學校簡介

早稻田大學，主校區位於日本東京都新宿區。作為早稻田大學前身的東京專門學校在 1882 年創立時，校園附近仍可見以水田、農地為基調的田園景觀。隨著時代推移，周遭的城市化與校園發展，逐漸形成以學生生活為核心的特色街區。附近也有許多在學期間值得探索的喫茶店（日本咖啡館兼茶屋）、餐廳與書店等服務學生的商店。

如今的早稻田大學是一所綜合性大學，校內設有政經、法律、商學、人文、教育、理工及運動科學等多個領域的學部與研究科，也是日本具代表性的私立大學之一。早稻田大學長年推動國際交流，學生能在多元的文化與語言環境中接觸不同背景的人，拓展國際視野。

海外研修：課程學習

與台灣的大學系統不同，在早稻田大學，所有課程的基本單位為一時限，相當於不含休息時間的連續 100 分鐘課程，授課週數總共為 14 週。除了諸如微積分、線性代數、入門語言課程這類的基礎課程以外，包含系上的專門課程，大多只會上一個時限。在這樣的課程結構之下，學生得以修習更多不同的專業課程並接觸不同的領域，使不同學生更有機會能在大學階段發現自己真正有興趣的領域。學生亦可以有更多的機會把時間分配到打工、參與社團活動或實習上，來充實自己的大學生活，或為自己的履歷增添不同的色彩。

在正式參與課程以前，我原先對於是否能夠適應在全日文的環境下跟上課程感到擔心。這項擔心很快得到了應驗。在開始的數週內，上課內容的日文講解大多都能聽得懂，但在需要表達的時候，卻無法完整地表達自己的想法。在專業課程上，我需要專注於日文的理解，使我無法花時間在專業知識的理解與數學邏輯的推導上，大腦時刻處於過載的狀態。為應對這樣的困境，期中前的時間，我需要花費其他本地同學的 2～3 倍時間在預習與複習上。專業課程甚至要提前將當週的進度自己先翻譯、整理成英文筆記後，再試著理解進度的內容，這使我在交換初期幾乎沒有可以自由運用的時間。所幸在數週連續的努力之下，我逐漸建立起了日文口說的肌肉記憶，並開始得以直接用日文接收專業領域的知識。這讓我在期中後只需原先一半的時間用於課程學習上，也讓我有了更多的時間認識自己與建立長走和閱讀的習慣。

所有的專業課程中，我最喜歡的課是一個叫「ビジネスと確率の数理（商業與機率的數學）」的課程。該課以故事與互動性課程的方式進行授課，使得不同複雜的隨機過程概念與衍伸應用變得容易理解。課程有提供過去的授課影音資料與考古題，如果有不懂的地方，可以隨時上網翻閱過去的資料來幫助理解課程內容。此外，不同於過去我所修過的任何數學課程，該課不會要求學生以數理推導、計算與證明來展現對該課的理解程度。該課程更注重於要求學生用獨特且易懂的文字對複雜的數理概念進行說明，亦或是要求用例子、故事來說服教授這些概念在實務上的重要性。我肯定，這是我至今修過最有趣的數學課程。課程結束後，我更積極地重新思考數學在現實事務上的實際應用價值，並對於我的專業與領域知識有了更多的信心。

另一堂我會推薦的課程是 CJL 的語言課程「ケース・メソッドで伸ばす問題発見解決と表現力５-７」。該課每週會給學生一段關於打工、生活、未來規劃、社團等議題的一小段文章，每週都會跟課上的同學組成 3～6 人的小組，並讓組內同學互相交換對該項事件或議題的看法。由於課上的學生來自各個不同的國家，擁有不同的文化背景，透過意見的交換，我在該課認識了很多關於生活、工作、學習、家庭等不同方面的新觀點。課上也有些同學有過打工度假或全職工作

的經驗，可以從與他們的交流中獲取一些在一般大學階段難以體會的知識。在課程結束後，我發現我更勇於開口說日文，並學到更多在短時間內如何組織自己的觀點與語言的技巧。如果有要來早稻田大學上一些日語課程的話，我強烈建議可以考慮選修這堂課程，接觸平常接觸不到的思想與文化。

海外研修：課外生活與學習

早稻田大學內有許多可以讓國際學生一同參與的社團，以及國際交流中心 ICC 所舉辦的活動。只可惜剛來到日本的前面幾週，我還沒有足夠的勇氣去探索這些資源。因此在交換期間，我沒有投入到這些活動當中。

