

# 東京大学 海外留学・国際交流プログラム報告書(超短期プログラム用)

記入日: 8/17/2018

■参加プログラム: IARU Global Summer Program

■プログラム情報: <https://www.u-tokyo.ac.jp/adm/go-global/ja/program-list-short-IARUGSP.html>

UCB2: Disc\*: Design & Innovation for Sustainable Cities

■派遣先大学: カリフォルニア大学バークレー校

■プログラム期間: 7/2/2018 ~ 8/3/2018

■東京大学での所属学部・研究科等: 工学部

■学年(プログラム開始時): 学部 2

■参加にあたってこの時期を選んだ理由:

In my major there is no required class in 3S2 term and it is recommended that students study abroad or experience internships.

■参加を決めるまでの経緯:

Since my major recommended us to study abroad or experience internships during the 3S2 term so I decided to study abroad on the las January.

## プログラムについて

■概要:

It consisted of seminars, workshops and group works. We went to a San Francisco museum called Exploratorium and observed San Francisco bay area in two fieldworks. In general we had a seminar or a workshop in morning and did a group work in the rest of time. Laser cutting of plywood and 3D printing was interesting for me.

■学習・研究以外の活動で取り組んだもの:

取り組んでいない

■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:

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■週末の過ごし方:

Went to a short trip to San Francisco, Silicon Valley and Los Angels.

## 派遣先大学の環境について

■設備:

I did not use UCB Library so much. There were a variety of sport facilities in UCB and equipments were new. I did not go to UCB restaurants. I used CalVisitor wifi, which worked very well. On the other hand eduroam wifi did not work even though the name was same as in UTokyo.

■サポート体制:

It is natural that there was no language support because my program was the one in which I study not English but by English. There was no need for studying and mental care. If I did not know about my house I asked our housemates.

## プログラム期間中の生活について

### ■ 宿泊先の種類:

学生寮

### ■ 宿泊先の様子、どのように見つけたか:

Having passed the screening process, I received from College of Environmental Design in UCB an email recommending me to live in affordable co-op housings. I lived a shared room in Sherman Hall with an American student from Los Angeles. As no food service is provided in summer I had to buy and cook food by myself.

### ■ 気候、大学周辺の様子、交通機関、食事等:

Quite comfortable weather. It is around 25 °C (15 °C at night) in summer and you can feel dry air. Since my lecture room was about five minute walk from my house I did not have to use a bus. All the UCB students have a free pass of AC transit bus and I used for going to supermarkets. A Clipper IC card, which is similar to Suica is convenient for BART trains and buses. I took a lunch in restaurants, such as Chinese(Chengdu) food, pizza and pasta, around the campus.

### ■ お金の管理方法、現地の通貨事情:

I took \$400 cash and stored some of them in my suitcase in my room. I mainly used a credit card. As my departure date to Tokyo was approaching I tried to use up my money.

### ■ 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:

Berkeley is said to be a relatively safe area but I took an advantage of BearWalk, which is an escort service around the campus when going back home late after a murder occurred in a BART station (not Downtown Berkeley Station) at night.

### ■ 自由時間に利用した交通手段:

列車, バス, Uber, Lyft

### ■ プログラム期間中に利用したネット環境:

キャンパス Wifi, SIM

## 参加前の準備・手続きについて

### ■ プログラムへの参加手続き:

February – Deadline of UTokyo screening. Submitted a transcript and some application forms. It should be noted that the deadline of UTokyo was much earlier than that of other universities because UTokyo falls behind in digital applications, which requires us to submit both online and paper-based files.

April – Passed the screening (Received an email from Global Office).

April-May – Submitted Application of UCB. I wrote a 300 word essay comparing sustainability between Edo and Tokyo. I applied a new one because my passport had expired.

June-July – Screening passed. Disc\* is also open to students in other universities than IARU so screening of the IARU students is less competitive in my opinion.

<b>■ビザの手続き:</b>
At first I thought only I-20 was fine for studying abroad, then it turned out that I also needed F-1 visa. I went to US embassy for an interview and received a ゆうパック envelope for I-20 on June 12th. After getting I-20 from UT Go Global Office on June 14th, I mailed it in the envelope to the embassy.
<b>■医療関係の準備:</b>
I took cold medicine, probiotics, skin cream.
<b>■保険関係の準備:</b>
I applied for an insurance that UTokyo recommended to me. Also I paid for OSSMA, which was not required for this program.
<b>■東京大学の所属学部・研究科(教育部)で行った手続き:</b>
Wrote an study-abroad form. In 3S semester I took a lot of S1-term classes and only one S-semester class. I contacted the lecturer of the S-semester class and confirmed how to get units of it.
<b>■語学関係の準備:</b>
Took four TOEFL tests and got 97. The hardest experience for studying English was memorizing vocabularies. A flash card app called Anki will boost your vocabulary as soon as possible. I fetched a TOEFL vocab list from quizlet, collected definitions and example sentences by scraping dictionary websites.

