

## 學校簡介

中央大學是日本的一所私立大學，為東京都「難關私大」MARCH之一。最早創校時，中央大學以法律聞名，在過去的幾十年裡積極擴大其學術範疇，目前提供廣泛的學術領域，包括法律、商業、經濟學、理學、工學、文學等。

而我這學期就讀的理工學院的校區，是位於東京都文京區的後樂園校區，鄰近東京巨蛋，在東京屬於較為市中心的地區。

## 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

在課程學習的部分，有兩門日文課程，以及幾門專業必選修課程。

日文課程的部分，是中央大學強制要求理工學院的留學生修讀的課程，沒有特別做能力分班。兩門課程主要是分別加強日文閱讀及寫作的部分，雖然內容較為進階(N2~N1程度)，但老師要求不會過於嚴格，會依每個同學的狀況盡力協助，不用太過擔心自己的日文程度沒有很好。

而專業必選修的部分，有一堂利用Google Apps Script(GAS)，實作並發表一個小專案的課程，讓我最感興趣。課程中，大家利用GAS，結合Google表單、文件等，製作出各種解決生活問題的應用程式。雖然沒有學習高深的程式技巧，但是透過應用GAS或進一步結合既有的API，就能做出一個實用的應用程式，我認為是一個值得選修的課程。

## 國外研修之生活學習（課外）

在學校課程外，我參加了中央大學的健行社(登山社團之一)。雖然日文的社團名稱是「健行社」，感覺好像是在山上輕鬆地散步的社團，但其實健行社的活動是以帳篷登山(背重裝在露營地露營過夜的縱走行程)為主，會不定期有單天攻頂的自由行程。

在交換學生的這學期中，我參加了幾次的單天的自由行程，以及兩次2天1夜的帳篷登山。這幾次的經驗，讓我學習到最多的地方，是社團幹部警慎、詳細的活動安排，尤其是在安排帳篷登山活動的時候。光是舉行一次帳篷登山活動，要做的事情就包括像是帶社員採買裝備、行前說明會及小隊會議、訂定正式的登山計畫書、登山後的小隊及幹部檢討會等等，可能還有更多一般社員不知道的幹部內部會議。另外，在活動中，我也學到了指北針及地形圖的使用方法。

參加健行社，除了在登山知識上有不少收穫外，也讓我有機會和更多日本人互動。像是單天登山行程後，有時會有一起泡溫泉的額外行程；帳篷登山時的晚餐，各小隊會一起煮飯和吃飯；在活動期間，能和日本學生聊天互動等等。如果在交換期間，有看到自己有興趣的社團，我認為加入社團會是個不錯的體驗。

## 交換/研修之具體效益（請條列式列舉）

1. 提升日文能力，特別是在生活中常會接觸到的聽、說及讀三個部分  
在生活中或是旅行時，總會面對一些需要溝通的大小事。像是最常遇到的外食或購物結帳的狀況，在剛來日本的時候，有時候會沒聽懂店員說了什麼。但是聽久了之後，就知道店員會問的，大概就是「需要塑膠袋嗎?」「有沒有集點卡?」之類的話，在應答上有變得比較順暢。而在旅行方面，要訂飯店或車票的時候，就常會需要瀏覽日文的網站，以了解相關細節的規定。
2. 學習如何跟日本同學或外籍留學生以外文溝通，來解決生活中及課業上遇到的問題

在跟日本學生同班上課的課程，如果能認識一兩個日本朋友的話，除了一起上課比較有伴之外，對於課程上不太了解的部分，也有人可以即時詢問。像是有時候老師會說明一些課程安排，如果不太確定自己的理解正不正確時，就可以簡單用自己的話跟日本朋友再說一次來確認。

而在開給留學生的日文課中，我有一個外國朋友的日文口說沒有很好，在一起做報告時，就常用英文溝通，來完成報告。所以雖然在日本，基本的英文會話能力還是有它的重要性，畢竟英文是國際通用語言。

3. 獲得國外獨立生活的經驗，學習如何調整自我，以穩定生活步調

對於留學生來說，在國外環境陌生，出門做什麼事幾乎都要以非母語溝通，加上身邊沒有台灣的家人和朋友陪伴，一開始難免會有點孤單的感覺。要如何調適並照顧自己，這種平常不起眼的小事，也變得特別重要。我認為可以稍微想一下，在日本有沒有自己想做、覺得對自己有意義的事情，讓生活更有目標和方向。像是考慮到外食較難吃到足夠的蔬果，所以平常會到超商買一些食材，試著自己煮一些簡單的料理；還有來日本前，有想到如果爬上富士山，應該會是不錯的體驗，所以在這樣的契機下，加入了中央大學健行社等等。

