

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生 返國報告書 心得分享

學校簡介

琉球大學位於日本沖繩縣中頭郡西原町，是沖繩縣內唯一一所國立大學，簡稱琉大。大概在整個沖繩本島的中心，學校腹地廣大，有許多豐富的生態景觀，是個稍微偏郊區的地方，距離那霸市區車程約 30 分鐘。沖繩天氣方面跟台灣北部差不多，降雨機率高，較潮濕。

住宿方面，學校分別有千原寮及會館兩個宿舍區域。會館位於學校南口，距離主要上課地點走路不到 10 分鐘，設備較齊全，單人房並且房間內有獨立衛浴設備、小廚房、冰箱、衣櫃，也有供應較厚的床墊。千原寮位於學校北口，分別有一般棟、混住棟、新棟，距離主要上課地點走路約 20 分鐘。千原寮一般棟為單人房但須與室友共用淋浴間、廁所、廚房，隔音極差，且房間內無衣櫃；混住棟有自己的廁所，其餘設備情況與一般棟相同；新棟則與會館一樣設備齊全，有獨立衛浴及小廚房，但沒有冰箱，需自行購買。

國外研修之課程學習 (課內) · 推薦受益最多/最喜歡的課程

琉大的課程大部分為語言課程，並將課程進行分級，分為 A1、A2、B1、B2、C1、C2 六個等級，A 級最基礎，C 級最難。在留學生開學前會舉辦分級測試，學生可以依據測試結果進行選課，選擇適合自己程度的課程 (B1~B2 的程度大概介於日檢 N3~N2 之間)。以下為交換期間選修後想推薦的課程：1. 聽解 B2 (渡真利聖子 老師)

這堂課是我所有修的課程裡面覺得最難的一堂，也是每週花最多時間準備的一堂課，整個學期的課程內容分為前後兩個部分。前半學期的課程，老師找了一部日劇 (這學期是看「勿說是推理」)，並且不提供字幕，讓我們根據日劇的內容進行聽力練習，填寫老師自己編的學習單教材。後半學期的課程則是個人報告，老師會準備好幾個約 10 分鐘的談話節目，每個人選擇自己有興趣的內容進行報告並且每週進行分組討論。雖然需要花不少心力學習，但整個學期下來也感受到自己的日文聽力大幅的進步。

2. 會話 B1 (知念啓子 老師)

會話課老師每週會提供講義，讓大家練習不同主題的日常對話內容，上課氣氛很歡樂，因為是會話課，所以就像是在跟同學們快樂聊天一樣。老師規定上課只能講日語，並且不能找與自己同國家的同學同組，所以課程中也因此和許多外國的學生進行交流，認識到不同國家的文化，同時也強迫自己思考如何用日文表達，過程中不知不覺就越來越勇於使用日文進行對談。

國外研修之生活學習 (課外)

琉球大學生活上最不方便的的就是交通，沒有車等於沒有腳，且沖繩的公車費用很貴，基本上琉球大學的同學都人手一台車，因此強烈建議想來琉球大學交換的同學務必具備開車的能力，在沖繩生活起來會較為便利。學校附近有許多租車行，不論是平日去超市買東西 (宿舍距離最近的超市需要走至少 20 分鐘)，或想要利用週末至沖繩各處遊玩，自行租車或找朋友分租是比較推薦的方式，月租包含保險大約落在日幣 26,000~35,000 之間。除此之外，從沖繩至日本本島遊玩也十分方便，距離琉大北口千原

寮附近的公車站有直達那霸機場的公車，加上日本國內線機票便宜，同學們若將排課集中，學期中也可以有許多去本島遊玩的機會。

琉大有分配給留學生每人一個學伴，一開始辦理入國手續時會有學伴協助，之後學期中也可以利用課餘時間與學伴進行交流，增進自己的日文能力，結交當地好友。另外也推薦大家再來交換時可以帶一些台灣的伴手禮（茶包、小包科學麵等等），在開學彼此認識時可以作為很好的交流禮物。

交換/研修之具體效益（請條列式列舉）

1. 日語聽說讀寫能力大幅提升
2. 結交許多不同國家的好朋友，增進國際視野
3. 體驗在國外的生活，體驗到旅行之外的日本當地實際生活樣貌

感想與建議

日本交換留學不論是半年或是一年，都是人生中體驗不同生活的寶貴時光，且時間有限，推薦交換生們可以在進行交換留學前思考自己在這過程中想要獲得什麼、累積什麼樣的能力、體驗哪些事物，如此一來在實際來交換之後，便可以逐步審視自己是否有在軌道上。我自己訂定的目標是：「希望可以在口說方面不畏懼和當地人進行交流。」因此當初在選課上特別針對會話及聽力進行了選修，也旁聽了琉大另一門給本地學生選修的中文課，認識了一些對學習中文有興趣的日本同學。琉大的語言課程很紮實，短短一學期下來，相較於剛來交換的時候，明顯感受到自己日文聽說讀寫能力的進步，因此很推薦給想要好好培養日語能力的同學來琉大交換，也祝福各位交換一切順利。

英文心得報告

Exchange Experience at the University of the Ryukyus

The University of the Ryukyus (Ryudai) is the only national university in Okinawa, located in Nishihara, Nakagami District. Situated near the center of Okinawa's main island, the campus boasts extensive grounds and abundant natural scenery. While it is in a slightly suburban area, it is about a 30-minute drive from Naha City, the largest urban center in Okinawa. The weather in Okinawa is similar to northern Taiwan—humid with frequent rain.

