

#### A. 學校簡介

西南學院大學位於日本福岡市，創立於 1916 年，以基督教精神為教育理念，重視博雅教育與國際交流，設有外語、法學、商學等學部，是九州知名私立大學。

#### B. 國外研修之課程學習 ( 課內 )，推薦受益最多/最喜歡的課程

我研讀的 program 包含必修 9 學分的日文課程，是我認為受益最多也是最喜愛的課程，有別於在台灣自學日文，西南學院大學的日文老師非常知道如何讓外國人正確學習道地的日文，並且相當注重學生們的日文口說，即使在這邊學習的文法我曾經都學過，在這邊學習更可以應用在生活對話裡面，變得不再害怕開口說日文，班上同學來自不同國家的情況下，大家也更能強迫自己用日文溝通，有時候也會有日本學生來班上進行交流，屬實是十分寶貴的語言交換經驗！

#### C. 國外研修之生活學習 ( 課外 )

課餘期間，會和其他國際生一起去九州附近旅遊，也因為國際生來自不同國家，平常也都能練習到英文口說，旅遊期間也提升了計畫與溝通的能力，同時藉此更了解日本不同地區的不同特色。

#### D. 交換/研修之具體效益 ( 請條列式列舉 )

道地的語言學習 2) 融入當地生活 3) 認識世界各地不同的人 4) 學習獨立解決問題

#### 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？

我很幸運，並無遇到任何困境，只是在日本需要去區役所登記住民證、保醫療險，還有開戶等等，我的日本學伴非常熱心地帶我完成所有事情。

#### 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？

在日本人行道上，非常多自行車穿梭，日本人騎自行車的比例很高，需要時常注意來車。

#### 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？

#### H. 感想與建議

非常推薦想來日本交換的學弟妹可以選擇福岡！福岡是一個相對於大都市的物價而言，友善的地方，也不會偏遠到交通不方便，從福岡機場搭地鐵只要 15 分鐘就能到市區，博多和天神都有很多特有的店家，也很適合逛街，假日也可以搭車去九州其他地方旅遊，熊本、長崎、宮崎、北九州和別府等，都非常值得一去！

#### I. 學校方面，西南學院大學提供國際生舒適的宿舍，從宿舍走到教室只要 10 分鐘，從宿舍走到地鐵站也只要 10-15 分鐘，學校老師都非常友善且對國際生很有耐心，日本學生也很願意跟國際生交流，日文是可以有感進步的！

#### J. 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

Seinan Gakuin University is located in Fukuoka City, Japan, and was founded in 1916. Guided by Christian values, the university emphasizes liberal arts education and international exchange. It offers a wide range of academic fields, including foreign languages, law, and business, and is recognized as one of the well-known private universities in the Kyushu region. With its supportive environment for international students and strong academic foundation, Seinan Gakuin University provided an ideal setting for my overseas study experience.

The program I joined included nine required credits of Japanese language courses, which were the most beneficial and enjoyable part of my academic learning. Unlike studying Japanese independently in Taiwan, the Japanese instructors at Seinan Gakuin University truly understand how foreign learners acquire authentic Japanese. They placed strong emphasis on speaking skills and encouraged students to actively use Japanese in class. Even though some grammar content was familiar to me, learning it in Japan allowed me to apply it naturally in daily conversations. As a result, I became less afraid of speaking Japanese. Since classmates came from different countries, Japanese was the common language we used to communicate, which greatly improved my practical language ability. Occasionally, Japanese students also joined our classes for 交流, making the experience a valuable and authentic language exchange opportunity.

Outside of class, I spent time traveling around Kyushu with other international students. Because students came from various cultural backgrounds, I also had many opportunities to practice spoken English in daily life. Traveling together enhanced my planning, communication, and cooperation skills, while allowing me to explore different regions of Japan and better understand the unique characteristics of each area.

This overseas study experience brought several concrete benefits, including:

- 1) learning authentic Japanese in an immersive environment,
- 2) integrating into local Japanese life,
- 3) meeting people from around the world
- 4) developing the ability to solve problems independently.

During my stay in Japan, I did not encounter major difficulties. Administrative tasks such as

registering at the ward office, enrolling in national health insurance, and opening a bank account were new experiences, but my Japanese buddy kindly accompanied me and helped me complete all procedures smoothly.

One cultural difference I noticed was the large number of bicycles on sidewalks in Japan. Since cycling is very common, I learned to stay alert and adjust my walking habits accordingly.

Overall, this overseas experience significantly improved my independence, adaptability, and confidence in cross-cultural communication. I highly recommend Fukuoka as an exchange destination. Compared to larger cities, the cost of living is relatively affordable while transportation remains very convenient. From Fukuoka Airport, it only takes about 15 minutes by subway to reach the city center. Areas such as Hakata and Tenjin offer many unique shops, and Kyushu destinations like Kumamoto, Nagasaki, Beppu, and Kitakyushu are all worth visiting. Seinan Gakuin University also provides comfortable dormitories close to classrooms and subway stations. With friendly professors and welcoming Japanese students, it is truly a place where international students can make meaningful progress in Japanese language learning.