

早稻田大學是位於東京新宿區的一所大學，我這次所參與的是由社科院所設立的 **TAISI Program**，主打的是全英文的教學，因此對於我這個日文不夠熟練的人，才有機會能夠去參與交換。

關於出國交換的心得我想要從出國前出國期間來做分享。由於我申請的時間比較晚，是在大四的寒假申請的，那時候就是因為碰巧看到了我們社科院有這樣的機會，而且之前其實也有這樣的想法只是一直沒有去實行，所以那時候我就想著給自己一次機會試試看沒上也沒關係。所以其實申請的期間到結果出來的時間挺煎熬的，但後來結果是好的。接下來的就是另一段更煎熬的時間。由於我申請的時間比較晚，所以審核通過的時間也晚，大概是五月多的時間，那時候交換校就記了一些資料要我去填寫，而我也是很快就填完資料並繳交回去，然而他們對於入學許可的發放以及在留資格認定書會發下來並沒有一個確切的時間，導致我就需要一直等待，到了 8 月才拿到，但那時候已經離要出國的時間很近了，因此就需要加快去買機票辦簽證等等，好在後面的這些手續都很順利。

在一開始抵達日本的時候，其實心情上是很期待的，看到什麼都會有很新奇的感覺。還不會有自己一個人要在國外生活的感覺。而心情其實在 2 個禮拜後就開始有了一些變化，畢竟剛到一個地方，且語言上也不是到很熟悉，又沒有朋友可以一起出去，就會感覺到一些孤獨，我自己也花了一些時間來調適。但說實話，要去調適這樣的感覺，真的是要鼓起勇氣踏出第一步，去結交新的朋友。像我就是去參加由交換校國際處所辦的交流活動，因而認識了到現在也都很好的朋友。在認識之後，一個禮拜都會有兩三天一起吃飯、逛街、出去玩，這樣就真的比較不會因為人生地不熟，而感到焦慮。

在學校上課的期間，由於我是參與社會科學院的全英文計劃課程，所以大部分的同學都是非日本人，但在台灣也沒有這樣的環境，剛到的時候需要去熟悉來自不同地方的口音，像是韓國、法國、西班牙、尼泊爾等等的國家，一開始還是有點吃力，會比較不好意思與他們對話。但在每天都是英文溝通的情況，也漸漸的可以聽懂他們說的話，在講英文上也比較不會不好意思。雖然說大部分都是外國人，也是有遇過一些日本同學。其中有一堂課程就是由老師分組，結果好巧不巧，除了我以外他們都是日本人，在一次要出去時地考察的過程中，他們都是用日文在溝通，我就完全無法參與他們的對話，也只能聽懂一點點，當時就感到很尷尬且無奈。也非常後悔自己沒有多花時間去學習日文。在這邊上課跟在台灣上課的方式其實蠻不同的，在這邊的課程大多數老師都會要求發

言以及每堂課都會跟同學做討論，這除了能更快地吸收知識，利用所學到的去進行反思，我都認為是很不錯的上課模式。我最喜歡的一堂課叫做 **Japanese Patterns of Communication**，這堂課主要是在介紹日本一些特別的文化，或者是說溝通的方式，例如一些習慣的用語，像是我開動了。而老師上課的方式就是我所提到的小組討論，這種方式絕對是適合所有人。即便是內向的人也都會更容易去參與，比起要同學在上課舉手發言，我認為這種方式更有效率且有用。老師也推薦我們看了三部電影，而主要也是讓我們去從這三部電影裡發覺這跟上課所學的有什麼關聯。其中我最喜歡的就是 **Perfect Day** 這部電影，推薦大家都去看看。

來交換的這半年，除了在上課以外，其實偶爾也會出去玩，像是去迪士尼或者是我終於看到我一直都很想看的富士山。我認為交換的期間就要好好把握，除了能體驗到當地的生活，這樣的機會真的很難得，也很謝謝中山大學提供這樣的機會能讓我有這樣的經驗。想告訴學弟妹們，如果現在還在猶豫要不要交換的，一律勇敢申請，這樣的經驗會是永生難忘的。

對於具體效益的部分

- 更加獨立（在國外獨自生活的經驗）
- 語言能力提升（除了上課是用全英文能增加英文各方面的能力以外，在日常生活中也會學習到日文，並嘗試去使用，我認為是非常好的）
- 對於事情的規劃更加了解（無論是交換前的準備、行李、出去旅遊的計劃等）
- 獲得更多的人際關係（認識來自世界各地的人，了解不同文化）

Waseda University is a university located in Shinjuku District, Tokyo. This time I participated in the TAISI Program established by the School of Social Sciences. The main teaching method is English, so for someone like me who is not proficient in Japanese, I have the opportunity to participate in the exchange.

