

東京大学 海外留学・国際交流プログラム報告書(3ヶ月以上1年未満用)

The University of Tokyo Study Abroad/Student Exchange Program Report Form (for programs from one semester to a year)

記入日/Date: 2020/5/24

■ID:A19144

■参加プログラム/Program: USTEP

■プログラム情報/Program info.: <https://www.u-tokyo.ac.jp/adm/go-global/en/program-list-USTEP.html>

■派遣先大学/Host university: Nanyang Technological University

■留学期間/Program period (mm/dd/yyyy): 1/27/2020 ~ 4/10/2020

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: Department of Electrical Engineering and Information Systems, Graduate School of Engineering

■学年(留学開始時)/Year at the time of study abroad: M2

■留学を決めるまでの経緯/How and why did you decide to study abroad?:

I want to experience other country.

留学の時期について/About the timing of the study abroad period

■留学前の本学での修学状況/Academic status BEFORE the program:

2020年/Academic year / 修士2年/University year / S1学期まで履修/Completed semester

■留学中の学籍/Academic Status during the studying abroad/program:

Study abroad

■留学後の本学での修学状況/Academic status ON RETURN:

2020年/Academic year / 修士2年/University year / S1学期から履修開始/Semester

■留学にあたってこの時期を選んだ理由/Reason for choosing this period to study abroad:

This period is proper to me.

学習・研究について/About study and research

■留学先で履修した授業科目と単位数の詳細/Subjects taken and credits earned:

N.A.

■留学中の学習・研究の概要/Overview of the study/research during study abroad:

My research was very well during that period.

■留学先での1学期あたりの履修科目数と履修単位数/Number of subjects registered per semester and credits earned per semester:

1~3科目/Subjects / 1~10単位/credits

■1週間あたりの学習・研究に費やした時間/Hours spent for study/research per week:

21時間以上 時間/hours

■学習・研究以外の活動で取り組んだもの/Activities you took part in other than study/research:

Sports, Cultural activities

■ 学習・研究以外の活動で取り組んだものの内容、または取り組まなかった理由/Details of the activities you chose, or the reason why you did not take part in any activity other than study/research :

Travel around that country.

■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :

Hang out.

派遣先大学の環境について/About environment at the host institution

■ 設備/Facilities :

quite well

■ サポート体制/Support for students :

student service are impeccable.

プログラム期間中の生活について/About life during the program

■ 宿泊先の種類/Type of accommodation :

Students' dormitory

■ 宿泊先の様子、どのように見つけたか/Environment around the accommodation and how did you find it :

Shared room, where the facilities are fine and comfortable.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :

Very warm and natural.

■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :

Please prepare at least one credit card.

■ 治安、医療関係事情、心身の健康管理で気をつけたこと等、危機管理/Aspects of risk and safety management, local health care system, and any actions taken to maintain your health :

If you have any problem in the host university, please do not hesitate to contact staffs there. They are very pleasant to help any student.

留学前の準備・手続きについて/About preparations and procedures before studying abroad

■ 留学先への入学手続き/Procedures for enrollment required by the host institution :

Only some application forms are required to be submitted.

■ ビザの手続き/Procedures to obtain visas :

My visa is applied by the host university, which is very convenient and smooth.

■ 医療関係の準備/Preparations or actions taken to maintain your health :

N.A.

■ 保険関係の準備/Preparations/procedures for insurance :

学研災付帯 海外留学保険 (Futai Kaigaku)

■ 東京大学の所属学部・研究科(教育部)での手続き/Procedures required by faculties or graduate schools at UTokyo :

Department of Electrical Engineering and Information System requires a compensation for RINKO.

■ 語学関係の準備/Language preparation :

Singaporeans use English and Chinese as their native language, the second is my mother tone.

