

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

Date: 11/08/2017

Faculty/Graduate School at UTokyo:	College of Arts and Sciences	Year at the time of Study Abroad	B3
Program Attended:	IARU PKU3	Host University:	Peking university
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

Peking University is one of the best university in China.

Reason why you decided to participate

My major is China's politics and foreign policy. I wanted to learn my major more deeply in this program.

Preparation for the program

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

I applied for this program according to the explanation of the emails which were sent from the University of Tokyo and Peking University.

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

X2 visa was required. It costed about 9000yen. You can get it in China Visa Application Service Center. Please note that Chinese embassy doesn't issue any visa. It took about 5days to issue the visa.

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

I had no medical check-ups.

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

I had the insurance for studying abroad which the University of Tokyo designated.

(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
As of the departure for Peking, the class of my faculty had not finished. That's why I asked the professors to allow me to take alternative test.
(6) Language preparation (language level before the program, lessons etc.)
IELTS 6.5
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
You have to bring over-the-counter medicine. I often suffered from diarrhea in Peking, so I recommend you to bring an antidiarrheal drug.
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.)
I took 2 courses. The one is about China's foreign policy making. The professor gave us the lecture about China's foreign policy in this course. Discussion often took place. I had to read the article which is related to the class in advance. The other is about Chinese language.
(2) Advice on aspects of academic/research work
You should not neglect to read articles which is related to the class. If you don't read them, you learn less from the class than if you read them.
(3) Problems experienced with language issues, advice concerning language, etc.
I had difficulty in listening conversation between native English speakers.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
I lived in the dorm of Peking university.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
It is very hot in summer.

(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.)
The region around the university is safe.
(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···70000yen, Program fee···1950USD, Accomodation fee···free, Food, travel, and entertainment···50000yen
(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 reveived 120000yen in total (60000yen from JASSO and 60000yen from Santander bank) as scholarship.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
I took part in the weekend trip which was designed by Peking University. In addition to the weekend trip, various activities were prepared.
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)
One student of Peking University supported students of this program. She gave us various informations.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
The library is very large and good place to study in. WiFi is available in the dorm, classroom, cafeteria, and library. You can have many kinds of foods at low price in cafeteria.
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 was able to get new perspectives about China's foreign policy in this program. In addition, I was able to communicate with many people with various backgrounds. That's why I'm very satisfied with this program. This program was also a good opportunity for me to notice that my English ability was still insufficient.
(2) Your plans having studied abroad
I want to continue to study China's foreign policy and politics.

(3) Any messages or advice for future participants
It is often hard to study abroad, but you can learn many things through studying abroad.
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: 11/08/2017

Faculty/Graduate School at UTokyo:	Graduate School of Engineering	Year at the time of Study Abroad	M1
Program Attended:	IARU Global Summer Program	Host University:	Peking University
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 ()		

Outline of the receiving institution overseas

Peking University is one of the top ranked universities in China. It was established in 1898, and is located in Beijing. It has taught and hosted many important Chinese thinkers such as Mao Zedong, Lu Xun, and Chen Duxiu. It was also influential for the events of important Chinese cultural movements such as the New Culture Movement. The Campus is 670 acres large, and has many traditional Chinese buildings and sights such as the West Gate of Peking University, Weiming lake, Minghe Garden, and Langrun Garden.

Reason why you decided to participate

I decided to participate in this program because I was always curious about China. I had always heard that China was a very beautiful country with a rich history, and rigorous educational system, so I wanted to see it myself. Additionally, as a graduate student and researcher, I have many responsibilities such as working in a laboratory so it isn't possible for me to be away from The University of Tokyo for too long. This short program was only 4 weeks so it was a more reasonable alternative than a semester or year abroad.

Preparation for the program

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

For the application process, basically most of the application can be rather short. At first quickly fill out all the pieces of information such as what kind of program you are applying for, your major, your year and so on. You might find the most difficult part of this application is completing the essays. The application form from The University of Tokyo has 1 to 3 essays depending if you decide to write the self-recommendation, and the IARU program has a separate application, which requires about 2 or 3 essays, depending on your program. I recommend completing the IARU essays first because the essay for The University of Tokyo is quite similar and you will find that the difficulty is more in reducing the amount of information to fit in the limited space of the excel form.

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

The Visa application is rather straightforward. The most difficult place was finding how to apply for the visa and get the application forms. I recommend going to the website "<http://visaforchina.org/>". They had all the application documents required, they will tell you where to submit the forms, the fee, and additionally what you will need. For me, in order to get the student visa, I need to submit a copy of the completed visa documents, picture in white background, JW202, certificate of acceptance, my passport, and the fee. I received my visa within one week.

