

心得報告

我這次前往交換的校系是北海道大學函館校區的水產學系。北海道大學是位於日本北海道的一所國立大學，校地廣大，分成札幌和函館兩個校區，函館校區前身是札幌農學校，後來併入北海道大學，作為水產學系以及水產研究所的校舍使用。函館校區校舍佔地和海科院差不多，只有水產學系三、四年級及水產研究所在使用，水產學系一、二年級的學生和其餘系所都在札幌校區上課。

學校有提供學生宿舍，雖然離學校騎腳踏車要半小時，但宿舍旁邊就是著名的五稜郭，每天都可以看見傳說中的戰役之地，讓喜歡新選組歷史的我非常感動。

我這次在北海道大學水產學系修習了水族育種遺傳學、海洋生態學、水族生理學、浮游生物學以及海洋生物科學實驗。印象比較深刻的是實驗課，其中有幾堂課是解剖魚類，在顯微鏡底下用解剖工具去除魚肉，觀察魚類的骨骼構造，雖然眼睛很累但非常有趣。還有溯河鮭魚的量測、解剖，課堂結束後跟組員分了一半的鮭魚回家煮，非常好吃。

學校也有安排外籍生上日文課，日文課讓我受益很多，可以跟老師用日文溝通練習會話，老師也會帶我們閱讀新聞，從文章中學習文法，也能了解時事。

平常課餘時間我都會到學校圖書館寫作業，冬天時為了節省暖氣很常跑去宿舍附近的圖書館裡面看漫畫。

交換具體效益：

日文能力提升→可以說出比較完整的日文句子完成有意義的對話，表達自己的意見。

學習自炊→回國後偶爾會煮飯給家人吃。

體驗不同文化→與臺灣的大學不同的授課方式、在臺灣的課堂上學不到的知識、在臺灣體驗不到的日常生活。

粗心大意的我抵達日本馬上就遇到問題，沒有事先查好居留證只會在比較大型的機場（例如：北海道新千歲機場）入境時隨即發行，我入境日本後才去當地市役所申請，又多等了幾週才拿到居留證。沒有居留證很不方便，如果發生什麼事沒有證明文件能提供，郵局、手機門號也都必須要有居留證才能申請，而宿舍並沒有提供 wi-fi，只好先利用 k 業者的旅遊方案解決網路問題。

去年的函館大約在 11 月中旬開始降雪，沒有積雪的時期都憑著一台腳踏車上山下海，但開始積雪後就很難騎腳踏車通勤了，剛下過雪的路面因為有摩擦力還可以騎車，結冰後的路面騎起來就很容易滑倒，我摔過好幾次，實在很危險。所以到了 12 月學校會開始提供接駁車通勤服務，但是每天只有固定的班次，座位還有限，沒有搭到校車就只好在寒風中走 1 個多小時上學，這制度對沒有車子的學生來說雖然是根救命繩，但是制度很不完善，到學期後段學校還說因為預算不足要刪減班次，就只能努力早起

走路上學。

可能是因為曾以觀光目的造訪日本多次，自己也很常看介紹日本風俗民情的媒體，我比較沒有感受到太大的文化衝擊，不過實際體驗走路 1 個多小時上學滿令我印象深刻的，但日本人似乎都很習慣，常在路上看到自己一個人走路上學的小學生，也算是一種文化衝擊吧。

這幾個月在函館獨自生活，為了節省生活費，我的廚藝似乎有進步，在日文課的訓練以及環境推波之下也比較敢開口講日文了，遇到問題也能夠獨自解決，到日本的大學交換是我長久以來的夢想，非常感謝學校給我這個機會，沒想到最後居然能到我很喜歡的北海道生活半年，雖然函館的冬天對於我這個南國之子來說實在是很艱困的挑戰，但是每天打開窗簾就能看見五稜郭塔以及美麗的雪景，還能每天喝到最新鮮的北海道牛奶，聞到函館清新的空氣，與日本人還有來自世界各地的人交流，經歷很多在台灣體驗不到的事物，在函館的生活大概是我人生目前度過最幸福的幾個月了。

My Exchange Experience at Hokkaido University, Hakodate Campus

This past semester, I had the incredible opportunity to study at Hokkaido University's Faculty of Fisheries Sciences on its Hakodate Campus. Hokkaido University, a national university in Japan, boasts a vast campus divided into two main locations: Sapporo and Hakodate. The Hakodate Campus, which was formerly the Sapporo Agricultural College, was later incorporated into Hokkaido University and now serves as the home for the Faculty of Fisheries Sciences and the Graduate School of Fisheries Sciences. The Hakodate Campus is comparable in size to Taiwan's National Taiwan Ocean University, and is exclusively used by third and fourth-year undergraduate students of the Faculty of Fisheries Sciences, as well as graduate students. First and second-year students from the Faculty of Fisheries Sciences, along with students from other departments, attend classes at the Sapporo Campus.

