

The University of Tokyo Study Abroad/Student Exchange Program Report Form

(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: 2019/7/10

■ID: A18006

■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: Gadjah Mada University

■Program period/留学期間: 8/10/2018 ~ 6/29/2019

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

■Year at the time of study abroad/学年(留学開始時): Year B2

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

Because I wanted to place myself in the environment which is totally unfamiliar to me, and challenge a new thing. In addition, I wanted to look for my strong interest about Indonesia.

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 2018 / University year/ 年 B2 / 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 2019 / University year/ 年 B2 / Completed semester/学期まで履修 A1

■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:

Because I wanted to study about Indonesia before choosing my major.

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:

Intercultural Communication/3
Theories of Development/4
Security Cooperation in ASEAN/ 3
Indonesian Social and Political History/3
Gender and Politics/3
Conflict: Analysis and Transformation/3
International Institutions/4
Religious Studies/2
Citizenship/2

Development Planning/3
■ Overview of the study/research during study abroad/留学中の学習・研究の概要:
In almost all the classes you are required to give presentation and write essays.
■ 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:
4 to 6 subjects/科目 11 to 20 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:
1 - 5 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, Cultural activities, To teach Japanese
■ 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 helped the event about Japanese culture, teach Japanese and play badminton once a week.
■ How did you spend the weekends and vacations?/週末や長期休暇の過ごし方:
I traveled in Indonesia and Yogyakarta.

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

■ Facilities/設備:
There is wifi and cafe in FISIPOL.
■ Support for students/サポート体制:
There is a buddy club, so you can ask your buddy when you are in trouble.

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:
Rented apartments, etc.
■ 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:
I looked for the accommodation with help of my local friends.

■ Climate, environment around the institution, transportation, food, etc./気候、大学周辺の様子、交通機関、食事等:
You should use GOJEK or Grab for transportation.
■ Management of money and situation about local economy/お金の管理方法、現地の通貨事情:
I opened Mandiri bank account and transfer money through TransferWise.
■ 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:
You should go to Siloam Yogyakarta Hospital when you get sick.

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:

I just filled in the document provided by the host university.
■ Procedures to obtain visas/ビザの手続き:
I applied for KITAS. It took much time to get time limited visa in Japan, so you should be careful.
■ Preparations or actions taken to maintain your health/医療関係の準備:
I got vaccination of hepatitis A and B.
■ Preparations/procedures for insurance/保険関係の準備:
I applied to only one travel insurance specified by UTokyo.
■ 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:
I have to get permission of studying abroad by my faculty.
■ Language preparation/語学関係の準備:
I took TOFEL iBT.

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 150,000
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 0
Textbook / Book/教科書代・書籍代	JPY/円 0
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 100,000
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 0
■ 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 27,000
Food/食費	JPY/円 30,000
Transportation/交通費	JPY/円 8,000
Entertainment/Leisure/娯楽費	JPY/円 15,000
■ 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:	
The Fung Scholarships	
■ Monthly stipend/受給金額(月額):	

70,000 yen
■ Additional comments about the monthly stipend/受給金額についての補足等:
I received 200,000 yen for preparation expenses from the same institution.
■ How did you find the scholarships?/ 奨学金をどのように見つけたか:
Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo

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):
0
■ Number of credits earned at UTokyo BEFORE your study abroad/留学前に取得済みの単位数:
56 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:
0 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:
60 単位/credit(s)
■ (Expected) year/month of graduation/ 卒業/修了予定:
2022/3

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 was able to rethink my identity by spending totally different life there and to consider what I can do overseas especially in developing countries. In addition, I realized both my strengths and weaknesses through communication with those who I cannot meet in Tokyo.
■ 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:
The experience made me think of working abroad.
■ 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:
If you can gain more language skill, studying abroad will help you get a job overseas.
■ 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, Entrepreneurship
■ 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:
A year is not so short. You can change your life during studying abroad as you want. So I recommend that you clarify what you want to do there and set specific object.
■ 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:

None