

# 名古屋外国語大学海外派遣プログラム成果報告書

2026 年 9 月 16 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  | 夏期カナダ研修                                                                                                                                                                                                                                                                                                                                                                                 |
| 3. 渡航先国名    | カナダ（トロント）                                                                                                                                                                                                                                                                                                                                                                               |
| 4. 派遣期間     | 2026 年 8 月 3 日（月）～<br>2026 年 8 月 30 日（日） 28 日間                                                                                                                                                                                                                                                                                                                                          |
| 5. 派遣先教育機関名 | トロント大学                                                                                                                                                                                                                                                                                                                                                                                  |
| 6. 参加学生数    | 27 名                                                                                                                                                                                                                                                                                                                                                                                    |
| 7. 派遣目的     | Students enrolled in a 4 week language program while homestayng.                                                                                                                                                                                                                                                                                                                        |
| 8. 派遣内容     | Four weeks language study at the School of Continuing Studies, Univeristy of Toronto, Canada.<br>Homestay with a major homestay provider.<br>No NUFS-led extra-curricular program was offered this time, but NUFS staff provided ample information on where to go, what to do, and how to do it.<br>NUFS staff also offered daily support to students, even minor worryies or concerns. |
| 9. 成果       | All students completed the language study program successfully. Only two students had to change their homestay. Students have reported a high level of satisfaction with their trip. There were no 'major' incidents on the trip.                                                                                                                                                       |
| 10. 備考      | We teachers were satisfied with the outcome of the trip.                                                                                                                                                                                                                                                                                                                                |

以上

# Canada Study Tour Report

Please reflect on your time in Canada and answer the questions below. Please write in English and explain each point clearly, using examples.

## 1. What cultural differences did you experience?

I experienced a lot of cultural differences so I cannot write down every cultural difference, but I want to write about two things that I liked more about Toronto. The first is that people value individuality. In Japan, people can be very judgmental about how others look. For example, people think that these clothes are strange, like they do not suit or that someone is dressing too young or too old for their age. I think Japan can sometimes be a society where people care a lot about appearance and what others think. However, in Toronto, I felt less pressure to care about other people's opinions. I felt like people had the attitude of, "You are you, and I am me." I really liked that feeling because I could just be myself. The second thing is the atmosphere in movie theaters. This may be a small thing, but I really liked it. I watched a comedy movie in Toronto, and people laughed out loud when something was funny. When there was an emotional scene, people also showed their emotions. I really enjoyed that atmosphere because everyone could react honestly to the movie. In Japan, people usually try not to disturb others in movie theaters. So even when something is very funny, people often try to keep their laughter quiet. We are expected to watch movies quietly. Through these experiences, I felt that in Toronto, people can express their personality and emotions more freely. I found that very comfortable and attractive.

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

The most interesting thing for me was that many people are interested in Japanese culture. I became friends with people from China and Korea in my class. I also met people at restaurants and in taxis who asked me where I am from. When they asked, it sometimes felt like they were judging where I was from. But when I said, "I'm from Japan," their reaction often changed. They suddenly became very excited and interested in me. Of course, I was happy that they were interested in Japan. However, I also had mixed feelings. I sometimes wondered how they would have reacted if I had said I was from other countries. They were interested in Japanese anime, traditional culture, Japanese history and identity. I personally watch a lot of anime, so I really enjoyed talking about anime with them. However, one experience made me realize that I did not know as much about my own country as I thought. One taxi driver talked to me about the history of Japan's relationships with other countries. Surprisingly, he knew more about it than I did, even though I am Japanese. I remember thinking, "If I knew more about Japanese history, I could have had a much deeper conversation with him." This experience made me realize that when I go abroad, it is important not only to learn about other cultures. I also have to learn about my own culture and history. Knowing about my own country can help me have deeper conversations with people from other countries and understand each other better.

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

I changed many things during my time in Canada. At first, I tried to speak perfect English. For example, during presentations, I tried to make perfect sentences in my head before

speaking. However, I thought too much and sometimes could not speak at all. In my second week, I also lost confidence because I could not speak English as well as I wanted. But I learned that perfect English is not the most important thing. It is more important to try to share what I want to say. It is also important to think and speak at the same time. I found that even when my English was not perfect, people could understand me if I really tried to communicate. I also learned that it is important to be active. I started to think, "Let's just try it" and "Let's just go." I talked to new people and even went sightseeing with people I had just met. I found it really fun. Before going to Canada, I thought I was an introverted person. But I learned that I actually enjoy meeting new people and talking to them. I found a new side of myself. So, I did not just improve my English in Canada. I learned not to worry too much about being perfect. I also learned to take action and try new things. Most importantly, I learned that I should not decide what kind of person I am before trying new things.

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

First, I want to focus on communication, not perfect English. If I do not know a word, I can use different words to explain it. I also want to speak without being too afraid of making mistakes. I also learned that communication is not only about words. Facial expressions, attitude, and eye contact are also important. I want to use these things when I communicate with people. This is important not only when I speak English. It is also in my daily life. I also want to keep the attitude of "Let's just try it." In Canada, I talked to new people and even went sightseeing with people I had just met. Through these experiences, I learned that I can be more active than I thought. I also want to remember what it was like to be a foreigner in Canada. I saw some unfair treatment, and it made me think about how foreigners may feel in Japan. In Japan, we are surrounded by many Japanese people, so we may not always notice these feelings. Therefore, I want to think about things from other people's point of view. I want to make people from other countries feel comfortable when they are in Japan. Finally, I want to keep going to new places and trying new things. A new environment can help us discover a new side of ourselves. In Canada, I found that I actually enjoy meeting new people. I do not want to decide what kind of person I am too quickly. I want to keep exploring new places and discover more about myself.

