

這次的交換我來到了日本的中央大學所屬的學院是國際經營學部，這間學校距離新宿車程約為一個半小時在摩地區屬於偏郊區的地理位置，有便利生活機能的同時又能夠享受郊區的舒適。平時主要的交通都會依賴著多摩地區的單軌電車從宿舍走出去不用三分鐘就能到車站，沿線也有許多較熱鬧的地區像是立川和多摩中心等等都能滿足日常生活所需，若是需要到東京市區就再轉乘 JR 中央線或是京王電鐵就能到市區探索了！在整個學期我總共修習了六門課程其中我最有收穫的就是經濟地理學這門課程，在原本的大學較少看到有探討這門學問的課程因此當時我對於這個主題非常地感興趣，這堂是以英文授課的課程內容圍繞著經濟學與地理學的相互影響讓我學會如何以這兩門學問為立基點來思考相關的現象和問題。除了上課之餘我也想要增進自己的日文口說能力所以我主動向日文老師詢問是否能夠申請學伴，非常幸運地認識了之前來過中山大學交換的學伴，因此日文能力也增進了不少。

在來到日本當交換學生之前我就有規劃想要趁著這次的交換到全日本旅遊體驗冬季的日本，剛好趁著日本的一些假期我也到了許多地方旅遊。10 月欣賞到了人生第一次的花火大會，在河岸邊吹著秋風抬頭往著絢爛的花火展開了我在日本交換的篇章。11 月我第一次搭上日本的新幹線去到了富山和金澤，有別於都市的熱鬧和繁華北陸地區的悠閒和輕鬆帶給我的是完全不同的感受，富山最有名的物產之一白蝦井飯真的名不虛傳，金澤則是擁有北陸小京都之美稱他所蘊含的文化底蘊更是值得一探。12 月我睽違快兩年再次來到了關西地區，在大阪吃了大阪燒和章魚燒也在市區探索了很多不一樣的風情，在海之京都伊根看著整排的船屋守護著這塊清澈的海洋，在奈良跟小鹿一起拍了許多照片。1 月初搭著國內航班去到了福岡在屋台內吃著熱熱的關東煮，在太宰府天滿宮穿著和服留下了旅行的紀錄。1 月底搭著巴士花了五個多小時去到了銀白色的東北，整趟旅程都有雪花相伴對於我這種南方的孩子來說是無比的興奮。福島地區的商家都非常的熱情也會跟我們閒話家常而食物的口味也是不在話下，雖然說大家對於福島地區的第一印象都是核災和核汙染但透過這次的親自走訪我看見災後努力生活的人們和具有觀光潛力的土地，希望大家有機會都能來走走體驗與東京和大阪這些城市不同的氛圍。趁著回國前我與從台灣的朋友在東京都內再次感受這座城市的脈動和活躍，這些體驗也都深深地留在我的心裡成為一輩子的回憶。

除了以上的美好體驗外來到了陌生的城市當然也是遇到了許多困難和挑戰首先就是語言的隔閡，我剛到日本時日文能力還停留在基礎階段甚至連店員問我需不需要加熱都會愣住，但我告訴自己我來到了這裡不就是要練習日文嗎，所以我就開始和朋友練習口語對話慢慢的我就越來越能夠用日文來解決日常生活大小事，家人朋友來到日本旅遊時我也都能夠當他們的翻譯這讓我獲得許多的成就感，也讓我發現到自己其實可以做到很多的事情只是都沒有努力去嘗試。雖然之前也去過日本旅遊但透過這次的交換我才實際體會到了不同文化之間的差異和在日本生活需要注意的事項，這些都不是旅遊能夠體驗到的我也非常感謝自己願意踏出這一步。

如果有人問我當交換學生值得嗎？我會毫不猶豫的回答非常值得，在整趟過程中不僅能學到新的知識更多的是那些寶貴的經驗，無論是生存能力還是語言能力又或是試著融入不同社會的那些努力。

