

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: 2019/6/17

■ID: A18027

■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: Johns Hopkins University

■Program period/ 留学期間: 8/22/2018 ~ 5/17/2019

■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:

I decided to study abroad during junior year as this was the most appropriate time for me to go abroad as well as figure out my future plans and if I would like to attend a graduate (PhD) program in the United States. I also identified a potential professor whose work I had read and admired and I wanted to study under her and research with her. Additionally, as a PEAK student with low Japanese language ability, I am unable to register for many interesting courses at UTokyo due to the fact that they are only offered in Japanese. While studying abroad, I could register for many interesting courses that I otherwise would not have been able to. I am bilingual so language improvement was not a concern for me. However, I was able to study Spanish during my time there and it has greatly benefitted me.

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 B4 / 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:

Studying abroad in junior year is common due to the busy schedule in the 4th year when I will be applying to graduate programs. Additionally, I found the 3rd year to be a good time to study abroad and identify programs of my interest for further studies after graduation.

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:

Asian American Politics/3

International Politics from the Global South/3

Spanish Elements I/4

Human Rights in China and U.S. Policy: Advocacy Opportunities and Challenges/3

Political Economy of Japan and Korea/3

Congress and Foreign Policy/3

Fear and Loathing: Writing About Contemporary American Politics/3

Spanish Elements II/4

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

I went to JHU for a particular professor working in the field I am interested in. I was lucky enough to be enrolled in 2 classes with her over the course of the year and I was extremely impressed by the way she taught, research and organized her lectures. Her name is Dr. Erin A. Chung. I highly recommend her although she will be on a sabbatical for a year in 2019-2020. I also had the opportunity to be her research assistant and worked on some meaningful research. Hopkins has a great Political Science department and I was lucky enough to take most of my courses in this department. Their language programs are also intense but very effective.

■ **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:

4 to 6 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:

16 - 20 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:

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:

I joined 2 student associations- SASH (South Asian Students at Hopkins) and SSA (Sikh Student Association) on campus. My experience was great and I belonged to a great community on campus. I also had the opportunity to organize a nationwide dance showcase event during my time at SASH and felt like a part of the community despite being a study abroad student.

■ **How did you spend the weekends and vacations?**/週末や長期休暇の過ごし方:

Studying, going out to eat, going to club meetings on weekends and traveling during the vacations (Spring & Thanksgiving break).

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

■ **Facilities**/設備:

Great facilities at JHU- both on campus and in the accommodation they assign you to.

■ **Support for students**/サポート体制:

Lots of great resources on campus for such 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:
Rented apartments, etc.
■ 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:
Johns Hopkins University reserves rooms in 9E 33rd for all exchange students. You live with other exchange students, mostly from Europe/Singapore. They try to keep Japanese students with European students. Single room, shared bathroom and shared apartment. The area around is very good and it is one minute walking to the main campus.

■ Climate, environment around the institution, transportation, food, etc./ 気候、大学周辺の様子、交通機関、食事等:
Baltimore has a MARC train and public transport, however, Hopkins has its own security vehicles and vans that are great to travel within a parameter. Additionally, many people use the service of Uber and Lyft in the US.
■ Management of money and situation about local economy/お金の管理方法、現地の通貨事情:
Opening a local bank account is very easy. Bank of America is very close and it is easy to make an account there by taking your student visa documents and passport. I suggest only making a debit card although they would give the option of a credit card. E-money is most commonly used via Venmo. It is essential to have an American bank account to use Venmo.
■ 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:
Healthcare is extremely expensive in the United States even with insurance. Every international student has to be enrolled in the Johns Hopkins healthcare insurance so it will be better. JHU clinic visits will be free in most cases.

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:
Online application with two reference letters. Smooth process, quick acceptance once you are recommended by UTokyo.
■ Procedures to obtain visas/ビザの手続き:
J-1 (Exchange Visitor) visa after obtaining DS-2019 from host university. Financial records must be submitted to obtain that. Make sure to fill out the visa application at U.S. embassy quickly to get an appointment easily and leave time for any problems. Visa appointment date came for 2 weeks later, visa processing was quick and I received the J-1 visa in about a week after going to the interview to the U.S. embassy in Tokyo.
■ Preparations or actions taken to maintain your health/医療関係の準備:
Pre-departure health check-up is a document you have to submit along with other medical forms for U.S. university.
■ Preparations/procedures for insurance/保険関係の準備:
Do it timely.

