

東京大学 海外留学・国際交流プログラム報告書(超短期プログラム用)

平成 26 年 8 月 6 日

東京大学での所属学部/研究科・学年(プログラム開始時): 文学部行動文化学科社会心理学専修・4 年

参加プログラム: IARU GSP プログラム

派遣先大学: コペンハーゲン大学

卒業・修了後の就職(希望)先: 1. 研究職 2. 専門職(医師・法曹・会計士等) 3. 公務員 4. 非営利団体

5. 民間企業(業界: コンサルティング) 6. 起業 7. その他()

派遣先大学の概要

デンマークのコペンハーゲン大学: キャンパスは市内に散在しており、神学部のキャンパスは人通りが多い通りのちょっと奥にあり、初めてのときは見つけづらいので注意。ここでコペンハーゲン出身の哲学者であるキルケゴールの授業を 4 週間受ける。

参加した動機

- ・普段の選考とは違う分野にみっちり取り組んでみたかったため。
- ・語学を学ぶのではなく、英語で授業を受けるという経験をしてみたかったため。
- ・北欧文化という日本とは馴染みのない環境の中で、比較的長期で滞在することにより、普段の考え方を相対化するため。

参加の準備

①プログラムの参加手続き(手続きにあたってのアドバイスなど)

コペンハーゲン大学のメールアドレスがもらえ、そのアカウントを通して寮の手続きや学生証発行のための写真送付などを行う。デンマーク語のメールに混じって大事なメールがポイントと送られてくるので、まめにチェックすることをおすすめする。

②ビザの手続き(ビザの種類、申請先、手続きに要した時間、ビザ申請にあたってのアドバイスなど)

1 ヶ月の滞在であれば、日本国籍の場合ビザは必要なし。

③医療関係の準備(出発前の健康診断、予防接種等)

特になし。

④保険関係の準備(加入した海外旅行傷害保険・留学保険等)

クレジットカード付帯保険を利用。

⑤留学にあたって東京大学の所属学部・研究科で行った手続きなど(履修・単位・試験・論文提出等に関して)

学期中の開催のため、履修している授業の担当教授に、留学で授業を欠席する旨を早めに伝え、不在間のレポートやテストをどうするか指示を仰いだ。大学のプログラムということもあり、認めてもらえる場合が多く、帰国後の提出で特別に対応してもらえた。

⑥語学関係の準備(出発前の英語レベル・語学学習等)

IELTS6.5 程度

⑦日本から持参した方がよいもの、その他出発前にやっておくべきこと・アドバイスなど

Either/Or, Sickness unto Death の購入(英語版)

日本の食料を持参すること(結構大事)

学習・研究について

①プログラムの概要(授業・予習・復習のスタイル、印象に残っている内容等)

授業は 3h/週 3 回。学生は 20 名程度、各国から集まった学生と現地の学生が参加。レクチャースタイルの講義で、指定箇所のリーディングを事前に行い、教員が質問を投げかけ、それについてディスカッションする。ゲスト講師が参加することも。復習は特に求められなかった。

②学習・研究面でのアドバイス

授業の頻度は少ないが、リーディングに慣れていないと予習に時間がかかる。もし可能であれば、渡航前にキルケゴール思想の入門書を日本語で読んでおくとう理解が早いと思う。(ちなみに私は『死に至る病』を読もうとしたところ、初めの数ページで挫折しました。一番初めは概要書的なものをおすすめします。)英語を母国語とする学生でも、哲学的な記述のために、あまり理解できていない人が多かったように思うので、内容理解のためには英語日本語両方を使ってみるのも良いかもしれない。市内には Kierkegaard Center があり、日本語の文献も参照できる。

③語学面での苦労・アドバイス等

教員が言っていることは理解できても、英語ネイティブ同士のディスカッションを理解することに難しさを感じた。まずは Listening ができないとお話にならない。TED や英語ニュースなどを使って渡航前に耳をならしておくの良いのではないかと思う。

生活について

①宿泊先(種類(寮・ホームステイ・ルームシェア等)、家賃、宿舎の様子、見つけた方法など)

Tasingegade にある学生寮に滞在した。学校まではバスで 20 分ほど。2 人 1 部屋でキッチン、シャワー付き。洗濯はカードチャージ方式(有料)で、地下にある共同の洗濯機・乾燥機を使う。鍵は寮やキャンパスとは別の場所にある Housing Foundation で受け取り、返却をしなければならない。開室時間が短いので、到着時間や出発時間を決める際には注意が必要。