During this exchange program, I visited the Faculty of Global Management at Chuo University in Japan. The university is about an hour and a half's drive from Shinjuku and is located in the Tama area, a relatively suburban location. It offers convenient living amenities while maintaining the comforts of the suburbs. My main mode of transportation is the Tama Monorail; the station is less than a three-minute walk from my dormitory. Along the line are many lively areas like Tachikawa and Tama Center, which meet my daily needs. If I need to go to Tokyo city center, I can transfer to the JR Chuo Line or the Keio Railway to explore the city! Throughout the semester, I took six courses, the most rewarding of which was Economic Geography. My previous university rarely offered courses exploring this subject, so I was very interested in it. This English-taught course focused on the interplay between economics and geography, teaching me how to use these two disciplines as a foundation for thinking about related phenomena and issues. Besides attending classes, I also wanted to improve my spoken Japanese, so I proactively asked my Japanese teacher if I could apply for a study buddy program. Luckily, I met a study buddy who had previously been on exchange at Sun Yat-sen University, and my Japanese improved considerably.

Before coming to Japan as an exchange student, I had planned to take advantage of this opportunity to travel throughout Japan and experience winter. Taking advantage of some Japanese holidays, I traveled to many places. In October, I enjoyed my first fireworks festival. Standing on the riverbank, feeling the autumn breeze, and looking up at the dazzling fireworks, my exchange experience in Japan began. In November, I took the Shinkansen (bullet train) to Toyama and Kanazawa for the first time. The tranquility and ease of the Hokuriku region, so different from the hustle and bustle of the city, gave me a completely different feeling. Toyama's famous white shrimp donburi (rice bowl) truly lived up to its reputation, and Kanazawa, known as the "Little Kyoto of the Hokuriku," has a rich cultural heritage that is well worth exploring. In December, I returned to the Kansai region after almost two years. In Osaka, I ate okonomiyaki and takoyaki and explored many different aspects of the city. In Ine, the "Kyoto of the Sea," I watched rows of boathouses guarding the clear ocean. In Nara, I took many photos with the deer. In early January, I took a domestic flight to Fukuoka, enjoying hot oden at a yatai (traditional Japanese stew stall). I also visited Dazaifu Tenmangu Shrine, wearing a kimono to document my trip. At the end of January, I took a bus for over five hours to the snowy Tohoku region. The entire journey was accompanied by snowflakes, which was incredibly exciting for a southerner like me. The merchants in Fukushima were very welcoming and chatted with us casually. The food was also excellent. Although most people's first impression of Fukushima is the nuclear disaster and contamination, through this personal visit, I saw people striving to live after the disaster and a land with tourism potential. I hope everyone has the opportunity to visit and experience a different atmosphere from cities like Tokyo and Osaka. Before returning home, I spent some time with friends from Taiwan in Tokyo, soaking in the city's vibrant energy. These experiences will remain deeply etched in my memory, lasting a lifetime.

Besides these wonderful experiences, arriving in a new city naturally brought many difficulties and challenges. The first was the language barrier. When I first arrived in Japan, my Japanese was still at a basic level; I was even stumped when a shop assistant asked if I needed my food heated up. But I told myself that I was here to practice my Japanese, so I started practicing conversations with my friends. Gradually, I became more and more able to handle everyday matters in Japanese. When family and friends visited Japan, I could also act as their translator, which gave me a great sense of accomplishment and made me realize that I was capable of many things, I just hadn't tried. Although I had traveled to Japan before, this exchange program allowed me to truly

experience the differences between cultures and the things to be aware of when living in Japan. These are experiences that cannot be gained through mere travel, and I am very grateful that I took this step.

If someone asks me if being an exchange student is worthwhile, I will answer without hesitation that it is absolutely worthwhile. Throughout the trip, you not only learn new knowledge but also gain invaluable experience, whether it's survival skills, language skills, or the effort to integrate into different societies.