為了消弭沒有參與到這些社群活動所引起的空虛與無聊感，交換期間，我開始重新規劃課餘時間的利用。特別是在受到「スリムウォーキング」這堂課與書籍《原子習慣》的啟發後，我開始嘗試規劃在東京的散步計畫，並設立了每日平均走超過 10000 步的目標。

為達成上述的目標，首先需要尋找的是能夠讓我養成該項目標的環境。所幸在交換期間，我生活於擁有日本乃至世界最密集的公共運輸網絡的大都會——東京。在沒有排課的日子裡，我會先利用零碎時間規劃好簡單的當日散步計畫，目的多為博物館、庭園、皇居附近的步道，或是某間書局或文具店。利用東京密集的電車系統，在這一學期內，我走遍了平時短途旅行不會到訪的大小景點與店舖，並在花卉與綠葉之間，觀察到位於赤道附近的台灣難以感受到的初春到盛夏之間所發生的細微季節變化。在這個過程中，我也逐漸認識到如何欣賞自然與人文所創造的不同美感，以及如何在生活中的點滴當中，發覺路邊野花的可愛。

為了進一步將走路的習慣刻進我的肌肉記憶當中，我特別花了一整晚規劃沿著東京最大河流「荒川」下游步行的走行計畫。沿路上，可以看見周遭有許多自行車騎士和跑步的人群，間歇不斷地往各自的目標前進。河岸邊也常見許多在不同球類運動場地上玩耍與訓練的孩子與學生。這讓我驚奇地發現，年幼的我守在電視機前看動畫時所描繪的日本青少年在河岸邊進行球類運動的風景，是真實存在的。途中還看到正在準備當晚煙火大會的人員，讓我稍稍地感受到日本夏季的風物詩。當日，我一共走了五萬步，幾乎相當於一趟全馬的距離。

在這一學期的交換期間，我成功維持了日均步行 10000 步的走路習慣。我能清楚地感覺到，體重下降了、發炎反應變少了，自己好像變得更健康了，交換期間也從沒有感冒過一次。這使得我每天又多了更多的精神可以從事更多不同的活動。利用這多出來的精力，我開始在學校附近的書局，每週購入 1～4 本書籍，類型涵蓋日語文學、人生引導、社交技術、商業等，重新建立自己的閱讀習慣。我也開始去認識不同圖書館內的館藏資源，將圖書館設為當日步行計畫的目的之一，探索不同的環境與不曾接觸過的各種領域書籍，並學習新的語言。

交換學習效益

壹、學習自省，以及如何運用正確的方法建立新的好習慣
貳、學習如何運用可複製的 AI 模板，協助建立數項任務的時間表或旅遊計畫
參、停止過度擔憂過去所發生的事情，認識如何與自己的負面情緒相處，並組織應對當下情緒的行動
肆、學會享受當下，並感受自然與人文所創造的美
伍、認識到以精熟的非母語學習新的語言，有時甚至比用母語學習更有效率

陸、更勇敢地表達自己的需求，並組織與輸出對當下議題的看法與感想
柒、學習如何在資訊過載的環境下過濾自己所需的資訊
捌、學習如何用非母語進行精確的表達
玖、體驗與台灣不同的日本學術環境，並對自身與未來的期許有了更清晰的認知

海外生活挑戰：解決方案與啟發

由於在來到日本前，我已經具有可以應付基本生活的日文與英語程度，多數情況下，我並沒有遭遇到太多重大挑戰。但在剛來到日本的前面數週，我曾經從 e-mail 中收到通知，得知在開始選課前的一段時間，我將會收到一些關於早稻田資源與選課的指引。但在原因不明的情況下，最後我沒有收到進一步的信件說明或實體的指引。

一開始我還沒有意識到問題的嚴重性。但在之後選課系統開啟時，因為我所選的該學部大部分交換資源都集中在英語課程上，實際上，在選課時，系上用日語課程接受授課的交換生需要先與指導老師討論後才能選課。但在此之前，我沒有接收到任何關於指導老師的姓名與聯絡資訊。我瞬間緊張起來，並馬上衝向負責的事務所進行詢問。但在選課期間，負責人員較為繁忙，暫時無法應對。我只好改以信件進行詢問。等到當日學校行政處所休息前，我終於得到了早稻田指導老師的名字，但事務所沒有告知要如何聯絡該名教授。幸好我花了點時間在網路上成功找到該名教授的信箱，並在隔天、選課最後一天的早上獲得教授立即的回覆，成功完成了選課。

