

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: 2019/6/3

■ID:A18117

■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: Université Grenoble Alpes

■Program period/ 留学期間: 1/14/2019 ~ 5/18/2019

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

■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 wanted to improve my French ability and experience the life at the Alpes region. Also, I wanted to study more about politics and economics which I had not studied at UTokyo as an environmental sciences major.

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 A2

■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 S2

■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 primarily because I missed the interview for departure in the previous semester. However, it also made sense to miss one S semester in Senior Division as we can take Senior Division classes from 2S semester (as a September entry PEAK student).

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:

French Language for International Students/5ECTS

France, State, Institutions, Society/5ECTS

International Track Tutoring/5ECTS

Environmental Politics/5ECTS

Political Corruption: Causes, Consequences, and Control/5ECTS

Seminar: Change in Global Politics/5ECTS

■ Overview of the study/research during study abroad/留学中の学習・研究の概要：
They were all lectures with minimal student participation. I liked the French classes the most.
■ 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：
6 - 10 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：
I went skiing once and also travelled around Europe.
■ How did you spend the weekends and vacations?/週末や長期休暇の過ごし方：
I went on short trips.

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

■ Facilities/設備：
Cafeteria food is cheap but barely edible compared to the ones at UTokyo. There is a library but it is rather small - It is not a separate building; just a room on the 2nd floor of the school building. There is a wide range of sports courses to choose from. Wi-fi works fine. I could not use the vending machines or printers on campus, and I finally figured out that I was not officially registered on the university online system as a student until a week before my departure to Tokyo (which tells something).
■ Support for students/サポート体制：
Close to none.

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
■ 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：
It was an individual room with a private bathroom and a very tiny refrigerator (like one in a hotel room). There was a shared kitchen on each floor but it was very minimal (just a sink and a stove without even a microwave, shelf, rubbish bin, common refrigerator or anything) - as the one at an outdoor camping site. The dorm was within a walking distance from the campus, so it was one positive aspect. The staff do not speak English so I had difficulties whenever I had to pay rent. When I was checking in, my name was not officially registered as a resident despite the fact that I already submitted a contract and paid the deposit prior to my arrival. Therefore, I had to move back and forth between different dormitories carrying my heavy suitcases until one staff just decided to let me use one empty room. Similar situation happened when I wanted to check out. Overall, it was a seemingly

defective bureaucracy.

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

You can get the view of the Alpes wherever you go. In terms of the food, there are not that many options besides cooking. The campus is not so close from the city center (30 minutes by tram) as well.

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

I used my VISA debit card from a Japanese bank.

■ **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：

The area around the dormitory and campus did not particularly feel dangerous. For health care, it is possible to visit university medical center or set up an appointment at a private clinic but they are not good at or enthusiastic about communicating with a foreigner in English.

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：

I had to submit a learning agreement which indicated the courses I would like to take at the host institution, the corresponding courses at UTokyo as well as the signature from my academic advisor to confirm my study plan.

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

I received a student visa at French Embassy in Tokyo. Everything was smooth and quick (less than a month) except that the cost was a bit high.

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

Students enrolled at French universities can apply for the same national health insurance as French students. I used the school medical facilities without any problem.

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

Nothing except for preparing enough money to pay for it.

■ **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：

Nothing in particular.

■ **Language preparation/**語学関係の準備：

I took two introductory French courses over a year before I went studying abroad. I felt that it was very insufficient and I highly recommend going to Quebec or somewhere else where English is also accepted unless one wants to challenge him/herself.

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 760,000
Payment to host institution (tuition, facilities fee,	JPY/円 0

etc.)/ 派遣先への支払い(授業料・施設利用料など)	
Textbook / Book /教科書代・書籍代	JPY/円 7,000
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 37,690
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 20,000
■ 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 30,000
Food /食費	JPY/円 30,000
Transportation /交通費	JPY/円 2,000
Entertainment/Leisure /娯楽費	JPY/円 0
■ Additional comments /その他、補足等:	
The major cost came from traveling rather than the necessary cost of living.	

■ 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:	
ASSURAN International Scholarship	
■ Monthly stipend /受給金額(月額):	
100,000 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):	
French for Research (15)/2 French Studies II (Diplomatic Relations of France)/2 French (3) (Conversation)/2 Environmental Sociology/2 Seminar in Global Liberal Arts III(1)/2 Theory of International Politics (Seminar)/2	
■ Number of credits earned at UTokyo BEFORE your study abroad /留学前に取得済みの単位数:	
55 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：
12 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：
9 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 could practice getting used to being alone and find stability in a given environment. While I do not feel that I made a lot of improvements academically, my study abroad experience gave me a chance to look back on my own thoughts and identity, and also clarify my needs and wants for the future.
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：
I became more confident (that I will not necessarily kill myself from depression and loneliness even if I happen to go to a new country for a job all by myself).
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：
Since I want to work at international organizations in the future, the experience of learning French and about different societies would be helpful for my career.
Job hunting activities during study abroad /留学中に行った就職活動：
None
Career/Occupation (planned) / 進路・就職先(就職希望先)：
Research career, Civil Service, NPO
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：
Be fully aware of what you look for and what you are heading for.
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：
I did not use any.