

A. 學校簡介

福井大學是國立大學，與福井縣立大學是不同的學校（福井縣立大學近年以設立的恐龍學部而出名），腹地不大，但學校內設施齊全，有食堂、福利社、展演廳、體育館、社團大樓等等。對國際生非常友善，每年都有非常多的國際學生來福井大學就讀，分成各種不同計畫，有交換生，也有大學部留學生，或研究所留學生，各種國際生就讀的流程與支援都非常完善。雖然福井縣算是比較偏遠的縣市，娛樂確實比起東京大城市要少很多，但當地人非常友善，福井大學週邊生活機能也非常齊全，因此是很適合生活的地方，只不過對於沒有汽車的國際生來說，想在福井當地旅遊的話交通確實比較不方便，但到其他城市的交通很方便。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

雖然我非常喜歡的老師們是日文老師們，她們都非常用心，而且上課非常有趣，但我最喜歡的一門課是日系美國文學。這門課完全是預料外才選修的，卻讓我受益良多，我了解了一段我未曾知曉的歷史，而課堂上的小組討論，也讓我有機會學習表達自己的想法，同時聽取不同角度的見解，學會批判思考，學會去嘗試設身處地思考如果是自己會做出怎麼樣的選擇，不只是學習知識有趣，不斷思考也非常鍛鍊思維與邏輯。

C. 國外研修之生活學習（課外）

我很敬佩日本人的禮儀與做事的態度，他們真的非常細心，很多時候又能簡化變得有效

率，我是一個很隨性的人，所以在看到他們的態度後也開始有所反思。

我也很喜歡他們對於個人穿著的包容，在日本的服飾店每一間都可以有截然不同的風格，在路上即使是風格鮮明的穿著，日本人也可以以平常心對待，在台灣有時候打扮是一件讓人有壓力的事，不知道大家有沒有發現。

D. 交換/研修之具體效益 (請條列式列舉)

● 接納差異性

我結交了世界各國的朋友，體會到了各個國家的不同文化，也學會尊重我們之間的文化差異。我也認識了很多同樣來自台灣的朋友，但大家的成長背景學校等等依然有著很大差異，在朋友們顧慮我的感受照顧我時，我也同樣在學習以更好的方式與他們相處，誠心以待、尊重彼此，好好認知所有人都是獨立的個體。其實國際生中也不乏有無法接納彼此不同，好好尊重對方觀念而起爭執的人，因此學會接納差異性我認為是人人都必須學習的事。

● 文化交流

在認識不同國家的人的同時，也能認識到他們國家以及他們的文化，而我也能介紹自己來自的地方，其中讓我驚訝的是很多人都來台灣旅遊過，我才發現讓更多人認識自己的故鄉原來是一件這麼有趣的事。回國後，我也變得能注意到自己國家的更多優點，更為自己擁有的生活感到感恩。

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？

有一次我出門旅遊較久時間，回來時發現下水道因為好幾天沒有使用，開始發出惡臭。我先是使用手邊有的清潔劑試圖沖淡味道，後來實在不行，上網查到了日本有賣通水管的器材，便跑去超市買來試試，但因為我並沒有通水管的相關經驗，怕把水管戳壞，效果有限，只好又跑去學校反應，學校給了我排水口底下的構造示意圖，和清潔的方法，但實際操作卻又不像圖上的樣子，經過不斷的嘗試，以及上網不斷的搜索，最後終於了解排水口的構造成功完成清潔工作，實在放心不下的我，又再買了下水道清潔除菌專用錠，才終於解決了這個大問題！

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？

文化衝擊在國外生活很難不遇到，我最容易忘記的一點，是電車上不能講電話，如果不小心接起來電話，只好趕快小聲的告訴對方現在不方便，都有空再回撥。

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？

我變得更相信自己能獨立生活。回國後，我發現我能變得比以前獨立自主，不會再總想著家人能幫我解決就好了，我也變得在安排獨自一人的行程是能感到更舒適，一個人也可以

很好而不必感到孤獨。

H. 感想與建議

做足準備的異地生活經驗，是能迅速讓自己成長的好方法，我無比慶幸自己這一生能有這個機會，我找回了曾經熾熱的心，有了繼續面對未來各種未知挑戰的勇氣，我希望這輩子都不會忘記這次的交換之旅。謝謝我親愛的家人，第一時間站出來支持我的決定，讓我有出發的勇氣，也謝謝學校以及交換校願意給我這麼難得的機會，持續給予我支持與幫助，謝謝獎助金捐贈者們，讓我有到異國生活的底氣，如果沒有所有人的幫助，我一人絕對無法完成這次交換學生計畫。

