

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

三重大學是位於三重縣津市的國立大學，學校離海邊很近，並且擁有一台風力發電機。這間學校總共有五個學部：人文學部、教育學部、工學部、醫學部及生物資源學部。而我所屬的學部是在這幾個之外，開給外國學生的國際交流中心，主要是上日文相關的課程，還有一些英文授課課程。

生活機能的部分，學校內學校外各有一間超商。離學校最近的超市是唐吉訶德，唐吉訶德的隔壁有大創。如果要去那裡的話從學校大門開始走，大概要走 25 分鐘左右。此外，學校外面就有一間 KTV，晚上不知道做什麼可以跟朋友們去唱歌，非常便宜。

關於外食，學校內有 3 間食堂跟合作社可以買東西吃，醫院附近有一些比較便宜的定食店，大門附近有麥當勞跟家庭餐廳可供選擇。

最後，關於交通，最近的車站是江戶橋跟津站 ( 比較大 )，因為津站比較遠，可以坐公車或騎腳踏車到達 ( 腳踏車差不多 15 分鐘 )。從津站出發到名古屋，搭急行需要 1 個多小時，價格是 1210 日幣。如果要到大阪最便宜是 2230 日幣，要搭快 3 個小時的車程。( 20251 月的價錢 )

#### 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

選修的課程可以分成日文課跟英文授課課程，日文課的老師很推薦松岡老師的課，老師人很親切，總是笑臉迎人，也會一點點中文，雖然作文課每週都有作業，但是上課起來很輕鬆，不太會有聽不懂的問題。英文課程很推薦正路老師開的三重社會與文化，除了老師人很好外，課程中有 4 次的校外教學，讓大家實際去了解三重的地方特色跟平常不會去但值得關注的景點。

#### C. 國外研修之生活學習 ( 課外 )

生活學習上最有感的就是要自己煮飯這件事，因為日本的外食價格真的相對高，沒有什麼蔬菜

且很多炸物，大部分的人來日本都會漸漸開始自己煮飯，也有認識朋友是原本完全沒有下廚過，來日本為了生活開始自己煮飯。

另外，學校一開始有舉行各式各樣的活動，除了在活動中對日本的文化有更進一步的了解外，也可以在活動中認識不同國籍的朋友，藉此了解不同文化的習俗以及思考的差異，而這些都是課堂上比較難學習到的事情。

D. 交換/研修之具體效益 (請條列式列舉)

1. 藉由交不同國家的朋友，打開國際視野。
2. 付一次機票錢就可以在那個國家的很多地方玩。
3. 獨立自主。
4. 有語言環境，語言學習進步的更迅速，口說也越來越流暢。
5. 如果未來有想要長居或就職，交換的期間可以觀察自己有沒有辦法適應這個國家的生活。

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？

覺得最困難的是剛來到日本的時候，公車不會搭，電信跟保險也都要自己去申請，幸好台灣有非常多人來過日本交換，網路上有許多資源可以做參考，再來就是勇敢去嘗試或開口問老師、相關人員。基本上就是頭過身就過，熬過這些流程手續生活就會變比較方便輕鬆了！如果想要辦 eSIM 可以辦樂天的，會過。

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？

在日本第一個遇到最衝擊的就是晚上的時候住宅區很昏暗，路燈非常微弱，如果在台灣路燈這麼暗大概會被檢舉的感覺。

其次，日本的店家很多都蠻早就關門了，就算是比較熱鬧的地方，也差不多 9、10 點左右就沒

什麼東西可以逛，還記得有一次去逛 GU 晚上 8 點就關門了，當下覺得很不好意思，因為店員邊收店邊等我們結完帳。一開始對這樣的作息非常不習慣，但這就是這邊的生活習慣，只能邊調整自己的心態，邊想念台灣的夜市。

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？

對我來說最大的不同，是交到了來自不同國家的朋友，並且更勇敢開口說英日文。也發現自己真的很享受認識新朋友的過程，要說為什麼的話，大概是因為可以收穫一些新知識，跟不同的人相處也會有不同的氣氛，覺得很有趣。