費用・奨学金に関すること/About expenses and scholarships to participate in studying abroad

■ 参加するために要した費用/Expenses of participation :	
航空費/Airfare	92,484 円/JPY
派遣先への支払い(授業料・施設利用料など)/Payment to host institution (tuition, facilities fee, etc.)	109,087 円/JPY
教科書代・書籍代/Textbook / Book	0 円/JPY
海外留学保険料(東京大学指定のもの)/Overseas travel insurance fee (designated by UTokyo)	29,130 円/JPY
保険・社会保障料(留学先で必要だったもの)/Insurance and/or social security (required by host institution/region/country)	0 円/JPY
■ その他、補足等/Additional comments :	
-	

■ 留学先での毎月の生活費/Monthly cost of living during the study abroad period :	
家賃/Rent	27,562 円/JPY
食費/Food	1,500 円/JPY
交通費/Transportation	500 円/JPY
娯楽費/Entertainment/Leisure	2,000 円/JPY
■ その他、補足等/Additional comments :	
-	

■ 留学のための奨学金の受給有無/Scholarships for study abroad :	
Yes, I received some.	
■ 奨学金の支給機関・団体名等/Name of the source of the scholarships :	
The University of Tokyo Scholarship	
■ 受給金額(月額)/Monthly stipend :	
100,000 yen	
■ 受給金額についての補足等/Additional comments about the monthly stipend :	
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■ 奨学金をどのように見つけたか/How did you find the scholarships? :	
Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo	

今後の予定について/About your future plans

■ 留学先で履修した授業科目のうち、単位認定申請をする(予定のもの)/The subjects for which you plan to (are planning to) transfer credit to UTokyo :	
N.A.	
■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :	
28 単位/credit(s)	

<p>■ 留学先で取得し、単位認定申請を行う(予定の)単位数/Number of credits earned and (planned to be) transferred to UTokyo:</p>
0 単位/credit(s)
<p>■ これから本学で取得予定の単位数/Number of (expected) credits to be earned on return:</p>
28 単位/credit(s)
<p>■ 卒業/修了予定/(Expected) year/month of graduation (yyyy/mm):</p>
2020/9

留学を振り返って/Reflection

<p>■ 留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts:</p>
It gives me opportunity to live in another country.
<p>■ 今後のキャリアに対する考え方や就職活動に与えた影響/Impact of the program on your thoughts for a career or job hunting:</p>
My enriched experience helps a lot to my career.
<p>■ 留学による今後のキャリア・就職活動へのメリット・デメリット/Merit/Demerit of studying abroad on your future career/job hunting:</p>
It enriches my personal experience, which is helpful for my career.
<p>■ 留学中に行った就職活動/Job hunting activities during study abroad:</p>
N.A.
<p>■ 進路・就職先(就職希望先)/Career/Occupation (planned):</p>
-
<p>■ 今後留学を考えている学生へのメッセージ、アドバイス/Any messages or advice for future participants:</p>
I will advise them to apply for this program.
<p>■ 準備段階や留学中に役に立ったウェブサイト、出版物/Websites or publications which were useful while preparing for or during your time overseas:</p>
N.A.

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(for programs from one semester to a year)

東京大学 海外留学・国際交流プログラム報告書(3ヶ月以上1年未満用)

Date/記入日: 2020/8/31

■ID: A19146

■Program/参加プログラム: USTEP

■Program info./プログラム情報: <https://www.u-tokyo.ac.jp/adm/go-global/en/program-list-USTEP.html>

■Host university/派遣先大学: Nanyang Technological University

■Program period/ 留学期間: 1/15/2020 ~ 5/8/2020 (MM/DD/YYYY)

■Faculty/Graduate School at UTokyo/東京大学での所属学部・研究科等: Graduate School of Agricultural and Life Sciences

■Year at the time of study abroad/学年(留学開始時): Year M2

■How and why did you decide to study abroad?/留学を決めるまでの経緯:

I realized I need to practice my English and intercultural communication skill and luckily the University was so kind to provide me with this precious opportunity.

