千葉大學交換心得

千葉大學西千葉校區位於千葉縣千葉市稻毛區，交換生大多在這個校區上課，從車站走到學校只過個馬路，但校園腹地廣大，要走到教室可能需花一些時間。總體來說我認為千葉是個很不錯的地方，尤其對於不喜歡大都市繁忙擁擠的人來說，是很好的選擇。日常生活機能足夠優異，離東京也很近，一班車 45 分鐘能直達東京車站，每個月可以「進城」個一兩次，如不是逛街需求很強烈的人已經足夠。

在千葉大學選修的課程中最獲益良多的大概是日文課，老師教學都很認真，文法單字等等都會在課堂上及課後作業中反覆練習。自學時一知半解的內容，也能在上課後變得記憶深刻並靈活運用。同時由於日文課分很多等級，一個班人數通常不多，因此跟班上同學很容易熟識並變成朋友。另外值得一提的是，千葉大學國際教養學部（交換生所屬學部）有許多會講中文（甚至母語就是中文）的老師，這些老師有些會對台灣交換生特別照顧，雖然課堂上大多還是使用英文，但期末報告通常也都可以使用中文繳交，推薦在學術方面使用外語沒有自信的同學選修。

在日本生活覺得生活上最不便的是外食偏貴，最便宜的牛丼也要日幣 800 左右。不過解決方法也簡單，就是去超市購買打折便當，或是乾脆買食材自己回家煮。

在日本遇過最麻煩的事情，大概就是有一陣子牙痛，看了兩次牙醫都無法解決，甚至拿不到藥。最後去耳鼻喉科掛號，拿了抗生素才解決這個牙齦發炎的問題。總共花費日幣約 12000。當時日文已經是可以應付日常溝通的程度，主訴也都拿 AI 跑過直接拿給醫生看，醫生說的話我也都聽得懂，並不是語言隔閡造成的困境，猜測是對日本的醫療體系不熟悉導致。最後也只好轉念一想，只要看診花的錢比飛回台灣的機票便宜就是賺來安慰自己。

另外，我自己體感日本人很忙，大多都在打工，有些人住在外縣市通勤需一兩個小時，下課後就直接離開學校，不會像台灣的大學生一樣下課後依然在學校聊天打發時間。同時交換生許多都選修英文授課課程，課堂上日本人本就不多，認識的機會就少。在日本待了一年，覺得最能夠交到日本朋友的方式是加入社團。由於我在後半年才加入社團，跟同學們並沒有到非常熟悉就必須離開，但如果時間長一點，應該是能夠與日本同學們變熟悉並成為朋友的。尤其千葉大學有許多交際性社團，加入其中的同學們本就是為了多交朋友去的，若想要多交一些日本朋友的同學推薦加入學校的社團。

經過這一年的海外生活經驗，我認為我所學到的包括：

1.外語能力：此為增長最明顯的能力，由於身在異國他鄉不得不開口說這個語言，自然而然會比在台灣自己讀教科書進步更快。

2.不同文化的處事態度：體驗不同文化下的人們如何生活、處事，遇到認為好的部分就學習。

3.適應力：交換生身邊的環境改變十分迅速，例如我上下學期的同學跟室友全部都是不同人，如何在急遽變化下的環境自處也是我珍貴的收穫。

4.膽量：過去可能做什麼事之前都會畏畏縮縮，但交換生日常中許多事都沒有那麼多時間思考或準備，於是後來遇到許多事已經有先做再說的膽量。

總體而言，這一年的日本交換生活讓我收穫了很多，無論是課堂上所學、課餘時間去其他縣市遊玩的體驗、或是平常生活所經歷到的異文化經驗，都是人生中不可多得的珍貴經驗，感謝中山大學與千葉大學提供我這個機會，也感謝父母提供我資金、願意讓我出國體驗不一樣的生活。未來我也會將這些經驗和所學靈活運用在生活中，讓這些經驗為我所用。

Chiba University' s Nishi-Chiba Campus, where most exchange students attend classes, is conveniently located just across the street from the train station in Inage Ward. While the spacious campus requires a short walk between buildings, Chiba itself is an ideal place to live—especially for those who prefer avoiding the crowds of mega-cities. It also offers direct access to Tokyo Station in just 45 minutes, making occasional weekend trips into the metropolis effortless.

Academically, the Japanese language courses were the most rewarding. The professors were dedicated, ensuring that grammar and vocabulary were thoroughly reinforced through interactive classroom exercises and assignments. Concepts that were once unclear through self-study became much easier to understand and apply. Because classes were organized by proficiency levels with small class sizes, it was easy to connect and build close friendships with classmates. Additionally, the College of Liberal Arts and Sciences hosts several Chinese-speaking faculty members who are very supportive of Taiwanese exchange students. While courses were primarily taught in English, many allowed final assignments to be submitted in Chinese, providing a reassuring option for students less confident in academic foreign language use.

In daily life, dining out was relatively expensive, with even a basic beef bowl costing around 800 yen. However, this was easily managed by buying discounted evening bento boxes at supermarkets or cooking at home. The biggest challenge I faced was a severe gum inflammation. After two ineffective visits to a dental clinic without receiving medication, I finally visited an ENT clinic where I was prescribed antibiotics to resolve the issue, costing about 12,000 yen in total. Since language was not a barrier, the difficulty stemmed from unfamiliarity with the Japanese healthcare system—though I comforted myself that it was still far cheaper than flying back to Taiwan.

Socially, I noticed local students lead very busy schedules, often balancing part-time jobs and long commutes. Because exchange courses are mostly in English, joining university clubs turned out to be the most effective way to make Japanese friends. Chiba University offers numerous social clubs where students actively seek new connections. Although I only joined one in my second semester, it was a valuable bridge to the local community.

Looking back on this one-year journey, my key takeaways include:

1.Foreign Language Proficiency: Being immersed in an authentic environment fostered much faster conversational progress than studying textbooks at home.

2.Cross-Cultural Mindset: Experiencing diverse lifestyles helped me adopt positive approaches to problem-solving.

3.Adaptability: Navigating rapid changes, such as having different roommates and classmates each semester, strengthened my resilience.

4.Courage: The fast-paced exchange life encouraged me to step outside my comfort zone and act decisively.

Overall, this exchange experience broadened my horizons through academic learning, domestic travels, and everyday cultural insights. I am sincerely grateful to National Sun Yat-sen University and Chiba University for this opportunity, and to my parents for their financial and emotional support. I look forward to applying these invaluable life lessons in my future endeavors.