

名古屋外国語大学海外派遣プログラム成果報告書

2025 年 9 月 26 日

学部・学科名 外国語学部・英米語学科

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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	夏期アメリカ研修
3. 渡航先国名	アメリカ（リバーサイド）
4. 派遣期間	2025 年 8 月 5 日（火）～ 2025 年 8 月 28 日（木） 24 日間
5. 派遣先教育機関名	カリフォルニア大学リバーサイド校
6. 参加学生数	15 名
7. 派遣目的	本研修の目的は、学生に異文化理解・英語運用能力・自己成長の機会を提供することである。具体的には、(1) 日常生活や大学授業を通じて英語によるコミュニケーション能力を高めること、(2) アメリカ文化やホームステイ体験を通じて国際的な視野と異文化感受性を養うこと、(3) 新しい環境に適応する中で自立心と自信を育成することを目標とした。
8. 派遣内容	本学とカリフォルニア大学リバーサイド校（UCR）との協力により実施された。学生は UCR での授業・講義に参加し、またディズニーランド、ユニバーサルスタジオ、サンタモニカビーチなどへの課外活動・見学を行った。学生はホームステイを通じて現地の家庭生活を体験し、日常的に英語を使用する機会を得た。事前オリエンテーションでは持ち物や生活情報に関する説明が行われ、引率教員は滞在期間中、生活面・学習面でのサポートを行った。

9. 成果	全体として学生の満足度は高く、英語を使う自信がついたこと、文化的な視野が広がったこと、新しい環境に適応する力が育ったことが成果として挙げられた。特にホームステイは多くの学生にとって最も印象深い経験であり、ホストファミリーとの交流を通じてアメリカの生活習慣を学ぶことができた。校外活動や観光も英語使用の実践の場となり、学習効果を高めた。一方で、UCRでの国際交流の機会が限られていたこと、ホストファミリーとの相性に課題があったケース、高額な交通費や食費などが課題として報告された。
10. 備考	● 事前オリエンテーションでは、米国の交通機関の利用方法や飛行機内持込制限、費用に関するより具体的な情報提供が必要である。 ● UCRにおける国際学生との交流の場をさらに充実させることが望まれる。 ● ホームステイに関してはマッチングや期待値の明確化を強化することが課題である。 ● 引率教員のサポートは学生から高く評価され、特に体調不良時や意思疎通の難しい場面で大きな助けとなった。 ● 全体として本研修は目的を達成し、学生にとって有意義な学びの機会となったが、今後は実務的な改善により一層の充実が期待される。

以上

US Study Tour Report

Please reflect on your time in the US and answer the questions below.

Please write in English and explain each point clearly, using examples.

1. What cultural differences did you experience?

I found that in America, the brightness of the room is darker than in Japan. I knew it and actually felt that through the trip. Japanese lighting is white and bright. However, American lighting is orangish and warm. It is because the inside of the house is dark overall. Second, American people like dancing and listening to music with their mates. Whenever I'm in the house, TV shows were playing music and the family was singing. They cherish their family and friends through the culture. Finally, teachers give students opportunities to answer questions and express their opinions. I knew it before I came there and I could attend the classes more actively than others did.

2. What was the most important or interesting thing that you learned?

The most important thing I learned is to express my feelings and opinions. In Japan, hiding feelings is often glorified as patience, and it's common to align opinions and feelings. However, in America, hiding opinions and being silent can be rude. American people tend not to mind what others say. For example, I went to karaoke with my friend and the machine seemed not to work. If I was in Japan, I couldn't ask for help, but we tried to call a clerk and explained, "The machine doesn't work right, may we change the room, please?" and the clerk kindly connected his personal Spotify so we could enjoy karaoke.

3. Do you think you have changed as a result of your time in the US? If so, how?

Yes, I do. I dropped out of junior high school when I was 14 and I dared not make friends because I was scared. However, I tried to get along with my roommate and we ended up building a good relationship and made an appointment to meet during the rest of summer break. I tried to change my mind and overcome my cowardice. This trip reminded me of delightful memories of making friends. Second, I was

frustrated with my English skills, especially speaking and listening abilities. I found that it is important to use my English as a way to communicate with others. Knowledge without the ability to communicate is meaningless and a waste of effort. I decided to focus on listening and speaking and study 7 hours each day during the rest of the semester vacation.

