

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

Faculty/Graduate School at UTokyo:	College of Arts and Sciences	Year at the time of Study Abroad	B2
Program Attended:	IARU Global Summer Program (FASSTrack)	Host University:	National University of Singapore
Occupation after graduation (intended):			
<input type="checkbox"/>	1. Research		
<input type="checkbox"/>	2. Specialist (Medical • Judiciary • Accountant)		
<input checked="" 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 ()		

Outline of the receiving institution overseas
National University of Singapore
Reason why you decided to participate
The description of the program caught my eye, and though it was still during the school term, I figured this summer school would do me more good than just studying the spring semester of the second year.
Preparation for the program
(1) Application process (please give any advice on dealing with the application process)
It was a fairly complicated procedure, but if you follow the instruction given, it would be fine.
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)
The procedure to acquire the Singapore student visa was difficult, as the final step was done in Singapore. The Myanmar visa was quite easy to get.
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
Some of my classmates took Malaria shots before going to Myanmar, but I did not, and I was fine. However, during this five weeks course, I have fallen sick twice, and my friends have also gotten ill, so a batch of familiar medication is a must.
(4) Insurance (information about insurance for travel/studying abroad purchased)
I signed up for the insurance UTokyo provided. I was also part of the NUS insurance while the Myanmar fieldtrip.

(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
I had to ask my professors about the postponed exams. It would be better to plan beforehand as to which classes you take during the spring semester, since it would be difficult to take the exams given the schedule.
(6) Language preparation (language level before the program, lessons etc.)
A strong grasp of English is necessary. The courses are based on fluent English, and it would be of no use if you do not understand what the professors are talking about. Furthermore, the middle report, which was two 1000 words essay, and the final report of 3000 words, as well as a presentation were given for our grades.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
Medicine. SIM card. Sunscreen.
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.)
Two classes which are three hours long on Mon, Wed, Fri. Fieldtrips to various sites in Singapore were mostly on Thursday. A decent amount of readings is given before the lecture, and the lectures are given somewhat based on the readings, but are mostly discussions.
(2) Advice on aspects of academic/research work
Even though it is going to get trouble some to do the readings beforehand, it would definitely benefit you on understanding the lectures.
(3) Problems experienced with language issues, advice concerning language, etc.
As I was quite sure of my English, I thought there would be no problem regarding the language, but the Singaporean accents were hard to understand at first.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
Single room at the student dorm (RC4) at Utown. Air conditioned, a bed, a desk and a closet is provided. Cleaned by the janitor once a week. It was comfortable, but if you are going to stay for more than a month, a nice pillow would be good.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
It was very humid, but the frequent use of air conditioners indoors made it very comfortable to live. The Utown we lived in was close to a few stations and a bus stop so it was very easy to go around.

(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.)
Singapore is very safe. A clinic and a hospital is in the university.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
Singapore: 55000 Yen, Myanmar; 10000 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.)
The scholarship provided from our university-400000 yen in total.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
Fieldtrips visiting numerous Singapore tourist spots were organised, and we also had plenty of time to explore Singapore.
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)
A teaching assistant was always there for the classes. The facebook group was frequently used for the noticing the participants.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
The PC commons and the Mac commons were open 24/7, and were very useful. The wifi environment at NUS is also wonderful. A huge cafeteria as well as some restaurants and two convenience stores are in the area so food is always available. A pool and a gym was also provided.
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
It was a privilege to learn so much about Southeast Asia and the modernity of the place in Singapore by such great professors. The fieldtrip to Myanmar added up to my understanding, as well as making the relationship between our classmates much closer. This course made me realise how close-minded I was, and improved my sense of understanding of other cultures.
(2) Your plans having studied abroad
A broadened view of the world, and an inspiration to work harder. It made me reconfirm my dream to work for my own country.

(3) Any messages or advice for future participants
A fluent use of English is desperately needed. It would be difficult to do the program without a certain amount of grasp of the language.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.

