最終レポート

共立女子大学での日本留学体験

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私の旅は2026年3月下旬に始まった。2度目の日本訪問に、私はとてもワクワクした。到着すると、皆さんが親切に接し、助けてくれた。杉並区にある私の寮は、落ち着いた穏やかな場所で、家庭的な雰囲気があった。近所を長く散歩するのも本当に楽しかった。さらに、4月の初めには桜が咲き始めた。愛らしいピンク色の花に魅了され、自分の目で「お花見」ができたことに大喜びした。学期が始まる前には、東京国立博物館、国立西洋美術館、根津美術館、そして豪徳寺の「猫のお寺」など、興味深い場所をたくさん訪れた。

授業が始まってからは、「イングリッシュ・トーク・ルーム」で過ごす時間もあり、そこで日本人学生の英語の練習を手伝った。それはとても楽しい体験だった。自分の興味のあることについて話したり、新しい人々と出会ったりすることができたからだ。参加した授業はどれも非常に興味深いものだった。特に気に入っていたのは、「（Foundations of Japanese Studies）」という授業と、日本人学生とのチュータリング（個別指導・会話）だった。

ゴールデンウィークには、ポーランドから愛する家族が日本を訪れ、彼らと一緒に旅行を楽しんだ。私たちは新幹線で大阪、奈良、京都、広島を巡り、素晴らしい旅のひとときを過ごした。家族が帰国した後、数日経ってから東京で開催された「ポーランド・フェスティバル」に出かけた。多くの人がこのフェスティバルに関心を寄せているのを見た、本当に嬉しく思もった。これほど多くの外国人がポーランドの文化に興味を持っている様子は、見ていてとても素敵だった。その2週間後、大のハイキング好きである私は、「日本百名山」の一つとして知られる筑波山へ日帰り旅行に出かけた。静かで穏やかな自然の中で、素晴らしい時間を過ごすことができた。6月の残りの期間は、空いた時間に美術展巡りをして過ごした。ウジェーヌ・ブーダンやアンドリュー・ワイエスといった画家の作品を鑑賞した。

結論として、共立女子大学での国際交流は、私の人生における最も大きな経験の一つとなった。勉強に励むだけでなく、興味深い場所を観光して過ごすこともできた。こうしてこの場所にいられることに心から感謝した。できるだけ早くまた日本に戻ってきたいと願っている。



My experience during international exchange at Kyoritsu Women's University in Japan

My journey started in late March 2026. I was absolutely thrilled to come to Japan for the second time. When I arrived everyone was kind and helpful. My dormitory, located in Suginami City, turned out to be a calm, peaceful place with a homely atmosphere. I really enjoyed long walks around my neighbourhood. Furthermore, in the beginning of April, sakura started blooming. These adorable, pink flowers captivated me and I was overjoyed that I could see Hanami with my own eyes. Before the semester began I visited lots of interesting places. Tokyo National Museum, The National Museum of Western Art, Nezu Museum and Cat Temple in Gotokuji.

The Tokyo National Museum has mostly antique items, including objects of Ainu culture, ukiyo-e and an incredible antique kimono exhibition. Also the museum has a second building with exhibits from the rest of Asia and a beautiful garden where you can go for a walk. In The National Museum of Western Art I was in an exhibition dedicated to Mikalojus Konstantinas Čiurlionis. Čiurlionis was a Lithuanian composer and painter, mainly representative of Middle Europe symbolism. The painting that made the biggest impression on me was "Lithuanian Graveyard", which presents a traditional Lithuanian cemetery at night. It reminds me of a Polish historical cemetery on the mountain Rotunda in The Low Beskids. When it comes to Nezu Museum, it is a charming Japanese-style garden near to Omote-Sando station. Except for the heart-touching nature, the museum organized tea ceremonies, during which visitors can drink matcha and eat sweets in a traditional style room. As a cat person I had to go to the Cat Temple. In this shrine you can see lots of figures of maneki neko. The shrine was founded in the XVII century by lord Ii Naotaka, who (based on a legend) was saved from the thunderstorm by a cat.

