

名古屋外国語大学海外派遣プログラム成果報告書

2026 年 8 月 7 日

学部・学科名 現代国際学部

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1. 区分	中期留学 ・ <u>語学研修</u> ・ 海外実習
2. プログラム名称	春期ニュージーランド研修
3. 渡航先国名	ニュージーランド
4. 派遣期間	2026 年 2 月 6 日（金）～ 2026 年 3 月 8 日（日） 31 日間
5. 派遣先教育機関名	ワイカト大学 ハミルトン校
6. 参加学生数	12 名
7. 派遣目的	英語が公用語として話されている国で英語を勉強するとともに、その土地の文化及び社会等を直に学ぶこと。
8. 派遣内容	約 1 か月間の General English コース受講。 英語を実践的に使用するためのスキルの習得を目指した授業が行われました。 宿泊形態はホームステイで、ワイカト大学により厳選されたホストファミリーが温かく迎えてくれました。 春休みを有意義に過ごしたい・ホームステイを体験したい・海外で英語を勉強したいと思っている学生が集まり、大変実りの多い研修となりました。
9. 成果	研修参加学生の帰国後アンケートでは、以下のような成果が挙げられていました。 ・ホストファミリーといい関係を築けた。英語が上達したことを実感できた。これからまた海外に行きたいと思えた点で、本当に参加して良かったなと思っています。 ・日本では体験できないようなことをたくさんできた。

	・マオリ語やマオリの文化を含め、教科書で習う英語だけでなく現場で使う英語を学ぶのが楽しかった。 ・4 技能をまんべんなく学ぶことができ、毎日繰り返すことで少しずつ伸ばしていくことができたように感じた。
10. 備考	なし

以上

New Zealand Report

One of the most important lessons I learned about English during the New Zealand program is that communication is not about using perfect grammar, but about making a sincere effort to express myself. Before joining the program, I often hesitated to speak because I was afraid of making mistakes. I believed that incorrect grammar would make my English sound poor or difficult to understand. However, once I began interacting with local people, I realized that this fear was unnecessary. In New Zealand, people listened patiently and tried hard to understand what I wanted to say, even when my sentences were not perfect. Their warm reactions encouraged me to keep speaking, and I gradually became more confident. I learned that what truly matters is the willingness to communicate, showing effort, using gestures, rephrasing when needed, and not giving up even when I was at a loss for the right words. I also discovered that communication is a two-way process. When I tried my best to speak, New Zealanders responded with kindness. They slowed down their speech, repeated phrases, or explained words in simpler ways. Their supportive attitude made me realize that language learning is not something I must face alone; it is something that grows through interaction with others. This experience taught me that when I try to express myself, the other person also tries to understand me. This simple truth gave me the courage to speak more freely and to enjoy using English in real-life situations. My homestay experience especially taught me this lesson. Living with my host family required daily communication, and every conversation reminded me that effort builds trust, connection, and confidence.

The most special memory from the New Zealand program was the group trip to Rotorua, which I experienced together with all the other participants. It was a day full of excitement, new discoveries, and moments that I know I will never forget. For many of us, it was our first time visiting a place known for its geothermal activity, Māori culture, and beautiful natural scenery, so the entire trip felt unique from the very beginning. One of the highlights was visiting the sheep farm. In Japan, it is rare to have the chance to interact closely with sheep, so being able to touch them and observe their behavior up close was a special experience. Watching the sheep-shearing show was also unforgettable. The speed and skill of the shearer was really amazing. It made me appreciate how much technique and strength are required for this traditional work. After the farm visit, we all rode the Luge together. It was my first time, and the combination of speed, wind, and the beautiful view made it incredibly fun. However, halfway through our rides, it suddenly started raining. The course became slippery, and we were all soaked, but instead of ruining the experience, the unexpected rain made the moment even more memorable. We laughed,

shouted, and encouraged each other as we continued riding despite the weather. Looking back, what made the Rotorua trip so special was not only the activities themselves but the fact that we shared them as a group. Experiencing something new together strengthened our bonds and created memories that I will always treasure.

Although the New Zealand program was meaningful and well-organized, I felt that the number of group excursions was a little too limited. Hamilton, where the University of Waikato is located, is a calm and comfortable city, but it is also somewhat far from major urban areas such as Auckland. Because of this distance, it was difficult for us to travel to those places on our own during our free time. Public transportation options were available, but planning long-distance trips independently required time, confidence, and local knowledge that many of us did not yet have. For this reason, I think the program could be improved by including a few more group outings to destinations that are harder to reach individually. Visiting places outside Hamilton—such as major cities, cultural sites, or natural attractions—would allow students to experience a wider range of New Zealand's culture and environment. Group trips also provide a safe and structured way for participants to explore new areas without worrying about transportation or logistics. Additionally, traveling together as a group strengthens relationships among participants. Shared experiences create opportunities for bonding and mutual support. The Rotorua trip, for example, became one of my most memorable experiences precisely because we all experienced it together. If the program offered more excursions like that, I believe students would gain an even deeper understanding of New Zealand while also building stronger connections with one another.

