

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

Date: 12/31/2016

Faculty/Graduate School at UTokyo:	College of Arts and Sciences	Year at the time of Study Abroad	B3
Program Attended:	USTEP (Outbound)	Host University:	Swarthmore College
Occupation after graduation (intended):			
<input checked="" type="checkbox"/>	1. Research		
<input type="checkbox"/>	2. Specialist (Medical • Judiciary • Accountant)		
<input type="checkbox"/>	3. Civil Service		
<input type="checkbox"/>	4. NPO		
<input type="checkbox"/>	5. Private sector (Type of industry:)		
<input type="checkbox"/>	6. Entrepreneurship		
<input type="checkbox"/>	7. Others ()		

Outline of the receiving institution overseas

Swarthmore College is one of the top liberal arts colleges in the United States, founded by a committee of Quakers in 1864. It has strong community bonds while valuing diversity and inclusion, and students can take courses at Bryn Mawr and Haverford Colleges and the University of Pennsylvania.

Reason why you decided to participate

I've decided to study at Swarthmore College since it has engineering department while being a liberal arts college. My personal experiences of engineering and liberal arts were very different, and I was curious about how both can coexist at Swarthmore College. Another reason is that I would like to know how it is like to study in the United States before deciding which graduate school to go.

Period of Study etc.

(1) Academic status before the program:	Completed the	Summer	semester of the	2nd	Year of	Undergraduate	study in year	2016
(2) Status during the program:	Study Abroad [留学]							
(3) Duration etc.:	From (Month) (Year)		August	2016	to (Month) (Year)		December	2016
	Departing in		2nd	year of	Undergraduate	study in year		2016
(4) Registering for classes on return:	Re-registered for classes from	S1	semester of the	3rd	Year of	Undergraduate	study in year	2017
(5) Period of job hunting:			in the month of			of the		Year of
			study in year					

(6) Number of credits earned at UTokyo:	Number of credits earned before program:				14	credits
	Number of credits earned during the program which will be processed for transfer:				2	credits
	Number of (expected) credits after program:				18	credits
(7) Enrolled/ Expected timing of graduation:	Enrolled: (Month) (Year)	October	2014	Graduated/completed: (Month) (Year)	September	2018
(8) Time taken from enrollment to graduating/completion:			years			months
(9) Reason for choosing period to study abroad:						
I've chosen to go to study abroad at the first semester of the senior division since I thought it will be busy with the graduation thesis at the end of the senior division.						
Preparation for the program						
(1) Application process (please give any advice on dealing with the application process)						
At first, I went through the internal screening of the University of Tokyo. Then, I applied to the exchange program online.						
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)						
The type of visa was F-1. Swarthmore College prepared necessary documents and sent me via mail. Then, I went to U.S. Embassy to apply for visa. The embassy is crowded in Summer, so it is better to start the application soon.						
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)						
There were some vaccinations that were required to do study abroad and it takes time to finish the vaccinations.						
(4) Insurance (information about insurance for travel/studying abroad purchased)						
I purchased the travel insurance that was recommended from the University of Tokyo.						
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)						
There was no time conflict between the semester of the University of Tokyo and Swarthmore College in Autumn semester.						
(6) Language preparation (language level before the program, lessons etc.)						
I had TOEFL score before I entered the University of Tokyo since I'm in PEAK program, but the score was expired so I took the exam again.						
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.						
I recommend bringing warm clothes since the wind is very cold in December.						

Information on the academic/research program					
(1) Copy of list of subjects taken (if classes were taken) ※ Please mark with ● all subjects which you are processing to transfer credits to the University of Tokyo					
subject	number of credits	credit transfer	subject	number of credits	credit transfer
Electromagnetic Theory I	1	●	Electromagnetism	2	
Modern Astrophysics	1	●	Earth Sciences and Astrophysics	2	
Spacetime and Quanta	1				
Electric Circuit Analysis I, II	1				
Physics Directed Reading	0.5				
(2) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.)					
I have taken only science and engineering courses. There was homework and problem sessions that help students do the homework every week. It depends on courses, but experimental course has one lab per two weeks and students write the report in a group.					
(3) Number of subjects/credits per semester, number of hours of study/research time in a week (including class hours and study out-of-class hours)					
The minimum credit is 4 and maximum credit is 5 per semester. Each course is about one credit and one course is 150 minutes per week. Since there are problems and homework every week, there are enough work to do even though there are not many courses.					
(4) Advice on aspects of academic/research work					
If students do problems and reading assigned every week, the exams will not be extremely demanding. It is recommendable to use problem sessions and office hours whenever one has questions.					
(5) Problems experienced with language issues, advice concerning language, etc.					
I sometimes missed what the professor said about homework or schedule, so I asked her again to check after the class.					
Aspects of life					
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)					
I was in a dorm and was assigned to a triple room. My floor had gender neutral bathroom. The dorm was clean overall but the music was loud at night sometimes.					
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))					
The train station was very close to the campus. At the beginning of the semester, the school introduced a bank that was on campus and it was easy to open a bank account. The school also helped international students to apply for social security number.					
(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.)					
The public safety informed the students whenever there was any potential risk in or near the community. There was a health center and counselors too on campus.					

(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)	
▪ Monthly living cost and its breakdown	
Since the major expenditure, which is food, is covered in the tuition, it is difficult to measure the monthly living cost.	
▪ Total cost spent on studying abroad and its breakdown	
35400 + 150,000 yen (flight) + 14400 yen (OSSMA) + 35600 yen (Travel insurance) + 81 pounds + 66960 + 11,448 yen (vaccination) + 111.08 dollars (textbook) + 383 dollars (daily expenditure) = 313808 yen*(.0089 dollars/yen) + 494.08 dollars + 81 pounds*(1.24 dollars/pound) = \$3387	
(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 received Fung scholarship (320,000 yen in total) and FUTTI scholarship (5,742 dollars). However, since FUTTI scholarship was more than I needed since the food and accomodation was also covered in the tuition fee, I returned 2355 dollars back to Friends of UTokyo, Inc., which provided me FUTTI scholarship. I found FUTTI scholarship through the email from the University of Tokyo.	
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)	
I did Japanese chat hour tutor on campus every Sunday.	
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)	
There was a writing center that assists students do writing and prepare for presentation.	
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)	
There were three main libraries and the schedules were accessible online. There was main cafeteria and after the cafeteria closes, a small food shop opens until late at night. There is also a wood on campus, and it was a great walking course.	
Studying abroad and job hunting	
(1) (those that have job hunted) Impact that the your study abroad had on job hunting, merit and demerit	
(2) (those who will be starting job hunting) How the study abroad has impacted your thoughts towards employment	
(3) Actions towards job hunting while studying abroad (if any)	
(4) If you have succeeded in finding a job, please inform us, if agreeable, as much as possible about your job	
	1. Research
	2. Specialist (Medical · Judiciary · Accountant) (position:)
	3. Civil Service (name of institution:)
	4. NPO (name of organization and field:)
	5. Private sector (name of company and industry:)
	6. Entrepreneurship (field:)
	7. Others ()

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 have learned more than I expected from the exchange program. I was very impressed by the coexistence of diversity and strong community bond of Swarthmore College. Furthermore, I could reconsider the academic value I'd like to pursue thanks to the liberal arts education.

(2) Your plans having studied abroad

I would like to do minor in either material science or mathematics in college of liberal arts and sciences.

(3) Any messages or advice for future participants

Swarthmore College is known for having a lot of workloads, but there is a good system that assists students to do homework.

Miscellaneous

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

I mostly referred to Swarthmore homepage.

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

