

國立成功大學

出國報告書

報告名稱：112學年第1學期赴日本筑波大學出國報告書

出國期間：2023年09月23日~2024年02月27日

單位：國立成功大學文學院外國語文學系

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中華民國 113 年 03 月 30 日

摘要 Summary

在四年的大學課業中，我努力挑戰自己的語言能力，包括英文和日文。在聆聽自我想法後，我意識到需要更多實踐機會。於是，我申請了到筑波大學的交換計畫，期待拓展自己的語言和文化素養，以及培養更強的獨立性和自信心。申請過程中經歷了深入的研究和漫長的等待，有幸最終順利錄取。抵達筑波後，我感受到了不確定性的沉重，但也迎來了生活的新起點。相較於台灣的繁忙生活，筑波的生活安寧恬靜，使我能深呼吸，享受慢活。然而，作為交換生，我也遇到了飲食、交通和繁雜手續等問題。藉由放慢腳步，慢慢與自我對話，我根據計畫安排了適合的課程，深入學習了日本文化、國際法和日語。除此之外也參加了語言交換和活動社團，豐富了課餘生活。交換期間的豐富收穫，讓我更加堅定自己的成長和探索。在這段時光中，我不斷挑戰自己，一步步完成當初設下的目標，深入了解日本的歷史和文化精神。在交換計畫結束時，我感到充滿感激和成長，準備踏上下一段冒險的旅程。

In the four years of university studies, I challenged myself in language skills, including English and Japanese. Upon reflecting on my own thoughts, I realized the need for practices. Hence, I applied for the exchange program to the University of Tsukuba, with the aim of sharpening my language competence, as well as cultivating stronger independence and confidence. The application process involved in-depth research and lengthy waiting, but I was fortunate to be successfully admitted. Upon arriving in Tsukuba, I felt the weight of uncertainty but also embraced a new beginning. Compared to the hustle life in Taiwan, Tsukuba offered a tranquil environment for me to take a deep breath and take steady pace of exploration. As an exchange student, I encountered challenges such as food, transportation, and complex procedures. By slowing down and listening to my thoughts, I arranged suitable courses to learn more about Japanese culture, international law, and comprehensive Japanese. Also, I participated in language exchange and sports clubs to enrich my extracurricular life. The meaningful experiences during the exchange reaffirmed my growth and exploration. Throughout this journey, I continually challenged myself, gradually achieving the goals I set initially, and gaining deeper insights into Japan's history and cultural spirits. As the exchange program concluded, I felt grateful and prepared to embark on the next adventure.

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本文：包含「目的」、「過程」、「心得及建議事項」（請分項標示）

1. 目的 Purpose

Throughout the four years of studying in Foreign Languages and Literature Department, all kinds of research and analysis have cultivated my thinking and perspectives, bringing diverse insights into humanities in both theoretical and practical aspects. With English as my major and Japanese for my second foreign language learning, I have tried to seize every chance of challenging myself in language using, with the aim of sharpening my hard skills which I take as one of the essential expected goals I have to achieve through consistent training. However, as the language courses seemed to come to an end in my junior year, I realized the fact that the knowledge in the books is far away enough for my skills to be built firmly, but just a gate opened with a long path waiting. Standing at the start, I got excited and nervous for the great possibilities in the beyond. Acknowledging the ongoing registration for exchange overseas, I resolutely applied for the exchange program to the University of Tsukuba. Feeling fresh and ambitious, I expected myself to not only better excel in languages and cultures, but develop stronger independence and confidence with a broadened horizon.

2. 過程 Process

With the thorough research and inquiry about the ideal colleges and requirements, the process of application has gone smoothly. Between two stages of evaluation were months of suffering waiting. To have myself better prepared, I started to do more work on organizing details of my study and life plan, which turned out to help me a lot with the following preparation. After being informed with the official admission, I realized the adventure had really begun. However, not until I arrived at the airport did I understand the heaviness of uncertainty. Two huge suitcases and one backpack standing as my family's caring and worries had become my only companions. I stepped into the gate which has witnessed thousands of farewells and reunions, knowing I would have grown so much once I returned.

Compared to the fast-paced and multifarious lifestyle in Taiwan, life in Tsukuba could be addressed as simple and peaceful. University of Tsukuba is located in Ibaraki prefecture, the tranquil suburb which takes about 2 hours to commute to Tokyo. Here on the streets are no rampaging scooters and cars, but mostly bicycles and buses which are considered as the two vital ways of transportation in the lives of people in Tsukuba. The scenery is another thing worth mentioning. Instead of walking in the concrete jungle, towering trees and chirping birds could always lighten up one's mood as a perfect start for a new day. When it comes to night, that's when the stars show off their beauty by shining marvelously in the cloudless sky. I still remember the first time when I got to take a break and had these stars laid in my eyes, that's when life started to feel stable and inspirational. I sat on the grass with the cold breeze of early winter stroking my face, getting lost in the shine of the stars. I feel blessed from the embrace of nature, but at the same time awed by the fact that we are absolutely diminutive in the face of this whole world. That night stands as one of my most unforgettable memories.

