

交換心得（中文）：

我到日本交換的學校是位於日本北陸福井縣的福井大學，是一所國立大學，福大在北陸地區的大學裡算是很有名的學校，其中最有名的部分是從福大畢業的學生就職率是百分之九十以上，是日本全國排名第一這個紀錄至今為止已經連續 18 年。福大提供給學生的資源非常豐富，而且校園環境很新很漂亮。另外除了圖書館以外也有非常多可以提供給學生討論學習的多目的空間。福大的課程非常多元，全英授課的課也不少，可以說是對留學生非常友善。我自己在福大這一年上過的課裡面，最喜歡 Academic Reading in Global Studies 以及日本文化の基礎這兩堂課，前者我們閱讀非常多國際議題相關的文章，然後上課時小組討論，這堂課有來自世界課地的學生所以討論時可以知道很多不同的想法，真的受益良多，後者這門課則是教我們許多和日本文化相關的知識，學到許多日本的歷史，這堂課也是外國學生和日本學生一起上的科目，所以我們可以順便了解其他國家對於日本文化的想法，非常有趣。

來日本後，因為是第一次在國外生活，也可以說是第一次離家生活，因為我本來就是高雄人，又在中山唸書所以基本上沒有離開過家。剛來日本時還是有點不安，很多事情都必須自己處理，手續也很繁瑣複雜，雖然學校的老師和學伴幫了很多忙，但大多時候還是必須自己處理許多事情。但也因此培養出遇到麻煩或困難時，變得可以冷靜分析事情，然後再解決，不會慌慌張張的。

住在日本一年，習慣和想法上也產生了一點改變，日本人基本上不喜歡忙煩別人，在外也很保持秩序及禮貌，有時候會覺得日本人有些冷淡，所以剛來時雖然算不上文化衝擊，但還是有點不習慣，可是久了之後就習以為常，也變得比較獨立，很多事情都會先試著自己完成處理。還有獨處的時間也變得非常多，加上交換期間其實課業不中，獨旅就變成我交換期間非常喜歡的事情，以自己的步調旅行，看看日本各地不同的文化。

出國的這一年裡，我認為自己最大的成長大概就是學會更照顧自己，做事情上變得更有條理，國際視野也變得更廣闊，對未來自己工作上的想法及安排也出現了更具體的想法，獨立思考的能力變的很強，也變得勇敢表達自己的想法。

另外關於出國交換的具體效益對我來說有幾個重點那就是體驗國外生活與風俗民情、增進自我信心、學習獨立及增進國際視野這四項，這也是這一年來我覺得最有感覺的改變。

出國交換，除了出國學習語言或各種文化，我覺得更多的是挑戰許多在台灣可能比較少遇到的事情，不管是生活上或是人際關係上，在家人朋友不在身邊的時候，如何自己處理事情，如何排解自己的負面情緒，遇到困難挫折又在人生地不熟的地方時，不安的情緒真的會加倍，但如何調解也是一個課題。我認為出國交換很多寶貴的經驗都是在台灣比較難學習的到，又或者說在我們學生階段時期很難學習的到的。所以如果有機會可以出國交換，會很推薦大家出國看一看。

交換心得（英文）

I spent a year on exchange at the University of Fukui, a national university located in Fukui Prefecture in the Hokuriku region of Japan. Fukui University is one of the most reputable universities in the area, known especially for its outstanding employment rate — ranked number one nationwide for 18 consecutive years. The university provides abundant resources, a comfortable and quiet campus environment, and a highly supportive atmosphere for international students. One of the things I appreciated most was the variety of English-taught courses. Among them, my two favorite classes were *Academic Reading in Global Studies* and *Fundamentals of Japanese Culture*. The former focused on global issues and encouraged deep discussions with students from different countries, broadening my understanding of international perspectives. The latter was co-taught with Japanese students and gave me a chance to explore Japanese history and culture while learning how students

from other countries view Japan. These classes not only enriched my academic experience but also sparked many meaningful cross-cultural exchanges.

This was my first time living away from home and my first experience living in a foreign country. At the beginning, I encountered many challenges — from daily life tasks to navigating administrative procedures. It was overwhelming at times, but thanks to the kind support of professors and student buddies, I gradually learned how to approach problems calmly and independently. Living in Japan also taught me a lot about cultural differences. Japanese society values order, punctuality, and politeness, and people generally avoid being intrusive. It took me some time to adjust, but I eventually came to appreciate the unspoken rules and became more observant and respectful of others' space. These experiences helped me grow into a more self-reliant and thoughtful person.

Since the academic workload during the exchange was relatively light, I had plenty of time to explore other aspects of life in Japan. I began to enjoy traveling alone and visited many regions to experience local traditions, foods, and festivals. Each journey offered something new, from historical landmarks to casual conversations with locals, all of which deepened my appreciation for the country.

Looking back, this exchange year was truly transformative. The most significant change I experienced was learning how to take care of myself, make decisions independently, and manage my time and responsibilities more efficiently. I also developed a much broader international outlook and became more confident in expressing my opinions and ideas, both in academic and everyday settings.

To me, the greatest benefits of the exchange were threefold: experiencing a different culture and way of life, building self-confidence and independence, and expanding my global perspective. Leaving the familiar, adapting to a new language and environment, and learning how to navigate relationships in a completely foreign context taught me life lessons I could never have learned at home. If you ever have the chance to study abroad, I would highly recommend it. It's more than just learning a language — it's a powerful journey of growth, discovery, and global understanding.