

國立成功大學

高教深耕計畫出國報告書

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摘要

英文

This article will explore my transformative experience during the exchange program at Hokkaido University in Japan. Beginning in my final semester of college, this journey marked a significant period of personal growth and discovery. From the moment I arrived, I was immersed in a new culture and language, which both challenged and enriched me in unexpected ways.

A key aspect of this experience was the improvement of my Japanese language skills. While I had studied Japanese before, living in Japan allowed me to use the language in everyday situations, from casual conversations to academic discussions. What initially seemed like a daunting language barrier gradually became an opportunity for growth, boosting my confidence and deepening my understanding of Japanese culture.

The exchange also provided the chance to connect with people from around the world. Hokkaido University's diverse international community enabled me to form friendships with students from various cultural backgrounds. These interactions broadened my perspective and taught me the value of open-mindedness and collaboration.

Throughout the program, I faced challenges that pushed me out of my comfort zone, such as navigating Japanese bureaucracy, adapting to new teaching styles, and managing daily life in a foreign country. These experiences helped me develop resilience, adaptability, and problem-solving skills that will benefit me in the future.

In reflecting on my time in Japan, I realize that this exchange program was one of the most rewarding experiences of my life. It was more than just academic growth; it was a journey of self-discovery and cultural immersion. The lessons I learned, the memories I made, and the friendships I formed will stay with me long after college, fueling my passion for lifelong learning and exploration.

中文

這篇文章將探討我在日本北海道大學交換學習期間的轉變經歷。這個旅程開始於我大學最後一個學期，標誌著一個個人成長和探索的重大時期。從我抵達的那一刻起，我就沉浸在一種全新的文化和語言中，這既給我帶來了挑戰，也在意想不到的方面豐富了我的生活。

這段經歷的一個關鍵方面是我日語水平的提高。雖然之前我已經學習過日語，但在日本生活讓我能夠在日常生活中使用這門語言，從日常對話到學術討論。最初看似難以跨越的語言障礙逐漸成為了成長的機會，增強了我的信心，並加深了我對日本文化的理解。

這次交換還讓我有機會結識來自世界各地的人。北海道大學多元的國際社區讓我與來自不同文化背景的學生建立了友誼。這些互動拓寬了我的視野，並教會了我開放思維和合作的重要性。

在整個項目中，我面臨了許多將我推向舒適區之外的挑戰，如處理日本的繁瑣手續、適應新的

教學風格，以及在國外管理日常生活。這些經歷幫助我培養了應對挑戰的韌性、適應能力和解決問題的技巧，這些都將對我未來的發展有所幫助。

回顧我在日本的時光，我意識到這次交換項目是我生命中最有價值的經歷之一。它不僅僅是學術上的成長，更是一次自我發現和文化沉浸的旅程。我所學到的經驗、所創造的回憶以及建立的友誼將伴隨我走過大學之後的歲月，並激發我對終身學習和探索的熱情。

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一、 目的

Studying abroad has provided me with many opportunities, including the chance to learn a new language. The most effective way to learn a language is to immerse yourself by living among the local people. I'm not sure when I first became interested in learning Japanese, but my motivation to study the language came from my love for Japanese TV shows. This passion led me to choose Japan for my exchange program, specifically at Hokkaido University.

I chose Hokkaido University because of the HUSTEP program, which offers courses for students from diverse backgrounds and provides Japanese language classes. I decided to spend my last semester at Hokkaido University because I wanted to experience a different learning environment and make new friends. Unlike other cities in Japan, such as Tokyo or Osaka, Sapporo—where Hokkaido University is located—offers a much better environment for learning Japanese and studying in general. In big cities like Tokyo, there are many tourists and foreigners, which makes it relatively difficult to practice Japanese.

二 過程

Below is a timeline outlining the process.

Winter 2021: The idea of participating in an exchange program first emerged. Try to research about it

October 2022: Successfully passed the language proficiency exam and was accepted into Hokkaido University's program.

Spring 2023: National Cheng Kung University (NCKU) announced the available exchange student quotas and the internal selection process for that year.

Spring 2023: Wrote the autobiography, study plan, and other necessary documents.

Summer 2023: Successfully passed the internal selection process at NCKU. Began filling out the application forms for Hokkaido University.

January–February 2024: Received documents from Hokkaido University intermittently, applied for housing, and filled out basic information forms.

March 2024: Received the visa documents from Hokkaido University just a few days before departure and finally obtained the visa.

March 31, 2024: Arrived at Hokkaido University and began the program.

