

## 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: 2024/8/16

■ID: A23046

■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: メルボルン大学

■留学期間/Program period (yyyy/mm/dd): 2023/7/14 ~ 2024/6/21

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

■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?:

Before starting university, I was interested in doing a year abroad. I seriously considered it during my second and third years but became overly concerned about potential downsides, like delaying my graduation or disrupting my scholarship. Because of this, I eventually let go of the idea. By the time I reached my fourth year, I was still unsure whether to pursue a graduate degree in Japan or abroad. I realized that to truly challenge myself and see where I stand, I needed the experience of studying overseas for a year, so I decided to apply.

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 / B4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:

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:

This was the only time I could choose, but I don't think it's the best timing since the graduate school entrance exams will start right after I return in the fall.

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:

Principles of Business Law/12.5

Principle of Finance/12.5

Contemporary Politics Theory/12.5

Corporate Financial Decision Making/12.5

Corporate Law/12.5

Accounting Report and Analysis/12.5 Intellectual Property Law/12.5
■ 留学中の学習・研究の概要/Overview of the study/research during study abroad :
Each subject includes both a lecture and a tutorial. All lectures are recorded and can be reviewed at any time. Grades are typically determined by a combination of assignments, small quizzes, a mid-term exam (essay), and a final exam (essay).
■ 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 :
4~6 科目/Subjects / 11~20 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 :
6 - 10 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, Volunter works, Internships, participation in university research experiments
■ 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 strongly recommend getting involved in university research experiments. It's a great chance to experience cutting-edge research in different fields, and sometimes, you can even earn a stipend. You can find information about these opportunities on My Unimelb under "All notices" or on posters around campus.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
Movies, reading, hiking, or just taking some time to rest.

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

■ 設備/Facilities :
The campus is fully equipped with Wi-Fi, and there are several libraries and restaurants on site. The gym is also clean and offers free group classes.
■ サポート体制/Support for students :
For English practice, there are plenty of free classes where you can improve your speaking skills, learn how to write better, and more. I also recommend joining activities like Melbourne Talk. Tutorials are really helpful for studying and solving any issues you might have, and there's also academic support services (though I've found them to be quite busy). For mental health, free counseling is available. Moreover, in terms of daily life, there are services like the free airport pick-up service "Arrival Services" and the "Food Relief Program", where you can get free frozen meals, fresh vegetables, and fruits. It's a good idea to regularly check the UMSU or UMSU International Instagram accounts for updates.

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 :
The dorms near UniMelb are usually quite expensive, so I decided to go with a shared apartment instead. I found listings and connected with people on social media (like Facebook and RED), and eventually signed

a lease. Since many leases are transfers rather than new contracts, landlords often prioritize those who can move in quickly. So, if you're planning to stay in an apartment, it's better to start looking about a month and a half before your move-in date, rather than six or three months ahead. Just keep in mind that it might be a bit harder to make friends if you choose to live in an apartment.

■ 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 weather is quite unpredictable, often shifting through all four seasons in a single day. While spring and summer are generally pleasant, autumn and winter can feel much colder due to strong winds and occasional rain. The university's central location is very convenient, with easy access to buses and trains. The surrounding area boasts attractive spots like Royal Park, Carlton Gardens, Fitzroy, and Collingwood, which are great for walking and exploring. Although dining out can be costly, groceries are reasonably priced, so I tend to cook most of my meals at home.

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

I opened an account with Commonwealth Bank, which has no fees for setting up the account or for internal transfers between accounts. Since you'll frequently need to transfer money, like when dining out with friends, I recommend setting up your account as soon as you arrive.

■ 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 safety is hard to compare to Japan, but overall, it's relatively good. Guns are regulated, and there are strict controls on alcohol. You might occasionally see homeless individuals or people dealing with drug addiction, but if you encounter someone acting aggressively, it's best to leave the area promptly.

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 :

If you follow the steps on the university's website and the staff's instructions, everything should go smoothly. Since the paperwork can take some time, it's best to get started early. Many courses require prior approval, so it's a good idea to apply for all the courses you're interested in ahead of time to avoid problems later. If a course is initially denied, you can email the professor explaining why you want to take it and ask for permission directly.

■ ビザの手続き/Procedures to obtain visas :

I applied for a student visa online. As a Chinese national, I need to have a medical examination at a designated hospital at my own expense (around ¥30,000) after submitting the visa application. It's a good idea to start the process at least a month in advance to make sure you have enough time to complete everything.

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

I had my teeth checked and purchased contact lenses.

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

You might feel that having overlapping coverage is a bit wasteful, but it's necessary to enroll in all three insurance plans for your visa application: BUPA Health Insurance, Overseas Student Health Cover (OSHC), and 学研災付帯海外留学保険(付帯海学).

■ 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 submitted a document outlining the purpose of my study abroad, a study abroad notification form, and a list of the courses I plan to take.

■ 語学関係の準備/Language preparation :

I applied using the TOEFL score I obtained in the winter of my second year.

