

報告書

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

(for programs from one semester to a year)

東京大学 海外留学・国際交流プログラム報告書(3ヶ月以上1年未満用)

Date/記入日: 2019/2/11

■ID: A18071

■Program/参加プログラム: USTEP

■Program info./ プログラム情報: <https://www.u-tokyo.ac.jp/adm/go-global/en/program-list-USTEP.html>

■Host university/派遣先大学: Universidad Autónoma de Madrid

■Program period/ 留学期間: 9/10/2018 ~ 1/25/2019

■Faculty/Graduate School at UTokyo/東京大学での所属学部・研究科等: College of Arts and Sciences

■Year at the time of study abroad/学年(留学開始時): Year B3

■How and why did you decide to study abroad?/留学を決めるまでの経緯:

Wanted to brush up my Spanish and acquire more of the cultural aspect of Spanish.

About the timing of the study abroad period/留学の時期について

■Academic status BEFORE the program/留学前の本学での修学状況:

Academic year/年 2018 / University year/ 年 B2 / Completed semester/学期まで履修 S2

■Academic Status during the studying abroad/program/留学中の学籍:

Study Abroad

■Academic status ON RETURN/留学後の本学での修学状況:

Academic year/年 2019 / University year/ 年 B3 / Completed semester/学期まで履修 A1

■Reason for choosing this period to study abroad/留学にあたってこの時期を選んだ理由:

As earliest as possible

About study and research/学習・研究について

■Subjects taken and credits earned/留学先で履修した授業科目と単位数の詳細:

Hotel Management & Touristic Accommodations/ 6

Sociology of Organizations/ 6

Spanish Language/ 4

■Overview of the study/research during study abroad/留学中の学習・研究の概要:

Most were lectures with occasional opportunities for student-led presentations. Surprisingly, many students were very active in the participation during class.

■Number of subjects registered per semester and credits earned per semester/留学先での1学期

あたりの履修科目数と履修単位数:

1 to 3 subjects/科目 11 to 20 credits/単位

■Hours spent for study/research per week/1週間あたりの学習・研究に費やした時間:

1 - 5 hrs
■ Activities you took part in other than study/research/学習・研究以外の活動で取り組んだもの:
Sports, Cultural activities
■ Details of the activities you chose, or the reason why you did not take part in any activity other than study/research/学習・研究以外の活動で取り組んだものの内容、または取り組まなかった理由:
Pick up soccer twice a week and became a part of the 'Nihon kai'
■ How did you spend the weekends and vacations?/ 週末や長期休暇の過ごし方:
Short trips and exploring the city

About environment at the host institution/派遣先大学の環境について

■ Facilities/設備:
Libraries and cafeterias at each faculty. In the dorm, gym and washing machines.
■ Support for students/サポート体制:
Not much, you have to be proactive and ask for support.

About life during the program/プログラム期間中の生活について

■ Type of accommodation/宿泊先の種類:
Students' dormitory, Homestay
■ Environment around the accommodation and how did you find it/宿泊先の様子、どのように見つけたか:
on campus, shared room, kitchen, bathroom.

■ Climate, environment around the institution, transportation, food, etc./ 気候、大学周辺の様子、交通機関、食事等:
Transportation is very affordable and adequate. However, must take the train to go to the closest grocery store. Weather is comfortable during the summer, and not too cold in the winter.
■ Management of money and situation about local economy/お金の管理方法、現地の通貨事情:
Changed all JPY to Euro before leaving for exchange. The rest, paid with credit card.
■ Aspects of risk and safety management, local health care system, and any actions taken to maintain your health/治安、医療関係事情、心身の健康管理で気をつけたこと等、危機管理:
Just be careful of the pickpocketing. No serious threat to health.