②生活環境(気候、大学周辺の様子、交通機関、食事、お金の管理方法(海外送金・クレジットカード)など)

【気候】コペンハーゲンの夏は本当に素敵な気候。朝は 4 時くらいから日が昇り、夜は 22 時くらいまで明るい。基本的に毎日晴れて、気持ちの良い気温だった。半袖半ズボンが基本で、ジャケットを 1 枚持っていけばよい程度。Bike Trip があるので、雨具があればなおよし。

【交通機関】大学周辺はショッピングエリアで、バス停からも近く通学に便利。コペンハーゲンはバスも地下鉄も発達しているので、移動には不便しない。1 ヶ月の滞在であれば、メトロとバス共通券を 360DK(7,000 円程度)(小さい顔写真を提出する必要あり)で購入するのをおすすめする。セブンイレブンで簡単に買えます。

【食事】北欧はやはり物価がとても高い。日本の 2 倍程度と考えておいたほうが良い。(ランチに普通のタイ料理を食べると 2,000 円しました...) みんな自炊をしていた。とはいえ、寮で友人と料理を持ち寄って一緒に食べるのも楽しい。外食をしたい場合は、ピザ(寮のすぐそばにある)を 2 人で 1 枚頼むと、一人 500 円くらいで済むのでよい。あと、ビール・ベリー類・チーズ・ハム・パンは安いので、工夫して楽しむことができる。日本から醤油やみりん、インスタント食品を持ってくると出費が抑えられるかも。

【お金】基本的にクレジットカードを利用していた。スーパーでもパン屋でも一般的に使えるが、場所によってはクレジット利用料を取られるので注意。それとは別に、現金+海外でも利用できるキャッシュカードも持っていた。

③危機管理関係(留学先の治安、医療機関の事情、心身の健康管理で気をつけた点など)

夏季で夜まで明るいこともあり、危険を感じたことはなかった。観光地でもあるので、スリには気をつけたい。

④要した費用とその内訳(航空賃、授業料、教科書代、家賃、食費、交通費、娯楽費などの概算)

30 万程度

(内訳)

13 万: 航空券(SAS 直行便)

3,000 円: 教科書(「死に至る病」「あれかこれか」英語版)

10 万: 家賃(デポジット込)

6 万: 食費・交通費ほか

⑤奨学金(受給していた場合は、支給機関・支給額・見つけた方法など)

8 万: JASSO 奨学金

8 万: Santander 奨学金

⑥学習・研究以外の活動(スポーツ・文化活動、ボランティア・インターン、週末の過ごし方など)

授業後に公園でピクニックに行ったり、Canal Tour に参加したりした。また、担当教員の引率のもと、週末に泊まりがけで Bike Trip に行った。ルイジアナ美術館やクロンボー城など、コペンハーゲン郊外の観光地を回れて楽しかった。これらの費用は大学負担のため、行かない手はない。また、授業が週に 3 日なので、友人と市内観光もよくした。

派遣先大学の環境について

①参加学生へのサポート体制(語学面・学習面・生活面・精神面でのサポート等)

担当教員はとても良い人で、親身になって相談に乗ってくれる。教務課では学生証を受け取ることができ、市内で学生割引を受けられることも。

②大学の設備(図書館・スポーツ施設・食堂・PC 環境等)

学生 ID カードを使って、神学部のキャンパスの中にある図書館を利用することができる。コピーやスキャンは留学中に利用ができなかったため、神学部の図書室にいる学生や教員にお願いしていた。

プログラムを振り返って

①プログラムの意義、参加を通じて成長したこと、その他留学を通じての所感

「どう生きるか」について考えられた 1 ヶ月だったと思う。

ー1 つは、キルケゴールの思想を通して。

キルケゴールの思想は一見とっつきにくく、難解なものだが、変化の激しい時代においていかに、自分らしく生きるかを問うものだと感じた。彼の思想の源流にあるのは、自己を見つめ、あるべき自己、ありたい姿になろうとする葛藤であると気づけたことは、大きな収穫だった。

ー2 つめには、参加学生との価値観の交換を通して。

英語ができないながら、「楽しむ」ことを目標にして、周りの学生たちと関わっていた。日常の些細な会話のなかで、「ヌーディストビーチなんて、ありえない！」→「え、でも日本には銭湯あるじゃない。それと一緒にしょ？」「日本の神社と寺って何が違うの？」など、はっとさせられる問があり、自分が生きている世界が、「日本」という枠組み、自分が見ている範囲でしかないと思えて気づかされた。