#### 費用・奨学金に関すること

<b>■参加するために要した費用:</b>	
航空費	267780 円
派遣先への支払い(授業料・施設利用料など)	725703 円
教科書代・書籍代	0 円
海外留学保険料(東京大学指定のもの)	8910 円
保険・社会保障料(留学先で必要だったもの)	0 円
<b>■その他、補足等:</b>	
<b>■留学先で費やした生活費:</b>	
家賃	105002 円
食費	50000 円
交通費	30000 円
娯楽費	80000 円
<b>■その他、補足等:</b>	
<b>■プログラム参加のための奨学金の受給有無:</b>	
受給した	
<b>■奨学金の支給機関・団体名等:</b>	
JASSO, Santander	

■ 受給金額(月額):
320000 円
■ 受給金額についての補足等:
■ 奨学金をどのように見つけたか:
大学(本部国際交流課)からの案内

### プログラムを振り返って

■ プログラムに参加したことの意義、その他所感:
I experienced what studying abroad/in the US was like and noticed the difference between Japan and US. After all I did not study much in the US because there were too many workshops and small amount of seminars.
■ 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:
After this program I became to wanted to be a professional like an programmer or AI engineers to survive in the world. I decided to take a Master's program.
■ 進路・就職先(就職希望先):
民間企業, 起業 専門職- AI programmar 民間企業 - Mitsubishi, Rakuten
■ 今後参加を考えている学生へのメッセージ、アドバイス:
-
■ 準備段階や留学中に役に立ったウェブサイト、出版物:
Go Global Home Page, <a href="http://www.ustraveldocs.com/">www.ustraveldocs.com/</a> for getting visas

# 東京大学 海外留学・国際交流プログラム報告書(超短期プログラム用)

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■参加プログラム: IARU Global Summer Program

UCB2: Disc\*: Design & Innovation for Sustainable Cities

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■プログラム期間: 7/2/2018 ~ 8/3/2018

■東京大学での所属学部・研究科等: 教養学部

■学年(プログラム開始時): 学部 1

■参加にあたってこの時期を選んだ理由:

I wanted to study something new before I choose my major.

■参加を決めるまでの経緯:

I decided to apply around February. I wanted to learn about I've never learned and also I cannot learn in my university. I thought it would be good experience before choosing my major.

## プログラムについて

■概要:

It was the program about the environmental design. We had the fieldworks, lectures and studio workshops. Assignments for each week was announced at the begging of the week, and we had the presentation about the work we did every Friday. At the last part of the program was mainly for projects which we worked as a group.

■学習・研究以外の活動で取り組んだもの:

取り組んでいない

■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 did not have enough time to join extracurricular activities.

■週末の過ごし方:

I just relaxed in the house and hang out the town. I sometimes went to San Francisco, or other bay area for sightseeing.

## 派遣先大学の環境について

■設備:

I had an access to the library and the gym including swimming pool, but I have never used them. There were PC rooms (windows) in CED which were available for 24/7. Students usually do not eat inside the campus but go to the town to eat.

■サポート体制:

Nothing special. There were TA for our program and we could talk to them if I had any problem.

## プログラム期間中の生活について

### ■ 宿泊先の種類:

学生寮

### ■ 宿泊先の様子、どのように見つけたか:

The house (co-op housing) was recommended by the program staff. I shared 1 room with 2 people, and I had an access to kitchen, dining room, laundry, etc. Some of other students stayed in i-house or Airbnb.

### ■ 気候、大学周辺の様子、交通機関、食事等:

The climate was amazing. It was around 20 degrees, so quite comfortable. You can find any food you want around the campus, and also you can go to San Francisco to eat. You will take Bart train to go to San Francisco, which takes around 30 min.

### ■ お金の管理方法、現地の通貨事情:

I made the credit card before the program and I usually used it.

### ■ 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:

Berkeley is not safe actually. My friends sometimes send me to the house by car when I stayed late on campus.

### ■ 自由時間に利用した交通手段:

列車, Uber

### ■ プログラム期間中に利用したネット環境:

キャンパス Wifi, SIM

## 参加前の準備・手続きについて

### ■ プログラムへの参加手続き:

I had to submit resume and essays to apply for the program.

### ■ ビザの手続き:

I applied for F-1 Visa. It took around 1 month overall. I had to have an interview at the US Embassy.

### ■ 医療関係の準備:

I did nothing special.

### ■ 保険関係の準備:

I just purchased the insurance which was recommended by my university.

### ■ 東京大学の所属学部・研究科(教育部)で行った手続き:

Nothing Special.

### ■ 語学関係の準備:

I already had the TOEFL score, so it was not a problem for application.

## 費用・奨学金に関すること

<b>■参加するために要した費用:</b>	
航空費	100000 円
派遣先への支払い(授業料・施設利用料など)	750000 円
教科書代・書籍代	0 円
海外留学保険料(東京大学指定のもの)	1000 円
保険・社会保障料(留学先で必要だったもの)	0 円
<b>■その他、補足等:</b>	
nothing	
<b>■留学先で費やした生活費:</b>	
家賃	100000 円
食費	150000 円
交通費	5000 円
娯楽費	10000 円
<b>■その他、補足等:</b>	
nothing	
<b>■プログラム参加のための奨学金の受給有無:</b>	
受給した	
<b>■奨学金の支給機関・団体名等:</b>	
University official, JASSO	
<b>■受給金額(月額):</b>	
160000 円	
<b>■受給金額についての補足等:</b>	
nothing	
<b>■奨学金をどのように見つけたか:</b>	
大学(本部国際交流課)からの案内	

## プログラムを振り返って

<b>■プログラムに参加したことの意義、その他所感:</b>
I really had good experience. I had lots of chances to work in a group and learned how to work with other people who are from different disciplines. In addition, I gained some design skills through this program which would be useful in the future.
<b>■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:</b>
I learned how working with foreigners is like. However, I cannot even decide my career.
<b>■進路・就職先(就職希望先):</b>
研究職, 公的機関, 民間企業
I am still thinking about my future career. But I want to do something related to this program.

■ 今後参加を考えている学生へのメッセージ、アドバイス:

You definitely should go abroad. It would broaden your mind. However, you should think carefully about what you want to learn abroad.

■ 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 refer to any books or websites.