

學校簡介

法政大學 HOSEI UNIVERSITY

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

Global Management 和 Service Management in Japan

國外研修之生活學習（課外）

下課後東京周遭旅遊小景點可以去踩點

交換/研修之具體效益（請條列式列舉）

1. 擴展國際觀
2. 增加跨文化溝通能力
3. 了解該國家的文化習俗，有助於後續跟該國工作上的作業進行

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？

語言能力不足，一開始天天帶耳機上下課，忽略了周遭的聲音，後續將耳機拿掉，注意週遭人的談話方式，也注意路標單詞，每日自我練習，到快結束交換時語言能力有精進一些。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

西方同學（歐美澳）傳達事情方式較直接，聊天模式與亞洲人較為不同，多交朋友，與之聊天，了解他們的說話方式，並嘗試以他們的方式與他們相處。

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？

守時與嚴謹，日本起居較為無彈性，大多需照規則來，超過時間就會錯失機會，這是這半年中最大的收益。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

補助機票與學校的註冊費與學分費。
若無獎學金我還是會想出國體驗生活。

感言及心得感想

由於是大學畢業後工作幾年後才決定重新進入校園內再度學習，所以這半年可以說是近10年畢業後最自由的一段時間！為了來日本做交換生，在得知有上中山的碩班時就開始從日文的片假名和平假名學習起，進行每週兩次的日文課學習，並在持續了兩年的學習時間後到日本做交換生！雖然因為在日語的根基不穩的情況下到日本做交換生，在生活溝通上確實有產生些許的不便，但卻也因為在這樣的情況下發現語言固然很重要，但當語言真的沒辦法流暢溝通時要如何用換句話來說的方式傳達出去給我的接受方，這件事情在這半年來真的有很深刻的體悟。慶幸的是的交換學校的城市是在東京，除了交通發達與文化多元化之外，學校國際化的程度也很高，開課的課程除了日語的語言學習之外，還另有開設眾多以英文授課的專業課程，無論是日文或是英文多少在這段時間的洗禮下皆有些許進步，真的是很感謝學校給了我機會完成大學時期沒完成的夢想，能讓我在日本的交換學校安全、舒適及設備完善的地方學習近半年的時間。在日本的期間，每天接觸到不同的人事物，當下觀察不同的文化背景做決策的方式，每天吸收到的知識開始慢慢顛覆了我原先的思考方式，整體而已對於能獲得學校到日本交換的機會真的由衷的感謝，覺得這趟旅程真的會成為我人生中很重要的一個成長養分。另外，也因為在交換的過程中與不同國家的同學相處，發現到西方人真的都比較不怕丟臉、不怕生，外在表現出來的學習的成果上大多比東方人還好，這部分我也從不太敢開口、怕丟臉說錯的心態慢慢轉變成先試了再說，不試是不會進步的，擁有這心態後真的有發現事情真的沒想像中的難，就是要努力去做，雖說最終的結果不一定盡人意，但只要肯努力會發現其實結果其實也沒想像中的糟，反而會從中學習到了很多的東西。另外，因為長達了半年與自己相處的時間，開始嘗試以前從來都沒有過的旅行與活動，例如說一個人獨自去旅行、和朋友一起去滑雪、參加日本交換學校的校園活動：摔角與空手道見習、到日本熱瑜珈教室上課(*以前是都有在定期做瑜珈，但沒想到人生中的熱瑜珈是在日本上的XD)、穿和服、與不同國家的朋友出門遊玩等！，每天花2小時的時間在通勤上@@，走路步數每天破萬(*連我的手機都通知我運動數據出現變化，但我覺得這是好的變化就是了! XD) 在這半年中我重新認識了自己，在重新認識自己的過程中有過迷茫，也幸運的遇到了很多拉我一把的人，總歸來說這趟旅程讓我清楚自己的不足處，並得知未來可以努力的方向在哪裡，謝謝學校給我機會，也謝謝自己給自己完成以前沒完成的願望清單。

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)

(I) Brief Introduction to the Internship School

Hosei University (HOSEI UNIVERSITY), a sister school of National Sun Yat-sen University, is conveniently located in the center of Tokyo, near Iidabashi subway and JR stations, surrounded by numerous shops making resources easily accessible. Hosei University, a prestigious private institution, comprises 15 undergraduate departments, 14 graduate schools, and 3 professional institutes. Together with Meiji University, Aoyama Gakuin University, Rikkyo University, and Chuo University, it is collectively known as "MARCH," representing five renowned private universities in Tokyo. Hosei has three campuses in Tokyo: Ichigaya, Tama, and Koganei, all conveniently located for transportation. The Business School is at the Ichigaya Campus, about a 15-minute walk from Iidabashi subway station, a vibrant area filled with restaurants, bookstores, pharmacies, and office buildings. To enhance students' English proficiency, Hosei offers a variety of English-taught courses. The ESOP office (Exchange Student Program) regularly sends campus activities and announcements to students, ensuring easy integration into campus life. The ESOP staff are wonderful and offer support for both academic and life queries.