ー3 つめには、デンマークの人々の暮らしを通して。

デンマークは世界で幸福度が最も高い国の一つであり、仕事とプライベートの両方を楽しむ空気があった。電車には自転車を持ち込む広いスペースがあり、ペットも連れ込み自由、バスにベビーカーを持って乗るのも当たり前。家族の時間と健康、そして身の回りのデザインにこだわるゆっくりとした生活が見て取れた。「バリバリ働く」というのも一つの価値でしかないのだと思った。いろんな価値観を知り、自分を知った上で、選択していくことが「生きる」ことなのだと。

②参加後の予定

残り半年の大学生活を楽しみ尽くすことと、社会人に向けたインプット＋アウトプット

卒業後、20 代のうちは特に、一歩でも前に進むためにがむしゃらに働くつもり。

③今後参加を考えている学生へのメッセージ・アドバイス

参加する価値のあるプログラムでした。1 ヶ月、日頃のもろもろを離れて自分と向き合えると思います。心残りは、英語力がまだまだだったこと。言いたいことがあっても、言葉にならないのは悔しい。準備をして、ぜひ挑んでみてください。参加前、参加期間中にどう目標設定するかで、学びも変わってくると思います。

その他

①準備段階や留学中に役に立ったウェブサイト・出版物

死に至る病(まんがで読破)

死に至る病(枘田啓三郎訳)

②その他東京大学のホームページ・出版物等に掲載してよい留学中の写真があれば添付してください。

The University of Tokyo Study Abroad/Student Exchange Program Report Form

Date: 08/05/2014

Faculty/Graduate School: Interdisciplinary Information Studies Year: 2014

Program Attended: COP1: Kierkegaard: The Individual in Global Society

Organizing Overseas Institution/University: University of Copenhagen

Occupation after graduation (intended):

- | | | |
|------------------|--|------------------|
| 1. Research | 2. Specialist (Medical • Judiciary • Accountant) | 3. Civil Service |
| 4. NPO | 5. Private sector (Type of industry: Media or Communications) | 6. |
| Entrepreneurship | | 7. Others () |

Outline of the receiving institution overseas

I studied at the University of Copenhagen (KU); the department that organized this class was the Department of Theology. The university has three campuses, but it is quite different from the University of Tokyo, because, at KU, the departments are spread out all over the place. Thus, while our department is technically part of the main campus, it is located on a shopping street called Stroget. In fact, it is nestled between shops, so it is a bit difficult to notice.

Reason why you decided to participate

I took philosophy classes during my university days in the Philippines, and I really enjoyed them. Even though I could not always understand the texts, my professors explained them well and related them to everyday life. I missed the feeling of taking philosophy classes, and I had never studied Soren Kierkegaard's works before, so I applied for this program. Moreover, I had never been to Europe, so this would also provide an opportunity for me to see someplace new.

Preparation for the program

(1) Application process (please give any advice on dealing with the application process)

First, I had to be nominated by my department, so I had to fill out some forms, as well as write an essay stating why I was interested in applying for the program. I also had to ask my undergraduate university for my transcript of records, which caused a slight delay because they had to mail it from Manila, Philippines to Tokyo.

(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)

I got a Schengen visa from the Danish Embassy, which is located in Daikanyama, Shibuya. The processing time was very quick – although the website says that the estimated time is 15 days, my visa was approved in about a week. Bring all the documents required to make processing quick.

(3) Medical check-ups (health check-ups before departure, inoculations, etc.)

Copenhagen is a safe, clean country, so I don't think any vaccinations would have been necessary. Still, I brought some medicines for common illnesses like fever, cough, and colds, just in case.

(4) Insurance (information about insurance for travel/studying abroad purchased)

I purchased travel insurance from Sompo Japan Insurance. I found the information from the University of Tokyo's Co-op – there's a small travel agency on the same building as the Second Refectory. The insurance was quite inexpensive; I paid about 7000 yen for insurance coverage worth about 10,000,000 yen.

(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)

I was told that I could try to obtain credits from this program by submitting my grade transcript and filling out some forms; however, I haven't gotten my transcript yet, so I'm not yet sure if I can gain credits from this program. Missing the final exams for two of my classes (ITASIA 201 and 202) was not a problem, as I was able to take the make-up exams as soon as I returned. I didn't miss any other requirements for my other classes, and my professors were quite understanding. It's best to take a program like this while you don't have to worry about your thesis yet, so that you don't have as much to make up for.