August 23, 2024: Returning to Taiwan

三 研究期間

Before arrival:

Visa:

To exchange in Japan, you need to have a valid residence visa before entering Japan. For the application, you can either go to Japan-Taiwan exchange association office. In Taiwan, there are two offices, which one is in Taipei city, and another is located in Kaohsiung. For a person whom residence is in the North parts of Taiwan, he or she need to go to Taipei office for visa application. As for me, since my residence card address is in Tainan, therefore, I must go to Kaohsiung office for application. The cost of visa applications is 1600 NTD.

For non-Taiwanese citizen required documents are:

1. Application forms
2. 2-inch picture
3. Residence card and a photocopy
4. Passport and a photocopy
5. Student ID and a photocopy
6. Certificate of Enrolment (CoE)
7. Flight Tickets

As for residence visa, the CoE will be received from NCKU sent by Hokkaido university. You might have to wait until you received CoE in order to apply for residence visa. In Japan, in case you already stayed in Japan with your visa-free, you have to go out of Japan in order to apply for residence. In Japan, it is not possible to change from visitor visa to residence.

Flight:

For the flight to Sapporo, there are many direct flights from Taoyuan airport to New Chitose airport. For my flight, it is cost me about 18000 NTD, where I have a transits in Tokyo Narita airport.

Immigration:

At the immigration, the officer will be asked you to show him CoE from Hokkaido university. After show he/she the CoE, you will received the residence card at the airport. (在留カード)

Baggage and clothing:

In Sapporo, the temperature is about -2 to 5 degrees in April. The temperature will be rising until August which is around 20-25 degrees at night and 28-32 degrees during the days. For your convenience, you can buy winter clothing in the Sapporo city. Japanese brands like GU and Uniqlo can be half the price when you buy in Taiwan. I don't recommend to bring much clothes from Taiwan, since you will be ending up buying more clothes during your exchange and might be difficult later when you come back to Taiwan

Calls and Internet card:

You can buy the sim card at the Taiwan airport directly or by booking online through kkkday or klook platform, for your first two weeks of your stays in Japan. Alternatively, you can buy travel sim card in electronics store for examples; BIC- camera or Yodobashi.

After arrival:

How to get to the city:

Depend on where your accommodation has been assigned from Hokkaido university. As for myself, I got assigned to Kita 8 international house which located near to Soen station (桑園駅), which it is just a station after Sapporo station if you are coming from New Chitose airport. From New Chitose airport, there are an express JR train directly from the airport to Sapporo station (特急列車). It is usually cost about 1200 Yen. However, for reserved seat 指定席, will be cost additional 700 Yen. I recommend to get non-reserved seat 自由席.

Money and cash:

You can bring some of the cash to Japan but you have to be careful with the limit of cash bring to Japan. The limits is 1 Millions Yen in cash. For your everyday life you can used VISA and Mastercard for many shops in Japan, however, for JCB card, as shop of the shop does not accept. You can find any ATM in any convenient store which usually charged a handling fees for 100 yen for every 10000 yen of your withdraw.

Necessities:

There are many drug store like Tsuruha or Sapporo drug store located nearby your dormitory. For cooked food, meat and vegetables, there are many supermarkets around Hokkaido university depend on which dorm that you have been assigned to. For example, Aeon mall, Daiichi or superArcs. As for electrical appliances such as Rice cooker or electric fans or hair dryer and so on, I recommend you buy from second hand store or recycling store. For example, 2nd streets or you can type on google maps looking for リサイクルショップ-literally mean recycling shop. As I got rice cooker for half the price in compared to buying brands new from electronics shop like Yodobashi.

Living costs:

I spend about 150000 yen on average in a month. As 50000 yen is for the rent and 100000 yen included eating out, grocery and extra curricular activities. In case of leaving the town, its might cost more than 150000 yen per month.

Bicycle:

Many of dormitory offers by Hokkaido university is quite far away, there might be because of the Hokkaido university campus is very large. For kita 8 international house, takes 25 minutes' walk to the classroom. In the spring, as snow has already been melted therefore buying a bicycle is a good deals. There is a bicycle shop チャリクルサイクルショップ close to city office 北区役所 which offers second hands bicycle at low price as could costs as much as 10000 yen.

四 心得

During my exchange at Hokkaido University, I had the opportunity to meet many new people and experience various cultural differences. Over my five-month stay in Japan, I improved my language skills in both English and Japanese and became better at communicating with others. Whenever I encountered problems, the HUSTEP program staff at Hokkaido University were always helpful. I also noticed that everyone in my classes was actively engaged in group discussions.

One of the highlights of my exchange was participating in the YOSAKOI Festival in Sapporo. Through this festival, I was able to connect with many people from different countries, including local residents.

For those who are worried about studying abroad, whether due to language barriers or concerns about making friends, I want to reassure you. When you arrive at your destination, you won't feel left out. People will be eager to get to know you, your story, and your country, so don't be afraid to take the leap and go on an exchange.

五 附録

