A. 學校簡介

我此次交換的學校為日本中央大學（Chuo University）多摩校區。中央大學創立於 1885 年，是日本歷史悠久的私立大學之一，與明治大學、青山學院大學、立教大學、法政大學並稱「MARCH」，在日本社會中具有相當高的知名度與認可度。該校法學部尤其著名，司法考試合格人數長年位居全國前列；商學部則以扎實的實務導向課程聞名，重視學生的簡報、分組討論與實作能力。多摩校區位於東京都八王子市，佔地廣闊、綠意盎然，校內設施完善，圖書館、體育館、學生餐廳一應俱全，也是多數學部學生上課的主要校區。

B. 國外研修之課程學習（課內）

這學期我修習了日文課、消費者行動論、國際製品開發論、Global Marketing Strategy、經營組織論等課程。其中印象最深刻的是「消費者行動論」。授課的杉本豐彥老師對教學充滿熱忱，曾在澳洲留學，英語流利，也非常樂意與外國交換生互動。課堂採分組進行，一起完成學習單。開學前幾週老師會主動協助安排座位與分組，讓同學們有機會互相熟悉，因此不會有落單的情況。期末考前，老師會提前公布考試範圍，簡答題也會事先釋出，讓學生能充分準備。整體而言，這堂課不僅讓我學到扎實的消費者行為理論，也讓我在課堂上認識了不少朋友，非常推薦之後的交換生選修。

「國際製品開發論」與「經營組織論」由 MARINOV Mihail Bozhidarov 教授授課，上課方式以每學期一次的上台報告為主，報告結束後教授會就報告主題提問，課堂中也會穿插一些小作業。

中村潤老師的「Global Marketing Strategy」則是兩週上一次課，一次長達 200 分鐘。每次上課都需要分組上台報告，報告內容當堂完成並即時發表，組別由老師事先安排，且每次成員都不同，能接觸到不同同學的想法與合作方式。期末考卷是一張白紙，題目與先前的作業內容高度相關，同時也要求寫下自己在這堂課中學到的概念並分享個人看法，是相當著重思考整理與統整能力的一堂課。

日文課則依入學分級考試結果分班，由於是小班制教學，有問題時能很容易地與老師討論，學習節奏也能兼顧個人程度。

C. 國外研修之生活學習（課外）

課後我還參加了一些社團，包含五葉會和陶藝社，也有去參加旅遊社團的活動。中央大學校內參與社團的風氣相當盛行，社團種類五花八門，可透過學校網站查詢，學期初也會舉辦社團博覽會，是認識社團與結交朋友的好機會。我的宿舍是國際教育寮，非常推薦住在這裡，除了地理位置優越外，宿舍內也常常舉辦活動。課餘時間偶爾會和同學一起下廚，宿舍五樓的公共廚房也常舉辦 potluck 聚餐，是結交不同國籍朋友的絕佳場合。沒有課的日子則會安排小旅行，搭乘 JR 超過 100 公里的行程可使用學生優惠票券（學割），讓交換生能以較實惠的方式探索日本各地。

D. 交換/研修之具體效益

- 更深入理解日本人的思維方式與做事風格
- 日文口說與聽力能力顯著提升
- 累積小組合作與上台簡報的經驗，提升表達與臨場反應能力
- 建立跨文化的人際網絡，結交來自不同國家的朋友
- 培養獨立處理生活事務的能力，包括租屋、銀行、手機門號申辦等行政流程
- 拓展國際視野，更清楚自己未來想要發展的方向

E. 海外生活期間是否曾遭遇困境，及是否解決問題

我認為主動認識新朋友非常重要，尤其是學期剛開始、大家彼此都還不熟悉的階段。多結交不同背景的朋友，有助於拓展自己的交友圈，也能在遇到困難時有更多可以求助的對象。

另外，日文能力是海外生活中相當關鍵的一環，無論是申辦手機門號或是到市役所辦理相關文件，都需要具備一定程度的日文溝通能力。如果真的遇到溝通上的困難，我會主動詢問日本朋友是否願意協助翻譯，或是善用翻譯軟體輔助溝通，盡量不讓語言障礙阻礙生活上的必要事務。透過這些方式，大多數的困境最終都能順利解決。

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

我認為多觀察是融入新環境最有效的方式。透過觀察日本同學與朋友在日常互動、上課討論、團體合作中的應對方式，我逐漸理解他們重視的默契與分寸，例如準時、事前溝通、避免造成他人困擾等。遇到不確定的情況時，我會先觀察大家的

反應再決定如何應對，而不是急著用台灣的習慣去判斷或行動。這樣的態度讓我漸漸能自在地融入當地的生活步調與人際互動模式，也讓我對「文化差異」這件事有了更包容、更有彈性的理解。

G. 海外生活歷練是否為您人生帶來不一樣的改變或個人特質上的轉變，最大的成長是什麼

這段交換經驗讓我學會一個人在國外獨立生活，從日常瑣事到緊急狀況都必須自己想辦法解決，這大幅提升了我的獨立解決問題能力。同時，外語能力與社交能力也在這段期間有顯著的成長，我變得更敢主動開口、更願意跨出舒適圈認識不同背景的人。整體而言，這段經歷讓我更有自信面對未知的環境與挑戰，也讓我更清楚自己在陌生環境中依然有能力好好生活、好好學習。

H. 感想與建議

回顧這一學期在中央大學的交換生活，我最大的收穫並不只是課堂上學到的知識，而是在異地生活中一點一滴累積起來的獨立能力與心態上的轉變。從剛到日本時對周遭環境的陌生與緊張，到後來能自在地與同學討論報告、規劃旅行、處理生活大小事，這段過程讓我實實在在地感受到自己的成長。

