What is “Hands-on Activities”?

The Hands-on Activities offer UTokyo undergraduate students chances to learn about new cultures and sets of values. Through the activities, students discover new ways of thinking and lifestyles, and acquire the skills to make new ideas by themselves, a requirement to be a “knowledge professionals.”

The Hands-on Activities, one of original programs in UTokyo, started in 2012 and takes place in Japan as well as abroad, and consists of various programs such as volunteer work, international experience, agricultural sciences and nature programs, on-campus lab experiences and so on.

Effects of Hands-on Activities

We are researching into the impacts the Hands-on Activities has on the students using questionnaire based surveys and participant observation by graduate students majoring in educational psychology, in addition to report written by participants.

participant observation
From participant observation in two of the programs - child-care volunteer work at a hospital, and experience-based activity of fishery and agriculture, the researcher concluded that the participants’ awareness of the importance of the subject that they were majoring in increased.

questionnaire based survey
Large changes were seen in two areas after the activity.
1 Extroverted nature increased leading to:
   → • being more proactive to advance into society
   • improvement of communication skill
2 Increase in stress tolerance
   → gaining the ability to adapt to new environments

The total number of participants 2012 ~ 2014

<table>
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<th>Year</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
<th>5th</th>
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<tbody>
<tr>
<td>2012</td>
<td>12</td>
<td>174</td>
<td>252</td>
<td>253</td>
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Trend in participation number

Participants reports

I visited N.Y. for the first time and saw people with different languages, conventions and cultures living together. I was shocked to realize how wide the world was. (N.Y., Meet with alumni)

I saw the unimaginable life of an old couple where the wife had Alzheimer’s and the husband who had only one leg, and a staff of a nursing home walking around all night changing residents’ diapers. I realized that my life is not common but in a way fortunate, as well as in some way very limited. (Chiba, Experience in home medical care)

Hands-on Activities is only possible with the support of the people who accept students.

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