**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?**

在剛開學時，我用台灣舊有的Amazon帳號購買教科書。成功買了一次後，突然收到Amazon將我的帳號凍結的e-mail。後來藉由日本學校的信箱申請新帳號，並用新帳號向客服溝通後，有順利將帳號恢復。

另外，剛開始要買通學的電車定期券時，我利用車站機器購買，但一直顯示無法購買。在跟站務員說明情況，並請站務員協助處理後，就有正常地在機器購買定期券。事後自己想一下後，認為問題可能是出在我在網路系統用英文登錄姓名，但是卡片是用日文片假名拼音來登錄，所以有不一致的狀況。

**海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?**

台灣和日本在文化上相近，基本上沒有太多不適應的感覺。最大的差別，我認為是日本幅員廣大，有較長的通勤時間。作為因應的方法，大致上是較為忙碌的時候，有時會利用搭車時間稍微補眠，平衡被壓縮的睡眠時間。

**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?**

帶給我人生的改變，應該是變得更勇於和他人溝通。在台灣遇到問題的時候，有時就會不太好意思開口向他人詢問了，到了日本更是多了一層語言障礙。但是很多事情，如果不試著溝通，自己一直搜尋網路等等的話，就會花很多時間，事情還是沒有解決，像是前面提到的買電車定期券就是一個例子。所以只要抱持一個更開放的心，就算日文說得沒有很好，對方大概了解意思後，基本上都願意熱心協助。

**您認為獎學金對您海外研修最大的幫助是什麼? 有無獎學金是否會改變您的出國計畫?**

在估算這學期到日本交換學生期間的花費後，可以感受到出國交換雖然比起留學花費較為節省，但生活花費也是一筆不小的開銷。雖然沒有獎學金的狀況下，因為家庭經濟條件尚能負荷，我還是會選擇出國交換。但有學校的獎學金，可以減輕出國交換對家庭經濟上的負擔，對出國交換的學生不無幫助。

## 感言及心得感想

對於這次能有這樣出國交換的機會，特別要感謝中山大學及日本中央大學的行政人員等，一路上協助我申辦相關手續的人員，有大家的協助，我才能有這一學期寶貴的國外經驗。

有別於過去一直忙於課業，擔心自己成績不佳的生活，在日本的這學期，空閒時間較多且較沒有成績的顧慮。在這樣的情況下，我有更多過去沒有的經歷，像是在中山大學的期間一直沒有參加社團，來日本後就有加入健行社，並參加他們的幾次活動；還有自己訂定旅行計畫，並實際執行的經驗等等。

最重要的應該還是知道自己想過怎樣的生活，能自發性地完成一些自己想做的事情。有這樣的準備，不論是交換學生，或是未來成為社會人後的生活上，較不至於迷失自我。

## 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)

Chuo University is a private university in Japan and is one of the "MARCH" universities in Tokyo, known for its excellence in law during its early establishment. Over the past few decades, Chuo University has actively expanded its academic scope and currently offers a wide range of academic fields, including law, business, economics, natural sciences, engineering, and literature.

The campus of the College of Science and Engineering, where I am studying this semester, is located in the Korakuen district of Bunkyo-ku, close to the Tokyo Dome, making it a relatively central area in Tokyo.

Regarding the curriculum, there are two Japanese language courses and several specialized elective courses. The Japanese language courses are mandatory for international students in the College of Science and Engineering, and there is no specific placement based on language proficiency. The two courses primarily focus on enhancing Japanese reading and writing skills, with content at an intermediate to advanced level (N2~N1). However, the teachers are not overly strict and are willing to assist each student according to their individual needs, so there is no need to worry excessively about one's Japanese proficiency.

As for the specialized elective courses, there is one course that caught my interest, which involves practical implementation and presentation of a small project using Google Apps Script (GAS). In this course, we utilize GAS to create various applications that address real-life problems by integrating Google Forms, Docs, and other tools. While the course doesn't delve into advanced programming techniques, it provides an opportunity to develop practical applications using GAS and incorporating existing APIs, making it a valuable elective.

Outside of the regular school curriculum, I have participated in Chuo University's hiking club (one of the mountaineering clubs). Despite the name "hiking club" in Japanese, it's not just about casual walks in the mountains but primarily focuses on tent-mountaineering (backpacking and camping overnight on the mountain). Occasionally, there are also one-day trips to reach the summit of mountains.