我很感謝中央大學提供的學習環境，無論是老師們對交換生的友善與耐心，還是課程設計的用心，都讓我在有限的時間內收穫良多。也很感謝一路上遇到的日本朋友與其他國際交換生，他們的陪伴讓這段旅程更加豐富且溫暖。

對未來想申請交換的學弟妹，我有以下幾點建議：第一，行前務必加強日文能力，尤其是日常會話與辦理行政事務時會用到的表達，這會大幅降低生活上的不便。第二，學期剛開始時要主動出擊，積極參加迎新活動、社團博覽會，盡早建立自己的社交圈，不要害怕跨出第一步。第三，善用 JR 學割等交通優惠，趁課餘時間多安排旅行，親身體驗日本各地不同的風土民情，這些都是待在教室裡學不到的珍貴經驗。最後，遇到困難時不要獨自硬撐，無論是向日本朋友、國際交流中心、國際教育寮的 FO 或其他交換生求助，都能讓問題更快得到解決。

這段交換經驗不僅拓展了我的國際視野，也讓我更加認識自己，是一段非常值得投入的人生歷練。

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

- **Introduction to the Chuo University**

I completed my exchange program at Chuo University's Tama Campus in Japan. Founded in 1885, Chuo University is one of Japan's oldest and most respected private universities, known together with Meiji, Aoyama Gakuin, Rikkyo, and Hosei Universities as one of the "MARCH" institutions. Its Faculty of Law is particularly renowned, consistently producing some of the highest bar exam pass rates in the country, while its Faculty of Commerce is well known for its practice-oriented curriculum, emphasizing presentation skills, group discussion, and hands-on learning. The Tama Campus, located in Hachioji City, Tokyo, is spacious and green, with excellent facilities including a library, gymnasium, and student cafeteria, and serves as the main campus for most undergraduate students.

- **Coursework and Academic Learning**

This semester I took Japanese language, Consumer Behavior, International Product Development, Global Marketing Strategy, and Organization Theory.

The course that left the deepest impression on me was Consumer Behavior, taught by Professor Sugimoto. He is an enthusiastic teacher who studied in Australia, speaks fluent English, and is always eager to interact with international students. Classes were conducted in small groups working together on worksheets, and during the first few weeks the professor personally arranged seating and grouping so that everyone had a chance to get to know one another, ensuring no one was left out. Before the final exam, he shared the exam scope in advance, including sample short-answer questions, giving students ample time to prepare. Overall, this course gave me a solid understanding of consumer behavior theory and helped me build friendships in class, and I would highly recommend it to future exchange students.

International Product Development and Organizational Management were taught by the same professor, with each student giving one presentation per semester followed by a Q&A session, alongside smaller in-class assignments.

Professor Nakamura Jun's Global Marketing Strategy met once every two weeks for 200-minute sessions. Each class required group presentations prepared and delivered on the spot, with groups reassigned by the professor each time so that students worked with different classmates throughout the semester. The final exam was an open-format blank sheet closely related to previous assignments, requiring students to summarize key concepts learned and share their own perspectives. Japanese language classes were divided by placement test results into small groups, making it easy to get individual help from instructors and to learn at a pace suited to each student's level.

- **Campus and Daily Life**

Outside of class, student clubs are extremely popular at Chuo University, with a wide variety to choose from. All the information is available on the university website, and a club fair is held at the beginning of each semester as a great opportunity to explore options and make friends. I also occasionally cooked with friends, and potluck gatherings were often held in the shared kitchen on the fifth floor of the dormitory, which became a wonderful way to connect with students from different countries. On days without classes, I often traveled, taking advantage of the student JR discount (gakuwari) available for trips over 100 kilometers, which made it affordable to explore different parts of Japan.

- **Concrete Benefits of the Exchange**
  - Gained deeper insight into Japanese ways of thinking and working
  - Significantly improved Japanese speaking and listening skills
  - Built hands-on experience with cross-national group collaboration and public presentations, strengthening communication and improvisation skills
  - Developed a cross-cultural network of friends from many different countries
  - Learned to independently handle life administration such as banking, and mobile phone registration
  - Broadened my international perspective and gained greater clarity on my future direction
- **Reflections and Personal Growth**

Living abroad was not without its challenges. I found that proactively meeting new people was essential, especially at the start of the semester when everyone was still unfamiliar with each other, and that Japanese language ability was key to handling everyday tasks such as registering a phone plan or completing paperwork at the city office. When I struggled to communicate, I asked Japanese friends for help translating or relied on translation apps, and through these strategies I was able to resolve most of the difficulties I encountered.

I also experienced moments of cultural adjustment, and found that careful observation was the most effective way to adapt. By watching how Japanese classmates interacted in daily life, class discussions, and group work, I gradually came to understand the unspoken norms they valued, such as punctuality, communicating in advance, and avoiding inconvenience to others. This mindset allowed me to settle into the local pace of life and gave me a more open and flexible understanding of cultural differences.

Looking back on this semester, my greatest takeaway was not just the knowledge gained in the classroom, but the independence and personal growth built gradually through daily life abroad. From feeling unfamiliar and nervous upon arrival in Japan to later confidently discussing presentations with classmates, planning trips, and managing daily affairs on my own, this journey gave me a genuine sense of how much I had grown — in independent problem-solving, in foreign language ability, and in the confidence to step outside my comfort zone.

I am grateful for the learning environment Chuo University provided, and for the Japanese friends and fellow international students I met along the way, whose company made this journey richer and warmer. For future exchange students, I would recommend strengthening Japanese language skills before departure, being proactive from the very start of the semester in building a social circle, making good use of transportation discounts to travel

and experience different regions of Japan, and reaching out for help whether from local friends, the international exchange office, or fellow exchange students. This exchange experience not only broadened my international perspective but also helped me understand myself better.