Accommodation Options

Ryudai offers two main dormitory areas for students: Senbaru Dormitory and the International House. The International House is located near the south gate of the campus, less than a 10-minute walk from the main classroom buildings. It offers private rooms equipped with a bathroom, kitchenette, refrigerator, wardrobe, and a comfortable mattress. Senbaru Dormitory, located near the north gate, consists of General Halls, Mixed Halls, and New Halls. The General Halls have single rooms but require sharing showers, toilets, and kitchens with roommates. The soundproofing is poor, and rooms lack wardrobes. Mixed Halls provide private toilets but otherwise share the same conditions as General Halls. The New Halls are similar to the International House, with private bathrooms and kitchenettes, though refrigerators must be purchased separately. The walk to the main classroom buildings from Senbaru takes about 20 minutes.

Academic Learning (In-Class Experiences)

Most of the courses offered to exchange students at Ryudai are language courses, categorized into six levels: A1, A2, B1, B2, C1, and C2. Levels A are the most basic, while C levels are the most advanced. A placement test is conducted before the semester starts, allowing students to enroll in courses that match their proficiency level. Below are two recommended courses based on my experience:

1. Japanese Listening B2 (Instructor: Tomari Seiko)

This was the most challenging course I took, requiring significant preparation each week. The semester was divided into two parts. In the first half, we practiced listening skills using a Japanese drama (“Do Not Say Mystery”), with no subtitles provided. We completed worksheets prepared by the instructor, focusing on understanding the dialogues. In the second half, we worked on individual presentations. Each student chose a 10-minute segment from a talk show and delivered a report, followed by group discussions. While demanding, this course greatly improved my Japanese listening comprehension.

2. Japanese Conversation B1 (Instructor: Chinen Keiko)

This course focused on practicing daily conversation topics. The instructor provided handouts weekly, and the class atmosphere was lively and enjoyable. Since the class only allowed Japanese as the medium of communication, and students couldn't pair with peers from the same country, I had opportunities to

interact with students from diverse cultural backgrounds. This encouraged me to think creatively about expressing myself in Japanese and built my confidence in using the language.

Daily Life and Extracurricular Learning

One of the biggest challenges at Ryudai is transportation. Without a car, life can be inconvenient, as public buses are expensive and not always frequent. Most students at Ryudai own cars, so I strongly recommend exchange students have a driver's license. Renting a car is a convenient option, whether for grocery shopping (the nearest supermarket is at least a 20-minute walk from the dormitories) or weekend trips around Okinawa. Rental prices, including insurance, range from ¥26,000 to ¥35,000 per month. Additionally, traveling to Japan's main islands is relatively easy from Okinawa. There is a direct bus from Chihara Dormitory's nearby stop to Naha Airport, and domestic flight tickets are affordable, offering plenty of opportunities to explore mainland Japan during breaks.

Each exchange student is paired with a local "Buddy" at Ryudai. Buddies assist with administrative tasks upon arrival and are a great resource for practicing Japanese and making local friends. I recommend bringing small gifts from Taiwan (e.g., tea bags or snacks) as tokens of appreciation and conversation starters when meeting new people.

Benefits of the Exchange Program

1. Significant improvement in Japanese listening, speaking, reading, and writing skills.
2. Building friendships with peers from various countries, enhancing cultural understanding and international perspectives.
3. Experiencing authentic Japanese daily life beyond that of a tourist.

Reflections and Suggestions

Studying abroad at Ryudai, whether for six months or a year, is a unique opportunity to experience a different way of life. As the time is limited, I recommend future exchange students reflect on their goals before arrival. What skills do you want to develop? What experiences are you looking for? Having clear objectives can help you make the most of your exchange experience.

My personal goal was to overcome my fear of speaking Japanese with locals. To achieve this, I prioritized courses that focused on speaking and listening. I also audited a Chinese course offered to local students, which allowed me to meet Japanese students interested in learning Chinese. The language courses at Ryudai are rigorous, and even within one semester, I noticed significant progress in my Japanese abilities. For students looking to enhance their language skills, Ryudai is an excellent choice. I wish all future exchange students a fulfilling and memorable experience!