

MORIKAMO  
Unofficial mascot



# Hands-on Activities

体験活動プログラム

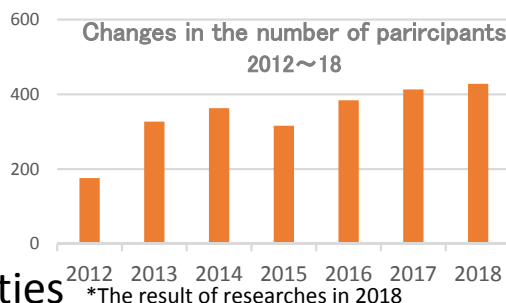
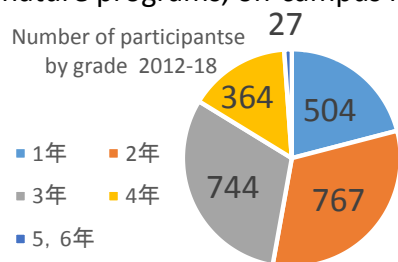


東京大学  
THE UNIVERSITY OF TOKYO

## 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.



## Effects of Hands-on Activities

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.

### questionnaire based survey

Some changes may be seen in the personality of being more “extrovert”, the emotional intelligence may experience an increase in “happiness” and “sociability”, as well as increase in the “future-oriented positive attitude” regarding the mental recovery power.

### participant observation

Changes in the students participating in the guest teacher experience program were observed during the on-site and interviews.

⇒ Understanding about the location of where the activity was taking place was obtained as well as a high level of transformation in their own perception.



Work experience at an organic farm (CT, USA)



Study support for high school student (Hokkaido, Japan)



Agriculture experience (Affiliated experimental station, Ibaraki, Japan)



Medical care experience (Affiliated hospital)



Editor experience (Todai publication)



Support Japanese language class (Sweden)

## Participants reports

This experience left me feeling fulfilled. I felt joy in witnessing high school students being pleased by their study achievements. It was also rewarding to witness the students seriously considering enrollment into university as one possibility after I shared about “university life.” <Study support for high school student in Hokkaido>

I was able to observe real surgical procedures at the hospital. Out of all the surgeries observed, the opportunity to observe a surgical procedure using the surgery machine “da Vinci” was especially special. Witnessing the combination of medicine and engineering as portrayed by the surgeon operating a sophisticated robot system was a very valuable experience. <Observing Surgery at the University of Tokyo Hospital>



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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