

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)

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■ID: A23198

■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: ビクトリア大学

■留学期間/Program period (yyyy/mm/dd): 2023/9/6 ~ 2023/12/20

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 教養学部学際科学科国際環境学

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

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

I wanted to experience a life in North America as I was considering studying in the region after my undergraduate studies. I also wanted to gain a new experience in general, along with new friends from different background.

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 / B2年/University year / S2学期まで履修/Completed semester

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

On Leave of Absence

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

2024年/Academic year / B3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 decided to study abroad during the 1st semester of the 3rd year, right after completing my junior division and before starting taking courses in senior division. This way, I could manage the credit requirements easily without having to worry too much about it after I come back from the study abroad.

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:

Finite Mathematics/1.5 (worth 2 credits at UTokyo)

Oceans and Atmosphere/1.5

The Dynamic Earth/1.5

Introduction to the Human Dimensions of Climate Change/1.5

Natural Hazards/1.5

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

The lecture sizes are fairly big with at least 100 students per course. The lectures were mostly unidirectional but some of the courses required participation in labs that took place outside the usual class time. These labs are conducted with a small number of students per session and helps students practice or review what they learned in the course.

■ 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 / 1 to 10 単位/credits 以上

■ 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 hrs/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 :

The university provides a range of cultural activities for international students. For example, I participated in a Japanese Culture Club gathering that took place at least once a month where I could meet local students who were interested in the Japanese culture and even in the University of Tokyo for an exchange program.

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

I mostly hung out with other international friends in the downtown or in other cities that are nearby such as Vancouver.

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

■ 設備/Facilities :

The Wifi was fairly fast and stable in the entire campus. The facilities such as the libraries and gym were relatively clean and new, making them very pleasant to use. Also in terms of the main library, it provided a range of study zones from a quiet study area to a group study area.

■ サポート体制/Support for students :

The university's international program team (especially the team in charge of exchange students) provided a lot of support such as an orientation program prior to the beginning of the semester or cultural activities on a regular basis. The university itself was also open about mental health of students, having a multifaith center designated to support the students in maintaining good mental health conditions through meditation or therapy, whether religiously or non-religiously.

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 :

I stayed in the on-campus dormitory where each student is provided with an individual room. The host university offers a plenty of options available for international students including the dormitories with shared rooms, which are cheaper than those with individual rooms, and those with or without kitchens. However, it

is fairly competitive to get a room due to the no-guarantee system for short-term international students. The information was shared during the online information session the host university held for incoming international students.

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

The climate is overall very rainy and humid, especially from November to December. For this, I do recommend bringing waterproof apparels such as rain coats. The food in the on-campus dormitory could be bought using the meal plan the university includes in the dormitory pricing. However, it had limited options so relying too much on the meal plan could be a bit risky. In terms of transportation, there is only bus available for the public one.

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

I did not have to open a local bank account as I brought cash and credit cards that can be used abroad. However, it is still recommended to open a bank account so that someone, such as parents outside the country, can wiretransfer funds from home, as the university sometimes requires payment only through wire transfer or a local bank 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 :

The campus is very safe with the campus security and some buildings that are open 24/7. However, outside the campus, safety is not guaranteed as there may be homeless or people smoking cannabis. The local health care system is not as readily available as in Japan or other east Asian countries (i.e. you might need to make an appointment for a doctor months in advance).

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 a copy of my passport, transcript, and a list of currently registered courses (courses that do not appear in the official transcript). In addition to these documents, I only had to submit my personal information such as my nationality and birth date.

■ ビザの手続き/Procedures to obtain visas :

I did not have to apply for the visa nor study permit as my study abroad experience did not exceed 6 months, which is the period the Canadian Government set to divide the documentation requirement among international students.

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

I bought tylenol and ibuprofen in case of emergency after I arrived in the country. I do recommend bringing a first aid kit before coming to the study abroad country.

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

The University of Tokyo requires overseas travel insurances and I registered it along with the insurance required for another study abroad program I participated in right before this exchange program. The partner university also required a Canadian insurance that was designed for short-term international students. For the latter, I would recommend making a payment in advance as they only accept Canadian credit cards or wire transfer.

■ 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 had to submit an application form for a leave of absence and a letter of acceptance to my faculty. In the application form for a leave of absence, I also had to write down my plans for the courses in the partner university and get an approval from the program director. This process was not difficult as my course registration for the partner university took place before the deadline.

■ 語学関係の準備/Language preparation :

The program required a minimum of TOEFL iBT 90 as all the courses are conducted in English. I did not have to prepare for the language requirement as I already had a TOEFL score that exceeded the minimum score. But apart from the requirement itself, the study abroad experience in general would be better with the ability to have daily conversations (such as understanding the cultures or having a proficient speaking skills).

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	250,000 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.)	24,000 円/JPY
教科書代・書籍代/Textbook / Book	20,000 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)	30,000 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)	35,000 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	112,500 円/JPY
食費/Food	72,500 円/JPY
交通費/Transportation	5,500 円/JPY
娯楽費/Entertainment/Leisure	45,000 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

■ 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? :

Introduced and announced by Administration Bureau of the University of Tokyo e.g. the International Education Promotion 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 :

Finite Mathematics/1.5

Oceans and Atmosphere/1.5

The Dynamic Earth/1.5 Introduction to the Human Dimensions of Climate Change/1.5

Natural Hazards/1.5

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

73 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 :

10 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 :

49 単位/credit(s)

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

2025/9

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 :

It was overall very satisfying as I was able to meet my goals of experiencing and gaining knowledge on living abroad after my graduation. I was also satisfied with the university as they provided a lot of support for international students. However, it was a little challenging in the beginning when I had to start a new life in an environment I have never experienced before and start from scratch. Even making new friends became a source of pressure.

■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 :

I am considering going to a graduate school abroad after my undergraduate studies, as I am overall satisfied with the experience of living outside Japan. However, I do also want to try other regions such as Europe or other parts of Asia.

■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 think this experience will serve as an evidence that proves my global competence and language abilities, contributing to a success in my future career.

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

Attended conferences or seminars, Tried networking with people already working

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

Research 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 :

Studying abroad requires a lot of commitment and preparation, and the experience of living abroad itself is also challenging. However, keeping in mind that this experience is for a short-period of time and only serves as a new experience will help lessening the pressure. Mental health is most important when it comes to adjusting in a new environment, and you need to make sure to reach out to people who can help you if you confront an issue. Do also try to have a lot fun by making new friends and participating in cultural activities, rather than merely studying.

■ 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 :

The host university and country's official websites helped a lot, especially when preparing for the documentations and immigration processes.