

A. 學校簡介

早稻田大學是日本最具聲望的私立大學之一，位於東京都新宿區，交通便利且熱鬧。早大以其多樣化的學術領域和高度的國際化而聞名，涵蓋文科、理科、社會科學、工程、法律、商學等多個領域，致力於培養具備全球視野的優秀人才。早稻田大學積極推動國際交流，與世界各地的知名大學建立合作關係，吸引了大量來自世界各地的學生，並提供豐富的交換生項目和英語授課課程。因此，校內隨處可見來自世界各地的學生，對於只會英文的學生也不會有太大的生活困難。

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

我主要修習兩大類課程，第一類為「日文」。對於日文初學者來說，我非常推薦選修早大日語中心的綜合日本語，上課過程輕鬆有趣，不過非常的札實，相比於補習班式的教學，我認為學習的速度與樂趣都大幅增長很多。同時，對於日文不太好的同學，也可以在日語課程中使用英語與各個國家的人交朋友，所以修習這門課後不論是英語或日文都會更加進步，以及增加國際視野。

第二類為「社會科學」，我修習了兩門全球治理的課程，奧迫元教授在上課時非常歡迎學生提問，而且不論是甚麼樣的問題都會很細心地回答，因此對於不懂相關基礎理論又想認識這個領域的同學，我非常推薦選修。

C. 國外研修之生活學習 (課外)

在早大若不會日語的話，基本上就是參加 ICC 的活動，不過因為一些原因與個人幸運程度(部分實體活動需要抽選)，我是完全沒參加。不過透過與課堂上認識的同學一起出去玩或聚餐，也認識到了不同國家的文化。例如，日本同學真的在聚餐時會等菜上齊才一起開動等等與台灣不同的習慣。同時，在交換期間更是鍛鍊了自己一個人出門辦事和旅行的能力，如何在只會一點點日語的狀況下成功完成要達成的目標，這不只需要自己慢慢提升日語，還需要考驗個人隨機應變與不恥

下問的能力。舉例來說，日本某些電車或較為長途的列車中的車廂會有不同的目的地，這時除了做好事前功課之外，你如何向他人確認或求助就是一個考驗。

D. 交換/研修之具體效益 (請條列式列舉)

以下是交換/研修的具體效益 (條列式):

- 1. 提升語言能力：**通過與來自不同文化的學生交流，能顯著提升外語溝通能力，尤其是英語或當地語言的運用。尤其將自己沉浸在日文環境中，真的可以快速提升學習的速度
- 2. 拓展國際視野：**深入了解不同國家的文化、教育體系、社會結構和政治經濟背景，拓寬視野，增強國際理解。每次在與不同國家的同學交流時，經常都會發先些新奇的事物或觀念的不同，而這些很多都是新聞或書籍裡較難習得的。
- 3. 增強跨文化交流能力：**在多元文化的環境中學習與合作，有助於提升跨文化溝通與合作技巧。並且還可以趁此機會建立國際人脈網絡，對於之後人生的發展會有很大的幫助。
- 4. 增強自我適應能力：**面對不同的學術風格與生活環境，能提高解決問題的能力與自我管理能力。
以我在日本的經驗來說，我的指導教授的報告內容或重心就與中山指導教授的內容非常不同，因此在讓自己改變與適應的過程中，將會獲得許多成長。
- 5. 促進個人成長與獨立性：**離開家鄉獨立生活並處理各種挑戰，有助於提高自信心和解決問題的能力。尤其在剛來到日本時，需要辦理許多事物(包含電信與遷入等手續)，而這些都非常考驗個人如和安排以及解決的能力，否則可能就需要重新入國一次，因此不只是當下要如何面對，更重要的是自己本身是否能陀盪的了解與安排該做的事項。

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？

很幸運的我認為自己並沒有遭與一般學生會遇到的困境，如語言或生活問題等等，因為對我來說交換的這一趟旅途最重要的目的就是學習與享受當下，所以只要願意嘗試或勇敢的溝通，基本上就不會遇到太大的適應困難。