4. How would you like to apply what you have learned for your future?

I would like to apply my experience to communicate with not only Japanese mates but also foreigners. In the future, English communication skills will be more required because of internationalization. I'd like to express my opinions and share my thoughts to make interactions more enjoyable and smooth. Moreover, I would like to keep trying to make new friends regardless of where they are from.

US Study Tour Report

Please reflect on your time in the US and answer the questions below.

Please write in English and explain each point clearly, using examples.

1. What cultural differences did you experience?

The biggest cultural difference I felt was the size of food and drinks. At supermarkets and restaurants, everything was much bigger than I expected compared to Japan. For example, when I went to In-N-Out or Jack in the Box, the portions were so large that I was really surprised. Another difference was the lifestyle of going to the gym. In Japan I don't usually go, but in the U.S. it felt natural to go with classmates, play basketball, or even try rock climbing. I also noticed a difference in communication. My host mom often asked about my food portions and listened to what I wanted, so I realized that being direct and open is very important in the U.S.

2. What was the most important or interesting thing that you learned?

The most important thing I learned was to try new things. For example, in class we played a game called Bunny Kingdom. I didn't understand all the rules, but I still enjoyed it. I also tried new foods like clam chowder, tacos, and Starbucks' Pink Drink. At first I was nervous, but I learned that sometimes things are more fun or delicious than I expect once I try them.

3. Do you think you have changed as a result of your time in the US? If so, how?

Yes, I think so. At first, I was worried about following the classes and speaking English well. But little by little, I got more confident, and I started to just try to express myself even if I wasn't sure. I also told my host mom about my food preferences, and I made friends through billiards, going to the gym, and sightseeing. I feel I became more independent and positive than before.

4. How would you like to apply what you have learned for your future?

I want to use this experience to keep challenging myself with new things. For example, I want to continue being honest about my opinions, just like I practiced with my host family. I also want to keep the habit of going to the gym or doing sports. Most of all, I want to remember the importance of stepping out of my comfort zone and try hard in studying, traveling, and meeting new people. I hope I can keep growing from now on.

US Study Tour Report

Please reflect on your time in the US and answer the questions below.

Please write in English and explain each point clearly, using examples.

1. What cultural differences did you experience?

I noticed differences in the way people interacted with each other. When I went to church with my host mother, I saw her shaking hands with everyone she met. I also shook hands with many people. Everyone I met was Spanish, but they spoke to me in English with a smile. I was also surprised by the amount of food. When I went to Denny's, even though I only ordered one dish, a lot of food came out. The portion sizes were also large, and I often worried whether I could finish it all. In class, I was surprised to see the teacher giving a lecture while holding a dog. When I went shopping, the quantities of each item were large, so it was difficult to buy them. In the US, the roads are wide, so there are many drivers who drive dynamically. Compared to Japan, there were more trucks, and they were larger.

2. What was the most important or interesting thing that you learned?

Understanding the other country's culture and challenging myself to try various things without imagining them was important. The food and traffic rules were very different from Japan and interesting. Before going to America, I thought using buses and trains as transportation was dangerous. The internet also said I should use Uber. At first, my fear won out. However, when I actually rode them, it was the complete opposite of what I expected. They were very clean, and many families were riding on them. They were also almost always on time. This was something I couldn't have known without experiencing it for myself, so I was glad I could see it with my own eyes. I was also surprised by their sense of time. The teacher always arrived 20 minutes after class was supposed to start. In Japan, that would be considered late, so I was confused by the difference.

3. Do you think you have changed as a result of your time in the US? If so, how?

I think I've changed a lot. Since going to America, I feel like I can do anything. I've started challenging myself to try many things. My impression of myself has also become stronger. What was most memorable was taking the bus alone for an hour to get back from the shopping mall. This was the first time I'd acted alone in America, so I was really scared. I was nervous even while waiting alone at the bus stop. There was no timetable posted there. I had a transfer, but when I arrived, six buses were parked there, and I panicked. I approached some girls nearby who seemed to be around my age, and they kindly guided me to the next bus I needed to take. After that, many people helped me with things like how to get off the bus. Talking to people made me very nervous. I think this experience changed me a lot.

4. How would you like to apply what you have learned for your future?

I would like to use what I learned this time in various ways. For example, in my approach to learning English. During this study program in America, I was able to use many expressions I learned in class. I want to increase the amount of English I can actually use, not just memorize. Also, I want to be a teacher in the future. I want to share my experiences with children. I want to become someone who can teach many things without being bound by the image of that country.