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Date: 07/31/2016

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Outline of the receiving institution overseas
NUS is the oldest and the largest university in Singapore, and ranked as one of the top Universities in Asia. It provides a diverse environment with many foreign students and teachers. Apart from the main campus, there is a campus called Utown which is an educational hub complete with residential spaces and learning facilities.
Reason why you decided to participate
I was interested in the rapid development taking place in Southeast Asia, and wanted to learn how countries were connected with each other. I also wanted to study at NUS, which is one of the top universities in Asia, and see the differences in facilities, students, education systems.
Preparation for the program
(1) Application process (please give any advice on dealing with the application process)
The person in charge in NUS responds very quickly and kindly, so you shouldn't hesitate to ask questions. You should also make preparations in good time.
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)
I got a Student Pass after entering Singapore. I had to go to the Immigration & Checkpoints Authority to get it, and was kept waiting for about 3 hours. However the instructions are in detail, so the whole process is not so complicated.
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
I did not do anything special.
(4) Insurance (information about insurance for travel/studying abroad purchased)
I bought travel insurance designated by my home university.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)

<p>I did not have any special procedures since I was not taking any classes during the trip. I did not transfer credits either.</p>
<p>(6) Language preparation (language level before the program, lessons etc.)</p>
<p>I studied for the TOEFL exam. I tried to talk to many foreign students in my home university to get used to English conversation.</p>
<p>(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.</p>
<p>The air conditioning is cold everywhere, so you should bring a sweatshirt or a blanket. You should also deactivate your SIM lock (if it's possible) and get a SIM card at Singapore for your phone.</p>
<p>Information on the academic/research program</p>
<p>(1) Outline of the program (Style of the lessons/preparation study/review study, thing which left an impression on you, etc.)</p>
<p>The class I took was titled "Southeast Asia in Context", which was about Southeast Asia's geographical, historical, and cultural diversity. The class was 5 weeks, with a 10 day field trip either to Myanmar or Indonesia. We usually had class 3 days a week, with reading assignments for each classes. There were essays and presentations as well. The classes were extremely interactive which was pretty new to me.</p>
<p>(2) Advice on aspects of academic/research work</p>
<p>If you had background information on Singapore and the country you will go to for fieldtrip in advance, it will contribute to your further understanding in class.</p>
<p>(3) Problems experienced with language issues, advice concerning language, etc.</p>
<p>Everyone except for us were either from or studying in a English speaking country, so it was sometimes tough to join the conversation. But if you actively speak out, everyone will listen to you and easily become good friends.</p>
<p>Aspects of life</p>
<p>(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)</p>
<p>The rooms were individual, and the toilets/showers were in common use. The cost was about 1000 SGD for 5 weeks. The accommodation was relatively new, and we also had our rooms cleaned every week so it was a comfortable stay.</p>
<p>(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))</p>
<p>The temperature in Singapore was about 30~35 °C, and was extremely humid everyday. It takes about 15 minutes to get to the nearest MRT station from Utown, so it took some time to get to the center of Singapore. Public transportation and taxis are much cheaper than Japan so I used them a lot. There were many hawker centers which provides a wide variety of cheap Asian food. I mainly used cash, and sometimes credit cards during my stay.</p>

(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.)
I did not have to worry much about safety in Singapore. I once got sick and went to university health care center. The service there was good, but was very crowded and had to wait for about 2 hours to get diagnosed.
(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 1000 SGD program fees (including accomodation) 5000 SGD food 400 SGD travel cost 100 SGD entertainment 500 SGD
(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.)
I received 200 thousand yen from the Santander Foundation and 200 thousand yen from JASSO.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
When I did not have class, I enjoyed sightseeing or did my homework.
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)
The person in charge of this program was very reliable, and moved quickly to any trouble students faced.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
The gym and the IT equipments were very substantial. The computer rooms were open 24/7, so it helped me a lot in doing my assignments. The classrooms, cafeteria, gym pool, PC lounges, and grocery stores were very close to the dorm, so the whole stay was very convenient. However the lounges in the dorms were only open for long term residents, which was a little inconvenient.
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
The best part of this program was that I could meet various students from all over the world. Spending time together and learning about their lifestyle was a very fresh experience for me, and surely helped me broaden my prospective. Each student was hardworking and inspired me a lot regarding academic acheivements. The experience of actually going to Myanmar meant a lot to me as well. Not only learning but actually "feeling" its tradition, history, and lifestyle was full of surprises and discoveries, and they're still standing in my memory.
(2) Your plans having studied abroad
I am planning to study civil engineering.

(3) Any messages or advice for future participants

This program will provide you with opportunities and encounters that can never be experienced in Japan. Spending 5 weeks with hardworking and distinguished students from all over the world will surely inspire you. And, above all, I am convinced you will have a lot of fun during this program.

Miscellaneous

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

[IARU GSP website](http://www.iaruni.org)

<http://www.iaruni.org/for-students/global-summer-program>

グローバル駒場

<http://www.u-tokyo.ac.jp/ja/administration/go-global/program/sp2016.html>

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

