

JOY Program Reflection

Exchange Semester Experience Fall2025 & Spring2026

National Tsing Hua University, Taiwan



I decided to study abroad in Japan because I wanted to improve my Japanese and English and making international friends. Looking back after one year in the JOY Program, I realize that I gained much more than language skills. This experience has broadened my perspective and allowed me to grow both academically and personally.

Before coming to Japan, most of my Japanese and English learning came from textbooks, classrooms, and anime. Although I had studied these languages for years, I rarely had opportunities to use them naturally in daily life. During this year, Japanese and English became the languages I used every day, for communicating in class, discussions, making friends from different countries, and expressing my own opinions. Gradually I found myself thinking, communicating, and even viewing the world through different languages. I realized that language is not only a tool for communication but also a new perspective to understand different cultures and ways of thinking.

Besides, The JOY Program offered many inspiring courses. In the class of SDGs, my classmates and I designed and organized workshops for Japanese kindergarten children, which gave me practical experience in teamwork and communication. In Introduction to Japanese Literature, I explored Japanese literary works from new perspectives and gained a deeper understanding of Japanese society and culture.

For extracurricular activities, I joined clubs, where I met many friends from Japan and around the world. I also traveled across Japan, visiting places such as Enoshima, Kamakura, Kawaguchi, Osaka, Kyoto, Nara, Sendai, Aomori, Nagoya, and Hakodate. Every city had its own unique history and scenery, allowing me to appreciate the diversity of Japan.

This exchange year has become one of the most meaningful experiences of my life. I appreciated for my teachers and friends and everything the JOY Program has offered me, and I will carry the memories I made here with me for the rest of my life.