

**The University of Tokyo Study Abroad/Student Exchange Program Report Form  
(for programs from a week to 3 months)**

Date: 07/14/2017

Faculty/Graduate School at UTokyo:	Faculty of Engineering	Year at the time of Study Abroad	B3
Program Attended:	ETH Sustainability Summer School	Host University:	ETH Zurich
Occupation after graduation (intended):			
<input checked="" type="checkbox"/>	1. Research		
<input type="checkbox"/>	2. Specialist (Medical • Judiciary • Accountant)		
<input type="checkbox"/>	3. Civil Service		
<input type="checkbox"/>	4. NPO		
<input type="checkbox"/>	5. Private sector (Type of industry: )		
<input type="checkbox"/>	6. Entrepreneurship		
<input type="checkbox"/>	7. Others ( )		

<b>Outline of the receiving institution overseas</b>
In English, ETH Zurich is "Swiss Federal Institute of Technology in Zurich". Albert Einstein graduated from this University. Students of ETH call it as the best University in the European Continent and it was ranked 8th in the world in QS World University Rankings 2016. It accepts students from many countries and the campuses are very huge.
<b>Reason why you decided to participate</b>
Since I wrote a report about Switzerland, I have long been attracted to Switzerland. Switzerland has a great knowledge intensive economy and it produces many high-value add products. I think Japanese economy should shift to this way and I wanted to learn the Swiss methodology which has led Switzerland to today's prosperity. Program itself was very attractive to me as well. My major, mechanical informatics, must be connected to something to function and I want to choose environment as something. So it was a very good chance to me to see mountain forests from transdisciplinary views.
<b>Preparation for the program</b>
(1) Application process (please give any advice on dealing with the application process)
I recommend that you have your motivation letter checked by several friends before submitting.
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)
No visa was required.
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
I did nothing.
(4) Insurance (information about insurance for travel/studying abroad purchased)
I used OSSMA and 付帯海学 as recommended by my University.

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

I made a contact with the office of my major and they took all necessary procedures for me.

(6) Language preparation (language level before the program, lessons etc.)

I had IELTS 7.0 (R9.0, L7.0, S6.0, W5.5) and tried to listen to BBC news on the way to the University. I don't think it's enough to enjoy this program fully.

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

You need very high command of English if you want to enjoy fully. Most of participants speak English as fluency as native speakers and you need to join the talks among them. I brought a pack of senbei as cultural souvenir and participants enjoyed it.

### Information on the academic/research program

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

We need to read the reading material provided before the start of summer program. Lectures were very interactive and we could feel free to ask questions during the lecture. The organizers thought breaks were very important and they tried to keep half an hour coffee break. This is very different from Japan and impressive. In practical work session, we went to the mountain and build paths or fences using tools.

(2) Advice on aspects of academic/research work

All participants have a experience of study-abroad and their English level is very high. You need to be able to cut in the talks between native speakers.

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

### Aspects of life

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

We stayed at a local seminar house. It was very nice!! The building utilized woods fully and it was very cute. The accommodation cost was included in the tuition fee (about \$250).

(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
Zurich is not as hot as Japan and the weather was very comfortable. However it starts to rain suddenly and you need to be careful. Our seminar house locates very close to the mountain and the town was very neat and nice! In the city of Zurich, transportation system was amazing, but it's a little bit expensive for visitors. (Local Swiss people own annual pass.) I changed 30000 yen to Swiss Franc in Japan. I also brought credit card (VISA).
(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.)
Switzerland is very safe country. I brought some medicine from Japan but I didn't take any.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
airfare: ¥100,450; tuition fee ¥28,925; food: ¥9,600; insurance: ¥8770; Transportation: ¥10000; Internet: ¥1960; Entertainment&Souvenir: ¥25000; Zurich hostel (the days before and after the program): ¥12000
(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.)
Jasso: ¥80000 Santander: ¥80000 The University of Tokyo offered me both.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
We visited fortress which was built during the WWII. We enjoyed barbeque on Friday night and visited hydropower on excursion day.
<b>Environment of the receiving institution</b>
(1) Support facilities for students taking part in the program (such as language, academic, living support mechanism and counseling services)
Some specialists and organizing professor stayed with us for the whole program and we could ask questions very easily. Lecturers also stayed long after their lecture and so we could ask them, too.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
Internet was provided but not so strong because we stayed in the mountain. Coffee and some snacks were provided by free. And we can enjoy walking near the beautiful meadow.

**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

- 1) I felt many cultural differences in the discussion of our case study or in the practical work. For example whether you think traps are inhuman or not.
- 2) The age of participants range from 18 years old to 33 years old or maybe more. But regardless of age we discussed and enjoyed together as same participants. This can never happen in the society of Japanese language and it was very impressive. I can feel I'm still young and have broad opportunities. I felt how much Japanese people are restricted with age, for instance almost all students go to university at age of 18 or 19 but it's not a global standard normal at all.
- 3) I need to study English much more to compete with English-native people or semi-native people!

