A. 學校簡介

學校位在西条，距離廣島市區大約 40 分鐘的東廣島市，這邊是日本酒聞名，好山好水好鄉下，跟高雄完全沒法比的鄉下，但基本上生活所需的商店跟娛樂還是有，但就是沒有市區來的齊全，而且每個地方的移動都需要車，這區域的公車費特別貴，而且也不是每間商店都有辦法搭公車抵達，所以我都是騎腳踏車移動，但這邊很多坡道，騎起來真的很痛苦但有沒有辦法，這一年每天這樣騎身體都健康起來了，然後絕對會瘦，沒瘦大腿肌跟小腿肌也健壯了。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我覺得還是日文課最有收穫，因為真的可以增加日文能力，還是能在日常生活中使用，老師也都會很熱情認真的回答學生的問題，有節日時也會跟大家說明節慶的歷史內容，或是推薦附近的活動給大家去參加，不論是在課業還是生活體驗上都讓我受益良多。

C. 國外研修之生活學習（課外）

我有參加幾個學校的社團，可以體驗日本社團的運作內容，然後也能真的跟日本人聊天我覺得這點真的很棒，但這部分真的要自己積極主動，不然基本上對台灣人有興趣的日本人其實不多，所以他們不太會主動跟我攀談，但為了練習日文跟更多了解日本的文化，我通常會先準備幾個問題，對任何人都可以用的那種話家常問題，讓整體對話更加有餘裕也更順利。除此之外，我還有在學校宿舍的事務室打工，也是在活動認識的日文本幫我介紹的工作，一開始也很擔心我的日文能力會不夠，但因為是學校的打工機會，所以都會很親切且有耐心的教我該怎麼處理，再加上這邊的工作其實很閒，大部分時間我都是在做自己的事，根本就是換個地方發呆然後還可以賺錢，也可以省下冷氣錢，真的超爽。

D. 交換/研修之具體效益（請條列式列舉）

1. 獨立解決問題能力
2. 日文和英文溝通能力
3. 和陌生人社交的能力
4. 日文職場應對能力
5. 行程規劃能力

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?

基本上沒什麼太大問題，只是我在找打工的時候有遇到一個蠻有趣的事件，我看到學校食堂徵人的介紹就有寄信去問，但過了兩週都沒有回信就直接去現場問，才發現已經招滿了，跟負責說我有寄信但沒收到回覆，我現場問完後他事後才又寄信跟我說招滿了。然後因為學校食堂很多個，

我後來又有寄信去問，一樣是石沈大海又去現場問，請我留了電話跟姓名還是沒有聯絡，之後跟日本朋友說，他就幫我打電話去問，才知道早就招滿了，但他們一直沒有回我郵件還是 1 個月前聯絡，所以我朋友就據理力爭的幫我唸食堂的負責人，說下次有這種機會要讓優先，然後如果都不回信了話，招人資訊就不要放信箱，總之當下我很慌因為他很兇的在打電話訓斥負責人，但現在想來真的很有趣，也覺得總算是出了一口氣，果然有個在地人朋友非常重要呢！

我打工的地方是國際交流會館的事務室，就是國際學生以及教授住的宿舍，每天都會遇到很多新問題要幫大家解決，曾經碰到一個巴基斯坦的老師要我幫他打電話去駕訓班換考試時間，因為他不會說日文，那天只有我值班，所以變成是我要先理解這位老師的英文，然後再轉換成日文詢問駕訓班的人員，語言轉換已經夠讓我頭痛了，我還必須釐清雙方的問題，因為日本駕訓班的考試機制有蠻多種，所以駕訓班人員要我確認是哪一種考試，但我問那位老師他也是搞不清楚狀況，總之，當下我的腦子就是爛掉的狀況，語言大錯亂甚至還不小心說中文，最後還是跌跌撞撞的幫他完成了改日期手續，經過這件事後，我深刻反省到，果然語言這東西真的要時常多練習，不論是日文還是英文，我都有很大的進步空間。

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?

跟學生相處其實不太會有什麼文化衝擊，海外留學生的大家基本上心胸都很廣對任何文化問題都是保持尊重的態度，不過因為我有打工雖然在校內，但所以多少還是有感受到日本職場文化的衝擊。就是他們的打招呼真的超多，不只是單純你好而已，除此之外還要有辛苦了、麻煩你了、謝謝、不好意思、再請多多照顧了、那我先失禮了，以上內容都是在一次見面或是職務上聯繫時要說的話，而且是在場所有人都要說，至少都要站起來示意。我一開始超級不習慣，但後來發現就是對方說什麼就立刻回什麼，雖然因為都是敬語很拗口，但說久了真的就會習慣，還會知道要怎麼簡化唸法，也理解他們是真的把台灣教育中要常說「請、謝謝、對不起」落實在日常生活中，很了不起了民族呢。

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?

我覺得我在台灣不是一個會主動想跟陌生人社交的人，但出國後為了獲得資訊並認識更多人，我開始會主動跟人搭話，事前會想些問題讓聊天更有順暢，也更能分辨對方是否有意願跟我聊天，那種閱讀空氣的能力大幅提升。對於不同國家的同學，我也更有興致去了解，讓我對世界有更加廣闊的視野，也可以用更開放的心胸去體驗不同文化。然後我覺得我也變得更體貼他人了，因為我是搭訕人的主動方，為了降低對方對我的戒心，或許說是讓對方感受我的善意，我通常會準備一些巧克力在身上，跟人搭訕完就會給他，這樣不只可以讓對方對我有好感，本次對話有個好的結束下次要搭話也更加順利。這種小心思部分，是我在台灣完全沒有想過的事情，所以我對於自

