

名古屋外国語大学海外派遣プログラム成果報告書

2026年 3月 31日

学部・学科名 英米語学科 英語教育専攻

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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	グリフィス大学春期海外インターンシップ研修
3. 渡航先国名	オーストラリア
4. 派遣期間	2026年 1月 25日(日) ~ 2026年 3月 8日(日) 43日間
5. 派遣先教育機関名	グリフィス大学ネイサンキャンパス
6. 参加学生数	13名
7. 派遣目的	<p>英米語学科の英語プログラムで培った英語力を実践の場で活用し、実践的なコミュニケーション能力を一層向上させることを目的とする。</p> <p>また、派遣先教育機関において外国語教授法を体系的に学び、現地でのインターンシップに向けた準備を行うとともに、理論と実践の両面から指導力の向上を図る。</p> <p>さらに、現地の小学校・中学校・高等学校において日本語授業のティーチングアシスタントとしてインターンシップに参加し、教育現場における実践を通して外国語指導法への理解を深める。</p> <p>加えて、語学研修、インターンシップ、ホームステイ等の異文化体験を通して国際的視野を広げ、多角的なものの方と異文化理解力を養うことを目的とする。</p>

<p>8. 派遣内容</p>	<p>グリフィス大学を中心に、約6週間にわたり実施した。前半の3週間は、同大学にて外国語教授法を中心とした語学研修に取り組んだ。英語力の向上に加え、後半のインターンシップに向けて、指導理論および教授技術を重点的に学んだ。</p> <p>後半の3週間は、現地の小学校・中学校・高等学校において、日本語授業のティーチングアシスタントとしてインターンシップを行った。授業準備や活動の補助、学習支援などを担当し、英語を用いて日本語を教える実践を通して、外国語教育における指導力および教育現場での経験を積んだ。</p> <p>また、研修期間中はホームステイを行い、現地の方々との日常生活や交流を通して、オーストラリアの文化や価値観、生活習慣について理解を深めた。</p>
<p>9. 成果</p>	<p>13名が参加し、全員が所定のプログラムを修了した。以下、参加者アンケートの内容をもとに、成果を報告します。</p> <p>【前半3週間：語学研修】</p> <p>前半の語学研修では、グリフィス大学において、以下の科目を受講した。</p> <ul style="list-style-type: none"> • Teaching Skills for the English Language Classroom • Developing English Competency • Classroom Language and Management <p>これらの授業を通して、外国語教授法の基礎や教室運営の工夫、オーストラリアの文化的背景について理解を深めた。また、後半のインターンシップに向けた実践的な準備の機会となった。</p> <p>参加学生からは、本学で日頃より英語によるディスカッションやプレゼンテーションに取り組んでいることが、現地授業への積極的な参加につながったとの声が多く寄せられた。これまでの学修成果を実践の場で発揮できたことは、大きな自信につながっている。</p>

	<p>【後半 3 週間：インターンシップ】</p> <p>現地の小学校・中学校・高等学校において、日本語授業のティーチングアシスタントとして活動した。授業観察にとどまらず、プレゼンテーションの実施や日本文化の紹介など、主体的に関わる機会が数多く設けられた。</p> <p>実際の教育現場で経験を重ねる中で、授業づくりの工夫や生徒との関わり方について具体的に学ぶことができた。</p> <p>アンケートには、「将来教職に就きたいという思いが一層強くなった」との回答も多く見られ、進路意識の明確化にもつながる成果が確認された。</p>
10. 備考	

以上

Griffith University Internship Report

During my study abroad experience, I learned many important and interesting things from English classes, Australian culture, and my own personal growth. First, in English classes, one of the most important things I learned was how to interact with each student effectively. I realized that teaching methods should be adapted to students' learning styles. Through the lessons, I learned about the VARK learning model, which includes visual, aural, read/write, and kinesthetic learning styles. Not all students learn in the same way, so it is not effective to use only one method. For example, some students understand better by seeing pictures or watching demonstrations, while others learn better by listening to explanations or engaging in hands-on activities. Therefore, it is important for teachers to use a variety of teaching methods to support students and help them improve their abilities. This idea became especially meaningful to me because I want to become a teacher in the future, and I realized that teaching is not only about delivering knowledge but also about understanding students.

In addition, I learned a lot about Australian life and culture. One of the most impressive things was good work-life balance. In Australia, a comfortable working environment is well established, and many stores close earlier than in Japan. Because of this, people have more time to spend with their families, relax at home, or enjoy their hobbies. I also noticed that people value their private time and do not overwork themselves. I felt that this lifestyle is very healthy and balanced. Compared to Japan, where people often work long hours and sometimes prioritize work over personal life, I thought this was a very positive aspect of Australian culture. This experience made me think more deeply about how I want to balance work and personal life in the future, especially as a teacher.

I also learned something important about myself. I realized that trying to communicate in my own words is very important. At first, I was afraid of making mistakes in English, so I tended to use only simple expressions and did not speak very much. However, I understood that this would not improve my English. After that, I started to speak more actively, even if my English was not perfect. My host family kindly tried to understand me and sometimes to support my learning. I also used body language and facial expressions when I could not find the right words. Through this experience, I learned that communication is not only about perfect grammar but also about effort and attitude. I became more confident and realized that not trying is worse than making mistakes.

