

報告書

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: 2023/7/27

■ID: A22090

■参加プログラム/Program: 全学交換留学/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: チリ・カトリック大学/Pontificia Universidad Católica de Chile

■留学期間/Program period (yyyy/mm/dd): 2023/3/6 ~ 2023/7/10

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

■学年(留学開始時)/Year at the time of study abroad: 学部3年/3rd grade (Undergraduate)

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

I wanted to study abroad mainly to improve my Spanish, which is why I chose to study in Chile. I always knew I wanted to study abroad, because I like to take every opportunity I can to have new experiences overseas.

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:

2022年/Academic year / B3年/University year / A2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:

2023年/Academic year / B4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:

I chose this period purely because it was the last semester I could do my exchange before my final year of university. I wanted to do my exchange as late as possible to avoid covid restrictions.

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:

Social and Political Movements (10)

Seminar: Latin America in the 20th Century (10)

Contemporary Chilean History of the 20th Century (10)

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

The style of classes varied a lot. I had a history class that was based around readings and each class we discussed the readings, but I also had other classes that were more lecture-based. I usually just did the readings before the class, and if you pay attention in the class you don't need to do any self-

study; the assignments are usually essays. You will need to be able to discuss in small groups and sometimes in front of the class.

■ 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 to 3 科目/Subjects / 21 to 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 :

1 - 5 hrs 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 :

I took part in a yoga workshop with other Chilean students which I paid for, and I also went to bachata dance lessons in central Santiago, which I paid for too. These were both really fun ways to meet new people, often Chilean people!

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

I spent the weekends with friends, exploring the city, going out, etc I spent the vacations travelling. I managed to travel to the very south and north of Chile during my exchange!

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

■ 設備/Facilities :

The facilities at La Catolica are worldclass, and they have many libraries, sports fields and gymnasiums. As a student you can use the gyms. The campus has wifi, but it generally only works inside the buildings. There are many cafeterias on campus where you can heat up your food, and places to buy food too. Most Chilean students bring food from home to heat up.

■ サポート体制/Support for students :

There are staff who work exclusively with exchange students, and they are there to help with any aspect of university life that is causing problems, like if you're having trouble registering for classes. In terms of classes, there is usually a TA helping the class if you need support in the assignments. I don't think there is a lot more support available, although you might be able to access mental health support through the university's health service.

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 :

Homestay

■ 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 :

La Universidad Catolica de Chile does not provide any kind of accommodation for students, but I found a link to a homestay service on their website. I stayed with a Chilean family, who also cooked for me. I had my own room and the house was in a very safe neighbourhood in Santiago.

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

In terms of climate, Santiago has very hot summers, and more mild winters (similar to Tokyo). Santiago has an incredibly good subway system and lots of buses to complement it, so it's easy to get around. I lived an hour from campus as I couldn't choose which family I had a homestay with, and I took a bus and two trains to get to campus. My host mother cooked all my meals for me and it was really good food, three meals a day, so I brought a lunch to campus every day. The campuses of La Catolica are really lovely and beautiful.

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

Because I only did a one semester exchange, I didn't open a local bank account. I used my Wise card in Chile and this worked really well (better rates). Even though you don't use a lot of cash, you do need some, so I took money out of Santander ATMs. Unfortunately this has a high fee of 8,500 pesos.

■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 :

Santiago is not dangerous in terms of violent crime towards you, but more in terms of petty crime. You should not use your phone in the street in central Santiago, and you shouldn't use your phone on the metro when the train doors are open. Likewise, don't leave your phone in your pocket in the metro. Always keep your hands and eyes on your bags. If you do these things, it's very unlikely that you will be robbed. In most parts of Santiago you should not walk alone at night time, but the good thing is that Ubers are relatively cheap. What is for sure, is that you shouldn't let the risk of petty crime stop you from studying abroad in Chile! Regarding the health system, I didn't have any interactions with the local health care system thankfully!

