

26-1 學校簡介

26-2 國外研修之課程學習（課內）

26-3 國外研修之生活學習（課外）

26-4 交換/研修之具體效益（請條列式列舉）

26-5 感想與建議

26-6 相片（2~3 張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）

山形大學是位於日本山形縣的日本國立大學，並設有人文學部、地域教育文化學部、理學部、醫學部、工學部及農學部，並在山形市、米澤市及鶴岡市設有校區，較知名的校友有漫畫獵人的作者富堅義博。

山形大學的英語授課部分較為缺乏，所以想要上專業科目的話，需要有較好的日文能力(N2 以上)，並得到授課教師的同意才能修課。在日文課方面，主要分為文法(総合)、寫作(書く)、閱讀(読む)及漢字，在剛入學時會有日文能力的分班考，只有極少數人能免修日文課，就算有 N1 還是會被建議上書く或読む。另外也有體育課可以選，非常建議選一門體育課體驗看看日本體育課的文化。

課外活動方面，除了學校及社團舉辦的活動外，在日本到處都會有各式各樣的祭典(祭り)，有時候在學校跟別人交流的時候就可以得知這方面的消息。我個人推薦的是在宮城的松島所舉辦的牡蠣祭(牡蠣祭り)以及米澤的上杉雪燈籠祭(上杉雪灯籠祭り)，多多體會這種日本當地的活動才可以多多了解當地的文化。

剛來到山形的時候，在學伴的幫助下，帶著我辦理好各種手續，開好郵局的戶頭，還帶我去吃了拉麵，一開始乍看之下相處的很愉快，但是在之後，雖然我很努力想要跟來日本認識的第一個日本人建立起友誼，可是這我們漸漸沒有了聯絡，原因我也不了解。感謝學校空出一個空間當交誼廳，讓我們有地方可以跟別人交流，不論是日本人或其他國家來的學生，也讓比較慢熟的我開始交到新的朋友。在山形的這幾個月內，也參加了各式各樣的活動，從一開始的芋煮會，到 12 月份的冬季運動大會，每個活動都讓我認識不同風貌的日本人，芋煮會時頂著太陽做芋煮的認真樣、學園祭時熱情叫賣的樣子，以及運動大會時大家瘋狂的樣子，都在我心中留下很深的印象；但是，在足球課的時候，我以為會因為是團隊遊戲而有更多交流，但事實上除了” あざす” 外，我跟隊友們並沒有進一步的溝通；兩種不同情況的日本人也讓我體會到一件事，會在交誼廳出現的日本人，大多數都是想交外國朋友的，所以相對於一般的日本人會容易親近許多，而對於一般日本人而言，外國人與他們做朋友可說是難上加難。

相對於日本人，與非日本人交朋友就容易多了，不論是日文課上的汶萊人、交誼廳內認識的泰國人，還是只會在宿舍遇到的俄國人，只要願意打聲招呼，很快都會變成可以聊天的對象。或許是願意出國的人本身就希望多交些朋友吧，相較起日本人，與各國交換生從點頭之交邁入摺臂之交相對來說更容易。

文化差異所產生的想法觀念的不同，在這個小小的國際村內可以有強烈的體悟，例如：歐美地區的人習慣將鞋子穿進房內，而亞洲國家的人習慣區分室內及室外用的鞋子。種種的差異也會在聊天的時候有所爭論，有一次在與幾位同學聊天時，討論到” 開放性關係”，歐美地區的人會覺得這是情侶協議好就好，而亞洲國家的人普遍無法接受這種想法，尤其是受過儒家思想影響的台灣及中國人。還有在參加山形第一中學校的 English Day 的時候，認識到東西方的教育方式的差異，西方國家在學語言的部分，注重的是溝通，而東方國家則是考試，側重方向的不同衍生出不同類型的教育方式，在與歐美

國家的朋友們聊天過後，才知道差異原來這麼大。

- 交換/研修之具體效益
 - 認識到各國文化差異
 - 體驗當地的風俗民情
 - 認識各個國家的交換生
 - 增進語言能力

When I first came to Yamagata, with the help of my schoolmates, he took me through various procedures, opened an account at the post office, and took me to eat ramen. At first glance, I was very happy, but afterwards Although I tried very hard to establish friendship with the first Japanese who I met in Japan, we gradually lost contact with each other for reasons I don't understand. Thanks to the school for vacating a space as a saloon, so that we can have a place to communicate with other people, whether it is Japanese or students from other countries, but also let me be more slow to start making new friends.

During these months in Yamagata, I also participated in a variety of activities, from the taro cooking party in the beginning to the winter sports meeting in December. Each event let me know Japanese people of different styles. I am serious about cooking the taro in the sun, the enthusiasm of selling at the school festival, and the madness of everyone during the sports meeting. I have been deeply impressed; however, during the football class, I thought It is a team game and there is more communication, but in fact, apart from "あざす", I have no further communication with my teammates; the Japanese in two different situations also let me realize that one thing will appear in the saloon Most of the Japanese people want to make foreign friends, so compared with the average Japanese, it is easier to get close to them. For the average Japanese, it is more difficult for foreigners to make friends with them.

Compared with Japanese, it is much easier to make friends with non-Japanese, whether it is Brunei in Japanese class, Thai people in the saloon, or Russians who only meet in the dormitory, as long as they are willing to say hello , Will soon become the object of chat. Perhaps those who are willing to go abroad want to make more friends. Compared with Japanese, it is relatively easier to exchange students from countries with nods and enter into arms.

Different ideas and concepts produced by cultural differences can have a strong understanding in this small international village. For example, people in Europe and the United States are used to putting shoes in the room, while people in Asian countries are used to distinguish between indoor and outdoor. Shoes. Various differences will also be disputed when chatting. One time when chatting with several classmates, they discussed "open relationships". People in Europe and the United States will think that this is a good couple agreement, and people in Asian countries This kind of thinking is generally unacceptable, especially Taiwanese and Chinese who have been influenced by Confucianism. Also, while attending the English Day of the Yamagata No. 1 Middle School, I realized the differences in the education methods of the East and the West. In the language learning in the Western countries, the emphasis is on communication, while in the Eastern countries, the examination focuses on the different directions. Different types of education methods were developed, and after chatting with friends from European and American countries, I realized that the difference was so great.



