

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: 2022/12/26

■ID: A22012

■参加プログラム/Program: 全学交換留学

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

■派遣先大学/Host university: ジョーンズ・ホプキンス大学

■留学期間/Program period (yyyy/mm/dd): 2022/8/25 ~ 2022/12/23

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 教養学部 Department of Humanities and Social Sciences Japan in East Asia

■学年(留学開始時)/Year at the time of study abroad: 学部4年

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

Given that I have a 6-month free period before working full-time, I want to use this time to experience different cultures.

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:

2023年/Academic year / B5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 / B5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 was supposed to graduate in September 2022. However, the company I plan to work at only accepts new employees to join from April. Hence, I decided to delay my graduation for six more months and go on exchange. This is also an involuntary choice since I initially applied for exchange in 2020 autumn semester, but as canceled due to COVID.

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:

Financial Accounting/3

Food Writing/3

Ancient Egyptian Women/3

Intensive Japanese/3

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

Most classes here have two lectures per week. Hence, it would require good time management skills

to meet all the deadlines. You have to register at least 12 credits to keep your legal visa status.
■ 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 :
4 to 6 科目/Subjects / 11 to 20 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 :
16 - 20 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 go to gym trainings regularly and visit museums nearby.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
On weekends, I normally work on the homework assignments. The study abroad office sometimes also organize one-day visits to places nearby. I used fall break and thanksgiving break to visit my highschool friends in other East Coast cities.

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

■ 設備/Facilities :
The libraries and gyms are very nice.
■ サポート体制/Support for students :
The study abroad office is very supportive. You can reach out to them easily. It is also easy to make friends with other exchange students.

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., The university signed lease with the apartment office, so we technically lived in the accommodation provided by the university.
■ 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 :
We live in a 4-bedroom suite with 2 shared bathrooms and 1 shared kitchen, living room. The facility is new and only 2-minute walk to the campus.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
There are some chain restaurants, dining cars around the campus. The cafeteria on campus costs around 11 dollars per meal. The quality of food in general is not very good. For transportation, you can take free city bus and shuttle bus to downtown and train station. However, they may not always come on time.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
There is a bank 1-minute walk away from the apartment. I opened a VISA saving account there without extra charge. It is relatively easy to open bank accounts in America. If you do not wish to, you should bring a VISA instead of JCB debit card from Japan, since most places here take VISA.

■ 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 :

I do not walk outside the campus by myself. If I need to visit local supermarket for grocery, I would go together with another person. Robbery with weapon happens often here.

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 :

The procedure was pretty smooth, since the university study abroad office would reach out to you once you are nominated. If you have any problem, you can email the assistant for help.

■ ビザの手続き/Procedures to obtain visas :

I applied for J1 visa. The procedure took around 3 weeks. It would be better to register the visa appointment earlier.

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

The university required people to get 2 additional vaccine shots and blood test to live in the dorm.

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

Just follow the guidelines from both universities.

■ 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 :

I completed first draft of my thesis before going on exchange, but decided to submit it when I returned.

■ 語学関係の準備/Language preparation :

I belong to the PEAK program, so I don't really need any preparation for the 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	132,990 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.)	10,282 円/JPY
教科書代・書籍代/Textbook / Book	3,983 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)	52,924 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)	171,120 円/JPY

■ その他、補足等/Additional comments :

Blood test and Vaccine required by host university: 28,480

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

家賃/Rent	229,128 円/JPY
食費/Food	40,000 円/JPY
交通費/Transportation	5,000 円/JPY
娯楽費/Entertainment/Leisure	7,000 円/JPY

■ その他、補足等/Additional comments :

American VISA application and SEVIS Registration fee cost 50,808 yen in total

■ 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 :

UTokyo Scholarship

■ 受給金額(月額)/Monthly stipend :

80,000 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? :

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

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, since I will graduate when returning to UTokyo.

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

113 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) :

(2023/3)

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 :

I have more confidence in my ability to accommodate to a new environment.

■ 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 :

It makes me more motivated to challenge working in other countries in the future.

■ 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 have finished job hunting before studying abroad, so it does not have many great impact.

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

Tried networking with people already working

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

Specialists (Judiciary, Medical, Accountant, etc.)

■ 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 :

It would be helpful to talk to people who have previous study abroad experiences. The living cost in America is around 1.8 times higher than in Japan, so I would recommend applying for scholarship and getting enough financial support.

■ 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 :

Not really, maybe Youtube.