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	100,000 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	15,000 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)	135,000 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)	83,000 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	116,000 円/JPY
食費/Food	50,000 円/JPY
交通費/Transportation	4,000 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 :

Go Global 奨学金(東京大学海外派遣奨学事業)

■ 受給金額(月額)/Monthly stipend :

70,000 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 :
Not decided yet
■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
70 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 :
6 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 :
4 単位/credit(s)
■ 卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :
2025/3

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'm really pleased with my decision to step out of my comfort zone and live in a completely different environment. It was a valuable opportunity to test myself and see how I perform in a fully English-speaking environment. This experience helped me understand myself better and gave me confidence in my ability to adapt. However, I'm a bit disappointed that I didn't make as many local friends as I had hoped, so I don't feel like I got to fully immerse myself in Australian culture. There's still a lot I wish I had experienced and learned in that regard.
■ 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 has confirmed my desire to continuously challenge to work and live in another country. However, before making that move, I plan to use Japan as a stepping stone in my career.
■ 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 :
It helped me better understand the option of attending law school overseas and, more importantly, gave me a clearer sense of my strengths and weaknesses. While I'm not entirely sure how studying abroad will affect my future job search, I believe the benefits will outweigh any drawbacks. My goal of becoming a lawyer who connects countries remains unchanged, and this experience has strengthened my ambition.
■ 留学中に行った就職活動/Job hunting activities during study abroad :
Attended conferences or seminars. Attended internships. 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 :
Don't compare your study abroad experience to others. Everyone's journey is unique, and no two experiences are the same. Studying abroad isn't just one big decision. It's a series of choices that shape your time overseas. I sincerely encourage you to approach each of these choices, big or small, with thoughtfulness and responsibility;
■ 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 :

Reports written by students who previously studied abroad

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The University of Tokyo Study Abroad/Student Exchange Program Report Form (for programs from one semester to a year)

記入日/Date: 2024/7/23

■ID: A23048

■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: The University of Melbourne

■留学期間/Program period (yyyy/mm/dd): 2024/2/16 ~ 2024/6/21

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: Department of Interdisciplinary Sciences, College of Arts and Sciences Senior Division ■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 wanted to go abroad during my college life so that I could explore the world better, and it was definitely worth it.

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 / 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:

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:

It is before my 4th Year when I will write my thesis, so that I have more time.

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:

Genders and Desires in Asia/12.5

Ecology of Urban Landscapes/12.5

Beer Styles and Sensory Analysis/12.5

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

Each subject is a combination of lectures, seminars/tutorials/etc. Lectures are usually recorded, so it is fine to watch them live or afterwards.

■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 / 21 to 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 :
There are a lot of fun activities organised by student union in UniMelb. Keep an eye on their Instagram, and there are so many!
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
I went to some trips around Australia.

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

■ 設備/Facilities :
It is amazing.
■ サポート体制/Support for students :
There are consulting services available. It should come up if your search online (usually on STOP1 which is the help portal in UniMelb).

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 :
It was good.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
Weather in Australia is mostly sunny, and transportation is convenient. Sometimes there are replacement buses so you need to be aware.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
I brought cash to Australia and used a local bank there. This is the cheapest and most convenient way.
■ 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 :
GP is the most common solution when you need to see a doctor. So research the GP clinic that is covered by your insurance and speak the language you are comfortable with. If it is not a big problem, the pharmacy can deal with it well most of the time.

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 main thing is to maintain contact with and check emails from the Global Learning office in UniMelb. There is an application process, and you just need to follow the instructions on the system. It is overall very smooth.
■ ビザの手続き/Procedures to obtain visas :

I applied to Australian visa online. You need to follow the procedure provided by the host university after they provide you with COE.

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

Make sure to take medication that you have been using long-term, and take prescription beforehand with your doctor. In general, medicines in Australia is good for common illness like stomachache and cold.

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

There are two insurances: 1. The insurance required by UTokyo 2. The insurance (OSHC) required by UniMeb and the Australian government so you need it for visa application

■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 :

Luckily for me, there is no conflict in schedule with my classes, credits, etc. Just make sure to check everything in advance.

■語学関係の準備/Language preparation :

Talk with others in English more is a good practice.

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	107,000 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)	37,660 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)	32,100 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	135,000 円/JPY
食費/Food	67,000 円/JPY
交通費/Transportation	10,000 円/JPY
娯楽費/Entertainment/Leisure	22,000 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 :

No, I did not receive any.