About preparations and procedures before studying abroad/留学前の準備・手続きについて

■ Procedures for enrollment required by the host institution/留学先への入学手続き:
Documents for the residential halls and exchange.
■ Procedures to obtain visas/ビザの手続き:
Embassy of Spain in Japan. Takes about a month. The earlier the better.
■ Preparations or actions taken to maintain your health/医療関係の準備:
None
■ Preparations/procedures for insurance/保険関係の準備:

Overseas travel insurances
■ Procedures required by faculties or graduate schools at UTokyo/東京大学の所属学部・研究科(教育部) での手続き：
Confirmation of arrival at host university
■ Language preparation/語学関係の準備：
Consecutive years of Spanish acquisition.

About expenses and scholarships to participate in studying abroad/費用・奨学金に関すること/

■ Expenses of participation/参加するために要した費用：	
Airfare/航空費	JPY/円 219,554
Payment to host institution (tuition, facilities fee, etc.)/ 派遣先への支払い(授業料・施設利用料など)	JPY/円 310,510
Textbook / Book/教科書代・書籍代	JPY/円 0
Overseas travel insurance fee (designated by UTokyo)/ 海外留学保険料(東京大学指定のもの)	JPY/円 46,130
Insurance and/or social security (required by host institution/region/country)/ 保険・社会保障料(留学先で必要だったもの)	JPY/円 0
■ Additional comments/その他、補足等：	

■ Monthly cost of living during the study abroad period/留学先での毎月の生活費：	
Rent/家賃	JPY/円 62,102
Food/食費	JPY/円 62,102
Transportation/交通費	JPY/円 20,000
Entertainment/Leisure/娯楽費	JPY/円 13,000
■ Additional comments/その他、補足等：	

■ Scholarships for study abroad/留学のための奨学金の受給有無：	
Yes, I received some.	
■ Name of the source of the scholarships/奨学金の支給機関・団体名等：	
USTEP scholarship	
■ Monthly stipend/受給金額(月額)：	
50,000 yen	
■ Additional comments about the monthly stipend/受給金額についての補足等：	
■ How did you find the scholarships?/ 奨学金をどのように見つけたか：	
Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo	

About your future plans/今後の予定について

<p>■ The subjects for which you plan to (are planning to) transfer credit to UTokyo/留学先で履修した授業科目のうち、単位認定申請をする(予定のもの) :</p>
<p>■ Number of credits earned at UTokyo BEFORE your study abroad/留学前に取得済みの単位数 :</p>
<p>79 単位/credit(s)</p>
<p>■ Number of credits earned and (planned to be) transferred to UTokyo/留学先で取得し、単位認定申請を行う(予定の)単位数 :</p>
<p>0 単位/credit(s)</p>
<p>■ Number of (expected) credits to be earned on return/これから本学で取得予定の単位数 :</p>
<p>51 単位/credit(s)</p>
<p>■ (Expected) year/month of graduation/ 卒業/修了予定 :</p>
<p>(2020/9)</p>

Reflection/留学を振り返って

<p>■ Impact of the study abroad experience on yourself or your thoughts/留学の意義、その他所感 :</p>
<p>I realized how similar some cultural aspects of Spain and Japan are. I am very keen to return as half a year is not sufficient to see all aspects of the country.</p>
<p>■ Impact of the program on your thoughts for a career or job hunting/今後のキャリアに対する考え方や就職活動に与えた影響 :</p>
<p>I've started to consider doing a masters in Madrid.</p>
<p>■ Merit/Demerit of studying abroad on your future career/job hunting/留学による今後のキャリア・就職活動へのメリット・デメリット :</p>
<p>New opportunities and perspectives.</p>
<p>■ Job hunting activities during study abroad/留学中に行った就職活動 :</p>
<p>Attended conferences or seminars, Tried networking with people already working.</p>
<p>■ Career/Occupation (planned)/ 進路・就職先(就職希望先) :</p>
<p></p>
<p>■ Any messages or advice for future participants/今後留学を考えている学生へのメッセージ、アドバイス :</p>
<p>I strongly suggest renting out a 'piso' in downtown Madrid as the dormitory and campus is way too far from the city center.</p>
<p>■ Websites or publications which were useful while preparing for or during your time overseas/準備段階や留学中に役に立ったウェブサイト、出版物 :</p>
<p>UAM website.</p>