About the timing of the study abroad period/留学の時期について

■Academic status BEFORE the program/留学前の本学での修学状況:

Academic year/年 2020 / University year/ 年 M2 / Completed semester/学期まで履修 S2

■Academic Status during the studying abroad/program/留学中の学籍:

Study Abroad

■Academic status ON RETURN/留学後の本学での修学状況:

Academic year/年 2020 / University year/ 年 M2 / Completed semester/学期まで履修 A2

■Reason for choosing this period to study abroad/留学にあたってこの時期を選んだ理由:

Before graduation, I wanted to learn about mathematics-related subject and enhance my intercultural communication ability..

About study and research/学習・研究について

■Subjects taken and credits earned/留学先で履修した授業科目と単位数の詳細:

System reliability and Risk Analysis/3

■Overview of the study/research during study abroad/留学中の学習・研究の概要:

I not only studied a engineer course in NTU but also conducted some research for the corresponding professor in NTU.

■Number of subjects registered per semester and credits earned per semester/留学先での1学期

あたりの履修科目数と履修単位数:

1 to 3 subjects/科目 1 to 10 credits/単位

■ Hours spent for study/research per week /1 週間あたりの学習・研究に費やした時間:
11 - 15 hrs
■ Activities you took part in other than study/research /学習・研究以外の活動で取り組んだもの:
Sports
■ Details of the activities you chose, or the reason why you did not take part in any activity other than study/research /学習・研究以外の活動で取り組んだものの内容、または取り組まなかった理由:
I exercised almost everyday and I even joined the swimming club until the spread of COVID-19.
■ How did you spend the weekends and vacations? / 週末や長期休暇の過ごし方:
I hanged out with my Singaporean friends.

About environment at the host institution/派遣先大学の環境について

■ Facilities /設備:
NTU enjoys a vast area of campus and each dormitory equips with gym and cafeteria. However, Wi-fi is hard to say favorable to exchange students as the connect is pretty bad.
■ Support for students /サポート体制:
There should be a lot of activities in the campus if you want to join but the spread of COVID-19 leads to cancellation of many activities.

About life during the program/プログラム期間中の生活について

■ Type of accommodation /宿泊先の種類:
Students' dormitory
■ Environment around the accommodation and how did you find it /宿泊先の様子、どのように見つけたか:
It was provided by the university.

■ Climate, environment around the institution, transportation, food, etc. / 気候、大学周辺の様子、交通機関、食事等:
Singapore is always summer which is so different from Japan. Also, the host university is quite away from the downtown area so I need to check the official transportation APP downloaded from Appstore.
■ Management of money and situation about local economy /お金の管理方法、現地の通貨事情:
Singapore's food is pretty expensive but you can always get cheap ones from the cafeteria in the school. Also, Singapore is known for e-payment so registering a account might make things easier for you to live in an exotic environment.
■ Aspects of risk and safety management, local health care system, and any actions taken to maintain your health /治安、医療関係事情、心身の健康管理で気をつけたこと等、危機管理:
Singapore is said to be the safest place in the world and no special safety management is needed.

About preparations and procedures before studying abroad/留学前の準備・手続きについて

■ Procedures for enrollment required by the host institution /留学先への入学手続き:
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The host university offered a One-Stop services for exchange student after arriving. Before that, it is necessary to communicate with the dean of the exchange office in the host university by email and they would offer a account for you register in their academic system to pick up courses.

■ Procedures to obtain visas/ビザの手続き:

Singapore is quite different from other countries in which exchange students wouldn't receive a visa until the arrival. However, the university would help students obtain a special entry permission so that students could arrive in Singapore without problem.

■ Preparations or actions taken to maintain your health/医療関係の準備:

NTU requires all exchange students with more than 6 months exchange period to provide health proof. In my case, my exchange period is expected to be less than 6 months so I am exempted from taking the check-up.

