日本學習院大學，是日本排名還不錯的大學，位於目白車站旁，上鄰池袋下鄰高田馬場，位於東京市區，交通還蠻方便的。在交換校的課程當中，我最喜歡的是消費者行為這一堂課，利用心理學知識來做行銷，這堂課不僅內容紮實，老師上課也會常舉需多例子，以及簡單的小心理測驗，讓大家更好懂。雖然這堂課是全日文的，需要課前與課後的複習，不過也讓我開始對於這方面的知識有更多的興趣。在課外的生活，我與認識的各國朋友去欣賞了日本的夏日花火節，同時也一起體驗了許多日本傳統文化。我自己也一個人在課餘時間，到了日本許多地方獨旅(福岡、名古屋、沖繩、大阪、京都、奈良、神戶、廣島、仙台、北海道)，透過雙腳深入去體驗每個城市不同的魅力，也讓自己更深入地去了解當地的文化與社會。

在交換後的效益，第一個是專業知識與語言能力的提升，挑戰全日文的專業課程，不僅提升日文能力，也同是學習到更多在台灣沒學到的專業知識。第二個是自己獨立生活與問題解決的能力，自己一人用日文獨立完成在日本的租屋與退宿、市役所住民登記、保險、年金、銀行、手機門號等許多生活必需的手續。第三個則是跨文化溝通與全球視野，在課堂上與其他國家的留學生與日本學生的交流中學會包容不同背景的思維方式，也拓展了國際人脈與宏觀視野。最後一個則是自主規劃與應變韌性，在交換的其間我前往了多個日本城市獨旅，過程中鍛鍊了行程排定安排、預算控制、時間管理以及面對突發狀況的即時判斷與應變能力。

而在日本遭遇到最大的困境是抵達日本的第一個月，面對全日文的高強度專業課程以及繁瑣的一大堆手續，一度感到資訊過載與溝通壓力，第一個月每天壓力都非常大。後續的解決方式，主要是會先透過 AI 來協助釐清全日文信件的內容，然後再用 AI 協助撰寫全日文的信件，與對方溝通。不過在一開始我再用 AI 的時候，會怕他給予的格式或書信方式在日本是比較不被接受的(畢竟日本的規則細節很多)，所以我也反反覆覆來會修改確認信件，確保萬無一失。而在客也方面的部分，也是會先透過 AI 協助理解，真的沒辦法或者是在生活日文上有任何問題，會利用交換校提供的 SA(Students Assist)，來為我解答疑惑，漸漸克服語言上的障礙。不過我也從這些困難當中獲得了啟發，就是遇到複雜問題時，不能自亂陣腳，要冷靜下來一一拆解問題並主動尋求資源，讓看似困難的問題與關卡都能迎刃而解。

文化衝擊的部分，我覺得日本的文化跟台灣其實還蠻相近的，且在台灣就會有聽說日本有許多規則或與台灣不一樣的地方，所以我自己對文化上的衝擊比較沒有，可能就是生活習慣上的不同需要適應而已，比如說垃圾的分類、走路的方向等等。

交換後我覺得最大的轉變是在於「獨立自主性」與「心理韌性」的提升。從一開始為了要適應全日文環境，到後來能夠一人踏遍日本各大城市、獨立解決生活上所有困難，我漸漸學會了如何在陌生環境與不確定性中保持冷靜與條理。這段經歷讓我從一個原本是比較被動接收資訊的人轉變為主動規劃爭取資訊的人，讓自己比過去在面對任何新環境挑戰時能更加堅定與自信。

在學習院大學這半年的交換留學生活，對我而言是一段充滿挑戰又非常充實的成長旅程。從剛抵達日本時，面對全日文的專業商管課程與日本社會嚴謹繁瑣的生活行政流程，經歷了一段需要高壓與調適的適應期。然而正是透過主動尋求資源、在挫折中不斷調整步調，我學會了如何在陌生的環境中冷靜拆解問題並建立生活秩序。這段日子不僅讓我在學業與日語上取得了顯著突破，更重要的是培養了獨立生活的韌性與跨文化溝通的自信。我很建議勇於踏出自己的舒適圈，一開始到日本的時候，會害怕自己的日文程度不好不敢開口，但如果不開口就沒有辦法變好，所以我試著從說單字、再到簡單的一句話、再到用簡短的幾句話來表達自己的意思，只有開口了才會知道自己不足的地方在哪，然後再去加強，這是最重要的。然後也建議大家能夠提早掌握各項手續的時程以及所需資料，提前做好準備，寧願多準備也不要少東少西。

My half-year exchange experience at Gakushuin University was a challenging and truly rewarding journey. Gakushuin University is a well-known university in Japan. It is located right next to Mejiro Station on the JR Yamanote Line, conveniently situated in central Tokyo between Ikebukuro and Takadanobaba. This great location made daily transportation very easy and allowed me to explore the city smoothly.

Among all the courses I took, my favorite was Consumer Behavior. This course used psychological

concepts to explain marketing strategies. The professor gave many real-life examples and used quick psychological tests during class, which made difficult theories easy to understand. Although the course was taught entirely in Japanese and required a lot of preparation before and after each class, it deepened my interest in this field and taught me valuable business knowledge that I had not learned in Taiwan.

Outside the classroom, my life was colorful. I went to summer fireworks festivals and joined traditional cultural events with international friends. Moreover, I traveled alone to many Japanese cities, including Fukuoka, Nagoya, Okinawa, Osaka, Kyoto, Nara, Kobe, Hiroshima, Sendai, and Hokkaido. Walking through different streets helped me understand the unique charm, culture, and society of Japan.

This exchange experience brought me four major benefits. First, I improved both my business knowledge and my Japanese language skills. Second, I developed strong independent living skills by completing all essential administrative procedures by myself in Japanese, such as apartment leasing, moving out, resident registration at the ward office, health insurance, national pension, opening a bank account, and getting a mobile SIM card. Third, I gained a global mindset by communicating with Japanese and international classmates. Finally, traveling alone across Japan improved my time management, budgeting, and problem-solving skills under unexpected situations.

The biggest challenge I faced was during my first month in Japan. Dealing with high-intensity professional courses in full Japanese while handling complex administrative paperwork made me feel overwhelmed and stressed. To solve these problems, I used AI tools as my daily assistant to help me understand official documents and draft polite Japanese emails. Since Japanese business etiquette is very strict, I carefully revised each email multiple times to make sure there were no mistakes. For academic questions and daily Japanese practice, I actively used the Students Assist (SA) service provided by the university. These steps helped me gradually overcome the language barrier. This experience taught me an important lesson: when facing complex difficulties, stay calm, break down the problems step by step, and actively seek useful resources.

In terms of culture shock, Taiwanese and Japanese cultures are quite similar, so I did not feel a huge shock. I only needed to adapt to some daily living habits, such as strict trash sorting and walking directions.
The greatest personal growth for me is the improvement in independence and mental resilience. I changed from a passive receiver into an active problem solver. In the beginning, I was afraid of speaking Japanese because my skills were not perfect. However, I realized that if I did not speak, I would never improve. I started by speaking single words, then simple sentences, and gradually expressed full ideas. Stepping out of my comfort zone and practicing step by step was the key to my progress.

For future exchange students, I strongly recommend stepping out of your comfort zone and speaking bravely. In addition, always prepare administrative documents and track deadlines as early as possible. Being well-prepared will make your life abroad much smoother. This exchange life has given me great confidence and precious memories that I will treasure forever.