事後我才發現，在原先提供的選課說明表下方的附加說明中，有用小字寫著需要先與指導老師進行討論，所以若我事前有先發現，就可以更早地向事務所詢問，避免該問題的發生。這次經驗讓我認識到如何以日文書寫信件，也讓我更能鼓起勇氣向周遭的人描述我的問題與需求。我也學習到如何抓到日本重要文件的重點，並提前將要做的事情記錄成時間表，以避免類似問題再次發生。

文化衝擊與跨文化適應

因在來日本交換前，我已經有數次日本旅遊或交流的經驗，並且有足夠的英文與日文基礎去面對大部分會遇到的問題。在本次的交換中，我並沒有遭遇到任何重大的文化衝擊。唯一一件在生活上我比較在意的事情，是日本的餐廳基本上不太有吃到足夠蔬菜的機會，再加上東京高昂的物價，我開始在早晚餐的時候自炊，來補充除了澱粉、油脂等純能量之外的營養。

並且在日本逛超市時，我發現雖然日本在魚類的選擇多樣且價格實惠，但蔬菜的種類卻大多只有常見的幾樣，因此我也趁機學了些不一樣的烹飪方法，避免自己吃膩同樣的蔬菜。

人生觀轉變與個人成長

交換期間，我曾多次造訪不同類型的博物館，並仔細閱讀館內標示的導覽與介紹文字，來訓練日文與英文的閱讀能力，以及認識日本在不同領域上的美學與文化。其中，我在位於銀座的銀座精工博物館內，碰巧看到來自日本精工公司 SEIKO 創辦人服部金太郎的人生哲學：「急ぐな、休むな」，字面上的意思為「勿急、勿停」。該句話主要想表達，不要急著與周遭的人比較，也不要過度擔憂自己目前在技術、知識、地位上的不足。重要的是持續在自己的領域、工作與目標上，每天一步步地往前邁進，永不停止追求自己未來的目標。當然，這不代表在過程中都不能休息，而是不要因為一時的氣餒或對成功的著急，而放棄至今所累積的一切。慢慢累積自己的實力，總

有一天你會有所成就。

在看到該句話後，我感覺自己受到啟發，並開始積極地將該句話實踐在交換期間的生活中。我開始不再幻想瞬間的成功，不再執著於與周遭的人，或是社群軟體上在各個領域取得成功的人進行比較。那些成功的人都可以是我們參考的對象，也可以是我們努力的目標，但沒有必要羨慕那些人的成功，因為那些成功都是他們各自日常的累積與多次失敗的嘗試所換來的。

我變得不再焦慮於目前尚未達成的目標，也不再執著於過去已經發生的錯誤與失敗。這讓我有更多的時間能夠持續重新規劃自己短期與長期的未來路徑，並專注於建立有助於達成自己目標的日常習慣。在這個過程中，我也逐漸開始對自己有了更多的信心，更能面對自己，並持續地進行自省與修正。

計畫整體感想與建議

在大學最後半年的時間裡，我很慶幸當初鼓足勇氣申請來到日本的早稻田大學進行交換。當初在申請時，我還常常擔心自己究竟是否真的能夠申請上來日本交換。後來成功來到日本後，親自體驗了在日本的校園生活，踏足一般旅遊時不會到訪的各個巷子，亦或是在充滿日式風情的庭園中，在花卉與松樹的環繞下看了一下午的書。回想起來，每一個瞬間都是那麼的可貴。

這些在早稻田大學期間的回憶、習得的知識，以及新建立起的習慣與價值觀，必定會成為我在面對未來新的挑戰與環境時的珍貴參考。也鼓勵其他對交換有興趣的同學能夠下定決心，譜出一部獨屬於自己的海外生活樂章。

英文心得

Brief Introduction to the University

Waseda University is located in Shinjuku City, Tokyo Metropolis, Japan. The predecessor of Waseda University, Tokyo Professional School, was founded in 1882. At that time, students at the school could still see a bucolic landscape formed by paddy fields and other agricultural land. As time went on, urbanization and the development of the university transformed the surrounding region into an urban area centered around student life. Many stores and services catering to students' needs, such as kissaten, Japanese-style coffee shops that also serve as tearooms, restaurants, and bookstores, can be found in the area.

Nowadays, Waseda University is an iconic private university in Japan, with colleges across various fields such as politics, business, literature, science and engineering, sports science, etc. The university also considers international affairs and communication to be among its important educational goals. Students are often encouraged to interact with people from different cultural backgrounds to gain different perspectives and learn new philosophies of life.