■ Preparations/procedures for insurance/保険関係の準備:

Do bring credit card usable in a foreign country to pay for the insurance fee.

■ Procedures required by faculties or graduate schools at UTokyo/東京大学の所属学部・研究科(教育部)での手続き:

Since I am a graduate exchange student, the host university didn't provide a lot of courses that fitted my background. However, I managed to make the best use of the teaching resources in the host university and take a course that I was not familiar with but found it interesting later.

■ Language preparation/語学関係の準備:

TOEFL is not required but you'd better practice oral presentation ability.

About expenses and scholarships to participate in studying abroad/費用・奨学金に関すること/

■ Expenses of participation/参加するために要した費用:

Airfare/航空費	JPY/円	100,000
Payment to host institution (tuition, facilities fee, etc.)/ 派遣先への支払い(授業料・施設利用料など)	JPY/円	30,000
Textbook / Book/教科書代・書籍代	JPY/円	10,000
Overseas travel insurance fee (designated by UTokyo)/ 海外留学保険料(東京大学指定のもの)	JPY/円	50,000
Insurance and/or social security (required by host institution/region/country)/ 保険・社会保障料(留学先で必要だったもの)	JPY/円	20,000

■ Additional comments/その他、補足等:

■ Monthly cost of living during the study abroad period/留学先での毎月の生活費:

Rent/家賃	JPY/円	30,000
Food/食費	JPY/円	45,000
Transportation/交通費	JPY/円	5,000
Entertainment/Leisure/娯楽費	JPY/円	20,000

■ **Additional comments/その他、補足等:**

■ **Scholarships for study abroad/留学のための奨学金の受給有無:**

Yes, I received some.

■ **Name of the source of the scholarships/奨学金の支給機関・団体名等:**

UTokyo Outbound Exchange Scholarship

■ **Monthly stipend/受給金額(月額):**

100,000 yen

■ **Additional comments about the monthly stipend/受給金額についての補足等:**

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■ **How did you find the scholarships?/ 奨学金をどのように見つけたか:**

Announced by UTokyo (other than Administration Bureau. e.g. the International Exchange Group)

About your future plans/今後の予定について

■ **The subjects for which you plan to (are planning to) transfer credit to UTokyo/留学先で履修した授業科目のうち、単位認定申請をする(予定のもの):**

System reliability and Risk Analysis/3

■ **Number of credits earned at UTokyo BEFORE your study abroad/留学前に取得済みの単位数:**

28 単位/credit(s)

■ **Number of credits earned and (planned to be) transferred to UTokyo/留学先で取得し、単位認定申請を行う(予定の)単位数:**

3 単位/credit(s)

■ **Number of (expected) credits to be earned on return/これから本学で取得予定の単位数:**

12 単位/credit(s)

■ **(Expected) year/month of graduation/ 卒業/修了予定:**

2021/3

Reflection/留学を振り返って

■ **Impact of the study abroad experience on yourself or your thoughts/留学の意義、その他所感:**

I learnt tremendously about how to communicate with a native English speaker. Moreover, I improved my mental toughness as I encountered a lot of Cultural Shock.

■ **Impact of the program on your thoughts for a career or job hunting/今後のキャリアに対する考え方や就職活動に与えた影響:**

Improving the communication skill and understanding of different cultures

■ **Merit/Demerit of studying abroad on your future career/job hunting/留学による今後のキャリア・就職活動へのメリット・デメリット:**

I decided to devote myself into intercultural exchange.

■ **Job hunting activities during study abroad/留学中に行った就職活動:**

None

■ **Career/Occupation (planned)**/ 進路・就職先(就職希望先):

Private sector

■ **Any messages or advice for future participants**/今後留学を考えている学生へのメッセージ、アドバイス:

Don't hesitate and walk out of the comfort zone.

■ **Websites or publications which were useful while preparing for or during your time**

overseas/準備段階や留学中に役に立ったウェブサイト、出版物:

The official Website of NTU