I would like to share my experience of studying abroad, starting from before and during my time abroad. Since I applied relatively late, during the winter break of my senior year, I happened to see that our Academy of Social Sciences had such an opportunity. I had actually had such an idea before but had never put it into practice, so I thought at that time I would give myself a chance and see if I didn't get in. So the time from application to the results was quite torturous, but in the end the results were good. What follows is another even more torturous period. Since I applied late, the review was also late, around May. At that time, the exchange school asked me to fill out some information, and I filled it out and submitted it very quickly. However, they did not have a definite time for the issuance of the admission permit and the letter of eligibility, so I had to wait until August. But by then, it was very close to my departure abroad, so I needed to speed up to buy plane tickets and apply for a visa, etc. Fortunately, the subsequent procedures went smoothly.

When I first arrived in Japan, I was actually very excited and everything I saw felt new and novel. I won't feel like I'm living alone in a foreign country. In fact, my mood started to change after two weeks. After all, I had just arrived at a place and was not very familiar with the language. I didn't have any friends to go out with, so I felt a little lonely. It took me some time to adjust. But to be honest, to adjust to this feeling, you really need to muster up the courage to take the first step and make new friends. For example, I participated in an exchange program organized by the International Affairs Office of my exchange school, and met some good friends who are still with me today. After we got to know each other, we would spend two or three days a week eating, shopping, and going out together. This way, we would be less likely to feel anxious because we were in an unfamiliar place.

During my time at school, since I was participating in the all-English program courses of the Faculty of Social Sciences, most of my classmates were non-

Japanese. However, there was no such environment in Taiwan. When I first arrived, I needed to get familiar with the accents from different places, such as Korea, France, Spain, Nepal, etc. It was a bit difficult at the beginning, and I was embarrassed to talk to them. But as we communicate in English every day, I can gradually understand what they say and I am less embarrassed to speak English. Although most of them are foreigners, I have also met some Japanese classmates. In one of the classes, the teacher divided the students into groups. As luck would have it, all of them were Japanese except me. During a field trip, they all communicated in Japanese. I was completely unable to participate in their conversation and could only understand a little bit. I felt very embarrassed and helpless at the time. I also regret not spending more time learning Japanese. The way of studying here is actually quite different from that in Taiwan. In most courses here, teachers require students to speak and have discussions with students in every class. In addition to being able to absorb knowledge faster and use what you have learned to reflect, I think this is a very good teaching model. My favorite class is called Japanese Patterns of Communication. This class mainly introduces some special Japanese culture, or ways of communication, such as some customary expressions, like "I'm starting." The teacher's teaching method is the group discussion I mentioned, which is definitely suitable for everyone. Even introverts will find it easier to participate, and I think this method is more efficient and useful than asking students to raise their hands to speak in class. The teacher also recommended three movies for us to watch, and the main purpose was to let us find out how these three movies were related to what we learned in class. My favorite movie among them is Perfect Day, and I recommend everyone to watch it.

During the six months of exchange, in addition to attending classes, I also occasionally went out to play, such as going to Disneyland or finally seeing Mount Fuji, which I had always wanted to see. I think I should make good use of the exchange period. In addition to being able to experience local life, such an opportunity is really rare. I am very grateful to Sun Yat-sen University for providing me with this opportunity and allowing me to have such an experience. I want to tell my juniors that if you are still hesitating about whether to go on exchange, please apply bravely. This experience will be unforgettable.

For specific benefits

- More independence (experience of living alone abroad)
- Improvement of language skills (in addition to the fact that classes are taught entirely in English, which can improve English skills in all aspects, you will also learn Japanese in your daily life and try to use it, which I think is very good)
- Better understanding of planning (whether it is preparation before the exchange, luggage, travel plans, etc.)
- Gain more interpersonal relationships (get to know people from all over the world and understand different cultures)