One piece of advice for next year's participants is to prepare for the temperature differences. New Zealand can be surprisingly cold in the mornings and evenings, so bringing clothes suitable for autumn weather will help you stay comfortable. Another important point is not to push yourself too hard during the first week. It's natural to feel nervous or eager to do everything perfectly, but there is no need to rush. Take your time, adjust to the environment, and let yourself enjoy the experience at your own pace.

Study Abroad Reflection Report

During the study abroad program in New Zealand, I learned many important things about English, the local culture, and myself. This experience was one of the most meaningful and unforgettable moments in my life.

First, what I learned about English is that communication is more important than being perfect. At first, I often found it difficult to understand native speakers, especially when they were talking to each other. Their conversations were fast, and I sometimes felt anxious because I could not catch what they were saying. For example, my host father often used slang, which was sometimes difficult to understand. However, I felt that experiencing this kind of language was also a valuable part of studying abroad. However, as I continued my life in New Zealand, I gradually became used to the speed and started to understand more. In particular, I felt that my English improved most through daily conversations with my host family. Whenever I heard unfamiliar phrases, I made sure to look them up later. Also, when I could not express what I wanted to say, I checked the words and expressions afterward. In addition, when talking with my host family, I always made sure not to use translation apps. Through these efforts, I believe my English skills improved day by day. I learned that it is important to try to communicate with others, even if you make mistakes.

Second, what I learned about New Zealand life and culture is that people are very friendly and their lifestyle is relaxed. One of the most impressive things for me was friendliness of the people. Even strangers would smile and talk to me, which was very rare in Japan. This made me feel welcome and comfortable in a new environment. Depending on the place, I was also surprised by how rich the natural environment was. There were wide fields, trees, and animals such as cows and sheep, creating beautiful scenery. On the other hand, Auckland, which I visited on the weekend, was very urban, and I was impressed by the contrast. I felt that the balance between nature and the city is one of the attractions of New Zealand. In addition, I noticed that people in New Zealand have a more relaxed lifestyle compared to Japan. Through these experiences, I learned that New Zealand values both nature and a balanced lifestyle.

Third, what I learned about myself is that I became more confident and willing to

challenge myself. Before going to New Zealand, I was often nervous about speaking English, afraid of making mistakes. However, through my experience there, I learned that making mistakes is a natural part of learning. I started to try to speak English more actively, even when I was not sure if my grammar was correct. As a result, I became more confident in communicating with others. In addition, I learned the importance of taking initiative. When I came home, I tried to talk actively to my host family about my day. Instead of waiting for others to speak, I made an effort to start conversations. Through this experience, I realized that stepping out of my familiar environment leads to personal growth. I also became more motivated to improve my English.

My most special memory from this program is the time I spent with my host family. They were always kind and treated me like a member of the family. For example, they took care of me in many ways, such as preparing meals and even changing my bed sheets. In addition, they did my laundry every day and paid for meals when we ate out. They also took me to my host sister's part-time job and let me join extracurricular activities, which gave me valuable experiences that I could not have had in Japan. I realized that these things are not something to take for granted, and I felt very grateful for their kindness. Talking with them every day also helped me improve my English and made my stay more enjoyable. I will never forget the warm and supportive environment they created for me.

As for suggestions to improve this program, I felt that there should be more opportunities to interact with local people at the university. In my class, there were only Japanese students, and I had very few chances to communicate with international students. Also, there were no classes that involved going outside or experiencing real-life situations, which made the classes feel a bit limited. If there were more opportunities to interact with local students or to learn through real-life experiences, it would help students improve their English and deepen their understanding of the culture.

Finally, I would like to give some advice to future participants. I think it is important to express what you want to say without hesitation. I also strongly felt that it is important to communicate your feelings not only through words but also through facial expressions and attitude. In addition, I think that learning some basic daily conversation phrases before going will help you communicate more smoothly and enjoy your experience even more.

In conclusion, this study abroad program was an unforgettable experience that helped

me grow both personally and academically. I am very grateful for this opportunity, and I will continue to study English and challenge myself in the future.