The university provides student dormitories, which, while a half-hour bike ride from campus, offer an amazing benefit: they're right next to the famous Goryokaku Fort. Being able to see this legendary battleground every day was incredibly moving for me, as a history enthusiast particularly fond of the Shinsengumi.

During my exchange, I enrolled in several courses, including Aquaculture Breeding Genetics, Marine Ecology, Aquatic Animal Physiology, Planktonology, and Marine Biological Science Laboratory. The lab classes were particularly memorable. Some involved dissecting fish, meticulously removing flesh under a microscope with dissection tools to observe their bone structures. It was tiring on the eyes but incredibly fascinating. Another highlight was measuring and dissecting anadromous salmon; after the class, my groupmates and I got to take half of the salmon home to cook, and it was absolutely delicious.

The university also arranged Japanese language classes for international students, which were immensely beneficial. I had the chance to practice conversations in Japanese with the teachers, and they also guided us through reading news articles, helping us learn grammar from the texts and understand current events.

In my free time outside of classes, I often went to the university library to do my assignments. During winter, to save on heating costs, I frequently found myself at the public library near my dormitory, where I could read manga.

Concrete Benefits of My Exchange

My exchange experience yielded several significant benefits:

Improved Japanese Proficiency: I can now construct more complete Japanese sentences, engage in meaningful conversations, and express my opinions more clearly.

Learned to Cook for Myself: This newfound skill means I occasionally cook for my family back home now.

Experienced a Different Culture: From the distinct teaching methods at a Japanese university to knowledge I couldn't acquire in Taiwan, and daily life experiences unique to Japan, my cultural horizons have expanded considerably.

Challenges and Impressions

Despite my excitement, being a bit absent-minded led to an immediate problem upon arrival: I hadn't researched that residence cards are only issued immediately upon entry at larger airports (like New Chitose Airport in Hokkaido). I only realized this after arriving in Japan and had to apply at the local city hall, which meant waiting several extra weeks to receive it. Not having a residence card was incredibly inconvenient. If anything were to happen, I wouldn't have had proper identification. Furthermore, essential services like postal services and mobile phone contracts require a residence card to apply. Since the dormitory didn't provide Wi-Fi, I had to rely on a travel data plan from a local provider to get online.

Last year, Hakodate began to experience snow around mid-November. Before the snow accumulated, my bicycle was my trusty companion, taking me everywhere. However, once the snow piled up, cycling became incredibly difficult. While the roads were manageable right after a snowfall due to friction, once the snow turned to ice, it became extremely slippery, and I fell several times, which was quite dangerous. From December onwards, the university started providing shuttle bus services for commuting, but these had fixed schedules and limited seating. If you missed the bus, you'd have to walk over an hour to school in the cold wind. While this system was a lifeline for students without cars, it was far from perfect. Towards the end of the semester, the university even announced that they would reduce bus services due to budget cuts, forcing me to simply try to wake up earlier and walk to school.

Perhaps because I've visited Japan many times as a tourist and frequently consumed media introducing Japanese customs, I didn't experience much culture shock. However, actually walking over an hour to school was quite impactful for me. Yet, Japanese people seemed completely accustomed to it; I often saw elementary school students walking to school alone on the streets, which I suppose was a kind of culture shock in itself.

Conclusion

Living independently in Hakodate for these past few months, I've noticed my cooking skills improve as I tried to save on living expenses. With the training from Japanese classes and the immersive environment, I've also become more confident speaking Japanese. I'm now better equipped to solve problems independently. Studying at a Japanese university has been a long-held dream of mine, and I am incredibly grateful to my home university for giving me this opportunity. I never imagined I'd end up living in Hokkaido, a place I truly adore, for half a year. While the Hakodate winter was undeniably a tough challenge for a "child of the tropics" like myself, being able to open my curtains every day to see the Goryokaku Tower and beautiful snowscapes, drink the freshest Hokkaido milk daily, breathe in Hakodate's crisp air, and interact with both Japanese people and individuals from all over the world, experiencing so many things I couldn't in Taiwan, has made my time in

Hakodate arguably the happiest months of my life so far.