Realistically speaking, there are some differences that could stand as problems for exchange students in the beginning, including food choices, traffic, and payments. First and the most common difficulty lots of students share is eating. Somehow the prices of commodities here turn out to be not as low as expected. Food from convenience stores can be already pricey, not to mention the money spent on dining out. Therefore, cooking becomes the top choice in people's minds, effectively cutting down the budget for food. However, for people like me who don't cook originally, cooking can't be taken as a solution. Realizing the need to find ways to eat healthily and reasonably, I have ended up switching between buying cooked food in convenience stores and cooking with friends, which works and supports my eating well.

Traffic is also one huge difference one needs to get used to, especially in the aspect of time and money. Hours of commute are seen as normal, and the fees of all kinds of vehicles such as circular buses, express trains, subways are all worth noting expenses. In comparison with Taiwan's traffic, the pursuit of convenience is slightly sacrificed in exchange for a rather nature friendly and arranged environment. Last but not least, due to the identity as foreigners, the procedures for all kinds of payments such as insurances, rental fees, phone plans are all more complicated and time consuming. Having all the files ready anytime is what I learned specifically from dealing with complex forms of payment.

After approximately one week of staying in Tsukuba, the new semester officially began with students busy settling their course schedules. Based on the statement of purpose I made for the exchange, I had tried to arrange out the schedule with the most suitable courses that could fit in the time slots. The courses I had finally chosen include Introduction to Japanese Culture and Japanese Issues for the deeper study of Japanese culture ; Introduction to International Law and One-Planet Relational Studies in Literature and Culture with the aim of getting an insight into international relationships and law systems ; Comprehensive Japanese and Kanji courses for Japanese competence. This arrangement had turned out to be ideal, especially in the aspect of time division and learning purposes. Among all the courses, Japanese issues and Introduction to International Law inspired me the most with the ideas I have learned. Through the textbook *The Japanese Mind* (Davies & Ikeno ; 2011), a lot of essential concepts and values are analyzed and discussed in the class of Japanese Issues, such as the ideas of Uchi and Soto, Nemawashi, and the Do spirits. Diverse cultures of different countries collide and cohere, creating a lively and fulfilling learning environment. By learning the purposes, structures, controversies, problems, and possible solutions of the fundamental international laws, I have been getting to acknowledge the complexity of states' association realistically and ideally, and realized the significance of the building of laws.

Comprehensive Japanese and Kanji courses have also taken a meaningful part in my study in the University of Tsukuba. In order to cover all four elements of a language, the courses are conducted four days a week, which not only provides the solid teaching but gives chances for students to build up a strong bond and friendship through the collaboration in practices and projects. During the final project, I worked on research which aimed to figure out the value of being on time for Japanese with a classmate called Manith. We discussed and designed questions, did interviews with Japanese native speakers, collected and analyzed the data, and presented our results to class, which were all conducted in full Japanese. It was great teamwork. I got to improve my language competence and thinking, and also have Manith as one of my best friends who are planning to visit Taiwan soon.

Speaking of extracurricular activities, various clubs and gatherings enrich students' after school life. During the five months of exchange in Tsukuba, I had been regularly attending a language exchange club named Omochi and a sport club which invites people to play all kinds of sports together. Getting myself involved in the weekly meetings held by Omochi, I felt like a member of a big family formed by friendly people all over the world. No matter if it's the same old self-introduction for the new faces, or the warm caring and chit chatting among old friends, I could always have fun and feel the sense of belonging. With the lead of Omochi, we celebrated festivals such as Halloween, Christmas, and Chinese New Year, enjoying space for learning diverse cultures and creating bonds. It feels wonderful to know all the good friends I made from Omochi share the same meaningful memories with me. On the other hand, the spirit of dedication and discipline I got to share with the members of the sport club is also magnificent. I felt really lucky to have the chance to participate with my partners in the grand sports day on which various sports games are held. The hard work we had put into the practice for the sports day in turn brought the sweet fruit of victory. Fulfilled and grateful for this amazing experience, being a member of the sports club always stands as an honor in my heart.

3. 心得及建議事項 Reflection and Suggestions

I still remember when I first arrived at the University of Tsukuba, the sense of insecurity and worry still struck me hard no matter how prepared I was. Staring at the ceiling of my dorm in bed, I felt excited but also scared about whatever would come next. Even so, I told myself to keep going in the belief of my own potential. Instead of proving myself hastily, I worked at a steady pace and found a balance between study and life with unstoppable explorations. During this journey, I succeeded in having smooth interactions with Japanese, immersing myself into the rich history and cultural spirit of Japan, feeling the snow in the palm of my hand for the first time, dancing slowly with close friends around the campfire, presenting the result of my research in Japanese to class. All of these precious moments were something I didn't think I could create in my life. On the last night of my exchange, I lay in bed, staring at the ceiling. It looked just the same as that night. Everything seemed to stay the same, but not me. I felt peace, stronger than ever. Thinking back to the day I made the decision to apply for an exchange, that night of overwhelm, and all the memories I had made in these five months, I felt nothing but just gratitude. Stepping out the gate of the airport which welcomes everyone home, I know I have grown so much, ready for the next adventure.

附錄(請同學附上5張以上交換學習之照片，相片解析度以低解析度處理為原則。)

