1. 學校簡介

九州大學（Kyushu University）創立於 1911 年，是日本著名的七所現制舊帝國大學之一，是一所研究型綜合大學，包含五個校區：伊都、大橋、筑紫、馬出。其主要伊都校區位於福岡市，並包含了工、理、農、文科、共創學部、各個研究所以及實驗室在內，是最龐大的校區，也是留學生所在的主要校區。優秀與淵源的歷史讓整個龐大的九州人口(尤其是北九州的高中生)將九大作為第一志願。

2. 國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

我最推薦的課程是 JTCs，也就是既可以跟上課老師互動的日文課，不只是死板的背書，還可以獲得許多口說的經驗。同時在九州大學的課程既繁忙又緊奏，與台灣的上課方式截然不同，首先最不一樣的地方就是上課時間，在日本，一堂課為 90 分鐘整，老實說當時很震驚，整整一個半小時的時間沒辦法離開教室，很難想像如何透過意志力還有如何忍住尿意，而今過了大半年的忍耐，我也習慣了。

3. 國外研修之生活學習（課外）

課外之餘會跟國外的朋友一起去別的縣市玩，目前去了北海道、長崎、大阪、豐橋、大分、別府等等地方，主要還是去走馬看花，藉著國內的機票非常便宜的第一點去做，不然以後要回來就得多花很多錢了。

4. 交換/研修之具體效益（請條列式列舉）

1. 對外語能力的大幅提升，我現在吳不畏懼使用日/英溝通的，可能是屬於口語化的溝通，但完全敢講，這是我認為最大的收穫。
2. 我交到了許多不同國籍的朋友，讓我的視野開闊了...非常多
3. 同上，我被這些朋友改變了一些價值觀，跟生活環境有關係，比如特別多的歐洲、亞洲朋友都很奔放，我也變得奔放起來，這讓我感覺到自己作為一個人有所成長
4. 同地 2 點得到了真正的視野開闊，感受到了自己曾經指住在台灣的時候，很多問題在別人的眼裡是多麼得容易或者它們是如何解決的，很有參考價值。
5. 專業能力也感覺到日本人上課的態度很認真，跟台灣比較不一樣，台灣就像是全部課本掃過都有講道但不多，日本不會全部講到但是會把講到的地方都說得很清楚，我也學習到很多。

5. 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?

一開始最主要就是人生地不熟，第一次出國，只能依靠一張嘴巴去問人，但一開始講話也講不好，很害怕，我的解決問題的做法就是自己先嘗試一次，做不到就用問的，問得最快，目前未解決的問題，可能就是噪音吧，隔壁真的是不時會發出奇怪的聲音，我實在不堪其擾，後來我是請管理員來解決，我確定對方在房間的時間(就是有噪音的時候)，直接請管理員過來逼他出來面對，因為我講過了她不理我，我覺得有第三方公平勢力出現，通常對方就會收斂了，也恰巧真的奏效，我不是得到完全的寧靜，但幾乎不會影響到我了，這件事情回頭看，果然討厭的人不分國界。

6. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

曾經被不認識的歐洲臉孔做瞇瞇眼的動作，因為是第一次我有點震驚，我也沒有回擊，就是默默地離開。日本人的部分則是常常會被白眼，雖然只是少數，但日本人似乎真的很討厭外國人...

7. 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?

主要就是我對於任何事情，看待的程度都有最大容量的增幅，簡單來說就是我看得更開了，以前覺得做不到或者不想做的事情，現在我都是欣然接受並且會想辦法完成，我非常感謝這趟留學帶給我的改變，這對我的幫助非常非常大。

8. 您認為獎學金對您海外研修最大的幫助是什麼? 有無獎學金是否會改變您的出國計畫?

因為我家庭沒有提供我主要援助，我爸爸給了我 5 萬台幣，剩下的我自己靠之前存的薪水出，沒有獎學金...我無法來到這裡，所以我可以說是公費出國，真的很感謝這份獎學金帶給我人生中無價的留學經驗，謝謝，誠實的說，沒有獎學金我還是會出國，但條件就會非常艱苦，不打工不行，甚至會沒有錢吃飯，在日本居住的生活費是很昂貴的。

9. 給乘風萬里獎勵金捐贈者的感言及心得感想

感謝所有在這份獎學金上出錢出力的中山大學與教育部，還有大人們，你們扶植了我這趟旅程，這趟旅程帶給我的，都是無價的寶物，此刻的體驗跟心情都沒辦法用這一筆金錢衡量，這份獎學金已經徹底的翻了至少十倍不止的價值，謝謝，我會境我所能，帶著這份無價之寶回饋台灣。

英文心得：

My time as an exchange student at Kyushu University has been a profoundly transformative experience. Kyushu University, one of Japan’ s prestigious former Imperial Universities, boasts an expansive campus in Fukuoka that serves as a vibrant hub for international students. Studying here has not only advanced my academic pursuits but also fundamentally reshaped my worldview.

Academically, the course I benefited from most was the interactive JTC (Japanese Language) class. Rather than relying on rigid rote memorization, it provided extensive speaking practice and real interaction. Adapting to the academic environment here required some adjustment; for instance, classes in Japan are a continuous 90 minutes, which initially tested my endurance, but I gradually grew accustomed to the intensive pace. Furthermore, I noticed a distinct difference in teaching styles. While classes in Taiwan often cover a broad range of topics briefly, Japanese professors tend to focus on specific subjects and explain them with meticulous detail, which deeply enriched my learning experience.

Beyond the classroom, I seized the opportunity to travel with international friends to places like Hokkaido, Nagasaki, Osaka, Toyohashi, Oita, and Beppu. Taking advantage of affordable domestic flights allowed me to explore Japan extensively. These experiences yielded immense personal growth. My foreign language skills　both English and Japanese　have improved significantly. Though my communication may be colloquial, I am now completely fearless when speaking, which I consider my greatest achievement. Building friendships with peers from Europe and across Asia has also made me more open-minded and outgoing, profoundly broadening my horizons and shifting my perspective on how different cultures approach life's challenges.

Living abroad was not without its hurdles. Initially, navigating a foreign country for the first time was daunting due to the language barrier, but I learned to overcome my fear by taking the initiative and bravely asking locals for help when needed. I also faced practical issues, like noisy neighbors, which I resolved by assertively involving the building manager to mediate.

Additionally, I experienced moments of culture shock, such as facing discriminatory gestures and occasionally receiving unfriendly looks. Instead of reacting negatively, I chose to handle it calmly and walk away. Overall, these experiences have exponentially increased my resilience. I now enthusiastically embrace challenges that I would have previously avoided, finding ways to overcome them with a positive attitude.

None of this would have been possible without the generous scholarship. Coming from a background with limited financial support, this funding was my absolute lifeline in Japan, where the cost of living is quite high. I am deeply grateful to National Sun Yat-sen University, the Ministry of Education, and the scholarship donors. Your support facilitated a journey that provided me with priceless treasures such as the unforgettable memories of traveling with my German friend, Leo, in Hokkaido, and taking graduation photos at the Slowpoke Park with my university friends. This experience has delivered value far beyond its monetary amount, and I am fully committed to bringing the invaluable lessons and perspectives I have gained back to Taiwan to give back to my community.