

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)

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

記入日/Date: 2019/7/27

- 参加プログラム/Program: IARU Courses 2019
- プログラム情報/Program info.: <https://www.u-tokyo.ac.jp/adm/go-global/ja/program-list-short-IARUCourses.html>
- 派遣先大学/Host university: コペンハーゲン大学
- プログラム期間/Program period: 2019/7/1 ~ 2019/7/19
- 東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 公共政策学教育部
- 学年(プログラム開始時)/Year at the time of Study Abroad: 修士 1 年

■参加にあたってこの時期を選んだ理由/Reason for choosing this period to participate:
試験期間にかぶっていたが、代替措置を先生方がとってくださったため、結果的に最も授業を欠席しなくてすみ、就職活動等にも影響が出ない時期だと考えたため。
■参加を決めるまでの経緯/How and why did you decide to participate?:
学部時代に海外留学経験がないのがコンプレックスだったのと、非常に興味のあるトピックだったので、Go global で当プログラムを見つけたときに参加を決めた。プログラムの 1 か月前に国家試験を受験していたのでその合否は心配だった。

プログラムについて/About the program you participated in

■概要/Overview:
Healthy Aging に関する様々な分野の研究者のレクチャーを受けたのち、医学博物館や福祉研究所の見学とグループワークをした。最終課題としてグループでリサーチデザインのレポートに取り組んだ。
■学習・研究以外の活動で取り組んだもの/Activities you took part in other than study/research:
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/Details of the activities you chose, or the reason why you did not take part in any activity other than study/research:
期間が短かったため。
■週末の過ごし方/How did you spend your weekends?:
プログラムで出会った仲間と観光したり、受け入れ大学へ既に交換留学していた友人に地元を案内してもらったりした。

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

■設備/Facilities:
安い学食があった。大学では eduroam を使った。
■サポート体制/Support for students:
特になし。

プログラム期間中の生活について/About life during the program

■ 宿泊先の種類/Type of accommodation :
学生寮
■ 宿泊先の様子、どのように見つけたか/Environment around the accommodation and how did you find it :
受け入れ大学からの紹介

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
気候は日本よりやや涼しい程度。食事は塩辛い、甘すぎるといった海外あるあるはあるが、日本のように清潔な場所なので、外食代が高いこと以外は不自由はなかった。また、交通機関は発達していてとても便利だった。受け入れ大学はとても施設が充実していて、雰囲気を楽しめた。
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
クレジットカード、電子マネー化が進んでいて、本当に必要だった現金は観光で使った 600 円ほどだった。
■ 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/Aspects of risk and safety management, local health care system, and any actions taken to maintain your health :
治安は非常に良いため、普段の海外旅行以上に気を付けることはなかった。初めての環境で不安はあったので、なるべく休息は適度にとれるようにした。
■ 自由時間に利用した交通手段/Means of transportation in your free time :
列車, バス
■ プログラム期間中に利用したネット環境/Internet service usage during the program :
SIM, eduroam、寮の Wi-Fi

参加前の準備・手続きについて/About preparations and procedures before participation

■ プログラムへの参加手続き/Procedures for participation :
受け入れ大学側への申し込みは自分で当大学の HP に従って手続きを行い、東京大学への書類提出などは東大の指示に従った。同じプログラムに参加する仲間と情報共有を行い、情報の読み落としがないように心がけた。
■ ビザの手続き/Procedures to obtain visas :
ビザは不要だったので特に手続きは行わなかった。
■ 医療関係の準備/Preparations or actions taken to maintain your health :
持病があったので、医師に相談して参加を決めた。常備薬を持参した。
■ 保険関係の準備/Preparations/procedures for insurance :
1 か月以内のプログラムであり、加入必須の付帯海外保険だけで十分だったので、東京大学の指示にしたがって保険に加入した。
■ 東京大学の所属学部・研究科(教育部)での手続き/Procedures required by faculties or graduate schools at UTokyo :
先生方に留学のことを伝え、試験ではなくレポートによる代替措置を認めてもらった。またなるべく留学時期と被らない S1 タームの講義を履修した。
■ 語学関係の準備/Language preparation :
院試のときに TOEFL の勉強をしていたこと(iBT 89)、留学直前まで国家試験の勉強をしていたという理由から語学の準備はしなかった。