(6) Language preparation (language level (English, etc.), lessons etc.)

I'm a native English speaker, so I didn't have to prepare anything. Most Danes can speak English, and it's said that it's almost impossible to learn much Danish in a month, so studying Danish is

unnecessary. Perhaps learning some basic greetings would make you seem more polite, though.

(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.

Get some money exchanged before you leave Japan, but only enough to get you from the airport to Copenhagen, as well as for some emergencies. (The exchange rates at Danish banks are better. I recommend Forex Bank, but it doesn't have a branch in the airport.)

Also, don't forget to bring a universal adapter, as Denmark's voltage system is different from Japan's. As for the required books for the program, it's better to buy them before arriving at Copenhagen.

Information on the academic/research program

(1) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.)

Classes were held thrice a week, for three hours each day (with some short breaks in between). We were supposed to go to class having read the assigned pages beforehand, so that we could participate in the discussion. The professor, Brian Soderquist, delivered his lectures in a calm, relaxed manner, making students feel comfortable and engaged instead of intimidated. I really liked his teaching style – he made class more enjoyable and made difficult concepts easier to grasp. He was also very approachable, and he always welcomed questions. In fact, he encouraged discussion, and would regularly ask us for our insights, comments, and questions. He was also very attentive to our needs, as he was very understanding of some students who were taking English classes for the first time, and would suggest that the class take a break when he sensed that students were getting bored or sleepy. (One time, he even bought us ice cream because it was a hot day.) He also invited guest lecturers – his colleagues, who were also doing research on Kierkegaard – to give us different perspectives.

This program also promoted having fun outside the classroom. We had some after-class activities, such as having a drink at a place where Kierkegaard used to live, drinking and relaxing at the King's Garden (a famous park) and taking a canal tour. The most memorable after-class activity was a weekend bike trip to Hillerod, Gilleleje and Helsingor, some towns near Copenhagen. Those were towns that Kierkegaard visited during his lifetime, and we went there to see famous tourist spots, including some stones dedicated to Kierkegaard. All of these activities were paid for by the university, which was very generous of them. Brian was also great at taking our needs into account. For instance, another student and me couldn't bike, so he gave us train tickets and told us to meet the rest of the class at this or that place at a certain time. Also, when we arrived at our hostel late, without having had dinner, Brian went out in the rain to buy pizza for us. The weekend trip itself was a very enjoyable and lovely experience, and I think that it was made even more memorable by Brian going out of the way to make sure we were comfortable.

The readings, being philosophical texts, were sometimes difficult to read and understand. Even as a native English speaker, I couldn't always make sense of Kierkegaard's authorship. While some reading assignments weren't long, I would take a while to read them because I also had to understand them. For our professor, however, it was understandable if we didn't comprehend everything we read; what was more important was that we came prepared and that we tried to participate in the discussions.

(2) Advice on aspects of academic/research work

The final requirement of the class is a research paper. There are no strict guidelines for that; basically, you just have to write anything related to Kierkegaard. For instance, I wrote about Kierkegaardian themes in a television show. If you can't think of a topic, Brian will distribute guide questions that can serve as suggested topics.

Also, try your best to read the assigned pages, even if you may not understand everything. Doing so will help you keep up with the discussion.

(3) Problems experienced with language issues, advice concerning language, etc.

I didn't experience any language issues. If you aren't a native English speaker, however, reading philosophical texts in English might be a difficult task. My Japanese roommate bought some copies of Kierkegaard's works, translated into Japanese. Perhaps that might be helpful to Japanese students.

Aspects of life

(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)

I stayed with a roommate in a dormitory called Tasingegade Kollegiet. It's located in Osterbro, a quiet area of Copenhagen that is about 20-25 minutes away from the classroom by bus, and about 5 minutes away by train. The cost of just the rent itself was not that expensive (about 2600 kroner, or about 52,000 yen, including utilities and Internet); however, we also had to pay a deposit of about 4000 kroner (about 80,000 yen) and some miscellaneous fees. The deposit will supposedly be returned if our room is determined to be left in good condition. (As of this writing, my deposit hasn't been returned.)

The shared room was quite spacious for the two of us. It was old and a bit dusty when we entered, but it was quite comfortable. Unfortunately, it could get quite hot, as the room had no ventilation. It had no air conditioning or an electric fan, so we'd keep cool by opening the window. But since we lived upstairs, we couldn't feel the cool air.