■ 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:

It is better to go in your 3rd year 2nd semester if you are planning to go only for a semester to avoid major requirements by PEAK.

■ Language preparation/語学関係の準備:

If you are a Japanese student, make more international friends who speak English to understand cultural nuances before you go to the United States. The culture shock can be quite large in my experience if you have never lived abroad.

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 100,000
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 0
Textbook / Book/教科書代・書籍代	JPY/円 40,000
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 70,000
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 200,000

■ 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 100,000
Food/食費	JPY/円 50,000
Transportation/交通費	JPY/円 10,000
Entertainment/Leisure/娯楽費	JPY/円 15,000

■ 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:**

No, I did not receive any.

■ Name of the source of the scholarships/奨学金の支給機関・団体名等:**■ Monthly stipend/受給金額(月額):****■ 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:**

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About your future plans/今後の予定について

■ 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) :

Asian American Politics/3

International Politics from the Global South/3

Spanish Elements I/4

Human Rights in China and U.S. Policy: Advocacy Opportunities and Challenges/3

Political Economy of Japan and Korea/3

Congress and Foreign Policy/3

Fear and Loathing: Writing About Contemporary American Politics/3

Spanish Elements II/4

■ Number of credits earned at UTokyo BEFORE your study abroad/留学前に取得済みの単位数 :

23 単位/credit(s)

■ 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 :

26 単位/credit(s)

■ Number of (expected) credits to be earned on return/これから本学で取得予定の単位数 :

16 単位/credit(s)

■ (Expected) year/month of graduation/ 卒業/修了予定 :

2020/9

Reflection/留学を振り返って

■ Impact of the study abroad experience on yourself or your thoughts/留学の意義、その他所感 :

I was already "studying abroad" as a PEAK student in Tokyo, however, this was the first time I studied abroad in the Western world. I became accustomed to a new culture and new values after adjusting myself to Japanese values so it was a great experience for me. After living in Asia for many years, I did find some problems with the US way of life like racism, mistreatment of foreigners and cases of discrimination as well as in Baltimore the lack of safety that was never felt in Tokyo. However, I felt that it was a good way for me to think more deeply about my learnings in both Japan and India and how to make myself more global. I was also more confident in some ways in the United States due to the fact that I felt like I fit in more there than I do in Japan as an Indian origin person. Additionally, I was more expressive in the US due to my native level language skills in English, and relieved of the restrictions Japanese sometimes puts on me due to my lack of fluency in the Japanese language.

■ 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 :

After studying in the United States and experiencing the system there I can say that I am satisfied with the working environment there and appreciate the rich resources in my field of research that are only available there. I would be interested in applying to graduate programs (PhD) in the United

States, or North America in general. (Canada)

■ 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:

I might not be able to graduate on the expected date which will delay my application and admission to graduate programs and increase my financial burden as I only have a scholarship for 4 years to study in Tokyo and extending my stay in University would mean that my father has to pay for my remaining semester if I am unable to find another scholarship to cover that.

■ Job hunting activities during study abroad/留学中に行った就職活動:

Attended events at host institutions, Attended off-campus event, Attended conferences or seminars, Tried networking with people already working

■ Career/Occupation (planned)/ 進路・就職先(就職希望先):

Research career

I enjoyed researching and I would like to pursue a graduate degree in the future

■ 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:

This is a good opportunity to explore different career opportunities and trajectories abroad before graduation to find out where you see yourself in the future and what do you find yourself passionate about. However, it is important to ensure that you are in a healthy place mentally and strong enough to handle difficult situations without your family's physical presence.

■ 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:

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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)

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記入日/Date: 2019/5/24

■ID: A18028

■参加プログラム/Program: 全学交換留学

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

■派遣先大学/Host university: ジョーンズ・ホプキンス大学

■留学期間/Program period: 8/22/2018 ~ 5/17/2019

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 教養学部総合社会科学分科国際関係論
コース

■学年(留学開始時)/Year at the time of study abroad: 学部3年

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

中学生の頃から長期で留学したいと考えて、交換留学を見据えて大学生活を組み立てていた。

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

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

2018年/Academic year / 学部3年/University year / S2学期まで履修/Completed semester

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

留学

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

2019年/Academic year / 学部4年/University year / A1学期から履修開始/Semester

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

後期課程に進学し、専門分野がある程度固まった後にレベルの高いアメリカで勉強したかったから。

学習・研究について/About study and research

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

- ・Oral Presentations/ 3
- ・Authority and Liberty/ 3
- ・Nationalism and the Politics of Identity/ 3
- ・Introduction to Social Policy: baltimore and Beyond/ 3
- ・Elements of Microeconomics/ 3
- ・Political Economy of Japan and Korea/ 3
- ・Fear and Loathing:Writing About Contemporary American Politics/3
- ・Research Tools for Global Sociology and Development/ 3

