

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: 2019/8/13

■ID: A18054

■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: École Polytechnique

■Program period/ 留学期間: 9/1/2018 ~ 8/1/2019

■Faculty/Graduate School at UTokyo/東京大学での所属学部・研究科等: Pharmaceutical 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 was impressed by the determination and motivation of inbound students at UTokyo, and I wanted to see what it is like to do scientific research outside Japan with such strong goal in mind.

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 B3 / 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:

It was after I chose the faculty but before choosing the laboratory for which I will work to do graduation thesis.

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:

LAN576FLE04 (French) / 6ECTS

Organometallic Chemistry / 4ECTS

Chemical Engineering / 4ECTS

Total Synthesis and Biosynthesis / 4ECTS

Advanced Organic Chemistry / 4ECTS

Molecular Modeling / 4ECTS

Experimental Project / 4ECTS

Nouvelles réactions et synthèse de produits naturelles / 20ECTS

<b>■ Overview of the study/research during study abroad/留学中の学習・研究の概要：</b>
The lectures for engineering consisted of 2 hr lecture then 2 hr practice session that you do practice problems for the lecture you just did. For the experimental project, you choose a project from one lab and you do a mini internship. For the internship period, you apply to internship beforehand and participate (at industry or school lab, etc).
<b>■ 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：</b>
1 to 3 subjects/科目 11 to 20 credits/単位
<b>■ 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：</b>
6 - 10 hrs
<b>■ 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：</b>
Sports, Internships
<b>■ 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：</b>
I went to gym to do weightlifting on my own about 6-7 times a week. For the internship period, I chose to do in PMC of polytechnique for 4 months.
<b>■ How did you spend the weekends and vacations?/週末や長期休暇の過ごし方：</b>
For weekends, I went to gym and spent most of other times alone. For vacations, I went to travel many countries: Italy, Netherlands, Bulgaria, Austria, Germany, Czech, and Belgium.

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

<b>■ Facilities/設備：</b>
Ask the librarian to set up your account (it takes one day). For school gym/pool, go to CSX polytechnique website and upload your photo and medical certificate (make sure it explicitly says that you can participate in sports without any restriction), then go to the Bienvenue building to pay. The WiFi is not so great, use the eduroam account.
<b>■ Support for students/サポート体制：</b>
Take the language class offered to Master's students if possible. There is no event or occasion that brings together the local "polytechniciens" and the foreign students unless you participate in school sports or go to the school bar (BoBar). The school doctor speaks good English, but anything beyond what school doctor can do (simple cold, etc), you need to go outside campus, which takes a long time for appointments.

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

<b>■ Type of accommodation/宿泊先の種類：</b>
Rented apartments, etc.
<b>■ 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：</b>
Chosen by the host institution.

**■ Climate, environment around the institution, transportation, food, etc./** 気候、大学周辺の様子、交通

機関、食事等：

There is nothing interesting around the campus, but it takes at least 40 min from campus to Paris. Around campus, there was a new bakery and supermarket (Franprix) which helps a little if you have a reasonable budget--Franprix is a little expensive. To get to a normal supermarket, the nearest one is 12 min by bus (but the bus only comes about once an hour during the weekend).

**■ Management of money and situation about local economy/**お金の管理方法、現地の通貨事情：

Make sure you check which days the banks come to school to help out the students (usually all Master's student know this information, but exchange students may not get this info). This might be the only time you get help in English. It takes long time to open the account, and even so, you can get rejected, so it is not a bad idea to apply for opening two accounts (I applied two and only managed to open one). Also, make sure to set up the international transfer before your departure.

**■ 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：

Do make at least one good friend that can check up on you regularly. Unless you take multiple classes with exact same people, exchange students don't have many connections with people that they see on a regular basis. In other words, people don't care about you as much and they will not "notice" that you are ill or dead.

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：

Need B1 French to be filled out from a French teacher. If you are doing the Engineering section, you need a strong CV with experiences, two reference letters, and a reasonable Letter of Motivation.

**■ Procedures to obtain visas/**ビザの手続き：

Do as instructed by host institution. It is a good idea to ask often if they are not responding, French people are not so good with emails (maybe it is good to call them if you really need the answer quickly). Do everything in advance because French people takes a lot of vacation and some people will not respond you for a while.

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

Take any medication you are already taking with you (extra). It is difficult to make appointments if it's not something that can be concluded in school doctor (such as simple cold or stomachache). Also, it is difficult to go to doctors outside the campus if you don't speak French; take a French person with you if possible.

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

Do as instructed, but regularly check up with the school coordinator. Until you have the insurance "number", it takes a long time. Even if you have the number, you will not get the insurance card, for instance, I did not receive even on the day of my departure (11 months after I applied). As long as you have the number, you should get full reimbursement of your medical expenses, so keep the receipts from pharmacies.

**■ 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:

Do as instructed by globalization office. Otherwise, check if you can take back any credits earned abroad to your faculty.

■ **Language preparation**/語学関係の準備:

If you want to have no major issues, I recommend C1 French. It is not wrong to assume no one speaks English, in fact, most hospitals, banks, and postal offices do not speak English. If you have lower than that, make sure you have good English skill (TOEFL 100~105 is my recommendation). All schoolwork in 3A can be done in English, and the communication in laboratories can be done in English. If you don't have either French nor English, it will be extremely difficult because French people are also not good with English (but if your English is good enough, the communication is possible).

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:

<b>Airfare</b> /航空費	<b>JPY/円</b> 300,000
<b>Payment to host institution (tuition, facilities fee, etc.)</b> / 派遣先への支払い(授業料・施設利用料など)	<b>JPY/円</b> 0
<b>Textbook / Book</b> /教科書代・書籍代	<b>JPY/円</b> 0
<b>Overseas travel insurance fee (designated by UTokyo)</b> / 海外留学保険料(東京大学指定のもの)	<b>JPY/円</b> 100,000
<b>Insurance and/or social security (required by host institution/region/country)</b> / 保険・社会保障料(留学先で必要だったもの)	<b>JPY/円</b> 10,000

■ **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:

<b>Rent</b> /家賃	<b>JPY/円</b> 80,000
<b>Food</b> /食費	<b>JPY/円</b> 45,000
<b>Transportation</b> /交通費	<b>JPY/円</b> 4,000
<b>Entertainment/Leisure</b> /娯楽費	<b>JPY/円</b> 5,000

■ **Additional comments**/その他、補足等:

It is expensive to eat out in Paris.

■ **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:

The Fung Scholarships

■ **Monthly stipend**/受給金額(月額):

80,000 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

■ **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):**

none

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

101 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:**

0 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:**

101 単位/credit(s)

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

2021/3

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:**

Having a lot of time to myself, it gave me a lot of time to think about what is really important or how I should spend my time on what.

■ **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:**

Doing 4-months internship in physics/chemistry work made me realize that I would want to do more application side of science, perhaps biology/chemistry.

■ **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:**

It can open up more choices for you, but it can also eliminate choices for you. For instance, it made me think that France is not an ideal option unless I improve my French level by a lot.

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

Attended events at host institutions, Attended internships in the country where you stayed, Tried networking with people already working

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

Research career

■ **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:**

Do apply if you have a good idea about what you want to accomplish. If you plan to apply to Engineering section, make sure you have experiences of doing research before you apply.

■ **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：

Nothing in particular.