During this exchange semester, I joined a few one-day trips and two 2-day tent-mountaineering events. Through these experiences, I learned the most from the meticulous planning and organization of club activities by the club leaders, especially when arranging tent-mountaineering trips. Organizing a single tent-mountaineering activity involves various tasks, such as guiding members in equipment purchases, pre-departure briefings and team meetings, formalizing the climbing plan, and post-climbing team and leadership reviews, along with other meetings exclusively for club leaders. Additionally, during the activities, I also learned how to use a compass and read topographic maps.

Participating in the hiking club not only expanded my mountaineering knowledge but also gave me more opportunities to interact with Japanese students. After a one-day hiking trip, we sometimes have an extra plan to visit an onsen (hot spring) together. During tent-mountaineering trips, each team cooks and eats meals together. Throughout the activities, I had the chance to engage in conversations with Japanese students and deepen my interactions with them. If there are clubs that interest you during your exchange period, I believe joining one can be a rewarding experience.

Regarding the benefits of the exchanging student program, there are three points that have significantly contributed to my personal growth and cultural immersion during my time at Chuo University.

Firstly, one of the primary objectives of this exchange was to enhance my Japanese language proficiency, particularly in listening, speaking, and reading, which are essential for everyday interactions. In daily life or while traveling, there are countless situations where effective communication is necessary. Initially, when I arrived in Japan, I faced challenges understanding store clerks and their inquiries during common

activities like dining out or making purchases. However, as time passed, I diligently listened and observed, which helped me become more familiar with the general questions they typically asked, such as "Do you need a plastic bag?" or "Do you have a reward card?" Consequently, I became more fluent in my responses and felt increasingly confident in my language abilities. In terms of traveling, when it comes to booking hotels or train tickets, it is often necessary to browse Japanese websites to understand the relevant details and regulations.

Secondly, the experience of learning how to communicate with Japanese classmates and other international students in a foreign language has been invaluable. In courses where I share the same class with Japanese students, getting to know one or two Japanese friends not only provides companionship during classes but also allows me to seek immediate help when facing difficulties in understanding certain course content. For example, there are times when the teacher explains certain course arrangements, and if I'm not entirely sure of my understanding, I can simply explain it to my Japanese friends in my own words to confirm if I got it right. Likewise, in a Japanese language class designed for foreign students, I had a friend with limited spoken Japanese skills, and during our joint presentations, we communicate in English to complete our tasks. This highlights the significance of possessing basic English conversational skills, as it serves as a universal language even in a country like Japan.

Lastly, living independently abroad has provided me with valuable life experiences and the opportunity to adapt to a new environment. For international students, being in an unfamiliar foreign environment where almost everything requires communication in a non-native language, and being away from family and friends from their home countries, can lead to feelings of loneliness initially. Learning how to adapt and take care of oneself in such seemingly ordinary yet crucial matters becomes essential. In my opinion, it's helpful to consider if there are things you wish to do in Japan that hold personal significance, as it can give your life a sense of purpose and direction. For instance, recognizing the challenge of finding enough vegetables and fruits while eating out, I started buying ingredients from super markets and cooking simple meals on my own. Moreover, before coming to Japan, I had thought that climbing Mount Fuji would be a fantastic experience. Therefore, when presented with the opportunity, I decided to join Chuo University's hiking club.

In conclusion, participating in the exchanging student program at Chuo University has not only enabled me to embrace Japanese culture but also provided me with various personal and academic benefits. Through the improvement of my language skills, the establishment of meaningful friendships, and the experience of living independently in a foreign land, I feel more confident and prepared to face future challenges with a deeper sense of purpose and direction.

I would like to express my heartfelt gratitude to the administrative staff at National Sun Yat-sen University and Chuo University for assisting me throughout the process of arranging this exchange opportunity. Thanks to everyone's support, I have had a precious semester of overseas experience.

Unlike my past busy life focused on academics and concerns about grades, this semester in Japan has afforded me more free time and fewer worries about my academic performance. In this context, I have had many experiences that were previously absent, such as joining the hiking club at Chuo University after not participating in any clubs at National Sun Yat-sen University. I also planned and executed my travel experiences.

The most crucial aspect, I believe, is knowing the kind of life one desires and having the initiative to pursue activities that align with those aspirations. With such preparation, whether as an exchange student or in future endeavors as a member of society, one is less likely to lose oneself and more likely to stay true to their path.