(II) Preparations

The proactive ESOP office at Hosei University sent us emails to fill in personal information soon after the exchange nominations were completed in mid-January. They also asked us to undergo medical check-ups, helped us with the COE documentation for Japan, and provided detailed information about the school, dormitories, and course outlines, ensuring we received comprehensive information. For exchange students interested in taking Japanese language courses, an online Japanese proficiency test was conducted before the start of the April semester to determine the level of Japanese language courses ranging from beginner (J1) to advanced (J7). After determining our Japanese level, ESOP sent us a course registration form, and we simply followed the email instructions to register for our classes.

(III) Arrival

Since the school confirmed our arrival dates and times in advance and assigned a BUDDY to each exchange student, some BUDDIES contacted us directly about airport pick-up. If we didn't hear from our BUDDY, we had to make our own way to the dormitory. It's recommended to arrive about a week before the start of classes because the school organizes an orientation session before the semester begins, covering campus life information, campus tours, and distributing student IDs. Attendance is essential.

III. Life Abroad

(I) Academic Courses Abroad

1. Master's Program Courses

Global Management: This course, taught by a very open-minded professor, features guest lectures from senior management in various industries, particularly healthcare and IT, ranging from small businesses to CEOs of listed companies. These guest lectures throughout the semester enhanced my global perspective and cross-cultural communication skills. The professor also introduced us to his startup incubator, sharing insights into establishing it and applying for government grants in Japan, even as foreigners. This course is highly recommended for those aspiring to start their own businesses.

2. Service Management in Japan: Focusing on service management in Japan, this course required pre-reading of assigned articles and answering questions related to the articles at the beginning of each class. It involved open book exams, class participation, weekly quizzes, and both written exams and oral presentations for the final. Initially challenging due to its unique exam style, it became more manageable over time, solidifying my understanding of the subject.

3. Language - Japanese Classes: Besides master's courses, I also enrolled in Japanese language classes. The instructors were professional and dedicated, making the lessons applicable to daily life. Despite

frequent tests and weekly homework, these courses are beneficial for those looking to improve their Japanese language skills.

(II) Life Abroad

1. Campus Life: Studying alongside students from different countries, I found that most were serious about both their studies and leisure activities. They were eager to share their perspectives in class and clarify their understanding with the professors. There was a culture of mutual help among students for academic and practical matters, fostering a conducive learning environment.

2. Campus Facilities: Hosei University boasts a gym, library, and study rooms. During orientation, campus ambassadors guided us through the facilities, explaining their usage and hours. The gym equipment was comparable to commercial gyms in Taiwan, but it required bringing your own water bottle. Study rooms in the main building allowed for group discussions, whereas the quieter ones on the 3rd floor of the Graduate School building were better for individual study. The library was less frequented due to its limited collection but was useful for photocopying materials.

3. Dormitory Life: Although Hosei University doesn't have on-campus dormitories, they assist exchange students with housing arrangements in affiliated dormitories, which also house a few working professionals. These dorms offer breakfast and dinner services, managed 24/7, with about 100 single rooms sharing bathrooms and kitchens. The monthly rent was 65,000 yen, but Hosei University provided a subsidy, reducing it to approximately 42,000 yen per month. My dormitory was near Kasai station on the Tozai subway line, about 25 minutes from Iidabashi station. Commuting during peak hours required extra planning due to the busy trains. Breakfast options included Chinese or Western styles, ordered via an app, which also facilitated guest stay requests and package receiving services. The diverse dormitory population offered opportunities for cultural exchange and friendship.

4. Domestic Travel: Growing up in Kaohsiung, Taiwan, I had never seen snow before. The exchange program in Japan, especially in the second semester, gave me the chance to see snow and try skiing. Skiing was incredibly fun, and although initially challenging, it became more enjoyable with practice. Besides skiing, I also visited Fuji Mountain, ice sculpture exhibitions, temples, and historical sites, enriching my understanding of Japanese history and culture. A solo trip to Hiroshima and the Itsukushima Shrine left a lasting impression, highlighting the safety and politeness prevalent in Japan, making the travel experience very comfortable.

Concrete Benefits of the Internship :

1. Broadened horizons and worldview.
2. Improved English and Japanese language skills.
3. Gained insights into Japanese corporate decision-making through academic courses.
4. Developed a new perspective on the significance of travel.
5. Made friends from various countries.
6. Enhanced cross-cultural communication skills through international group projects.