費用・奨学金に関すること/About expenses and scholarships to participate in studying abroad

■ 参加するために要した費用/Expenses of participation :	
航空費	86,000 円/JPY
派遣先への支払い(授業料・施設利用料など) /Payment to host institution (tuition, facilities fee, etc.)	円/JPY
教科書代・書籍代/Textbook / Book	1,500 円/JPY
海外留学保険料(東京大学指定のもの) /Overseas travel insurance fee (designated by UTokyo)	7,280 円/JPY
保険・社会保障料(留学先で必要だったもの) /Insurance and/or social security (required by host institution/region/country)	円/JPY
■ その他、補足等/Additional comments :	

■ 留学先で費やした生活費/Overall expenses spent during the program :	
家賃	65,000 円/JPY
食費	15,000 円/JPY
交通費	5,000 円/JPY
娯楽費	15,000 円/JPY
■ その他、補足等/Additional comments :	
寮のデポジットが 130,000 円ほど必要だった。また、外食が高額だったので日本から食材を持参したり、自炊をしたりして節約をした。	

■ プログラム参加のための奨学金の受給有無/Scholarships to participate :	
受給した	
■ 奨学金の支給機関・団体名等/Name of the source of the scholarships :	
東京大学	
■ 受給金額(月額)/Monthly stipend :	
80,000 円	
■ 受給金額についての補足等/Additional comments about the monthly stipend :	
■ 奨学金をどのように見つけたか/How did you find the scholarships? :	
大学(本部国際交流課)からの案内, ネット上の情報や掲示物などから見つけた	

プログラムを振り返って/Reflection

■ プログラムに参加したことの意義、その他所感/Impact of the participation on yourself or your thoughts :	
英語に触れる、医学研究について学ぶ、新たな価値観や人に出会う、海外で学ぶといった事前に考えて	

<p>いた目標はすべて達成できたと思う。むしろ予想より負荷が重く、「講義がすぐにはわからない」、「自分の考えをうまく伝えられない。」といった自分の無力さに衝撃を受けることが多かった。自分の無力さに気付くことは、海外プログラムでないとできないと思った。</p>
<p>■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/Impact of the program on your thoughts for a career or job hunting :</p>
<p>理系の研究に対する理解が深まったため、自分の視野やアカデミックな関心の幅はとても広がった。しかし、もともと文系就職をする予定だったので、研究に関心をもったことでかえって就職活動に対して後ろ向きになってしまった。</p>
<p>■進路・就職先(就職希望先)/Career/Occupation (planned):</p>
<p>公的機関 厚生労働省</p>
<p>■今後留学を考えている学生へのメッセージ、アドバイス/Any messages or advice for future participants :</p>
<p>短期派遣ではあまり成果はでないのではないかと思います。日本語が通じず日本人とは異なる価値観の人と出会うといった体験は期間の長短問わず衝撃的なものだと思います。就職活動、学業、金銭問題をクリアできるならばぜひ参加してみてください。</p>
<p>■準備段階や留学中に役に立ったウェブサイト、出版物/Websites or publications which were useful while preparing for or during your time overseas :</p>
<p>地球の歩き方、過去のプログラム体験談</p>



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

記入日/Date: 2019/7/24

- 参加プログラム/Program: IARU Courses 2019
- プログラム情報/Program info.: <https://www.u-tokyo.ac.jp/adm/go-global/ja/program-list-short-IARUCourses.html>
- 派遣先大学/Host university: コペンハーゲン大学
- プログラム期間/Program period: 2019/7/1 ~ 2019/7/19
- 東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 医学系研究科
- 学年(プログラム開始時)/Year at the time of Study Abroad: 修士 2 年

■参加にあたってこの時期を選んだ理由/Reason for choosing this period to participate:
The IARU course Interdisciplinary Aspects of Healthy Ageing was related to my research field.
■参加を決めるまでの経緯/How and why did you decide to participate?:
I decided to participate in this program because it was related to my PhD study on aging population.