H. 感想與建議

出國交換是從進大學以來就一直很想達成的目標，為了來日本開始學日文，從一開始聽不太懂也說不出來，到現在可以跟日本人交流，雖然還是會有許多不太理解的地方，但可以真實的感受到自己的口語能力在進步。在日本的時間很認真的在享受生活，不管是努力參與學校的交流活動，或是跟不同國籍的朋友出去玩，又或是騎腳踏車四處逛逛，收穫了很美好的半年。同時也覺得半年的時間真的轉瞬即逝，還想要再繼續加強自己的日文口說，也許未來有機會的話，會想再回來日本打工度假。

給學弟妹的建議是，這邊真的很需要腳踏車，有了腳踏車就可以自由的去比較遠的超市跟 Uniqlo，生活的方便性會再提升很多，也不用一直付交通費。另外，有機會的話再來之前可以累積一點英文對話的能力，交換生的當中也有日文不好英文好的人，如果兩種語言都可以說的話，能認識的朋友可以夠多（或是跟朋友一人負責一個語言也可以）。最後是不要排斥任何機會，好不容易都來到國外了，就盡情去嘗試在台灣體驗不到的事情吧。

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

Mie University is a national university in Tsu City, Mie Prefecture, Japan. The campus is near

the sea and has a wind turbine. The university consists of five faculties: Humanities, Education, Engineering, Medicine, and Bioresources. My faculty belongs to the Center for International Education and Research, offering Japanese and English-taught courses. For daily necessities, there are convenience stores in and off campus. The nearest supermarket, Don Quijote, is about a 25-minute walk away, and there is a karaoke venue near the university, which is a great option for socializing at night.

Furthermore, the university has three cafeterias, and affordable set meal restaurants are located near the hospital.

In terms of transportation, Edobashi and Tsu Stations are the closest options, with Tsu offering better connectivity.

During my studies, I took both Japanese and English-taught courses. Among these courses, Professor Matsuoka's Japanese class was particularly engaging and supportive. Meanwhile, in English courses, Professor Shoji's "Mie Studies: Society and Culture of Mie" was especially rewarding, as it included four field trips that introduced us to local attractions.

One major change in my daily life was learning to cook, as eating out in Japan is not only expensive but also lacks vegetables. Consequently, many exchange students, including myself, gradually started cooking for both health and budget reasons.

Additionally, Mie University hosted various cultural events, which helped us gain a deeper understanding of Japanese traditions and provided opportunities to connect with international students.

The key benefits of studying abroad included gaining international perspectives through friendships, traveling within Japan at a lower cost, becoming more independent, immersing in a language-rich environment to improve fluency, and assessing long-term living or career opportunities in Japan.

However, the biggest challenge I faced was adjusting to the complexity of Japan's administrative processes. From registering my residence to setting up a bank account, applying for a mobile phone plan, each step required patience and careful attention to detail. Language barriers added to the difficulty, making it essential to seek assistance from university staff or friends who had experience with these procedures. Fortunately, online resources and seeking help from others made the process much smoother. Once these hurdles were overcome, daily life became significantly more manageable.

Culturally, I was surprised by how dimly lit residential areas were at night, as well as the early closing hours of stores. Adjusting to these differences took time, but I gradually adjusted my mindset to adapt it.

The biggest change of me is becoming more confident in speaking both English and

Japanese. Interacting with different people not only broadened my perspectives but also provided enriching experiences that I will cherish forever.

Studying abroad was my long-held goal, and I am grateful that I had this opportunity.

During this period, my Japanese skills improved significantly, and I embraced every opportunity—whether it was attending events, traveling, or simply exploring the city. Six months passed in the blink of an eye, and I now hope to return to Japan for a working holiday in the future. For future exchange students, I highly recommend getting a bicycle for convenience, as it saves on transportation costs and makes daily life much easier.

Additionally, improving English conversation skills will be beneficial, as many exchange students rely on English for communication. Most importantly, I encourage everyone to seize every opportunity and fully immerse themselves in this invaluable experience.