(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
For my application, a medical checkup was not required.
(4) Insurance (information about insurance for travel/studying abroad purchased)
After completing the "Notification of Going Abroad" to the International Exchange Group, they will start the process of giving your insurance and send you the bill to your home. It usually takes about 2 weeks to receive the bill. After you receive the bill, you should pay it and you are insured. Since this insurance procedure takes time, it is very important that you complete the Notification of Going Abroad as soon as possible! Even if it isn't complete, you can still submit an incompleting form and submit a revised form later.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
As a part of my Graduate School, I needed to submit a "Request for Approval for Study Abroad." This paper work just required me to give certain information about the program, such as the location, duration, and credits that will be earned. Additionally, I needed to submit a copy of my acceptance letter for the program with a translation in Japanese.
(6) Language preparation (language level before the program, lessons etc.)
I did not need any language preparation before entering the program. I can admit that life in Beijing is difficult without knowing Chinese so it is highly recommended. Simple things such as taking a taxi or ordering in a restaurant is very difficult without knowing Chinese. But all my courses were in English and the environment in Peking University is relatively friendly for English Speakers so it wasn't impossible to survive.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
You can buy most items very cheap while in China, so you can live relatively lightly while in China. This will also give you more space in your suitcase to buy more souvenirs when you return back to Japan. I recommend bringing important items like light clothes if you go in the summer and an umbrella. You should be prepared with a bag to carry around with you at all times. You should also be prepared for the toilets in China. Most of them are the traditional style toilets and that may be difficult to get used to at first. Additionally most restrooms do not have paper so it is recommended to always carry some with you.
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.)
The lessons in Peking University were very typical with those of The University of Tokyo. The class was mainly conducted in powerpoint and the professor would teach based on the powerpoint but also give his own views. Questions were freely allowed in this class and there were often different times for discussion. What stood out most to me were the various backgrounds of all the students. There were students of many different countries and faculties in my classes and they provided a diverse background for the discussions and questions.
(2) Advice on aspects of academic/research work
I recommend that you prepare for each lecture beforehand. My professor didn't give any overview of the articles but went straight into discussion instead.

(3) Problems experienced with language issues, advice concerning language, etc.
There was no issue of language for me. The courses were in English and the accent of my professor was understandable.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
I stayed in an International Student dorm. It had a western styled room, with an air conditioner, western bed, desk, and western style toilet and refrigerator. I had a roommate and we shared the same toilet and shower and refrigerator but we had our own bedroom. The atmosphere was very comfortable. My room in this dorm was actually bigger than my home in Japan. There were moments of rapidly changing temperature, as the lobby was always fairly well air conditioned but the elevator and hallways was always very warm. The cost was free for my program but I needed to pay a deposit that was reimbursed to me when I checked out. I really enjoyed my dorm. It was one of the best parts of this program.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
In the summer time, the climate is very hot. Beijing is very spaced out, and the campus is huge so it can be difficult going to different building or canteens on campus. Luckily there is a shared bike system in Beijing, which is convenient to quickly travel around campus at a very cheap price. But the bikes are shared ones so the quality isn't always good but it is more comfortable than walking. Additionally, there is a train, which is rather comfortable and cheap. It is usually quite crowded. Most of the time I simply took a taxi as it was rather cheap and there is always taxi around. The food was very good and you can find very cheap food in the Canteen on campus. There are additionally other choices that sell western food and know English better than the canteen but it cost much more. Be careful of spending too much money. Everything is very cheap in China but if you keep spending so much, the small cost will add up. Cash cards and ATM won't work as in Japan, so please prepare a debit card or credit card before you leave if you need to exchange additional money.
(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 never felt in danger in Beijing, but I recommend not drinking the water. I always drank bottled water or boiled water. Drinking water off the kitchen faucet is not safe. I never got sick so I never went to doctor in Beijing.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
My cost to Beijing was about 40,000 Yen round-trip through Asiana Airlines. I needed to stop at Korea before going to China. The program cost is about 200,000 Yen. The books were free. I brought about 50,000 Yen in Cash, which converted, to about 3000 RMB, which was enough for me. If you are not careful, it is easy to spend 100 RMB per day so be careful. I tried to limit my daily spending to less than 100 RMB per day.
(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 was awarded 120,000 Yen from the Santander Scholarship given to me by The University of Tokyo. I found that money enough. But it required me to use a little bit of my savings. But the experience was worth using my savings. I recommend you be very careful on how much money you spend from the daily basis.

(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
Peking University provided many opportunities for having fun outside of school. They brought us to the Great Wall, the learn how to cook Chinese food, to Chinese Hotpot, to the art district, and many other places. In addition I made many local Chinese friends and international students and often went to many local Chinese places like Wang FuJing, or tourist places like The Forbidden City or The Summer Palace.
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 was an international student office for short-term students, which answered all my questions if I had them. They also helped me get forms in Chinese needed for me to open a bank account. There were tutors provided by Peking University who helped me on my first few days with things like buying a sim card, going to supermarket, and getting familiar with the neighborhood.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
The cafeteria was very comfortable. It is usually crowded, especially during lunchtime. There are many options and most of the food is very cheap. Only down side is that everyone needs to put money on their student card and sometimes the top-up machines didn't work and you needed to put money in person. The hours for the people who handle putting money in card usually closes before 2 pm, so can be inconvenient sometimes. The IT equipment and facilities were standard and similar to The University of Tokyo.
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 program made me develop significantly. I learned much about the Chinese culture and the life in Beijing. I can feel myself becoming more well-rounded and slightly more knowledgeable about the life in China. I will never forget the people I have met and the places I have been.
(2) Your plans having studied abroad
First I finish my degree at The University of Tokyo, and perhaps get a job in Japan. After coming to China, my horizons have opened a bit and I will consider also working in Beijing. I will definitely go back to Beijing sometime soon.
(3) Any messages or advice for future participants
Don't miss this opportunity. We only live once and we may only have this opportunity once, so if you are interested and have the time, don't hesitate to grab it!
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
http://www.oir.pku.edu.cn/summerschool/ https://its.pku.edu.cn/index_en.jsp https://www.visaforchina.org/TYO EN/

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

