

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: 2024/8/10

■ID: A23207

■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/ja/program-list-USTEP.html>

■派遣先大学/Host university: London School of Economics and Political Science(LSE)

■留学期間/Program period (yyyy/mm/dd): 2023/9/25 ~ 2024/6/14

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 教養学部 Natural Sciences II (PEAK)

■学年(留学開始時)/Year at the time of study abroad: B3

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

I originally wanted to study in the UK for university so I wanted to experience what it was like. I also wanted to live in Europe/A big city.

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 / B3年/University year / W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 / B4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:

Complete junior division then academic 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:

Credits not transferred yet. Anthropology of Development Cognitive Behavioral Science Statistics
Databases Philosophy of Physics

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

Unlike UTokyo, you generally take 4-6 modules a semester (maybe less) and one module may consist of a class, a lecture, a discussion group, etc so there are many hours per week per module, not just the lecture.

■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:

1 - 5 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 :
Sports
■ 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 :
n/a
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
I played a lot of ultimate frisbee (a sport) and traveled a lot in Europe

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

■ 設備/Facilities :
High class, nice area, lots of funding
■ サポート体制/Support for students :
A lot of initiative from the university to provide support.

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 at iH (International Hall) near the Brunswick which is an amazing location but expensive (relative to Japan but not London) Individual room, shared bathroom, shared showers, no kitchen (only pantry), catered Accommodation guaranteed by LSE

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
<ul style="list-style-type: none"> ·Location: Central London, near the River Thames. Close to landmarks like the British Museum and Covent Garden. Mix of historic and modern architecture. ·Culture: Rich cultural diversity. Many museums, theatres, and art galleries. Numerous cultural events and festivals year-round. ·Safety: Generally safe, but be cautious at night. Keep personal belongings secure. Transportation: Public Transport: Extensive network of buses, Underground (Tube), and trains. Use Oyster card or contactless payment. Cycling: Dedicated bike lanes. Rental bikes available through Santander Cycles. Walking: Central location makes walking to nearby attractions easy. Food: Campus Options: Various dining options, including cafes and restaurants. Range of cuisines for different tastes and dietary needs. Local Cuisine: Diverse food scene. Traditional British dishes and international cuisines available. Grocery Stores: Several supermarkets and convenience stores nearby.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
I have a Revolut based in the UK which was helpful. I did not create a local bank account otherwise.
■ 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 went to private hospitals and claimed money from insurance later. Public healthcare is good if you want

to wait 6 months.

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 :

Communication to LSE was mostly via email, I got confused with the general course but it seems GO LSE and GC (General Course) are different things

■ ビザの手続き/Procedures to obtain visas :

UK Government website is helpful – follow instructions from LSE and UK Government – I would advise people to start early.

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

I got my wisdom teeth removed in Japan. Do all procedures that are health and dental related in Japan.

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

I injured my leg during a ski trip. The way the futai insurance works is that they refund you which means you need a lot of money in your bank account for that to work. My MRI cost like 800GBP so be prepared to have money.

■ 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 :

n/a

■ 語学関係の準備/Language preparation :

I did all of my education at a British school

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	70,000 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	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)	20,000 円/JPY

■ その他、補足等/Additional comments :

NHS surcharge is included in the visa

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

家賃/Rent	220,000 円/JPY
食費/Food	50,000 円/JPY
交通費/Transportation	20,000 円/JPY
娯楽費/Entertainment/Leisure	20,000 円/JPY

■ その他、補足等/Additional comments :

Rent includes food since hall is catered

■ 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 :
Fung Scholarship
■ 受給金額(月額)/Monthly stipend :
100,000 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 by (Administration Bureau. e.g. the International Exchange Group), UTokyo

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 :
All if possible
■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
84 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 :
0 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 :
I feel like I was able to meet new people and experience what it is like to live in London.
■ 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 to use the high potential visa 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 think the timing really matters. If you want to job hunt you may have to do it as soon after returning.
■ 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) :
■ 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 :

Plan ahead and prepare.

■ 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 :

LSE website, UK government website.