不過值得一提的是，我在交換期間生了重病(當時日本流行的黴漿菌肺炎)，所以我有了在日本看醫生與向學校請假等繁瑣的手續，可是就如同我所說，只要勇於溝通就比較不會有困境出現。例如，在看醫生的時候，我會先事前準備日文的筆記，並在看醫生時給醫生觀看，同時在溝通過程中勇敢地請醫生等一下(讓我有時間透過翻譯軟體深入了解病症)，並在事後詳細了解學校的傳染病防治相關流程，因此在生病兩周後順利地回到學校，同時銜接上課程。

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？

這次交換中體驗到比較特別且正向的文化衝擊大概就是日本運動比賽中的加油團文化，以台灣來說啦啦隊基本上都只有女生，可是在日本團隊中，男生也是重要的一部分，真的是非常特別。每每到比賽時，全場都會一起加油，真的就如同日本動漫裡一樣的熱血。另外，較負面的文化衝擊大概就是擠電車了...雖然早就看過與聽過，但真的被擠在裡面時還是有點無法接受呢。至於要怎麼面對，大概率就只能順其自然，因為根據我的經驗是根本無法反擊(笑)。

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？

海外生活經歷確實為我帶來了深刻的改變，特別是在個人特質方面的轉變。我認為，最大的成長就是變得更加勇敢。在出國的初期，我面對了語言障礙、陌生的文化以及不確定的生活狀況，而正是這樣的心態下促使我在生活中學會了迎接不確定性，並勇敢地去面對每一個挑戰。在異國他鄉的日子裡，我開始學會獨立解決問題，無論是處理日常生活中的瑣事，還是適應不同的社交環境，都需要我不斷突破自己的舒適區。這段經歷讓我深刻理解到，勇氣不僅是面對外在困難的力

量，更是面對內心不安與懷疑的勇氣，尤其是獨自一人在外國生病的情況下，要如何堅定自己真的是很大的挑戰。同時，無論是與來自不同背景的人交流，還是嘗試全新的學術和生活方式，都讓我逐步成為了一個更勇敢、更堅定的人。

H. 感想與建議

在這次短短半年的交換中，我覺得我收穫許多，不一定是得到實質的物質或利益而是真正心態上的轉變與視野的增加。過去在台灣時，我總是因為懶惰或者認為太麻煩而時常待在家裡，不過來到日本後我開始逼迫自己出門，不論是小旅行或是觀看比賽等等，都讓我增加自身的成就感。不過雖然日本是許多台灣人出國的首選，但以我的經驗來說，如果是選擇來到日本交換的話，請一定要做好事前的功課，否則很容易在一開始就崩潰。同時，要將自己的心境打開，快樂地接受各式各樣的不同，那麼你將會看到與過往旅行中不同的日本。題外話，若是對於日本體與競技有興趣的同學，請一定要無視昂貴的交通費勇敢地衝去觀看比賽，日本的體育盛事非常多，每一種真的都讓人非常熱血沸騰，所以務必體驗看看喔!

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

Waseda University, a prestigious private institution in Tokyo's lively Shinjuku area, is known for its diverse academic fields and strong international focus. It fosters global-minded talent through partnerships with top universities worldwide, attracting students from various countries. Waseda's extensive exchange programs and English-taught courses make campus life accessible for English-speaking students.

For the classes, I primarily took two types of courses: the first being "Japanese." For beginners in Japanese, I highly recommend enrolling in the comprehensive Japanese language course at the Waseda Japanese Language Center. The classes are engaging and enjoyable, yet thorough. Compared to cram school-style teaching, I found that the learning pace and enjoyment increased significantly. Also, for students with limited Japanese skills, the course allows you to make friends from different countries while using English, helping improve both English and Japanese, and broadening your international

perspective. The second category was "Social Sciences," where I took two courses on Global Governance. Professor Okamoto was very open to student questions during lectures and answered every inquiry carefully, making it an ideal course for students who want to explore this field despite lacking a strong foundation in the relevant theories.