■奨学金の支給機関・団体名等/Name of the source of the scholarships :

■受給金額(月額)/Monthly stipend :

<p>■ 受給金額についての補足等/Additional comments about the monthly stipend :</p>
<p>■ 奨学金をどのように見つけたか/How did you find the scholarships? :</p>

今後の予定について/About your future plans

<p>■ 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 :</p>
<p>Ecology of Urban Landscapes/12.5</p>
<p>■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :</p>
<p>45 単位/credit(s)</p>
<p>■ 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 :</p>
<p>12.5 単位/credit(s)</p>
<p>■ これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :</p>
<p>2 単位/credit(s)</p>
<p>■ 卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :</p>
<p>2025/9</p>

留学を振り返って/Reflection

<p>■ 留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :</p>
<p>I got even more willing to study and work abroad to explore the world.</p>
<p>■ 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 :</p>
<p>I want to work abroad.</p>
<p>■ 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 :</p>
<p>It is an experience that trained my skills and I can talk about it in job hunting.</p>
<p>■ 留学中に行った就職活動/Job hunting activities during study abroad :</p>
<p>Attended events at host institutions, Tried networking with people already working</p>
<p>■ 進路・就職先(就職希望先)/Career/Occupation (planned) :</p>
<p>Research career, NPO</p>
<p>■ 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 :</p>
<p>Go for anything you are interested in! It is always worth a try.</p>
<p>■ 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 :</p>
<p>Social media posts are in fact quite helpful so check out other student's experience in studying in the country.</p>

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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: A23049

■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: The University of Melbourne

■留学期間/Program period (yyyy/mm/dd): 2024/2/16 ~ 2024/6/21

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: Department of Interdisciplinary Sciences, College of Arts and Sciences Senior Division ■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 wanted to see what living in an English-speaking country was like, and I was curious about the study culture in Australia. I decided to study abroad in my third year because I didn't want to delay graduation and interfere with my thesis project in 4th year.

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 / 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:

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:

The start of the semester in the University of Melbourne didn't interfere with the end of the previous semester at the University of Tokyo.

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:

Ecology of Urban Landscapes / 12.5

Life Drawing: The Body / 12.5

Australian Wildlife Biology / 12.5

Landscapes and Environmental Change / 12.5

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

Each subject had 2-3 meetings per week, and the ones that I chose all had some fieldwork / practical aspect to them, which I really liked.

■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 / 21 to 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 :
11 - 15 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 :
Choir, Hiking, Bouldering
■ 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 joined the Melbourne university Choral Society, and travelled with friends to nearby places to hike.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
travelling, seeing different parts of melbourne

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

■ 設備/Facilities :
There are many libraries in Unimelb, and many nice study spaces. The sports facilities are also quite good and they hold free play sessions for different sports every week. There is no cafeteria but there are multiple cafes / food providers across campus that serve food. Wifi is available across campus.
■ サポート体制/Support for students :
the student union at Unimelb (UMSU) is quite active and they have many events that you can get free food / meet new friends etc.

#### 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 :
Dormitory (not specifically for students)
■ 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 :
My accommodation was very close to the campus. I had a private room but the kitchen and bathrooms were shared across each floor. I found my accommodation through online searches and google maps.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
I stayed from Feb-June, and in February it was quite hot, but during winter time it was much colder, around 8-10 degrees C. Transport was relatively convenient with the trams and Melbourne is also very walkable. It can be quite expensive to eat out all the time, so definitely buy ingredients and cook if you are on a budget.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
Opening a local bank account through Commbank was really simple and convenient, and I found it really easy to use a debit card / my phone to pay for things. I used Wise to transfer money out of Japan.
■ 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 :
Don't provoke anyone on the streets and keep hydrated. Put on sunscreen.

#### 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 submitted the usual documents: proof of English proficiency, passport, etc. If you want to register for some higher level courses you need to submit some proof that you match the entry requirements, so prepare the syllabus outline of the appropriate UTokyo courses so that you can take the courses that you want.

■ ビザの手続き/Procedures to obtain visas :

I applied for a student visa online through the immigration website, and it took around 1.5 weeks to receive the visa after I submitted the application. The application site asks for your travel history, so have that ready when you apply.

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

I took my own first aid kit with my usual medications for common cold / flu symptoms.

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

I got the mandatory insurance from UTokyo and University of Melbourne.

■ 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 :

Since the submission of thesis advisor process happened while I was overseas, I emailed the office so that I could access that information online instead of in person.

■ 語学関係の準備/Language preparation :

I was fluent in English before the program started, so it wasn't a problem.

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	35,000 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)	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)	31,000 円/JPY

■ その他、補足等/Additional comments :

The insurance is quite expensive because both Australian and Japanese Universities require their own. The airfare does not include the route to and from Japan due to personal reasons.

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

家賃/Rent	120,000 円/JPY
食費/Food	35,000 円/JPY
交通費/Transportation	4,000 円/JPY
娯楽費/Entertainment/Leisure	10,000 円/JPY

■ その他、補足等/Additional comments :

most student accommodations are actually more expensive, try to book earlier to get the cheaper ones.

■ 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 :

Go Global Scholarship

■ 受給金額(月額)/Monthly stipend :

70,000 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 :

Ecology of Urban Landscapes / 12.5

Landscapes and Environmental Change / 12.5

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

107 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 :

4 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 :

4 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 :

Studying abroad helped me see how other people in my field are studying and what paths they are thinking to follow in their future as well.

■ 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 got some new ideas for career, but generally I didn't really go for a job.

■ 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 :

Merits:- Adaptability- previous experience living in Australia- open mindedness

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

Attended events at host institutions, Attended off-campus event, Tried networking with people already

working

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

Private sector

Not really sure yet.

■ 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 :

Melbourne is quite a fun city.

■ 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 :

Unimelb website.