(2) Your plans having studied abroad

Currently no plan, but I definitely want to go again.

(3) Any messages or advice for future participants

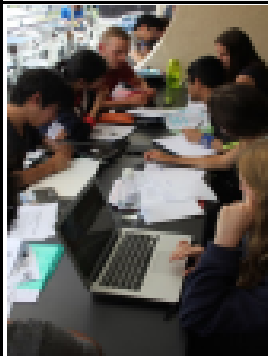
Don't think of it a problem, find a solution. Everyone can be a hero. (Common phrase we repeat in the program.)

**Miscellaneous**

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

BBC podcast (for studying English)

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



**The University of Tokyo Study Abroad/Student Exchange Program Report Form  
(for programs from a week to 3 months)**

Date: 21/07/2017

Faculty/Graduate School at UTokyo:	Faculty of Engineering	Year at the time of Study Abroad	B3
Program Attended:	ETH Sustainability : Mountain Forests and Risk Management	Host University:	ETH Zurich
Occupation after graduation (intended):			
<input checked="" type="checkbox"/>	1. Research		
<input type="checkbox"/>	2. Specialist (Medical • Judiciary • Accountant)		
<input type="checkbox"/>	3. Civil Service		
<input type="checkbox"/>	4. NPO		
<input type="checkbox"/>	5. Private sector (Type of industry: )		
<input type="checkbox"/>	6. Entrepreneurship		
<input type="checkbox"/>	7. Others ( )		

<b>Outline of the receiving institution overseas</b>
<p>Our university for science and technology dates back to the year 1855, when the founders of modern-day Switzerland created it as a centre of innovation and knowledge.</p> <p>At ETH Zurich, students discover an ideal environment for independent thinking, researchers a climate which inspires top performance. Situated in the heart of Europe, yet forging connections all over the world, ETH Zurich is pioneering effective solutions to the global challenges of today and tomorrow. (from <a href="https://www.ethz.ch/en/the-eth-zurich.html">https://www.ethz.ch/en/the-eth-zurich.html</a>)</p>
<b>Reason why you decided to participate</b>
<p>As an aspiring engineer, I wanted to grasp an idea of what "sustainability" is- I feel that everyone creating "something" for this world today should always have that in mind, because the well-being of the environment around us should always be a necessary condition of any development. This program, in which we learn about sustainability through practical work in the mountains, seemed like the perfect opportunity for that.</p>
<b>Preparation for the program</b>
(1) Application process (please give any advice on dealing with the application process)
<p>I have carefully read the course description of each summer program before deciding to apply to this one- so by the time I chose this one, the reason for my decision was clear (as stated in the answer above). So I then proceeded to write the essay in which I elaborated upon it. I ADVISE ANY FUTURE APPLICANTS READING THIS- START WRITING EARLY!! I had very little time before the deadline to prepare the documents, so I could not revise the essays as much as I liked. Fortunately, I was chosen to participate, but I feel that I should have prepared my submissions to the point that I was confident that this was the very best I could do.</p>
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)
<p>No visa required to visit Switzerland for a short amount of time, for a Japanese citizen- however I advise to check once again!</p>
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
<p>I took the optional yearly checkup that my university provided. I did not take additional inoculations before departure.</p>

(4) Insurance (information about insurance for travel/studying abroad purchased)
My university helped us apply for the insurance (付帯海学). I did not apply for other insurances.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
<p>First of all, there were two steps to being accepted to this program- acceptance by the University of Tokyo in March, and the acceptance by ETH Zurich in the end of April. Therefore, when the semester started in April, I was not yet sure if I could actually participate- however, if I did not start taking action to ensure my credits for each class, I would end up in a difficult situation when I was finally chosen. Therefore at the beginning of the semester, I consulted the professor in charge of the experiments(which would have the biggest impact due to my being absent) on what I should do- he changed my experiment group so that it will be less affected by my absence, and advised me to ask the teacher of each class what I should do to make up for the absence. I have done that, and for some classes in which I would miss the examinations, the teachers were kind enough to let me take it on another date. I advise anyone going to summer programs during the school semester (which is almost unavoidable, considering the current yearly schedule of this university) to start preparing for your absence by consulting with the teachers, etc, very very early on.</p> <p>As for more administrative procedures, I had to submit a document to my department about participating in this program. I advise future participants to check with their department's office once you are chosen.</p>
(6) Language preparation (language level before the program, lessons etc.)
I feel very comfortable speaking English (uncomfortably, almost more so than speaking Japanese), so language was not a concern.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
<p>mountaineering equipment (as advised on the program booklet)</p> <p>I had also brought some class material of UTokyo to try to study a little during the semester, however I decided to dedicate my time to the program during it, so I only ended up studying a little on the plane.</p>
<b>Information on the academic/research program</b>
(1) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.)
The program was mostly comprised of alternating between practical work in the mountains and academic work in the seminar house each day. In the academic work days, we listened to lectures by professionals in fields related to mountain forests or risk management(such as insurance), and worked in groups of 8 for our case studies- reading the materials given to us, forming our opinions, and preparing a presentation (which we had on the next-to-last day). For the practical work, we spent the whole day in the mountain forest- building paths for workers, fences to ward off ungulates from newborn trees, tripods to protect them from snow movement. It was quite hard work, but we managed it, especially as there was a day of academic work between each practical work day, in which we could physically take a break.
(2) Advice on aspects of academic/research work
Even if you are not currently studying fields related to mountain forests or risk management, I recommend taking this program if it interests you- there is a heavy focus on interdisciplinarity, to learn from diverse areas of academics. Therefore, the participants are chosen to represent diverse backgrounds as well.