Furthermore, I learned many things from my internship. First, I learned the importance of active learning. In the classes I observed, students were not just sitting and listening; they were actively participating in activities, discussing with their classmates, and enjoyed the

lessons. For example, there were group discussions, games, and interactive tasks that encouraged students to think and communicate. I realized that students learn more effectively when they are actively involved, and that learning becomes more meaningful when students enjoy the process. Second, I learned about effective teaching methods. Teachers first showed clear examples so that students could understand the tasks, and then students worked on them independently. Instead of giving answers immediately, teachers carefully observed students and provided support only when necessary. This taught me that good teaching is about guiding students to think and on their own, rather than simply giving them answers. I also realized that creating a supportive classroom environment is very important for encouraging students to participate.

Most memorable experience from my homestay was visiting a Vietnamese market with my host family. My host mother is originally from Vietnam, so I was able to experience not only Australian culture but also Vietnamese culture. At the market, I saw many kinds of food and products that I had never seen before, such as unfamiliar vegetables and spices. My host mother explained how they are used in cooking and shared stories about her culture. It was a very meaningful experience because I could learn directly from her and gain a deeper understanding of cultural diversity. This experience reminded me that studying abroad is a great opportunity to experience different cultures and broaden my perspective.

Finally, I have some suggestions and advice for future students. I think students should try to use English as much as possible, even when they are with their friends. It is easy to speak in your native language, but using English as much as possible will help improve communication skills more quickly. Since studying abroad is a valuable and limited opportunity to make an effort to use English in all situations. Also, during the internship, students may feel confused at first and may not know what to do. However, it is important to be proactive, communicate actively, and not be afraid to ask questions. By taking initiative, trying new things, and challenging themselves, they will gain valuable experiences and grow both personally and professionally.

Griffith University Internship Report

During my time studying in Australia, I learned many important things from English classes, Australian culture, my internship, and my homestay experience. This program gave me many opportunities to challenge myself and reflect on my own abilities and attitudes toward learning.

First, in English classes, I learned the importance of thinking for myself and expressing my own opinions. In many classes, we spent a lot of time discussing different topics with other students. Some of the topics were not simple, so it was sometimes difficult to explain my thoughts clearly in English. However, trying to communicate my ideas was a very valuable experience for me. Even when I could not express everything perfectly, I learned that it is important to keep trying. In addition, we had several opportunities to give presentations in front of the class. Speaking in front of other people in English was challenging and sometimes stressful, but it helped me build confidence. Through these experiences, I realized that actively participating in class is an important part of learning a language.

Second, I learned many things about Australian life, culture, and communication. Compared with Japan, communication in Australia felt more open and personal. People often used body language and facial expressions when talking, which made communication feel more friendly and direct. I noticed these differences not only in the classroom but also in everyday situations such as at a cafe or while talking with my host family. Experiencing these cultural differences helped me understand that communication styles can vary greatly depending on culture.

Third, I learned something important about myself. Before going to Australia, I often felt nervous about using English, and sometimes I avoided speaking because I was afraid of making mistakes. However, in Australia, Japanese was not commonly understood, so I had no choice but to try to communicate in English. Sometimes I could not understand what others were saying, and sometimes I could not express what I wanted to say. These moments were frustrating, but they also taught me that continuing to try is very important. I realized that the process of struggling, trying again, and gradually improving is one of the most interesting parts of learning a language. Through this experience, I became less afraid of using English and more willing to communicate.

Through my internship, I also learned an important lesson about learning and personal growth. And, I was able to learn many valuable things from this experience. I realized that no experience is meaningless if you try to learn from it. Even if something is not directly related

to your future career, it can still help you grow as a person. During the internship, I learned the importance of always doing my best and approaching everything with a proactive attitude. I also learned that personal growth depends largely on how seriously you take each opportunity. In the end, I felt that what you gain from an experience depends on your own effort and mindset.

My homestay was also one of most memorable parts of this program. I had never lived alone before, and it was my first time traveling overseas. Because of this, everything felt new and exciting to me. Before the program, I had learned about cultural differences in class, but I realized that there is a big difference between learning about another culture and experiencing it. Living with a host family allowed me to experience daily life in Australia in a very real way. One of my best memories was spending time with my host family's son, who was around the same age as me. We talked and spent time together like friends, which made me feel very comfortable. Being able to communicate with him and build a friendly relationship in English became a very meaningful memory for me.

If I could suggest one way to improve this program, I would recommend providing more opportunities to take classes with local students. In this program, we took classes with other Japanese students, which made the classes comfortable and easier to follow. However, I think it would have been an even better experience if we had more chances to study together with Australian students. Although it might be more challenging, it would probably help students improve their English skills more quickly and allow them to interact more with local students.

Finally, I would like to give some advice to the students who will go to Griffith University next year. First, I think it is important to improve your English skills as much as possible before going. During my stay in Australia, there were many times when I could not understand what people were saying or when I could not clearly express my own ideas. Each time this happened, I realized how much I still needed to improve my English. However, feeling frustrated is not necessarily a bad thing. Instead, I believe it is important to always try your best and continue learning with a humble attitude. Studying abroad is not always easy. There were times when I felt tired, stressed, or even wanted to go home. However, there were also many fun moments and unforgettable experiences. In the end, I believe that even the difficult moments become valuable memories. Because of this experience, I truly feel that going to Australia was one of the best decisions I have made.