When my classes started I spent some time in the English Talk Room, where I helped Japanese students practice their English. It gave me lots of fun. I could talk about my interests and meet new people. Every class I took part in was very interesting. My favourites were Foundations of Japanese Studies and tutoring with Japanese students. At the first one I could learn about Japanese modern history and how the media developed. I am very interested in history and culture, so every lesson was very inspiring for me. At the second one Japanese students were teaching exchange students Japanese language by doing exercises and conversations. It was a wonderful experience to share our cultures, talk about cultural differences or everyday life, while learning new topics in the meantime.

During the Golden Week my lovely family from Poland came to Japan. I spent my leisure time traveling with them. We went to Osaka, Nara, Kyoto and Hiroshima by shinkansen. In Osaka we explore the center of the city and Osaka Castle, which is a delightfully huge size. Also we were witnesses to a traditional Japanese wedding in a temple next to the castle. It was a beautiful ceremony and the bride looked gorgeous. In Nara we obviously went to see deers. These cute animals were a petite species of deer - Sika deer. In Poland we have different species - red deers, which are much bigger. Sika deers are as very cute as very hungry, so they were bothering us and begging for food. One deer tried to eat my mom's plastic bag, so my aunties decided to buy special crackers for them. When deers saw the food, they started bowing, which was so charming. In Kyoto we were in Fushimi Inari Taisha

temple. A tunnel created from torii gates was really impressive. Next we went to a bamboo forest and after a long walk we tried local sweets and snacks. The next day we went sightseeing at Nijo Castle and Kinkakuji Pavilion. In Hiroshima we visited the Peace Memorial Museum, which moved us deeply. Furthermore we went to Mijajima, which was our best trip. We saw a breathtaking tori gate on the water and so many adorable deers. After lunch, we hit the trail to Misen Mountain. The trail was not tough, so climbing went really well. We admired the beautiful views, visited a Buddhist temple and in the end we used a cable car. My family was enchanted by this stunning area.

However, all good things must come to an end. My family had to come back to Poland and I missed them so much. A few days later I went to the Polish Festival in Tokyo. At the festival attendees could eat Polish food, see Polish ceramics from Bolesławiec and listen to Polish traditional or modern music live. I was really glad that the festival attracted a lot of interest. It was lovely to see how many foreigners are curious about Polish culture.

Two weeks later, as a huge hiking enthusiast, I went on a day trip to Tsukuba Mountain, which is in the famous list of One Hundred Mountains of Japan. The trail took me four hours. It was my first hike completely alone, so I was a little bit nervous, but finally I did it very well and I spent my time wonderfully in quiet and peaceful nature.

The rest of June I spent on going to art exhibitions in my free time. My first one was a Sanrio exhibition in Mori Art Museum. The entire exhibition was absolutely charming. I saw the evolution process of the company, the first projects of iconic characters and, by the way, visitors could take pictures with their favorite characters' statues. My second exhibition was a Eugène Boudin exhibition in Sompo Museum. Boudin was a French painter, the father of impressionism. He created in the XIX century and mainly focused on sea, beach and harbors motifs. The last exhibition I saw was an American painter Andrew Wyeth exhibition in Tokyo Metropolitan Art Museum. Andrew Wyeth is the author of my favourite painting “Christina’s World”, so naturally I was really excited to see his works live. Wyeth painted two regions of the United States: Pennsylvania (which he came from) and New England. He was very close with Olson siblings Christina and Alvaro, who were introduced to him by his wife Betsy. They were not only his best friends, but also his biggest inspiration. He painted their house (where Wyeth also had his studio) multiple times. Furthermore Wyeth admired Christina primarily for being independent despite her legs disability. She was his biggest muse, what could we see in the exhibition through her portrait as a main painting. For a huge fan like me, it was a wonderful experience to see all these paintings with my own eyes.
In conclusion, my international exchange at Kyoritsu Women’s University was one of the biggest experiences in my life. I spent time studying and sightseeing at interesting places. I am really grateful that I can be here and I hope I will come back to Japan as soon as possible.