(3) Problems experienced with language issues, advice concerning language, etc.
I did not have much problems with English, especially as I am a returnee student who had lived in New York for 3 years. If you're not as confident in your English, I advise brushing up on your oral skills- the English education in Japan provides enough for reading & writing, but oral in Japan seems to be lacking. However, listening & speaking is arguably more important in programs such as these- and the relationships you make with everyone with your oral skills will be priceless.
<b>Aspects of life</b>
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
We all stayed in a seminar house in the village of St.Margrethenberg. Rooms accommodated either 2, 4 or 8 persons. The cost of accommodation was included in the program fee. It was very comfortable to stay in.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
Not much around the seminar house- it is a small village. Transport from and to Zurich was provided by the program. During the program, we had almost no opportunity to use our own money- for me, I only used a total of 9 CHF to buy drinks at the restaurants.
(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.)
No one was seriously injured/sick during the program. A first-aid kit was provided during the program (including during the practical work in the mountains) for minor injuries or illnesses, and we were told that a helicopter(albeit at a high cost) was available in extreme emergencies.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
Airfare : 130,000 yen Program fee: 35,000 yen As I stayed in Zurich for 2 days before the start of the program, and after it I visited France for about a week, the total cost of the whole trip was around 300,000 yen. The fees related to the program were reasonable, especially as I was able to receive a scholarship totalling 160,000 yen.  Also, since I did not have much mountaineering equipment(spike-soled shoes, wide-brimmed hats etc), I had to buy many of them for this program- it probably ended up costing as much as the program itself. If the same program is to be held again, future participants should note.
(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.)
JASSO: 80,000 yen Santander scholarship: 80,000 yen They were provided to all participants joining this program from the University of Tokyo.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
There is not much time outside the program, as it is a short and intensive course- and, frankly, there's not so much to do outside. I engaged in many walks with other participants. The scenery is just beautiful.

<b>Environment of the receiving institution</b>
(1) Support facilities for students taking part in the program (such as language, academic, living support mechanism and counseling services)
As there are many participants who major in fields deeply related to this program, if you are unclear about something you could always ask a fellow student. The project coordinator, Ms. Messmer, was always at hand if we needed any help.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
My biggest gripe about this program was the poor Internet connectivity- the seminar house's wifi was very slow, and though one of the course assistants set up a mobile wifi hotspot, only up to 10 people could access it.
<b>Looking back over the program</b>
(1) The significance of the program and how you have developed by taking part in it, any other impression from having studied abroad
I have learned much from this program- not just from the lectures and field work, but also from talking with the other participants as well. I was surprised at how comfortable I was at speaking with everyone- this had been my first study-abroad in university, and I was somewhat worried if I could socialize with the other students. However, I ended up talking with most of the 30+ participants, made many friends that I would love to meet again, and exchanged various conversations, from priceless insights to mundane chitchats. It definitely boosted my confidence in studying abroad for a longer period of time- perhaps in a master's program. Of course, the insights from the course work were valuable as well- sustainability was simply not a subject I had studied, but now I can appreciate its intricacy and the approaches to it from various fields. The studies about our course location, Tamina Valley will of course not be directly applied to my field of study, but the concepts behind it are applicable to any subject regarding sustainability.
(2) Your plans after having studied abroad
I will renew my focus on my engineering studies; I realized that in order to work in an interdisciplinary manner, you have to represent your field yourself, which means that you must know not only individual subjects thoroughly, but also a more macroscopic knowledge is required as well- a bird's eye perspective, in other words. I would like to become apt in engineering that I can confidently provide an engineer's perspective.
(3) Any messages or advice for future participants
As I've stated, start preparing your submissions early! And start thinking early about your classes back at Utoyo, as well.
<b>Miscellaneous</b>
(1) Websites or publications which were useful while preparing for or during your time overseas
I booked my flights via HIS, but the other participant from UToyko booked them through a website, resulting in a significantly cheaper airfare.
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.
please take a look here: <a href="https://photos.app.goo.gl/n8jEKhBPGJIaApBz1">https://photos.app.goo.gl/n8jEKhBPGJIaApBz1</a>