

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: 2024/5/24

■ID: A23002

■参加プログラム/Program: 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: イェール大学(Fox International Fellowship Program)

■留学期間/Program period (yyyy/mm/dd): 2023/8/15 ~ 2024/5/31

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 学際情報学府学際情報学専攻アジア情報社会コース博士後期課程

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

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

I would like to learn more about the theories and methodologies in political communication studies from a different academic environment. Yale offered a perfect opportunity for me.

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 / D2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:

Study Abroad

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

2024年/Academic year / D4年/University year / A1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:

As I continue with writing my doctoral dissertation, I wish to receive more training in theory and methodology. Yale provided a perfect opportunity for me.

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:

The Yale Fox Fellowship program does not allow students to take courses for credits.

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

I attended weekly seminars of the Fox Fellows and seminars on comparative politics and research methods. I met with a supervisor every two weeks.

■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 / 1 to 10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:

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| 21 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 : |
| 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 : |
| Concerts, sport games, and campus student activities are all very interesting. |
| ■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? : |
| Writing papers, and sometimes I went to parks or visited other cities. |

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

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| ■ 設備/Facilities : |
| Yale has a lot of old and new libraries. They are all great places to study. Free Wifi on campus. Gym is also free for students. Cafeterias are around the campus and the city of New Haven. |
| ■ サポート体制/Support for students : |
| Students can contact professors that they are interested in. Usually professors love to have regular meetings with Fox Fellows throughout their exchange. We could also seek help from administrative staffs. |

プログラム期間中の生活について/About life during the program

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| ■ 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 : |
| The Fox Fellowship housing is near campus. Typically, it is a house with 2-3 floors, and every floor is an apartment. In every apartment, there are 2-3 bedrooms with a living room, a kitchen, and a toilet. Every fellow will have a bedroom, and share other facilities with other fellows. Internet, water, and gas are free. Generally speaking, the housing is quite good, especially considering the fact that the rent is covered by the fellowship. |

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| ■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. : |
| New Haven is cold in winter, so prepare enough clothes. The city is not very large, so it is not so easy to find all kinds of foods, especially Asian foods. Yale has free shuttle buses, so transportation is easy. |
| ■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy : |
| The university helped us make a reservation for opening a bank account. After that, we received our fellowship weekly through the bank card. Thus, everything went smoothly. |
| ■ 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 crime rate in New Haven is significantly higher than Japan. So it is important to keep an eye on your safety. Yale Health provides health service to students almost for free. Make the best use of it! |

留学前の準備・手続きについて/About preparations and procedures before studying abroad

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| ■ 留学先への入学手続き/Procedures for enrollment required by the host institution : |
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The application for the Fox Fellowship was very competitive. We needed to explain our passion for our research topic and how our research will contribute to the international community. Recommendation letters from professors were also necessary. It is very important to plan your application early.

■ビザの手続き/Procedures to obtain visas :

Fox Fellows was asked to apply for a J1 exchange student visa. It is recommended that you start visa application two months before departure, as the processing time varies case by case.

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

Though I did not pay much attention for maintaining health, it is important to take enough medicine with you to prevent emergency.

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

Following the university's instructions and we could get our insurance. Though it was a little complicated and expensive, insurance is necessary.

■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 needed to apply for a travel permit before leaving.

■語学関係の準備/Language preparation :

We needed to have a TOEFL score for application. Generally, it is better for the score to be higher than 100.

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 :

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| 航空費/Airfare | 0 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) | 80,670 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 :

Air fare, tuition fee, and insurance at Yale are all covered by the fellowship. So I did not need to pay anything.

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

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|---------------------------|---------------|
| 家賃/Rent | 0 円/JPY |
| 食費/Food | 141,400 円/JPY |
| 交通費/Transportation | 4,000 円/JPY |
| 娯楽費/Entertainment/Leisure | 0 円/JPY |

■その他、補足等/Additional comments :

House rent at Yale is covered by the fellowship. So I did not need to pay anything.

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| ■ 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 : |
| Yale University |
| ■ 受給金額(月額)/Monthly stipend : |
| 237,216 円 |
| ■ 受給金額についての補足等/Additional comments about the monthly stipend : |
| Beside the monthly stipend, the fellowship also includes the round trip transportation, housing rent, health insurance, and a \$2000 (JPY 314193) research fund. |
| ■ 奨学金をどのように見つけたか/How did you find the scholarships? : |
| The exchange program automatically guarantees a fellowship. |

今後の予定について/About your future plans

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| ■ 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 will keep up writing the doctoral dissertation and will not take any class. |
| ■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad : |
| 14 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) : |
| 2025 年 9 月 (2025/9) |

留学を振り返って/Reflection

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| ■ 留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts : |
| This experience helped me understand America more. The US is a very unique country in its culture, political thoughts, and economy. |
| ■ 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 : |
| This experience did not change my career goal. |
| ■ 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 improved my understanding in research methodology. I also had chances to meet with people successful in their 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 :

Start your application if you find the Fox Fellowship program attractive! It is perhaps not as difficult as you think, and the fellowship really offers a lot!

■ 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 official website of the host university (Go Global Website) and the exchange program include very important information for applicants and fellows.