

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

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. 感想與建議

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

日本中央大學位於東京的八王子市，校區與電車出口有直接連接，因此交通十分便利。學校分為多個校區，都能利用電車以及公車系統抵達，法學專業在茗荷谷校區上課，經濟學、商學、文學、綜合政策與國際經營管理則在多摩校區上課，身為交換生，除了部份限制的課程外，可以自由選擇多個系所的課，也能自由往來多個校區。中央大學的前身為英格蘭法律學校，法律的專業十分出名，若交換生有興趣可以在學期初選擇法律相關課程，並且之後開學後利用電車系統到達位於介於新宿與池袋附近的茗荷谷校區。授課語言多為日文與英文，比例大約為 6:4。交換生若選擇要住宿，可以選擇位於多摩校區內或是聖蹟櫻丘車站附近的國際學生宿舍，兩邊宿舍都會定期舉辦日本文化相關活動，來促進宿舍內的國際學生的交流。在生活方面，多摩校區內設有學生食堂，周遭步行 5~15 分鐘左右也有一些餐廳、藥妝店與超市滿足學生的日常需求，聖蹟櫻丘車站附近則更為熱鬧，還有百貨公司等商業區。學生國籍方面，不管是正式生還是交換生都滿常遇到中國學生，臺灣學生偏少數，另一個滿大宗的族群是歐美國家的學生，宿舍內的日本學生相對較少，但宿舍內一定會遇到日本學生，因為通常都是日本學生擔任寢室長或是宿舍的幹部，宿舍都設有大廳，方便學生間認識與交流情誼。社團方面，以音樂與體育性的社團居多，但其他小宗的社團 (如烹飪、太鼓、英語研究、志工、茶道與旅行等) 也十分多樣可以選擇，包含學術型與情感交流型。

我這次到日本中央大學交換一年，修習課程主要在國際經營學部，但也有跨到綜合政策、法律與日語課程，我日文程度不佳，因此都選擇英文的課，其中我最喜歡的課程為 IIDA Asako 教授開設的 Advertising and Marketing Communications (春季) 與 Catchphrases and Naming Strategy (秋季)，兩門都是偏行銷類型的課，均上為線上上課，都是每週須看完課程影片，並且提交選擇題作業，之後期末再繳交一份創意的行銷報告，課程壓力並不會很大，而且線上上課省去交通時間，而且教授每週的課程內容都很仔細，會補充很多行銷實例或是論文的觀點，我認為很適合未來有志想

往行銷領域鑽研的人修習，認真上課會收穫良多，而且也會很直觀感受到臺灣與日本老師上課的方式具有很大的不同。

HELLER Daniel Arturo 教授的課我也很推薦，我修過 Japanese Management 與 International Product Development 這兩門課。Japanese Management 聽課的比例比較重，因此相對的期末報告的字數要求較多，International Product Development 則較注重討論與發言，須看論文並於課堂上提出你的觀點。教授是美國籍的，當然因此英語說得很好，但他會很鼓勵大家發言一起討論，就算你的口語不是那麼流利，他也很願意傾聽你的發言與疑問，是一個很有耐心的教授。

Philosophy 則是一門硬課，非是完全的傳統哲學，偏向政治哲學的內容，每週都有文本的指定章節閱讀，文本不太容易懂，上課時教授會提出文本中的關鍵詞來解釋，加上舉例分析以及課堂小組討論，期中期末都是閉卷考要寫出關鍵詞的定義與舉例說明，以及申論題應答。Sociology 與 Philosophy 相似，都是教授每週會講解章節的概念與關鍵詞，但每週須繳交心得回饋，期末要進行小組口頭報告與個人書面報告繳交，但這門會把一些日本的社會與外籍居民的現況帶入，如果有興趣未來想長待日本的人，建議修習。法律我修了 Introduction to Japanese Law、Law and Business in Japan 以及 Japanese Competition Law & Policy in Global Context 三門課，我認為對於法律新手來說，Introduction to Japanese Law 滿適合的，因為這門課是會有很多不同教授輪流於每週講述不同主題，讓你對於日本各類法律有一些很概略性的了解，因此即使你是沒有法律背景的人也可以修的很愉快，只要懂得將教授講述的內容與臺灣法律情況做比較，就可以收穫良多。Law and Business in Japan 則不太推薦非法律背景的人，這門課會提及很多國際交易的法律細節，教授也很重視討論，上課沒有講義，只有教授口頭陳述加上課前文章閱讀材料，文章閱讀量很多又很細節，不具法律背景知識的人不太好吸收課程內容。Japanese Competition Law & Policy in Global Context 我滿推薦有商科背景知識的人修習，課程主要是在比較日本與歐洲競爭法的實例，課程的壓力也不會很大，期中分組展示個人的口頭小報告，期末線上寫一篇案例的分析內容即可，教授也很鼓勵課堂發言或分享自己國家的案例，整體課堂氛圍輕鬆又引人投入。

在學校課程之餘，我體驗了日本文化與風景，包含茶道、和服、賞櫻、賞楓、花火大會與滑雪等，也因此認識了許多不同國家的人，包含中國、新加坡、香港、馬來西亞、德國與美國人等，參與了許多不同展覽，包含畫展、動漫展、同人展、文具女子博與東北六大祭等，我還格外喜歡欣賞日式城堡，走訪了大阪城、姬路城、熊本城與名古屋城等名城。除此之外，我也走出東京，到了靜岡、名古屋、大阪、京都、奈良、神戶、福岡、熊本、仙台、福島、山形、秋田、岩手、青森等旅行，體驗當地美食與當地人民進行互動。