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

各授業 200 ページほどのリーディングが課され、授業中の議論や小レポートでアウトプットするという授業

が多かった。講義中心の経済学の授業も、少人数制のゼミが週2回あり、TAの指導の下練習問題を解いて理解を深めることができた。
■ 留学先での1学期あたりの履修科目数と履修単位数/Number of subjects registered per semester and credits earned per semester:
4~6科目/Subjects / 11~20単位/credits
■ 1週間あたりの学習・研究に費やした時間/Hours spent for study/research per week:
21時間以上 時間/hours
■ 学習・研究以外の活動で取り組んだもの/Activities you took part in other than study/research:
スポーツ, ボランティア, リサーチアシスタント
■ 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/Details of the activities you chose, or the reason why you did not take part in any activity other than study/research:
トライアスロンクラブに参加した。またボランティアでは地元の成績下位10%の学生をサポートする活動を行った。社会学部の研究室のリサーチアシスタントとして都市開発が低所得層に及ぼす影響を調査した。
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations?:
ボリビア・ペルーやアメリカ国内など各地へ旅行した。

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

■ 設備/Facilities:
ジムや図書館は非常に充実している。wifiだけでなく、様々なソフトウェアも利用できる。食堂は利用しなかった。比較的値段が高いと言われている。
■ サポート体制/Support for students:
履修登録などの面において受け入れ先の留学オフィスのサポートはあまり手厚くなかったが、学生メンターがイベントを企画してくれた。

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

■ 宿泊先の種類/Type of accommodation:
アパートなどの賃貸
■ 宿泊先の様子、どのように見つけたか/Environment around the accommodation and how did you find it:
学校からの紹介で交換留学生は全員同じアパートだった。個人のベツルームがあり、キッチンとバスルームを4人のフラットメイトでシェアする形だった、キャンパスから徒歩2分程度の非常に近い好立地だった。

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc.:
気候は東京とそれほど変わらず、過ごしやすかった。ボルチモアは治安が悪いが、大学周辺はセキュリティーがしっかりしていて安全だった。キャンパスから離れる際にはどのような交通機関や地区に行くべきか事前の情報収集が必要。食事は基本的に自炊、友人などと外食に時々出かけていた。
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy:
現地のバンク・オブ・アメリカで口座を開設した。アメリカはvenmoという無料送金サービスが普及していた。海外送金はtransferwiseというサービスがお得。
■ 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/Aspects of risk and safety management,

local health care system, and any actions taken to maintain your health :

大学の保険の下で無料で診察が受けられたので、体調が悪い場合は積極的に利用した。しかし検査費用などは自己負担なので注意。トラベルセンターを利用して冬休みの長期旅行に向けた予防接種などを受けた。

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

■ 留学先への入学手続き/Procedures for enrollment required by the host institution :

受け入れ先の対応があまりよくなかった。東大本部の方と連携を密に取ることが大切。

■ ビザの手続き/Procedures to obtain visas :

オンラインでの申し込みで非常に簡単だった。東京での審査は予約が集中するので早めの予約が安心。

■ 医療関係の準備/Preparations or actions taken to maintain your health :

米国、特に Johns Hopkins は予防接種の規定が厳しかったので大学の保健センターや他の医療機関を利用して準備した。常備薬は一年間分かかりつけ医に処方してもらっていた。Johns Hopkins 大学は保健費用が高い分予防接種は無料で受けさせてもらうことができたため、留学中に黄熱病や B 型肝炎などの予防接種をした。

■ 保険関係の準備/Preparations/procedures for insurance :

東京大学必須の保険に加え、Johns Hopkins 大学必須の保健にも入らねばならずかなり費用がかさんだ。その分留学中の医療費や予防接種費用はほぼかからなかった。

