A. 學校簡介

專修大學位於神奈川川崎市，宿舍到車站走路約 15 分鐘，搭乘小田急線急行約 25 分鐘能夠抵達新宿。宿舍內設備齊全，有廚房可以自己料理，有基本鍋具並且提供一組碗盤及筷子，最近的超市在車站附近。房間為雙人房，宿舍內有長期交換生、短期學習日文的學生、與外國人交流的日本人 RP 以及協助宿舍生活的日本人 RA，會接觸到各國的人，可以同時練習日英文口說。專修大學有兩個校區一個在國際宿舍正對面的生田校區，另一個是在東京市中心的神田校區，搭車約一個多小時。JLC（語言課程）是在生田校區，但根據科系一般大學課程有可能會在神田校區。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我修習了 JLC 以及兩堂大學的課程，包含 seminar 跟國際經營。其中受益最多的是 JLC 課程，程度分七級，從初階到進階為 J1A~J5，我來日本前雖然有取得 N3 但其實文法以及會話較不擅長，JLC 課程可以加強日常會話中的文法失誤，我覺得對於取得 N3 目標考 N2 的學生很有幫助。

C. 國外研修之生活學習（課外）

宿舍內有來自各國的同學以及想跟外國人交流的日本人，因此可以接觸到各種文化，包含飲食、生活習慣及交友方式等等。透過共同生活，不不緊讓我嚐到各國料理，也讓我看到不同國籍的同學思維上的多元性，更訓練我在跨文化環境中的溝通彈性及適應性

D. 交換/研修之具體效益（請條列式列舉）

1.語言能力：我覺得學習語言最重要的是能夠溝通，過去因為具有看得懂漢字的優勢而取得 N3，但我卻不曾練習過日文口說。因此我覺得來到全是日文的環境中有助於快速學習日文及練習會話。

2.生存能力：外食成本較高加上宿舍有廚房，因此大多時候是自己料理，因此廚藝進步了不少。

3.結交各國朋友：因為 JLC 課程集結各國的學生，加上年齡相近因此很容易交到各國的朋友，例如韓國、德國、加拿大、寮國等等。

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?

宿舍有一位短期語言課程、年齡稍長的歐洲人，特定糾纏某位日本女同學，最後甚至強勢告白把對方嚇哭。事件初期 RA 與宿舍辦公室並未及時通報國際處。知道該學生有意再次申請短期語言課程，後來在學期中的一對一面談中，大家便向國際處反映希望校方把關。最初老師以為只是「缺乏交流經驗導致的文化差異」，直到掌握具體情況的同學反映後，老師才意識到問題的嚴重性。

這次事件給我最大的啟發是：跨文化交流雖講求包容，但造成他人恐懼與不適的越界行為，絕不

能單純歸咎於「文化差異」。未來如果再次面臨類似情況，應及早向相關單位反映，才能更迅速且有效地介入處理。

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?

宿舍聚集來自各國的學生，也因此遇到了不少文化差異，例如歐美的社交距離、以及過度熱情的西班牙人等等，即使過去在校園中也接觸過各個國家的人，但這是第一次在同一個宿舍生活。用更開放的心態主懂瞭解各種文化差異，另一方面也學會真誠的溝通了解彼此的文化。

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?

最大的成長是跳脫舒適圈，在獨自面對生活瑣事與複雜的人際關係時，心態變得更沈穩自信，能更從容的解決問題。

H. 感想與建議

對於想快速學習語言的人而言，將自己置身於「不得不開口」的環境是最有效的方法。在這次交換期間，我的日文能力有了顯著的進步。我認為多與日本人以及其他日文學習者交流非常重要，走入當地的日常生活 (例如在餐廳點餐時主動練習口說) 也是很好的練習途徑。學習語言的核心是溝通，不用過度擔心文法或單字出錯，只要勇於開口，就能在日常互動中不斷累積實力

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 International House of Senshu University is located in Kawagoe. It takes only about 25 minutes to get to Shinjuku Station by train, making it actually easy to travel to Tokyo and also Yokohama. During my exchange, I took two regular university courses and the JLC program. Students whose JLPT level is under N2 are forced to take the JLC course. The course includes speaking, writing, reading and listening. I found it is really helpful for people learning Japanese because the course forces you to study Japanese and practice speaking everyday.

Regular university courses in Senshu are mostly taken in Japanese, it’ s a good chance to practice Japanese. Since my Japanese was not fluent yet, I took one course taught in English and the other in Japanese. In these classes, I learned how students in Japan thought differently from Taiwanese. Moreover, my college courses were held at the Kanda campus in the middle of Tokyo, which allowed me to truly experience Japan’ s unique train commuting culture.

The dormitory itself is fully equipped with everything that is needed for daily life. There

are also Japanese students living in the dorm, mainly divided into two rules: RAs (Resident Assistants) and RPs (Resident Partners). RAs are student staff hired to assist both international students and Japanese residents. They help manage dormitories and handle issues or emergencies. Basically, you can feel free to ask RA for help. My Japanese is not very good so having RAs in the dorm made me feel safe and secure. RPs are Japanese students who live in the dorm primarily to interact with international students. They are always happy to talk with foreigners, making it a great chance to practice Japanese and exchange culture. Additionally, there are students in the dormitory who only participate in the JLC program. While most of them are typical college students, some are older learners and occasionally, there are individuals with unusual habits or peculiar behaviors.

Although Senshu might not be most people's first choice, I really appreciate that I came to Senshu University. Theres RA help dealing with stuff from the city office when we just arrived and before we left. RP gives us more chances to practice daily conversation in Japanese. The JLC course helped me build a stronger foundation in Japanese. The dormitory is located at a good place which is near Tokyo, and transportation is also convenient, so I often go to Shinjuku or Ikebukuro. It' s also convenient to go to Yokohama or Enoshima. I make friends with people from different countries in the dorm, tasting food from different nations. Actually, rather than going somewhere, I like to spend time with friends in the dormitory on a rainy day or when it is very hot outside. During exchange, I learned to live in the moment and cherish every encounter. While independently managing daily life, I strengthened my cooking skill. The most important is I was truly fortunate to make close friends and good memories that I will treasure for years.