

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

Date: 08/28/2014

Faculty/Graduate School: Engineering Year: 3

Program Attended: World Food System Summer School

Organizing Overseas Institution/University: World Food System, ETH Zurich

Occupation after graduation (intended):

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

Outline of the receiving institution overseas
Reason why you decided to participate interest in the topic, name of the university, place
<p>Preparation for the program</p> <p>(1) Application process (please give any advice on dealing with the application process) motivation letter is the most important part</p> <p>(2) Visa application (type of visa, where to apply, processing time, any advice on visa application) participants who are not Japanese need to apply for the tourist Schengen visa, which in my case took about 4-5 days. Invitation letter from the World Food System is needed when applying for the visa</p> <p>(3) Medical check-ups (health check-ups before departure, inoculations, etc.) I just went to see a dentist</p> <p>(4) Insurance (information about insurance for travel/studying abroad purchased) I applied for AIU insurance</p> <p>(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)</p> <p>(6) Language preparation (language level (English, etc.), lessons etc.) High English proficiency is needed for this course. There are also some pre-assignment to be done and to read before the program. Search for the meaning of unfamiliar words in the pre-reading because you will hear it often in the program</p> <p>(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan. Boots for hiking, jacket, Laptop, talking dict(for someone who doesn't have confidence in English)</p>
<p>Information on the academic/research program</p> <p>(1) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.) Class from morning until evening, basically begin with the lecture, then discussion in small groups. There are also a small group project and presentation in the end of the program For participants who don't have background about this topic before, I recommend you to finish as much reading materials as possible before the program, because the program is quite intense, the lectures cover a wide range of sub-topics concerning food system and organic agriculture.</p> <p>(2) Advice on aspects of academic/research work It might be very good if you are working on project on organic agriculture or food security or food</p>

safety because it's a very good chance to meet professors on these topics.
(3) Problems experienced with language issues, advice concerning language, etc.
Language does matter for this program. I suffered because I couldn't participate in the discussion and the group work that much because of the language problem.

Aspects of life

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

Program fee: CHF700(transportation cost is not included) Every participant stays in the same big house with shared bedrooms and shared bathrooms(2-3persons/room). The room is nice and clean. The dining hall is at the first floor.

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

About an hour from Zurich Airport. Transportation(trains and buses) is convenient. The house is located in a small village surrounding with several farms and Rheine river. Very good atmosphere for learning.

(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.)

It's quite safe there, but too quiet at night. Better not going out after sunset.

(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 : around 170,000JPY(ANA), Program fees: 700CHF(food, room) , no book required, travel cost: around 20 CHF from Zurich airport (one way), money spent on entertainment : vary from person to person

(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.)

160,000 JPY Santander Scholarship

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

Sports(swimming,yoga), day trip on the weekend(to the Alps, and the Rheinefall), farm work, cultural night, movie night etc.

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)

some tools for non native speakers, but no handout for the lectures

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

Books relevant to the course are provided, Wi-Fi quality is quite poor.

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

Understanding about the whole picture of food value chain, and learning about each element in the value chain, from production, storage, processing, to distribution and consumption. At the same time considering the relationship between those elements, and considering what are the drivers, and the outcome of the chain. Moreover, the course also focus on the food safety, food security, and situation of malnutrition which is a very important topic for almost every country in the world. From this program, I learned how to work on food value chain systematically, learned that when working on food system, there is no single solution or a silver bullet to the problem, and because there are so many stakeholders concerning with the system, we need to work together in order to find the best solution that benefits majority. At the same time, we have to consider about an impact on environment as well.

(2) Your plans having studied abroad

(3) Any messages or advice for future participants

It was a very intensive program, you should finished all the reading materials provided ,and it's better to have knowledge about agriculture and problems concerning food in Japan.(or in your own country) Moreover, most of the participants are master or PhD students, so for undergraduate students it might be a bit challenging. But overall, I like this program.

Miscellaneous

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

- <https://polybox.ethz.ch/public.php?service=files&t=89a7466e7dbdbc66fb09e7c1f93a3861>.

This is the website that has readings for the pre-assignment.

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