

A. 學校簡介

同志社大學是一所位於京都的歷史悠久私立大學，由新島襄於 1875 年創立，校訓強調「良心」與「自由」精神。作為日本關西地區知名學府之一，同志社在社會科學、人文以及國際教育上都有相當高的評價。此次交換我主要在兩個校區上課：新田邊校區與今出川校區。新田邊校區位於京都府南部，校園寬敞、安靜，綠意盎然，非常適合沉下心來學習；而今出川校區則坐落於京都市中心，鄰近京都御所與二條城，周邊擁有濃厚的歷史氛圍與便利的交通。能在兩個校區往返，不僅體驗到不同的學習氛圍，也感受到同志社大學結合現代教育與京都傳統文化的獨特魅力。

B. 國外研修之課程學習（課內）

在同志社大學修課的經驗非常充實，其中我最喜歡的課程是「**Education in the Age of Globalization**」。課堂上我們探討全球化如何改變教育制度，並比較不同國家的案例，這讓我能從國際視角來反思台灣的教育現況。此外，「**Statistics for the Social Sciences and Humanities**」對我幫助也很大。雖然數據分析起初具有挑戰性，但在老師的引導下，我學會運用統計工具處理社會科學研究問題，這對我未來若從事翻譯或學術研究都有實質助益。語言相關的課程如「**ビジネス日本語**」和「**日本語 I（文法與會話）**」也幫助我提升專業日語能力，讓我能更自然地在生活與學術場合使用日語。

C. 國外研修之生活學習（課外）

生活面上，我在新田邊校區度過了較安靜規律的平日，校園周邊環境單純，讓我能專注於學業。而每當有課在今出川校區時，我則能利用機會探索京都市中心，參觀寺廟、神社，並嘗試當地特色美食。這種生活的切換讓我感受到京都的多面性：既有古老文化的底蘊，也有現代化的便利。我還參加了校內的體育課「**スポーツ・パフォーマンス**」，透過運動與日本同學互動，不僅增強體能，也建立了跨文化友誼。

D. 交換／研修之具體效益

這段交換經驗最直接的效益是語言能力的進步與國際視野的拓展。在課堂討論與報告中，我必須使用英文或日文來表達自己的想法，這大大提升了我的口語與寫作能力。同時，透過跨國學生的交流，我能更深入理解不同文化下的價值觀與思維方式。學術上，統計課與教育全球化課程培養了我批判思考與研究能力；生活上，適應新環境則讓我更具備獨立性與解決問題的能力。

E. 海外生活期間是否曾遭遇困境及解決方法

在生活上最大的挑戰是語言與行政相關的手續，例如辦理居留卡、交通卡或醫療保險時，日文專有名詞常讓我感到困惑。面對這些問題，我會先自行查詢資料，再向校內的國際交流中心求助，或是請日本同學協助翻譯。雖然過程中有時耗費不少時間，但每次解決一個問題都讓我感受到成長與成就感。學業上，統計課剛開始進度較快，我一度跟不上，但我透過反覆練習與參加老師的辦公時間，逐漸能掌握重點，最終在期末報告中有不錯的表現。

F. 海外生活期間是否曾遭遇文化衝擊

文化衝擊主要來自於日本社會對禮節與規範的高度重視。例如在搭乘電車時，大家都保持安靜，不會大聲交談；在課堂中，學生不常主動發言，但卻十分注重準時與課後作業。與我在台灣習慣的氛圍有所不同，剛開始需要調整心態。透過觀察與模仿日本同學的行為，我逐漸適應這樣的文化，並學會在不同環境中調整自己的互動方式。這種經驗讓我理解到文化差異並非好壞，而是需要尊重與適應。

G. 海外生活經歷是否為您帶來人生觀或個人成長上的轉變

這次交換讓我最大的成長在於「自立」與「包容」。一方面，獨自面對生活瑣事與學業挑戰，使我學會如何安排時間、解決問題，不再過度依賴他人。另一方面，透過與不同文化背景的同學交流，我更加理解世界的多樣性，也學會包容不同的價值觀與生活方式。這些轉變讓我對未來的人生道路有更清晰的方向，也更堅定自己要投入國際交流與翻譯相關領域的志向。

H. 感想與建議

總結來說，這次在同志社大學的交換經驗是一段極為珍貴的人生歷程。無論是課程學習、文化體驗，還是人際交流，都讓我受益良多。我會建議未來有意來同志社大學交換的學生，事先多準備日語能力，這樣在生活與學業上會更加順利。同時，也要保持開放的心態去接受新文化，勇於踏出舒適圈，才能獲得最大的收穫。對我而言，同志社大學不僅是學術的殿堂，更是讓我成長與蛻變的重要舞台。

1. Introduction of the University

Doshisha University, founded in 1875, is one of the most prestigious private universities in Japan. The university emphasizes academic freedom and international education, which makes it an attractive destination for exchange students worldwide. During my exchange, I studied on two campuses: Kyotanabe and Imadegawa. The Kyotanabe campus, located in the southern part of Kyoto Prefecture, provided a calm and spacious learning environment. In contrast, the Imadegawa campus is in the center of Kyoto City, surrounded by rich historical and cultural landmarks such as the Kyoto Imperial Palace. Experiencing both campuses allowed me to balance focused academic study with cultural exploration.

2. Academic Learning

Among the courses I took, the most impressive one was Education in the Age of Globalization. This course encouraged us to critically examine how globalization influences education systems and gave me the opportunity to compare different national contexts, including Taiwan. Another course that I found highly valuable was Statistics for the Social Sciences and Humanities. Although it was initially challenging, I learned to apply statistical tools to analyze research questions, which will be useful for my future academic pursuits. Additionally, I took Business Japanese and Japanese I (Grammar and Oral Communication), which significantly improved my professional and academic Japanese skills.

3. Learning from Daily Life

Life outside the classroom was equally fulfilling. On weekdays at the Kyotanabe campus, I enjoyed the quiet environment and focused on my studies. When attending classes at Imadegawa, I often took the chance to explore Kyoto City, visiting temples, shrines, and local restaurants. I also joined a physical education class, Sports Performance, which gave me the chance to interact with Japanese students through sports activities. These experiences not only helped me stay healthy but also allowed me to build friendships across cultures.

4. Practical Benefits of the Exchange

The exchange program brought me many practical benefits. My language skills improved significantly, as I had to use both Japanese and English in presentations, group projects, and daily conversations. I also gained valuable cross-cultural communication skills by interacting with classmates from diverse backgrounds. Academically, I developed stronger critical thinking and research abilities. Personally, I became more independent and confident in solving problems, such as handling administrative procedures or adapting to new cultural norms.

5. Reflections and Impressions

Overall, my exchange experience at Doshisha University was transformative. It not only enhanced my academic knowledge but also deepened my cultural awareness and personal growth. I learned to embrace challenges, respect cultural differences, and value the diversity of perspectives in an international environment. I would recommend future exchange students to prepare their Japanese language skills before coming, as this will make their academic study and daily life much easier. For me, studying at Doshisha was not just an academic opportunity—it was also a journey of self-discovery and cultural enrichment.