On the other hand, I also learned a lot from outside of class. At Waseda, if you don't know Japanese, participating in activities at the ICC (International Community Center) is usually the go-to option. However, due to some reasons and personal luck (some physical events require a lottery), I didn't participate. Instead, I went out with classmates from the courses, which gave me the opportunity to learn about different cultures. For example, Japanese students have a unique habit of waiting for all the dishes to arrive before starting a meal, which is quite different from Taiwan. Additionally, my exchange period strengthened my ability to handle things independently, such as traveling and completing tasks, even with only a little Japanese. It required not only improving my Japanese but also enhancing my adaptability and asking for help when needed. For instance, in some Japanese trains, compartments go to different destinations, and besides doing research beforehand, you must confirm and ask others for help to ensure you are on the correct train.

Then, specifically, studying abroad offers numerous benefits, including improved language skills through immersive communication, a broadened global perspective by understanding different cultures and societal structures, and enhanced cross-cultural communication abilities. It also fosters adaptability by navigating diverse academic and living environments, and promotes personal growth and independence through managing life's challenges abroad. These experiences not only expand one's international network but also build confidence and problem-solving skills essential for future success.

Moreover, during my exchange life, I was fortunate not to face common difficulties such as language barriers or lifestyle problems, as my primary goal during my exchange was to learn and enjoy the experience. However, I did experience a significant challenge when I became seriously ill (contracting the popular mycoplasma pneumonia in Japan). This required navigating medical procedures and applying for sick leave. As I mentioned earlier, as long as you're willing to communicate openly, problems can usually be solved. For example, when seeing a doctor, I prepared Japanese notes beforehand and showed them to the doctor. During the consultation, I asked the doctor to wait so I could use a translation app to understand my condition. I also learned the school's infection control

procedures in detail, and after two weeks, I was able to return to school and catch up with my classes.

However, one of the more unique and positive cultural shocks I experienced was the cheerleading culture in Japanese sports events. Unlike in Taiwan, where cheerleading teams are predominantly female, in Japan, male members are also an important part of the cheerleading teams. It's fascinating to see the entire stadium join in the cheering, just like in Japanese anime. On the downside, I experienced some culture shock regarding the crowded trains. While I had heard about it beforehand, it was still difficult to accept being packed tightly in such a small space. As for how to deal with it, I found it's best to go with the flow because, based on my experience, resistance is futile (laughs).

All in all, studying abroad has brought significant changes, especially in terms of personal characteristics. The greatest growth has been in becoming more courageous. At the start of my journey, I faced language barriers, unfamiliar cultures, and uncertain living conditions, but these challenges pushed me to embrace uncertainty and face every challenge with courage. Living in a foreign country taught me how to independently solve problems, whether dealing with daily chores or adjusting to social environments. This experience helped me realize that courage is not just about confronting external difficulties, but also about overcoming inner anxiety and doubt. For example, when I was sick and alone in a foreign country, maintaining my resolve was a major challenge. The experience of interacting with people from different backgrounds and adapting to new academic and living environments gradually turned me into a more courageous and determined person.

During this short six-month exchange, I gained a lot—not necessarily in material goods, but in terms of attitude change and expanded perspectives. Back in Taiwan, I often stayed home due to laziness or perceived inconvenience, but after coming to Japan, I forced myself to go out, whether for short trips or to watch sports events, which boosted my sense of accomplishment. While Japan is a popular destination for Taiwanese students, from my experience, I recommend thoroughly preparing before going on exchange. If you don't, it's easy to become overwhelmed at the start. Also, keep an open mind and happily accept the differences you encounter. This way, you'll experience Japan in a way that's different from past travels. On a side note, if you're interested in Japanese sports and competition, don't hesitate to ignore the expensive transport costs and go watch a game. Japan has many exciting sports events, and each one will get your adrenaline

pumping, so make sure to experience it!