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 :

I had to submit the form 'Nomination Letter for Applying to UC Chile Exchange Program. After I was accepted, I had to fill out an online form where I had to submit the following:

1. Certificados De Notas Oficial Actualizado De Universidad De Origen
2. Certificado De Español-Mínimo Requerido Nivel B2 Vigente [Segun Dele]
3. Copia De Pasaporte (Hoja Id)/Copia Id País De Origen (Cédula Identidad)
4. Copia De La Fotografía Tipo Pasaporte Formato Jpg. 20 A 60kb - Fondo Claro
5. Carta De Nominación Formato Uc
6. Formulario De Solicitud De Adecuaciones Académicas

However, it's important to remember that you don't have to have an official certificate of B2 level of Spanish. Instead of the certificate, you can get a professor of Spanish at your university to fill out a form assessing your ability, as long as they assess your ability to be of at least B2 level.

■ビザの手続き/Procedures to obtain visas :

I did not need any type of visa to enter Chile as a New Zealand citizen. You can enter for up to 90 days at a time as a tourist visa, and in order to renew it, simply leave the country and re-enter. You can also pay 100 USD to renew it, but this is asimilar price to taking a weekend trip to Mendoza (Argentina) ; You get this tourist visa on arrival without any preparation.

■医療関係の準備/Preparations or actions taken to maintain your health :	
None	
■保険関係の準備/Preparations/procedures for insurance :	
I only needed insurance that my home university required.	
■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 :	
Beyond notifying my faculty, I don't think there were any special procedures I had to do.	
■語学関係の準備/Language preparation :	
I took private lessons, one hour a week, for a few months before going to exchange. I don't think this is always necessary depending on your level of Spanish, but I hadn't spoken in a few years and only had two years of high school Spanish. It's important to remember that even if you can't really speak in Spanish yet, you can still do it! People with all different levels of ability go to do exchange in Spanish, and while it might be hard at first, your ability will improve so much while you're there. There will be so many other people there who also have your level of Spanish, so you won't be alone. The best way to learn is just to go and do it!	

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	234,562 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.)	0 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)	46,090 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	98,471 円/JPY
食費/Food	0 円/JPY
交通費/Transportation	16,440 円/JPY
娯楽費/Entertainment/Leisure	25,688 円/JPY
■その他、補足等/Additional comments :	
My food costs were included in my rent payment (my host family cooked for me).	

■留学のための奨学金の受給有無/Scholarships for study abroad :	
No, I did not receive any.	
■奨学金の支給機関・団体名等/Name of the source of the scholarships :	

■ 受給金額(月額)/Monthly stipend :
円
■ 受給金額についての補足等/Additional comments about the monthly stipend :
■ 奨学金をどのように見つけたか/How did you find the scholarships? :

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 :
I don't plan to transfer credits
■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
106 単位/credit(s)
■ 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 :
0 単位/credit(s)
■ これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :
0 単位/credit(s)
■ 卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :
2024/9

留学を振り返って/Reflection

■ 留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :
The exchange experience has been life-changing for me, and I think I really grew into myself over the five months. Being in a new environment and having to speak a different language made me come out of my shell and I was very outgoing and adventurous in Chile, which I will bring with me forward in life. I am very satisfied with my experience of studying and socialising in a different language, and I feel I have made huge amounts of progress with my Spanish, to the point where I am fluent.
■ 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 :
Study abroad made me realise how precious time is, and how I can't waste my time pursuing a career in something just because I feel that that's what I'm supposed to do. This has made me reconsider what I want to study for post-grad, and I think I will change what I wanted to study, or even work before I pursue further study.
■ 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 :
I don't think there has been any disadvantage.
■ 留学中に行った就職活動/Job hunting activities during study abroad :
None

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

Research career, Civil Service, NPO

I don't actually have a planned career!

■ 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 :

I would encourage students of Spanish to choose Latin America as their study abroad destination. There is such incredible richness to culture, nature and beauty in this continent and you will learn so much from your time here, and also have a lot of fun!

■ 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 :

I don't think I consulted any websites or publications in particular.