The dorm has laundry facilities and a common room, both of which are quite convenient.

(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))

Copenhagen is very safe and clean. Roads and walkways are quite spacious, so it's ideal for walking and biking. The program takes place in summer, so the sunsets are quite late (about 10 pm) and sunrises are early (about 4 am, or possibly even earlier). The main modes of transportation – train and bus – are very convenient, and you can get a one-month pass for about 360 kroner (about 7200 yen) at 7-11 facilities. The pass entitles you to unlimited bus and train rides within two zones of the city for a month. Credit cards are widely accepted. As for food, dining out tends to be expensive, but there are cheap places such as some bakeries (a recommended place to try Danish food, as the Danish are famous for breads and pastries), Chinese take-away places (which are of average taste), and some smorrebrod shops (smorrebrod is Denmark's signature food – an open-faced sandwich. I recommend the place called Rita's smorrebrod). However, groceries can be inexpensive, so if you want to save money, I recommend doing your own cooking. Netto and Fakta are the discount groceries. The products at Irma tend to be more expensive. There are also some Asian groceries all over Copenhagen, for those who might miss Asian ingredients.

(3) Aspects of risk and safety management (safety of local region, condition of medical facilities, any action taken in maintaining your mental and physical health, etc.)

As I previously mentioned, Copenhagen is very safe, but use your common sense and take safety precautions (e.g. not leaving your valuables out in the open) just to be sure.

(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)

- Airfare – about 81,000 yen
- Schengen visa – about 8,500 yen
- Program fees – none
- Rent (including refundable deposit and miscellaneous fees) – about 132,000 yen (52,000 yen without deposit)
- Books – about 3500 yen
- Transportation – about 8000 yen
- Living expenses (food, entertainment, etc.) – about 52,000 yen

(5) Financial aid (if you were receiving financial aid/scholarships, please give the name of the source of the aid, amount, and how you found it, etc.)

I got a scholarship of about 80,000 yen from Banco Santander. It helped me pay for the airfare. I also got my usual stipend from my scholarship foundation.

(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)

Aside from the activities that I mentioned in a previous section, I also went sightseeing during my own time. I went to places like Amalienborg Palace, The Little Mermaid statue, Christiania, Nyhavn, Christianshavn, Rosenborg Castle, and the Marble Church.

Environment of the receiving institution

(1) Support facilities for students taking part in the program (such as language, academic, living support mechanism and counseling services)

The Housing Foundation helped us with any concerns regarding accommodation. They booked our living arrangements for us. We also got student access cards and ID cards from the International Students' Office.

(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)

Because the campus's facilities and departments were scattered all over the city, we weren't able to see many of the facilities. Our department, however, had a library on the second floor. We could also visit the Kierkegaard Center, which was about a 15-minute walk from our classroom.

Looking back over the program

(1) The significance of the program and how you have developed by taking part in it, any other impression from having studied abroad

I learned more about what it means to be a human being, and I gained more faith in myself after learning about Kierkegaard's authorship. For Kierkegaard, the journey towards becoming an authentic self – someone who knows himself/herself – starts with freeing oneself from immediacy (e.g. by questioning what s/he has always believed to be true and/or taken for granted). One must make important choices for himself/herself. Growing up in a sheltered, conservative environment, I was sometimes ashamed for thinking differently, but Kierkegaard made me realize that I have nothing to be ashamed of, and that I am (as I would like to think) learning to know myself, which is an important life lesson. Kierkegaard made me realize that I shouldn't stop doing what I'm doing now. Moreover, I was able to meet several different people, giving me new knowledge of and respect for different cultures.

(2) Your plans having studied abroad

I will use what I learned (not only inside the classroom but also outside the classroom, through interacting with people from diverse backgrounds and cultures) to further broaden my worldview. I also hope to study abroad again.

(3) Any messages or advice for future participants

I think that this program will help you gain a better understanding of yourself and what it means to be human. Kierkegaard is a strange, witty, and intelligent man, and his works are definitely worth discussing. Moreover, the after-class activities are enjoyable and memorable, and Brian is a kind, wise professor that I'm sure you'll enjoy meeting.

Miscellaneous

(1) Websites or publications which were useful while preparing for or during your time overseas

- <http://www.rejseplanen.dk> - to find out how to get from one location to another in Copenhagen
- <http://wikitravel.org/en/Copenhagen>
- <http://www.visitcopenhagen.com>

(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.