■ 東京大学の所属学部・研究科(教育部)での手続き/Procedures required by faculties or graduate schools at UTokyo :

教養学部に留学届けを提出した。

■ 語学関係の準備/Language preparation :

留学生チューターなどを行って英語に触れる機会を増やした。

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

■ 参加するために要した費用/Expenses of participation :

航空費/Airfare	260,000 円/JPY
派遣先への支払い(授業料・施設利用料など)/Payment to host institution (tuition, facilities fee, etc.)	1,200,000 円/JPY
教科書代・書籍代/Textbook / Book	20,000 円/JPY
海外留学保険料(東京大学指定のもの)/Overseas travel insurance fee (designated by UTokyo)	80,000 円/JPY
保険・社会保障料(留学先で必要だったもの)/Insurance and/or social security (required by host institution/region/country)	200,000 円/JPY

■ その他、補足等/Additional comments :

■ 留学先での毎月の生活費/Monthly cost of living during the study abroad period :

家賃/Rent	130,000 円/JPY
食費/Food	30,000 円/JPY
交通費/Transportation	10,000 円/JPY

娯楽費/Entertainment/Leisure	5,000 円/JPY
■その他、補足等/Additional comments :	

■留学のための奨学金の受給有無/Scholarships for study abroad :	
受給した。	
■奨学金の支給機関・団体名等/Name of the source of the scholarships :	
TOMODACHI 住友商事奨学金プログラム	
■受給金額(月額)/Monthly stipend :	
150,000 円	
■受給金額についての補足等/Additional comments about the monthly stipend :	
渡航準備費として 450,000 円	
■奨学金をどのように見つけたか/How did you find the scholarships? :	
大学(本部)からの紹介	

今後の予定について/About your future plans

■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)/The subjects for which you plan to (are planning to) transfer credit to UTokyo :	
<ul style="list-style-type: none"> ・Oral Presentations/ 3 ・Authority and Liberty/ 3 ・Nationalism and the Politics of Identity/ 3 ・Introduction to Social Policy: baltimore and Beyond/ 3 ・Elements of Microeconomics/ 3 ・Political Economy of Japan and Korea/ 3 ・Fear and Loathing:Writing About Contemporary American Politics/3 ・Research Tools for Global Sociology and Development/ 3 	
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :	
48 単位/credit(s)	
■留学先で取得し、単位認定申請を行う(予定の)単位数/Number of credits earned and (planned to be) transferred to UTokyo :	
24 単位/credit(s)	
■これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :	
20 単位/credit(s)	
■卒業/修了予定/(Expected) year/month of graduation :	
2021 年 3 月	

留学を振り返って/Reflection

■留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :	
言語の壁や文化・エスニシティーの違いから自分が初めてマイノリティーになるという経験をして、多様性の価値を真に理解することができた。米国という比較軸を得て日本社会にいかに貢献できるかが明確に	

なった。

■ 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/Impact of the program on your thoughts for a career or job hunting :

日本社会をよくするために自分が何ができるか、どのようなアプローチが良いかが明確になり、具体的な就職活動の道筋を描く助けになった。

■ 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/Merit/Demerit of studying abroad on your future career/job hunting :

1 年間卒業を伸ばすことを親がサポートしてくれる場合、留学して就活を 1 年遅らせることはメリットが大きいと考えている。自分の進路を新たな視点から考えることができる上に、1 年前に就活をした同期からアドバイスをもらうこともできるからである。

■ 留学中に行った就職活動/Job hunting activities during study abroad :

派遣先大学での就職活動イベントに参加した, 学外の就職活動イベントに参加した, 学会・セミナーに参加した, 社会人との接点をもつように心がけた。

■ 進路・就職先(就職希望先)/Career/Occupation (planned):

公的機関, 民間企業、財務省、コンサルティング、投資銀行

■ 今後留学を考えている学生へのメッセージ、アドバイス/Any messages or advice for future participants :

留学では常識や固定観念が次々と壊れて、自分自身や自分の環境を客観的に見ることができます。肌で感じた衝撃や感動は留学から帰ってきても残り、多様な視点を持ち続け、よりクリエイティブになることができると思います。

■ 準備段階や留学中に役に立ったウェブサイト、出版物/Websites or publications which were useful while preparing for or during your time overseas :

特になし。