中文心得報告:

學校簡介

新潟大學位於日本新潟市，擁有豐富的自然景觀與安靜的學習環境。因為這是我第二次來到同一個地方交換，對校園與周邊環境已經有了一定的熟悉度，這讓我這次省去了很多適應期，能直接步入生活與學習的正軌。

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

這次交換期間，我將重心放在碩士論文的進度與應用上，並時常與指導教授跨海交流回報進度。最讓我印象深刻的學術挑戰，是在年初為學生們進行了一場關於凸分析（Convex Analysis）中支撐函數（Support function）與規範函數（Gauge function）的英文學術發表。為此我花了不少時間準備 LaTeX 講義與投影片，這門籌備發表的過程是我這次受益最多的「隱藏課程」。

國外研修之生活學習（課外）

有了上一次的經驗，這次我更勇於往遠方探索。在冬季假期，我利用青春 18 車票安排了一趟跨越多個縣市的長途鐵道旅行，造訪了島根、鳥取、京都和靜岡等地。因為我對日本戰國歷史特別感興趣，還特地前往上越市參觀了與長尾景虎相關的城池遺跡。另外，我也去了高崎市找親戚一起遊玩，我們造訪了許多具有歷史氛圍的溫泉區與自然景點。

交換/研修之具體效益（請條列式列舉）

順利推進碩士論文的研究進度，並維持與教授的良好學術溝通。

成功完成凸分析的學術簡報，大幅提升了專業領域的英文表達能力。

透過青春 18 長途鐵道旅行與歷史景點考察，深化對日本歷史與風土民情的理解。

海外生活期間是否曾遭遇困境，及是否解決問題?

這次雖然是第二次來，但在準備學術發表時，因為需要用英文與日文向台下解釋複雜的數學邏輯，一度感到非常吃力。後來透過反覆修改講義，並和研究室的日本同學多次演練，才順利克服了語言與專業表達的障礙。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

這次去不同地區旅行時，感受到日本不同縣市之間的方言、飲食習慣與歷史傳承有著巨大的差異，這是一種別於以往的文化衝擊。我藉由多和當地人聊天，以及在青年旅舍與其他旅客交流，慢慢去體會並欣賞這些多樣性。

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?

這次最大的成長是學術上的獨立與生活安排上的自信。第一次來時主要是適應基本生活，這次則能把精力放在學術發表與深度的歷史文化探索上，讓我變得更勇於接受未知挑戰，不再畏懼獨自踏上旅程。

感想與建議

很慶幸能有第二次機會回到新潟大學。有了第一次的經驗打底，這次的交換讓我能更深入體驗日本的學術環境與在地生活，是一段無可取代的回憶。建議學弟妹如果時間允許，一定要多去鄉下或是歷史古城走走，會看到完全不一樣的日本。

English Report

Introduction to the Host University

Niigata University, located in Niigata City, Japan, is surrounded by beautiful natural scenery and offers a very peaceful environment for academic pursuits. Since this was my second time participating in an exchange program at the exact same university, I was already quite familiar with the campus layout, the surrounding neighborhoods, and the local transportation systems. This familiarity was a huge advantage. Unlike my first time here, I did not have to spend weeks figuring out how to set up my daily life. Instead, I could immediately dive into my studies and start exploring more deeply from day one.

In-Class Learning and Favorite Courses

During this second exchange period, my academic focus shifted significantly. I spent a large portion of my time working heavily on my master's thesis. I frequently communicated with my academic advisor back home, sending translated emails and messages to update them on my research progress and upcoming schedules.

The most rewarding academic experience this time was not just a traditional class, but a presentation I had to deliver. Earlier in the year, I was tasked with giving an academic presentation to students regarding the concepts of Convex Analysis. Specifically, I had to explain complex mathematical concepts like Support functions and Gauge functions. To prepare for this, I spent countless hours compiling a LaTeX notebook and designing presentation slides. Standing in front of an audience and explaining advanced mathematical theories in a non-native language was incredibly nerve-wracking, but it pushed my academic boundaries. The process of preparing this presentation and successfully delivering it is undoubtedly the "coursework" I benefited from the most during this program.

Out-of-Class Learning and Life Experiences

Outside of the laboratory, I made sure to travel as much as possible to experience the real Japan. Since I enjoy Japanese visual novels and the scenario writing of authors like Fumiaki Maruto, I have always appreciated the quiet, everyday scenery of Japan. To see more of the country, I planned an extensive multi-day railway journey during the winter holiday period using the Seishun 18 Ticket (Youth 18 pass). Taking the local trains allowed me to travel slowly and appreciate the natural landscapes. My journey took me through various regions, including Shimane, Tottori, Kyoto, and Shizuoka.

I am also deeply interested in the history of the Japanese Sengoku period. Because of this, I planned a special historical day trip to Joetsu City to visit the castle ruins related to the historical figure Nagao Kagetora (Uesugi Kenshin). Walking through the historical sites and taking in the atmosphere was a dream come true for a history enthusiast like me. Furthermore, I also traveled to Takasaki to visit my friend. We spent time planning our travel routes together, enjoying recreational activities, and relaxing in the local hot spring areas.

Specific Benefits of the Exchange Program

- **Academic Progress:** Successfully advanced my master's thesis research while maintaining a strong long-distance connection with my advisor.
- **Professional Communication:** Completed a full academic presentation on Convex Analysis, greatly improving my ability to communicate complex mathematical ideas in English.
- **Cultural Deepening:** Used the Seishun 18 pass to travel across half of Japan, gaining a profound understanding of Japanese history, particularly the Sengoku period, and local regional cultures.
- **Independence:** Managed complex travel itineraries and independent research work, building a

much higher level of self-reliance compared to my first exchange.

Difficulties Encountered and Solutions

Although I was already familiar with the environment, I still faced significant challenges. The biggest difficulty was preparing for the Convex Analysis presentation. Explaining abstract mathematical concepts is hard enough in my native language, but doing it in English while studying in Japan was a huge hurdle. I overcame this by persistently revising my LaTeX slides and doing multiple practice runs with my lab mates. Whenever I was stuck on how to phase something, I asked for feedback. Through constant communication and trial and error, I managed to resolve the issue and deliver a successful presentation.

Culture Shock and Adaptation

Since it was my second time in Japan, I didn't experience the typical initial culture shocks like sorting garbage or taking the bus. However, I experienced a different kind of culture shock during my travels. As I moved from Niigata to Shimane, Tottori, and Kyoto, I realized how drastically the local dialects, food flavors, and historical atmospheres changed from prefecture to prefecture. It made me realize that "Japan" is not just one monolithic culture. I adapted to this by staying in youth hostels, striking up conversations with locals and other travelers, and keeping an open mind to the unique customs of each specific town I visited.

Personal Growth and Transformation

The most significant change this experience brought to my life is absolute confidence in my independence. During my first exchange, a lot of my energy was spent just trying to survive and figure out how daily life worked. This second time, because the foundation was already there, I could focus my energy on higher-level goals: tackling a master's thesis, presenting complex math, and planning a massive

railway journey across the country. I learned how to handle unexpected travel delays, how to navigate historical rural towns, and how to communicate my research effectively.

Conclusion and Suggestions

I am incredibly grateful for the opportunity to return to Niigata University for a second exchange. The foundation I built the first time allowed me to dig so much deeper into both the academic and cultural aspects of Japan. For any future students, my biggest suggestion is to not just stay around the campus or major cities. Use tools like the Seishun 18 ticket to travel to smaller historical towns, visit the hot springs, and talk to the people there. The experiences you gain from stepping out of your comfort zone will become the most unforgettable parts of your life.