

(7) Enrolled/ Expected timing of graduation:	Enrolled: (Month) (Year)	September	2016	Graduated/comple ted: (Month) (Year)		
(8) Time taken from enrollment to graduating/completion:			years			months
(9) Reason for choosing period to study abroad:						
There was only one period to study abroad in Yale University (August - June) so I did not have an option to choose.						
Preparation for the program						
(1) Application process (please give any advice on dealing with the application process)						
Prepare as early as possible, contact previous successful applicants (if possible to know who they are) and arrange a meeting with them to explore their experiences and application tips. Plan ahead months in advance - find out what courses or experience would make you stand out from the other applicants						
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)						
J1 visa. Applied approximately one month before departure at the US embassy. No tips as all the information required is on the website.						
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)						
None						
(4) Insurance (information about insurance for travel/studying abroad purchased)						
I enrolled in the insurance company recommended by the International Affairs office. I also had comprehensive health insurance provided by Yale University which I used multiple times due to accidents during my time abroad. I recommend to check the coverage of health insurance prior to departure and decide if you need extra coverage.						
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)						
None						
(6) Language preparation (language level before the program, lessons etc.)						
No preparation as I am a native English speaker.						
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.						
If you know the address you will be staying at, you can order SIM cards and internet installation which take 1-2 weeks to be delivered in advance.						
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
(2) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.)					
The fellowship program was research focused. As a result, the program required us to report research progress frequently to all the fellows and the professor in charge. We mostly participated in research presentations and writing policy briefs, and preparing presentation and communication skills.					
(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)					
I didn't take any official classes. I spent most of the day on research (9-5pm) and attended workshops and classes in the School of Management (for business) and a facility at Yale for Entrepreneurship (CITY).					
(4) Advice on aspects of academic/research work					
Take classes or workshops outside of your specialized field, and focus on interdisciplinary learning because there are so many options available at Yale. Talk to as many people as you can and broaden your network, it will help in broadening your research views.					
(5) Problems experienced with language issues, advice concerning language, etc.					
None					
Aspects of life					
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)					
My accommodation was provided by the university. It was a house which I shared with two other fellows. The house was less than 5 minute walk from the university and close to the main facilities which was good. However, some other fellows were provided with a house which was 20-30 minutes walk from the university so I think it depends on luck.					
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))					
The east coast is very cold in winter and snow storms are common several times during the season. Be prepared to encounter harsh weather conditions.					
(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.)					
New Haven area is considered as not the safest area to live in. However, the university police provides lots of support such as free transport within university region from 6pm-6am, and apps to contact the police or security. The medical facility in the university is excellent and comprehensive provided you have health insurance with them. I got injured several times while abroad and could see a doctor in the same day and get consultation, treatment and laboratory tests free of charge.					

(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
The university provided airfare and accommodation. I spent around \$100 per week on groceries, \$100 per week on entertainment, and \$50 per week on miscellaneous products.
•Total cost spent on studying abroad and its breakdown
Same as above. Approximately \$250 per week for 10 months.
(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.)
Received Financial Aid from the university (Fox Fellowship) which provided \$700 per fortnight. No application was necessary for the funding as it was automatically granted with admission.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
Yale University is located in New Haven, which is between Boston and New York. You can get to the two big cities by a 2-hour train. In the weekends, I went to New York and Boston to enjoy activities.
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)
Counseling service is widely available for any issues which may arise. Usually in every department, there will be several people whose role is to support graduate students with any problems. Several times I had issues with the house (such as faulty bathroom, broken window, or faulty lights) and in such situations the fellowship coordinator was always available to help. I was also assigned a mentor in my own field, who I could ask for any guidance regarding courses or research work.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
My favorite facility was the university gym. It is free for all students and has olympic sized pools and decent training room. There are also many sports classes throughout the year at an affordable price. There are many libraries to work in with different interior designs. The library collection is massive, and you can find nearly all resources. If the university does not have the book you are searching for, they often buy it upon your request. Cafeteria food is slightly expensive if you want to eat healthy options.
Studying abroad and job hunting
(1) (those that have job hunted) Impact that the your study abroad had on job hunting, merit and demerit
I have not job hunted during my study abroad time.
(2) (those who will be starting job hunting) How the study abroad has impacted your thoughts towards employment
I have not job hunted during my study abroad time.
(3) Actions towards job hunting while studying abroad (if any)

