

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: 2023/8/2

■ID: A22003

■参加プログラム/Program: Exchange Program

■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: Yale University (Fox International Fellowship Program)

■留学期間/Program period (yyyy/mm/dd): 2022/8/17 ~ 2023/5/31

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

Information, Technology, and Society in Asia (ITASIA) at Graduate School of Interdisciplinary Information Studies (GSII)

■学年(留学開始時)/Year at the time of study abroad: 3rd year of Ph.D. program

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

Decided to go abroad

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 / D3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 / D3年/University year / A2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 :

Academic

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 :

Research

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

Seminars by famous professors

■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 Subjects / 1 - 10 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 :

6 - 10 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 :

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

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

■ 設備/Facilities :
Big Gym and Library, but food options are poor.
■ サポート体制/Support for students :
Support at university is good.

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 :
Rented apartments, etc.
■ 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 :
Arranged by University.

■ 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 Cold in Winter, No public transport.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
Queue up at bank to set up account.
■ 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 :
Gun violence is common.

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 :
Transcripts
■ ビザの手続き/Procedures to obtain visas :
US Visa at Embassy
■ 医療関係の準備/Preparations or actions taken to maintain your health :
Health Checkup
■ 保険関係の準備/Preparations/procedures for insurance :
Covered by University
■ 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 :
None
■ 語学関係の準備/Language preparation :
English

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	400,000 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	10,000 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)	100,000 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	100,000 円/JPY
食費/Food	100,000 円/JPY
交通費/Transportation	20,000 円/JPY
娯楽費/Entertainment/Leisure	10,000 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 :
Fox
■受給金額(月額)/Monthly stipend :
200,000 yen
■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? :
Internet or poster, etc.

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 :
Research
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
12 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 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 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 :
Quite expensive
■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 :
Experience in US is valuable
■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 :
Impressive to employer
■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, Reearcher
■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 :
Let's go abroad
■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 :
Utokyo Go Global Website