

## 學校簡介

日本中央大學

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

日文課

國外研修之生活學習（課外）

滑雪、旅遊、活動交流

交換/研修之具體效益（請條列式列舉）

- 1.日文程度增強
- 2.獨立自主能力
- 3.企劃規劃能力

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?

剛到日本不會講日文，所以嘗試用英文跟他們溝通，後來努力學習日文，漸漸的就能以日文跟他們聊天了

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

了解文化差異，同理心角度出發

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?

獨立自主能力

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?

可以補一些住宿費用，不無小補

## 感言及心得感想

起初剛到日本時，只會講幾句簡單的日文，大多都用英文在溝通，經過一年的生活，已經不會害怕講日文了，而且也能跟日本人用日文交流。中央大學的國際宿舍非常的優良，有一半的學生是日本人，一半是外國人，宿舍中有公共的廚房及交誼廳，每到晚上時刻，大家都匯聚在這裡交流，同時也能認識更多的人，第一項收穫就是認識了許多來自世界各地的朋友，透過與他們交流，語言能力也漸漸的增長，另外也修了許多日文課程，老師會很扎實的教導日文，這段期間的進步幅度非常大。

除了課堂的學習、日常的交流，課外的活動也是非常重要的，在日本東京的好處就是能感受到四季的樂趣，秋天時，去爬了東京的靈山高尾山，也看了許多的美景跟楓葉，搭新幹線和夜行巴士到廣島吃牡蠣、參觀了原爆廣場、廣島城，也吃了麝香葡萄、水蜜桃跟獨特的廣島燒。冬天時則是組團一起去長野、富士山附近滑雪、泡溫泉，自己學會用日文租裝備、請教練教學。春天時，到關西大阪、京都、姬路賞櫻，在姬路城欣賞美麗的盛景以及櫻花。夏天時，利用周遊券到東北青森、仙台、盛岡參加一年一度的祭典，也享受東北的美味海鮮，這一年剛好日幣贬值的關係所有美味高貴的美食價格都非常優惠，但這一年間也感受到日本的物價有上漲的趨勢，國內的經濟狀況似乎也因為疫情的關係出現了問題，日本政府不斷的發放補給品及錢，日常的生活費也漲很多，雖然如此，在地的超市還是每天都會提供特惠，每天的食材、便當都會有半價的優惠，而宿舍的廚房設備非常齊全，可以在宿舍裡煮飯，不用花很多錢外食，而且在超市可以買到不錯的海鮮、便宜的和牛以及當季水果，這一年間透過超市品嚐的許多在台灣非常昂貴的食材，是非常難忘的經驗。

在課堂學習的部分，第一個學期是有開授專門學習日文的課程，聽說讀寫都有專業的老師進行教授，每天的學習之下，進步的非常快，課堂有時候也會邀請日本學生來跟我們交流，透過交流更了解彼此的文化風俗也增強日文溝通的能力，而學系的課程我選擇的是程式語言相關的課程，但日本老師的教授方式差強人意，教導過於簡單且不實用的理論，我認為有點可惜，但還是透過交流得到一些收穫。第二學期的日文課由於制度的改變，取消了過往扎實的日文課，導致許多外國學生向學校抗議，雖然如此我還是用課餘的時間自主學習日文並更常用日文與大家溝通，所以經過一年的交換，更了解到學語言真的需要環境，當大家都說日文時，自己也會想盡辦法提升自己的日文能力。最後，我認為這一年在日本最大的收穫就是交到了很多世界各地的朋友，也很感謝中央國際宿舍提供這麼好的住宿、交流環境。

## 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)

The school is located in Hachiōji. The campus is very large, and the equipment in the building is very new. The students are also very energetic, and the curriculum arrangement is very diverse and interesting. The most famous college here is the Law School, and many famous alumni graduated from this university. I have taken many Japanese courses, including listening, speaking, reading, and writing every week. The teacher is very diligent in teaching and also invites many Japanese students to communicate with us in the classroom. After a semester, my Japanese language ability has significantly improved and I can easily communicate with the Japanese. I also participated in the Japanese language test in the second semester, from not knowing Japanese to the level of N3 and N2. I really appreciate everyone here.

The campus life here is very interesting, with many activities to participate in every day. The students in the international dormitory often cook, play, chat, and share their stories together. The transportation here is very convenient. The station is very close to the campus, and it takes about 30 minutes to get to the downtown of Tokyo. Therefore, when I have time, I usually visit the downtown of Tokyo, such as Shinjuku, Yokohama, Harajuku, Shibuya, and Tokyo. There are many very interesting scenic spots, and I have left many unforgettable memories in Tokyo. I often visit various places in Japan during holidays. After a year, I have also visited many places in Japan and left many beautiful memories here, such as tasting food, visiting castles, and so on.

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