Academic Coursework Abroad

Different from the academic system in Taiwan, at Waseda University, the basic unit of in-class study for one course is 100 minutes without a break, and all courses are taught over 14 weeks in one semester. Except for fundamental courses such as calculus, linear algebra, or some language courses, most courses will only use one time unit for each class, even for courses offered by the department to which students belong. This means that students have more opportunities to experience various subfields of their major, allowing them to discover what they are interested in and spend more time on part-time jobs and student club activities.

Before attending the classes, I was afraid of being overwhelmed by the courses while studying in a foreign language. I was right at first, as I was not used to communicating in Japanese while trying to understand what the instructors were saying in high-level courses. For the first few weeks, I was forced to translate the handouts into English by myself and spent a lot of time studying before and after class. However, after I gradually adapted to receiving information directly in Japanese and developed muscle memory for speaking Japanese, I soon became able to keep up with the weekly progress of most courses in half the time I had spent before the midterm each week. This allowed me to spend more time getting to know myself and resume my reading habits.

For courses related to my major, one of the courses that I liked the most was "Probability Models in Business." The course introduced different complicated concepts of stochastic processes through stories and interactive lectures, making the concepts easier to understand. Also, different from most undergraduate-level mathematical courses, which require students to use mathematical equations, deductions, and proofs to demonstrate their understanding of the subject, this course required students to explain mathematical concepts or tell the course instructor why these concepts are important, mainly through understandable and unique language expressions. This led me to rethink the connection between

mathematics and its applications in the real world and made me more confident in my domain knowledge.

Another course that I would recommend is “Case Method: Learn to Find & Solve Problems and Improve Presenting Skills 5-7,” a course provided by CJL. In the course, students are provided with a short case article of about 800–1,200 Japanese characters each week, describing issues or difficulties that someone has experienced. After reading the case, students discuss it with a newly formed group every week. We discuss how to overcome relationship or friendship troubles and concerns, as well as other issues such as how to decide our future career paths and matters related to club activities or part-time jobs.

The students in the course come from many different cultural backgrounds, and some of them also have experience with working holidays or full-time jobs. As a result, the perspectives of different group members can vary greatly. In this course, I gained access to perspectives that I had never encountered before. By interacting with other group members and rethinking these ideas while doing homework, I gained a clearer understanding of what kind of person I am and what kind of life, career, or academic environment I would like to pursue. Furthermore, I became more confident in speaking Japanese and learned how to organize my thoughts in a short amount of time and share them with others through clear and understandable language. This is a course that I would strongly recommend to anyone who wants to go to Waseda University and take Japanese courses in the future.

Extracurricular Learning

Waseda University has many different clubs and events organized by the International Community Center, allowing both local and international students to participate in various after-class activities. Unfortunately, I did not participate in any of them because of conflicts with my schedule and because I was too shy during my first few weeks in Japan.

As an alternative, I tried to learn how to embrace solitude while being far away from home. I noticed that many people in Japan, especially in Tokyo, seemed to take good care of their appearance. I did not want to feel out of place, so I started paying more attention to my skin and learning how to use skincare products. I used to think that skincare was complicated, but I soon realized that it was actually quite simple. By using these products before going to bed and after getting up, I gradually developed a sense of routine. This gave me a more structured and controllable daily life, which also allowed me to have more free time for extracurricular activities.

One of the activities I developed was walking around Tokyo on my own. Thanks to Tokyo's high-density public transportation network, I could easily travel to different parts of the metropolitan area. This gave me more motivation to walk around and explore different landscapes and experiences in a foreign country. I often visited various gardens to enjoy the natural scenery and observe the changes of the seasons, something that I found difficult to experience in Taiwan. I also visited museums featuring exhibitions on art, history, science, engineering, and other fields. These experiences inspired me to become interested in a wider range of subjects and helped me appreciate the world around me more.

Encouraged by the course *The Long Walk* that I took at Waseda University, I even started planning

and completing longer walking routes. One of them was a walk along part of the Arakawa River (荒川), one of the major rivers in Tokyo, during which I walked more than 50,000 steps in a single day. Eventually, I developed a daily habit of walking around 10,000 steps on average, and I continued this habit even after leaving Japan. As an additional benefit, I gradually lost some weight and felt healthier. I also experienced fewer inflammatory symptoms and did not get sick even once during my exchange program. This gave me more energy to participate in other activities without having to sacrifice time that I could otherwise spend studying.

Another activity I developed was reading. There are many bookstores around Waseda University, so I explored different bookstores and bought one to four books each week, gradually building a reading habit. The books I purchased covered a wide range of topics, including classic Japanese literature, life and personal development, strategies for social interaction, and dictionaries focusing on advanced or literary expressions related to emotions, seasons, nature, and society. Reading these books increased my interest in other fields, broadened my perspective beyond my own academic field, and helped me improve my Japanese expression.

