

A. 學校簡介

廣島大學（Hiroshima University，簡稱廣大）為日本國立綜合研究型大學，1949 年 5 月 31 日依《國立學校設置法》成立，主要校區位於廣島縣東廣島市，並設有霞校區（醫學、牙學、藥學部）和東千田校區（法學、夜間經濟學部），是廣島縣唯一的國立大學，擁有 12 個本科學部、11 個研究所，學生總數約 15,000 名（含 1,800 名留學生），秉持「自由和平」理念，並獲選為文部科學省「超級全球大學計畫」A 類指定校，與北海道大學、東京大學等頂尖名校並列，在 QS 世界大學排名 2026 位列全球第 480 名，以輻射生物醫學研究、和平學、教育學等領域享負盛譽，積極推動國際交流合作，致力培育具全球視野的優秀人才。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

IGS Special Topics BI:

此課程由 UNITAR Hiroshima 講師授課，內容涵蓋聯合國及和平相關議題。課程特色在於，每堂課僅用約 90 分鐘介紹一本書或一篇文章中的核心概念，不做深入探討，而是鼓勵學生自行回去閱讀相關資料。下一堂課時，老師會抽選或指定學生分享心得與意見，並給予回饋，這部分也計入成績。我覺得此課程特別之處在於 沒有標準答案，與中山大學較偏向趕進度、考試導向的課程形成鮮明對比。

Introduction for Comparative and International Education toward Global Peace:

由兩位老師共同授課，課程聚焦於教育方法與雙語教學的優缺點，並設有討論環節，讓學生與當地同學一同探索教育的實踐。老師常透過反問問題引導思考，促進更深層的學習互動。

C. 國外研修之生活學習（課外）

課外活動主要以社團為主，但本人未參加社團。平時若遇到祭典，會與朋友一同參加。由於校區位於東廣島，前往廣島市中心約需一小時車程，因此娛樂設施有限，附近僅有卡拉 OK 與少數餐廳，日常飲食多以學餐或自己下廚為主。

大部分學生皆擁有腳踏車，若經濟許可，建議選擇電動腳踏車以因應校園內的坡道。生活必需家電如冰箱、微波爐、熱水瓶等，大多可以租賃，無需購買。

由於校區位於廣島鄉下，與東京相比較難單靠英文生活。早餐需提前一天準備，校園內沒有早餐店，課堂上也禁止飲食。宿舍步行至校區需 10 至 20 分鐘，因此早晨須比在中山大學更早起床。

氣候方面，冬季氣溫最低可至零下 6 度並可能下雪；夏季則可達 35 度，但因濕度較低，體感溫度接近實際溫度。物價水準相對東京較低。

D. 交換/研修之具體效益 (請條列式列舉)

- 增進語言能力
- 修習中山未開設之課程
- 認識不同國家與文化背景的人
- 深入了解日本大學的上課模式

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？

- 手機壞掉誤撥緊急電話 → 嘗試以簡單日文溝通
- 巴士因大雪停駛 → 臨時訂飯店並改搭新幹線
- 授課教授因故遭逮捕 → 按學校流程處理

A. 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？

最大的收穫在於 提升事先規劃的能力。相較於台灣，日本的生活便利性較低，因此需要更周全的計劃與時間管理。

H. 感想與建議

建議未來赴日交換的同學，應先拋開對日本的理想化想像。

日本的行政與校園程序相對繁瑣，需具備耐心與彈性來應對。

I. 英文心得

Hiroshima University (HU), founded on May 31, 1949, under the National School Establishment Act, is a national comprehensive research university in Japan with its main campus located in Higashi-Hiroshima City, alongside the Kasumi Campus (Medicine, Dentistry, and Pharmaceutical

Sciences) and the Higashi-Senda Campus (Law and Evening Economics). As the only national university in Hiroshima Prefecture, HU comprises 12 undergraduate faculties and 11 graduate schools with about 15,000 students, including around 1,800 international students, and upholds the philosophy of "Peace and Freedom." It has been selected as a Type A institution in Japan's Top Global University Project and ranked 480th globally in the QS World University Rankings 2026, gaining international reputation in radiation biology and medicine, peace studies, and education, while actively promoting global collaboration and nurturing students with a worldwide perspective. During my exchange, two courses proved most beneficial: IGS Special Topics BI, taught by a UNITAR Hiroshima lecturer, introduced concepts of the United Nations and peace within 90-minute sessions by briefly presenting ideas from books or articles without in-depth exploration, encouraging students to study further on their own and later share insights in class for feedback and grading, which I found refreshingly open-ended compared to the standardized, fast-paced courses at my home university; and Introduction for Comparative and International Education toward Global Peace, co-taught by two professors, which examined teaching methodologies and the pros and cons of bilingual education through interactive discussions with local students, where professors often used reflective questioning to deepen our engagement. Outside the classroom, extracurricular life was centered on student clubs, though I did not join any, while occasional festivals provided social opportunities with friends; as the campus was about an hour from Hiroshima City Center, most entertainment was located there, with local options limited to karaoke and a few restaurants, leading students to rely on the cafeteria or home cooking. Most students had bicycles, with electric models being more convenient for the hilly campus, and household appliances such as refrigerators, microwaves, and kettles were often rented instead of purchased. Living in rural Hiroshima meant English alone was insufficient for daily life, unlike in Tokyo; breakfast had to be prepared in advance as there were no breakfast shops and eating in class was prohibited, while walking from the dormitory to campus took 10–20 minutes, requiring earlier mornings compared to NSYSU. Winters could be harsh, with temperatures dropping to -6°C and occasional snow, while summers reached 35°C but felt less humid than in Taipei, and overall living costs were cheaper than in Tokyo. The exchange program brought many tangible benefits, including improving language proficiency, taking courses unavailable at NSYSU, meeting people from diverse cultural backgrounds, and understanding Japanese university teaching practices. Challenges arose as well: my phone malfunctioned and accidentally called emergency services, which I managed through basic Japanese communication; bus service was suspended due to snow, so I booked a hotel and switched to the Shinkansen; and when a professor was unexpectedly arrested, I adapted by following official procedures, all of which taught me resilience, calm problem-solving, and flexibility. My greatest personal growth came from learning to plan ahead, since

daily life in Japan was less convenient than in Taiwan, requiring careful time and schedule management. Overall, I came to realize the importance of discarding overly idealized notions of Japan, as the country's administrative and academic procedures could be quite complex, demanding patience, adaptability, and realistic expectations.