己的這點進步感到很是欣慰

H. 感想與建議

這次到日本交換，整體而言是充實且收穫滿滿的經驗，但在行前與適應上仍有不少需要留意之處。首先是選課系統，相較台灣較為繁瑣，雖然多數課程可選，但通識課需事前寄信取得老師同意並填寫國際處表單，流程耗時且修改不易，因此我最後選擇不修通識課程。學校英語授課課程數量不少，但實際上有些仍以日文為主，建議第一週務必實際旁聽，若不適應要及早更換課程並準備備案。

在師資方面，我遇到的老師大多教學認真、態度友善，尤其語言課程的老師普遍熱情，上課體驗良好。不過，課堂中中國學生比例偏高，口說練習時容易轉為中文，若希望多練習英語或日語，建議主動與歐美或日本學生同組，依自身需求調整學習環境。

校園腹地廣大，生活機能分散但完善，圖書館與食堂數量充足，即使只在固定區域活動也不成問題，有空時進行校園探險也是不錯的體驗。宿舍方面，交換生可入住校內宿舍，皆為單人房，依房型與設備不同收費不一，需特別注意宿舍費與水電費皆透過日本郵局帳戶扣款，務必事先準備足夠現金或可跨國提款的金融工具。我個人認為日本宿舍整體環境優於台灣宿舍，安靜、隔音佳，但人少較冷清，適合喜歡獨處的人。由於共用冰箱衛生與使用問題，我選擇租用小冰箱放在房內，實用且負擔不高。

學期初學校會舉辦大量說明會與交流活動，強烈建議多加參與，不僅能快速掌握資訊，也能認識外國與日本朋友，甚至獲得打工機會，是練習語言與融入當地的重要管道。生活上需注意校內飲水機極少且僅提供冰水，建議自備水壺或另行購買飲品；此外校園坡道多且陡，腳踏車幾乎是必需品，建議抵達後儘早購入。

最後，出發前務必反覆確認學校文件並存於手機，抵達後盡快辦理網路，以降低在異地生活的不安感。整體而言，雖然初期適應略辛苦，但只要事前準備充分、保持彈性與主動，這段交換生活將會是非常值得的經歷。

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

The host university is in Saijo, Higashi-Hiroshima City, which is about a 40-minute train ride from central Hiroshima. This area is well known for Japanese sake and its natural environment. Compared to Kaohsiung, where I come from, the city is much quieter and more rural. Although daily necessities such as supermarkets, restaurants, and basic entertainment facilities are available, they are not as convenient or diverse as those in

urban areas. Transportation is one of the biggest challenges, as public buses are expensive and do not reach every location. Therefore, bicycles are the most practical means of transportation. However, the campus and surrounding areas have many steep slopes, making cycling physically demanding. Despite the difficulty, this lifestyle helped me become physically healthier, and I gradually adapted to the environment.

In terms of academic learning, the most beneficial courses for me were Japanese language classes. These courses directly improved my Japanese proficiency and were highly applicable to daily life. The instructors were enthusiastic and patient, always willing to answer students' questions in detail. In addition to language instruction, they often introduced Japanese festivals, explained cultural backgrounds, and recommended local events for students to participate in. This allowed me to learn not only the language but also the cultural context behind it, making the learning experience more meaningful and practical.

For extracurricular learning, I joined several student clubs, which allowed me to experience how Japanese student organizations operate and provided opportunities to interact with local students. However, meaningful interaction required initiative, as many Japanese students are not accustomed to approaching international students first. To overcome this, I prepared simple conversation topics in advance, which helped conversations flow more smoothly and reduced communication anxiety. Furthermore, through connections made at school events, I was introduced to a part-time job at the administrative office of the International Exchange Hall, where international students and professors reside. Although I was initially worried about my Japanese ability, the workplace was supportive and patient. This job allowed me to observe Japanese workplace etiquette while also providing practical language practice in a real working environment.

Through this exchange experience, I gained several concrete benefits, including improved problem-solving skills, stronger Japanese and English communication abilities, enhanced social skills with unfamiliar people, better understanding of Japanese workplace manners,

and improved planning and organizational skills.

Although I did not encounter major difficulties, I faced some challenges when searching for part-time jobs. On multiple occasions, I emailed campus dining facilities regarding job openings but received no response. Even after visiting in person, I was not contacted afterward. Eventually, with the help of a Japanese friend who called on my behalf, I learned that the positions had already been filled. This experience taught me the importance of local networks and direct communication in Japan. Another challenging yet rewarding experience occurred during my part-time job when I had to assist a Pakistani professor in rescheduling a driving school exam. I needed to interpret between English and Japanese while clarifying complex administrative procedures. Although the process was mentally exhausting, successfully resolving the issue made me realize how much my language skills still needed improvement and motivated me to continue practicing.

Regarding cultural adjustment, I experienced noticeable differences in Japanese workplace culture. Daily interactions involve extensive use of greetings and polite expressions, often requiring everyone present to acknowledge each other verbally. Although this felt overwhelming at first, I gradually adapted by responding appropriately and learning commonly used expressions. Over time, I came to appreciate how politeness and respect are deeply embedded in Japanese society.

This overseas experience brought significant personal growth. Before studying abroad, I was not someone who actively initiated conversations with strangers. However, in order to gather information and build connections, I learned to approach others confidently and read social cues more effectively. I also became more considerate of others' feelings. For example, I often carried small chocolates to give to people after conversations as a gesture of goodwill. This small habit helped create positive interactions and was something I had never considered doing before. Overall, this exchange experience broadened my worldview, enhanced my independence, and encouraged me to engage with different cultures more openly. Although the initial adjustment was challenging, with preparation

and an open mindset, this exchange became one of the most valuable experiences of my academic journey.