I also discovered that I used to find libraries boring because I did not know how to make good use of their resources. Now, however, I sometimes set a library as one of my walking destinations for the day and spend several hours exploring different books and learning new languages. Through these experiences, I gradually learned how to spend time by myself and turn solitude into an opportunity to explore, learn, and develop new interests.

Key Benefits Gained from the Exchange Program

1. Learn more about how to identify my own issues and build new good habits.
2. Learn how to create a time-management plan for different tasks or a travel plan with the help of reusable AI templates.
3. Stop worrying excessively about everything and take more action.
4. Learn how to face my negative emotions and embrace solitude.
5. Learn that a lack of motivation can be improved by changing or redesigning my living environment.
6. Learn how to appreciate the beauty created by both nature and human beings.
7. Discover that using a third language to learn another language can be an efficient way to learn languages.
8. Gain more courage to express my thoughts and opinions.
9. Learn how to filter and organize information in the age of information overload.
10. Learn how to describe my needs more precisely in foreign languages.
11. Experience the academic environment in Japan and gain a clearer understanding of myself and my future goals.

Challenges Encountered: Solutions & Insights

Honestly, I did not encounter many challenges, as I already had sufficient language skills in both English and Japanese to cope with most daily-life issues. However, at the beginning of the exchange program, I had some trouble with course selection. I am not sure whether it was because there were not

many exchange students in the Japanese program at Waseda University. Before the course selection period began, I had received some e-mail messages saying that I would receive instructions about course selection and other matters in person. However, I did not receive any further information after that.

At first, I did not feel that it was a big issue. However, when the course selection system opened, it told me that I needed to talk with an instructor in my department before choosing any courses. I panicked because I had not received any information about who the instructor was or how to contact them. I soon went to the office, but the person responsible was dealing with other matters, so they asked me to send an e-mail instead. After waiting for the entire day, I finally learned that the instructor was one of the professors in my department at Waseda. However, the office only provided the professor's name without giving me any information about how to contact them.

Fortunately, I successfully found the professor's webpage on the Internet, and the professor was very kind and replied to me immediately the next morning. As a result, I was able to complete my course selection in time. Through this experience, I learned more about how to write e-mails in Japanese, gained more courage to speak up about the issues I encountered, and learned how to take action to solve them.

Culture Shock & Adaptation

Since I had traveled to Japan several times before and equipped myself with sufficient language foundations in both English and Japanese, I did not experience any significant culture shock during my exchange program. The only thing that concerned me the most was that there were very few or no vegetables available when people chose to eat out. I was therefore encouraged to cook for myself for breakfast and dinner to make sure I could get enough nutrition beyond pure energy from carbohydrates and fats.

Also, there were not many vegetable options in Tokyo supermarkets, so I learned some new cooking methods and recipes to add more variety to my ingredients and prevent myself from getting bored with eating the same vegetables.

Personal Growth & Shift in Life Philosophy

During my exchange program, I started exploring many different museums and gaining a greater appreciation for art in various forms. I always read through most of the text accompanying the exhibits, and I really liked one of the mottos that I saw at the Ginza SEIKO Museum, so I decided to share it. “急ぐな、休むな” was the motto of 服部金太郎, the businessman who built the SEIKO company. The motto means that it is okay to feel that you have fewer skills, less knowledge, or fewer achievements than other people for now. You do not have to panic and try to hurry yourself into chasing something, but instead, remember not to stop working, making daily progress, and moving step by step toward your goals. It is okay to be slow; as long as you keep going, you will eventually achieve something great.

After that, I felt greatly inspired by the motto and tried to put this belief into practice during my exchange program. Now, I feel that I spend much less time worrying about things that have not happened yet or things that have already happened in the past. This gives me more time to rethink my next steps, focus on building new good habits, and become more confident in myself.

Overall Feedback & Recommendations for the Exchange Program

In my last semester as a university student, I am glad that I gathered the courage to apply for an exchange program at Waseda University. At first, I was still nervous about whether I really had a chance to be selected and participate in the exchange program. Now, after coming to Japan and experiencing school life here, wandering through streets that one would not normally visit as a tourist, and reading books surrounded by flowers and pine trees in a Japanese garden, I feel that every moment I look back on is truly one of my most precious memories.

The memories I made at Waseda University, the knowledge I gained during this semester, and the new habits and philosophies of life I developed throughout this journey will, I am confident, become valuable references when I face new challenges and environments in the future. I would also like to encourage students who are interested in participating in an exchange program to make up their minds and write their own unique stories while living abroad.