# Canada Study Tour Report

Please reflect on your time in Canada and answer the questions below. Please write in English and explain each point clearly, using examples.

## 1. What cultural differences did you experience?

I experienced some cultural differences in Canada. Firstly, there are few washrooms. Even a train station rarely has washrooms. On the other hand, there are more public trash bins, so I didn't hesitate to carry drinks or food. I was also surprised that some restaurants gave customers small extra services or free items. In my case, at least 4 times, I received extra food for free. Also, strangers started conversations with me when I used public transportation. From my perspective, people did not seem to be in a hurry to catch transportation. In addition, people are expected to express their opinion clearly and give yes-no answers directly. Even on weekdays, many people enjoy their own free time like exercising, running, or enjoying hobbies. I felt that Canadian people have a good balance between work and life and keep a clear boundary between them. Although Canada is known as a multicultural country, I learned that not everyone has the attitude toward diversity. During my stay, I was told several times "go back to your country". This experience taught me that every country has a variety of people and opinions, and that stereotypes do not always reflect reality.

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

The most interesting thing I learned was that the feeling of challenging myself is more important than the environment. Before going to Canada, I was excited because everything was new to me. However, I realized that nothing would change if I did not take action by myself. At the language school and with my host family, I had to talk to people and join activities on my own. If I just waited, nothing around me would change and I would not grow. Through this experience, I learned that changing my environment does not change everything. I realized that my own actions are what can really change me. Another thing I learned was the importance of expressing my opinions. In Canada, people often expected me to answer clearly with "yes" or "no." At first, I was not used to this, but I learned that sharing my thoughts helps others understand me better.

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

Yes, I think I have changed. Before going to Canada, I was not the type of person who took action, and I often worried about what other people thought. I was also not confident in my English. However, I tried to stay in the living room every night and talk with my host family. There were many times when we could not understand each other well, but I kept staying there. By doing that, I think they understood that I wanted to communicate with them, and they also tried to build a relationship with me. My host family told me that many Japanese students had been shy, but they were happy because I was always in the living room. I feel that this experience gave me the courage to take action. I also changed in other situations. At first, even when I did not understand something at a café, I would just say "yes." However, later I started asking questions such as "What is the difference between these products?" or saying "Sorry, I didn't understand." I think I became more willing to communicate with people.

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

In the future, I would like to use what I learned in Canada in my studies and career. What I learned is that it is important not to blame the environment and to try to change myself if I

want to grow. I will start job hunting soon, and I think this lesson will be important when I have to make important decisions in my life. Instead of blaming the environment, I want to think about what I can do to get closer to success. I also learned that I should not stay silent because I am worried about whether my opinion is correct or not. It is important to try to express my thoughts first. By starting communication myself, I can show sincerity and build better relationships with other people. I believe that what I learned in Canada will help me not only in my future career but also in building good relationships with others.

# Canada Study Tour Report

Please reflect on your time in Canada 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 Canada is very accepting of different cultures. For example, I saw a Black mannequin in a shopping mall. I had never seen it in Japan, so I was surprised. Also, lunch was a big difference. In Canada, people often eat sandwiches, but in Japan, we often eat bento. Honestly, I missed bento because I look forward to seeing what is inside my bento every day. The best thing for me was the friendliness of Canadian people. After watching a baseball game, I talked with a man sitting next to me for about 20 minutes. At first, I was surprised when a stranger talked to me, but I realized that it is normal in Canada. Through this experience, I learned that Canadian people are friendly and open to talking with strangers.

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

The most interesting thing that I learned was that people in Canada seemed to take more time when they communicated with customers. For example, when I went to a cafe or a store, the staff sometimes said "Have a nice day!" to me. I also noticed that the staff in Canadian cafes seemed to work more slowly than the staff in Japan. In Japan, I often feel that staff are very busy and try to serve customers quickly. In Canada, I felt that they did not seem to be in a hurry. I thought this was interesting because I usually think that working quickly is important. Through this experience, I learned that it is also important to take time and communicate with people comfortably.

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

Yes, I think I have changed as a result of my time in Canada. I became more confident about speaking English. Before going to Canada, I was worried about making mistakes when I spoke English. However, in Canada, I had to use English in many situations, such as ordering food, shopping, and talking with people. Sometimes, I could not say what I wanted to say, but I tried to use the words I knew. Because of this experience, I became less afraid of making mistakes. Now, I think it is more important to try to communicate than to speak perfect English.

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

I would like to use what I learned in Canada in my future. Before going to Canada, I was often passive in my PUT and Core classes, and I did not speak much by myself. However, in Canada, I realized that the more I speak, the more confident I become. Because of this, I want to speak more actively in my classes from now on. Also, when someone asks me a question, I do not want to answer only "yes" or "no." I want to explain my ideas in a few sentences. I also have a dream of traveling around the world. I want to visit not only English-speaking countries but also countries where English is not commonly spoken. In

those places, I may not be able to communicate perfectly, but I want to remember what I learned in Canada. I want to be a person who is not afraid of making mistakes and tries to communicate with local people. I think the feeling of wanting to communicate is important, even when I do not know the language well.