

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

Date: 09/17/2015

Faculty/Graduate School at UTokyo: Graduate School of Interdisciplinary Information Studies

Year at the time of Study Abroad (e.g. 3rd year/ M1/ D2): D3

Program Attended: University-wide Student Exchange Program

Host University: University of Copenhagen

Occupation after graduation (intended):

- | | | |
|--------------------|--|---------------------|
| 1. <u>Research</u> | 2. Specialist (Medical · Judiciary · Accountant) | 3. Civil Service |
| 4. NPO | 5. Private sector (Type of industry:) | 6. Entrepreneurship |
| 7. Others (|) | |

Outline of the receiving institution overseas

University of Copenhagen is a prestigious university in the Nordic countries.

Reason why you decided to participate

Two research at University of Copenhagen are noted experts in my field and they can help me to develop my research interest into a solid dissertation.

Period of Study etc.

- (1) Academic status before the program: Completed the (Autumn) semester of the (3rd) Year of Undergraduate/Master's/doctorate study in year 2015.
- (2) Status during the program: on Leave of Absence / Study Abroad / Receiving Entrusted Research Guidance
- (3) Duration: From February 2015 to June 2015. Departing in (3rd) year of Undergraduate/Master's/ doctorate study in year 2015.
- (4) Registering for classes on return: Re-registered for classes from (Autumn) semester of the (4th) year of Undergraduate/Master's/doctorate study in year 2015.
- (5) Period of job hunting: Planning to start/completed in the month of (April , 2016) of the (4th) year of Undergraduate/Master's/doctorate study in year 20xx.
- (6) Number of credits earned before program [0]. Number of credits earned during the program which will be processed for transfer [0]. Number of (expected) credits after program [0]
- (7) Enrolled/Expected timing of graduation: Enrolled: (October, 2012). Graduated/completed (September, 2016)
- (8) Time taken from enrollment to graduating/completion: [4] years [0] months
- (9) Reason for choosing period to study abroad:
Seeking for experts' help for dissertation writing

Preparation for the program

(1) Application process (please give any advice on dealing with the application process)

There are not many English courses available and the deadlines for course registration are very different in various departments. It would be wiser to select the course as soon as the course registration starts

(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)

It takes more than one month for the embassy to issue a student visa. It is strongly recommended to prepare for visa application at least at months prior to the departure.

(3) Medical check-ups (health check-ups before departure, inoculations, etc.)

N/A

(4) Insurance (information about insurance for travel/studying abroad purchased)

N/A

(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)

N/A

(6) Language preparation (language level (English, etc.), lessons etc.)

Denmark is one of the European countries that have the highest level of English proficiency.

(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.

Winter garments. (Even the summer nights can be freezing.)

Information on the academic/research program

(1) Copy of list of subject taken (if classes were taken)

※ Please mark with ● all subject which you are processing to transfer credits to the University of Tokyo

N/A

(2) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.)

There are a couple of Danish culture course offered to the foreign students, including both lectures and excursions. They offer a good way to know the Danish culture and other foreign students.

(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)

N/A

(4) Advice on aspects of academic/research work

N/A

(5) Problems experienced with language issues, advice concerning language, etc.

No language problem at all.

Aspects of life

(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)

I stayed in the student accommodation. It is extremely difficult, if not entirely impossible, to find private accommodation in Copenhagen. It is strongly recommended to select the university-managed accommodation the day the accommodation system is open.

(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))

Not warm enough all the year round. Very convenient transportation. Poor food quality and limited options. It'll be wise to open a local bank account if one stays more than one month.

(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.)

Copenhagen is a very safe city.

(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**

80000 yen for rent,

30000-40000 yen for food if self-catering. The cost doubles or triples if one normally eats outside

6000 yen for monthly travel cost

•Total cost spent on studying abroad and its breakdown

around 800,000 yen

(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.)

Receiving a monthly stipend of 80,000 from University of Tokyo.

(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)

Going to the European continent during vacation can be a cheaper and enjoyable choice.

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 are student tutors to help incoming exchange students to settle down. The university is loosely organized and exchange students may sometimes find that they are not well supported.

(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)

The library collection is limited, especially in the field of humanity and social science. There is one or two cafeterias in each campus, offering very basic food and beverage. One might come there for lunch, but DO NOT count on it for dinner as it is closed early and the food quality is poor.

Studying abroad and job hunting

(1) (those that have job hunted) Impact that the your study abroad had on job hunting, merit and demerit

It helps me to gain more research experience which prepares me for an academic career.

(2) (those who will be starting job hunting) How the study abroad has impacted your thoughts towards employment

N/A

(3) Actions towards job hunting while studying abroad (if any)

N/A

(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 enjoyed the program a lot. I was able to develop a better idea of my dissertation and a better understanding of the Nordic culture which had been very distant for me before the program. I also enjoyed my vacation in the continent.

(2) Your plans having studied abroad

I will continue dissertation writing

(3) Any messages or advice for future participants

N/A

Miscellaneous

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

N/A

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