

MORIKAMO  
Unofficial mascot



# Hands-on Activities

体験活動プログラム



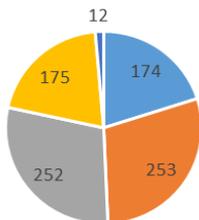
東京大学  
THE UNIVERSITY OF TOKYO

## What is “Hands-on Activities”?

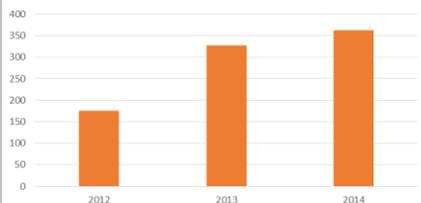
The Hands-on Activities offer UTokyo undergraduate students chances to learn about new cultures and sets of values. Through the activities, students discover new ways of thinking and lifestyles, and acquire the skills to make new ideas by themselves, a requirement to be a “knowledge professionals.”

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.

The total number  
of participants  
2012 ~ 2014



Trend in participation number



## Effects of Hands-on Activities

\*The result of researches in 2014

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



Work experience at an organic farm  
(NJ, USA)



Fishery experience  
(Misaki Marine Biological Station)



Work experience at a town office  
(Mie, Japan)



Ionic liquid experiment  
(Grad School of Frontier Sciences)



Forest field research  
(UTokyo Hokkaido Forest)



Alumni visit at OECD  
(Paris, France)

### 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)



The debrief sessions where participants make presentations are run by the students themselves.

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

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