忙中山學生在國外資訊不足的情況下提供協助及支援。

建議大家如果能有機會的話，可以體驗看看國外的生活，看著不同的世界觀，過著不同的文化。

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
赴中國交換者免填英文心得

This school is located in Tsu City, Mie Prefecture, Japan, near the coast, with a convenient store on campus, making life very convenient. The surrounding area has Edobashi Station (Kintetsu) and Tsu Station (JR, Kintetsu). It takes about 20 minutes to walk to the nearest station or supermarket, so it is recommended to buy a bicycle to enhance the convenience of daily life.

During my study abroad period, my favorite course was Japanese language class. Unlike traditional teaching methods, the courses focused on teacher-student interaction. Teachers encouraged students to speak Japanese, which helped improve their listening and speaking skills. Some courses even included field trips, giving students the opportunity to get out of the classroom.

In my free time, I usually read books to review class content to solidify my grasp of Japanese grammar and vocabulary. Additionally, I watch Japanese learning videos to increase my understanding of Japanese culture. Various activities organized by the school provided students with opportunities to meet classmates from different countries and learn about different cultural backgrounds and customs through communication, while also improving foreign language conversation skills.

This study abroad experience brought significant benefits. First, my Japanese language skills improved significantly. Secondly, my international perspective was broadened, and I learned about the cultures of different countries and how to handle and resolve cultural conflicts.

Of course, there were also challenges in living abroad. For example, when taking trains and buses in Japan, the different rules of various railway companies can make the transfer process confusing. The best solution is to proactively ask station staff or drivers about the routes and transfer rules.

Additionally, cultural shock was another major challenge. For instance, some store clerks' soliciting behavior might make people uncomfortable, but after experiencing it, I learned to ignore these behaviors and quickly walk away.

Overall, this experience of living abroad taught me how to get along and communicate with people from different cultural backgrounds, enhancing my adaptability and understanding of different cultures. The greatest growth was in improving my confidence and flexibility in cross-cultural communication. These valuable experiences will have a profound impact on my life.