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

● School Introduction

The University of Fukui is a national university, different from Fukui Prefectural University (which has recently become well-known for its Department of Dinosaur Studies). Although the campus is not very large, its facilities are well-equipped, including a cafeteria, convenience store, auditorium, gymnasium, and a student activity building. The university is very friendly to international students, and many

come to study there each year through various programs, such as exchange programs, undergraduate programs, or graduate programs. The procedures and support systems for international students are very comprehensive. While Fukui Prefecture is relatively remote compared to major cities like Tokyo and does not offer as much entertainment, the locals are very friendly, and the area around the university is highly convenient for daily living. Therefore, it is a very livable place. However, for international students without a car, traveling around Fukui itself can be inconvenient, though transportation to other cities is very accessible.

- Course Learning (in-class) Abroad: Most Beneficial/Favorite Course

Although I really enjoyed my Japanese language teachers, who were all very dedicated and made their classes fun, my favorite course was Japanese American Literature. I took this class unexpectedly, yet it benefited me greatly. I learned about a history I had never known before. The group discussions in class also gave me opportunities to express my own ideas, listen to perspectives from different angles, develop critical thinking, and imagine how I myself would make choices in certain situations. It was not only about learning knowledge in an interesting way but also

about constantly training my thinking and logic.

- Life Learning (outside of class) Abroad

I deeply admire the Japanese sense of etiquette and their attitude toward work. They are very meticulous, yet often able to simplify things to make them more efficient. Since I am a rather easygoing person, seeing their attitude also inspired me to reflect on myself.

I also appreciated their inclusiveness in personal fashion. In Japan, each clothing store offers completely different styles, and even people with very distinctive outfits are treated with a calm attitude on the streets. In Taiwan, dressing up can sometimes feel stressful—perhaps you have noticed this too.

- Specific Benefits of Exchange/Study Abroad (listed)

- Acceptance of Differences

I made friends from all over the world and experienced diverse cultures, learning to respect our cultural differences. I also met many fellow students from Taiwan, but our

backgrounds and schooling were still quite different. When friends considered my feelings and cared for me, I also learned to interact with them in better ways—with sincerity and respect—while recognizing that everyone is an independent individual. Conflicts sometimes arose among international students who could not respect one another's differences, which is why I believe learning to accept differences is something everyone must learn.

- Cultural Exchange

By meeting people from different countries, I was able to learn about their homelands and cultures, while also introducing them to my own. I was surprised to discover that many of them had already traveled to Taiwan. That was when I realized how enjoyable it is to help others learn more about my hometown. After returning, I also became more aware of my own country's strengths and more grateful for the life I have.

- Challenges During Overseas Life and Solutions

Once, I went on a longer trip, and when I returned, I found that the unused drains had

begun to smell bad. At first, I used cleaning products on hand to try to reduce the odor. When that did not work, I searched online and learned that Japan sells drain-cleaning tools, so I went to the supermarket to try them. However, since I had no experience with plumbing and was worried about damaging the pipes, the results were limited. I reported the issue to the university, and they provided me with a diagram of the drainage structure and cleaning instructions. But when I tried, the actual setup was different from the diagram. After repeated attempts and more online research, I finally understood the structure and managed to clean it successfully. Still feeling uneasy, I also bought drain-cleaning tablets to disinfect and deodorize, and only then was the problem fully solved!

● Cultural Shock and Adaptation

It is almost impossible not to experience cultural shock while living abroad. For me, the one I most often forgot was that talking on the phone inside trains is not allowed. If I accidentally picked up a call, I had to quickly whisper to the caller that I would return the call later.

● Personal Growth and Transformation from Overseas Experience

I became more confident in my ability to live independently. After returning to Taiwan, I realized I had become more self-reliant and no longer immediately thought of relying on my family to solve problems. I also grew more comfortable planning and enjoying solo activities, learning that being alone does not mean being lonely.

● Reflections and Suggestions

Living abroad with thorough preparation is a powerful way to accelerate personal growth. I feel extremely fortunate to have had this opportunity. I regained my once-burning passion and gained the courage to face future uncertainties. I hope I will never forget this exchange journey. I am deeply grateful to my dear family for supporting my decision from the very beginning, giving me the courage to set out. I also thank my home university and the host university for providing me with this precious opportunity and continuous support, as well as the scholarship donors who gave me the financial confidence to live abroad. Without the help of all these people, I could never have completed this exchange program on my own.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
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
C. 國外研修之生活學習（課外）
D. 交換/研修之具體效益（請條列式列舉）
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？
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？
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？
H. 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？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片