經歷過日本的中央大學的交換生活後，我得到了以下的收穫：

1. 認識日本與其他國家的同學與友人，學習了日語，強化了英語能力，同時打開了自己的國際視野，勇於與人交流，與國際友人分享臺灣情況，同時也在交流過程中欣賞與學習了不同國家的文化與價值觀。
2. 走訪日本各地，體驗日本國內不同的風景與人文，對於日本各地有概略性的認識。
3. 直接在日本生活，學習日本的郵政、銀行、交通等生活系統，對於日本生活有更深入的了解。

I went to Chuo University for a one-year exchange, and I studied mainly in the Department of International Business and Economics, but I also took courses in Integrated Policy, Law, and Japanese. I am not good at Japanese, so I chose to take courses in English, and my favourite courses were Advertising and Marketing Communications (Spring) and Catchphrases and Naming Strategy (Autumn), both of which are marketing-oriented courses. My favourite courses are Advertising and Marketing Communications (Spring) and Catchphrases and Naming Strategy (Autumn) offered by Prof. Asako of IIDA. Both courses are marketing oriented, and both are online, where you have to watch a video of the course every week, submit multiple choice assignments, and then submit a creative marketing report at the end of the week. I think it is very suitable for those who want to study in the field of marketing in the future, and I think it is very fruitful to take the course seriously, and I can also feel the big difference between the way the teachers in Taiwan and Japan teach. I have taken Japanese Management and International Product Development, and Japanese Management is more of a listening course, so the word count requirement for the final report is higher, while International Product Development is more of a discussion and presentation course, and you have to read a paper and present it in a

paper at the end of the course. You have to read papers and present your views in class. The professor is American, so of course he speaks very good English, but he encourages you to speak and discuss with him, even if you are not that fluent, he will be very willing to listen to your speech and questions, he is a very patient professor. Philosophy, on the other hand, is a hard course that is not entirely traditional philosophy, but rather political philosophy, with assigned chapters of text to read each week. The text is not very easy to understand, and the professor will present key words in the text to explain them, along with examples and analyses, and group discussions in class, and the midterm and final exams will be closed-book exams in which you will be required to write definitions of the key words and examples, as well as essay questions. Sociology is similar to Philosophy in that the professor will explain the concepts and key words of the chapters every week, but you are required to submit feedback every week, and at the end of the semester, you will have to submit an oral report for the group and a written report for the individual. However, this course will bring some of the current situation of the Japanese society and the foreign residents into the course, so it is recommended to those who are interested in staying in Japan for a long period of time in the future. I took Introduction to Japanese Law, Law and Business in Japan and Japanese Competition Law & Policy in Global Context. I think Introduction to Japanese Law is very suitable for law novices. Japanese Law is suitable for law novices because there are many different professors taking turns to talk about different topics every week, so that you can have some general understanding of various kinds of laws in Japan, so even if you don't have a legal background, you can still have a good time in the course, as long as you know how to compare the professor's content with the legal situation in Taiwan, you will be able to get a lot of results. Law and Business in Japan is not recommended for people with non-legal background, this course will mention a lot of legal details of international transactions, the professor also attaches great importance to the discussion, there is no lecture notes in the class, only the professor's oral presentation plus pre-course article reading materials, article reading a lot of reading and very detailed, people who do not have the knowledge of the legal background is not very good to absorb the contents of the course. Japanese Competition Law & Policy in Global Context is recommended for people with business background. The course is mainly about comparing the examples of competition law in Japan and Europe, and the pressure of the course will not be very high, as the students will be divided into groups in the middle of the term to present their oral reports, and then they can write an analysis of a case at the end of the term, and the professors encourage them to speak in the classroom or to share cases from their own countries. The professor also encourages students to speak in class or share their own case studies, which makes the class atmosphere relaxing and engaging.

In addition to the school programme, I experienced Japanese culture and scenery, including tea ceremony, kimono, cherry blossom viewing, maple viewing, fireworks display and skiing, etc. I also got to know people from many different countries, including China, Singapore, Hong Kong, Malaysia, Germany, and the United States, and took part in many exhibitions, such as the drawing exhibition, the anime and manga exhibition, the homage exhibition, the stationery women's expo, and the Tohoku Rokudai Festival, etc. I also particularly enjoyed appreciating Japanese castles and visiting famous cities such as Osaka Castle, Himeji Castle, Kumamoto Castle and Nagoya Castle. I also like to visit Japanese castles, such as Osaka Castle, Himeji Castle, Kumamoto Castle, and Nagoya Castle. I have also travelled outside of Tokyo to Shizuoka, Nagoya, Osaka, Kyoto, Nara, Kobe, Fukuoka, Kumamoto, Sendai, Fukushima, Yamagata, Akita, Iwate, and Aomori, where I have been able to experience the local cuisine and interact with the local people.

After the exchange programme at Chuo University in Japan, I have gained the following:

1. I got to know students and friends from Japan and other countries, learnt Japanese, strengthened my English

skills, opened up my international perspective, had the courage to communicate with others, shared Taiwan with international friends, and appreciated and learnt the cultures and values of different countries in the process of exchanging ideas.

2. Visiting different parts of Japan, experiencing different landscapes and cultures in Japan, and gaining a general understanding of different parts of Japan.

3. Live directly in Japan and learn about the postal, banking, and transport systems in Japan to gain a deeper understanding of life in Japan.