プログラムについて/About the program you participated in

■概要/Overview:
The course ran for three weeks. As a preparation for the program, we were asked to read the book titled "Growing Older Without Feeling Old: on vitality and ageing" by Prof. Rudi Westendorp who is also the course leader of this course. During the first week, we got acquainted with teachers and fellow students and there were a series of lecture-discussions along with field visits. There were a total of 29 students who were grouped into six groups for the grant proposal final presentation. The second week revolved around practical projects and interdisciplinary group works to prepare for the final presentation in third week. The third and final week focused on preparing our research protocol and presentation based on the learnings of past weeks. After the grant proposal presentation, we spent the next few days preparing a report of our proposal and submitted it as a group on an online platform.
■学習・研究以外の活動で取り組んだもの/Activities you took part in other than study/research:
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/Details of the activities you chose, or the reason why you did not take part in any activity other than study/research:
The program took up most of the time during working hours and it was only 19 days giving little time for extra activities.
■週末の過ごし方/How did you spend your weekends?:
I spent the weekends visiting major tourist attractions such as museums and parks.

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

■設備/Facilities:
We were asked to bring our own laptops for the course as we used it often to search articles. We used the

common PC in the university twice as a part of the curriculum. We got access to eduroam WIFI; UTokyo's eduroam WIFI works there conveniently. The cafeteria in the building we were based in opened from 7 am to 3 pm. There were coffee, snacks, sandwiches, and buffet lunch.

■ サポート体制/Support for students :

English was the language of instruction and everyone in Copenhagen spoke English fluently. We were given contact information of the course secretaries who we could contact during weekdays in case we suffered from any trouble.

プログラム期間中の生活について/About life during the program

■ 宿泊先の種類/Type of accommodation :

学生寮

■ 宿泊先の様子、どのように見つけたか/Environment around the accommodation and how did you find it :

I lived in a student dormitory which was about 30 minutes walk from the university. It was a shared room but I got to stay privately as my new roommate was due to arrive after my departure. The dormitory provides bed and mattress but we have to bring our own bedsheet, blanket, and pillow. There were some utensils to cook and eat but they were not new and worn out. The housing foundation recommends to take photos of anything in the room that do not seem in order or broken, for example, broken furniture, stain in wall, etc. and report in time otherwise we may be charged for repair.

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

The weather in Copenhagen is unpredictable as it can get windy and cold in summer. It also often rains. For transportation, using a bicycle is the most convenient option as Copenhagen is easy to get around and bike-friendly. Bicycles can be rented on a daily, weekly or monthly basis. Other options are metro, train, and bus.

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

Credit and debit cards can be used almost everywhere in Copenhagen. However it is convenient to have some change as most public restrooms are paid and do not accept cards.

■ 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/Aspects of risk and safety management, local health care system, and any actions taken to maintain your health :

I did not face any critical situation but I got a little sick due to windy weather. The course secretaries were kind and helpful and guided me on how to book an appointment at a hospital if I needed to see a doctor. However, I bought over-the-counter cold medicine from a drug store.

■ 自由時間に利用した交通手段/Means of transportation in your free time :

列車, バス

■ プログラム期間中に利用したネット環境/Internet service usage during the program :

キャンパス Wifi, SIM

参加前の準備・手続きについて/About preparations and procedures before participation

■ プログラムへの参加手続き/Procedures for participation :

My seniors at my department recommended this course to me. I found more information at the Go Global Website of UTokyo. I applied for scholarship from International Exchange Group through UTAS website. I also applied to IARU course on Interdisciplinary Aspects on Healthy Ageing separately through the University of Copenhagen's website (deadline was April 1, 2019).
■ビザの手続き/Procedures to obtain visas :
I applied for Schengen Visa from Nepal as I was there for my research. It takes minimum 14 days to receive the visa, so it is recommended to apply at least a month in advance and check all the necessary documents properly.
■医療関係の準備/Preparations or actions taken to maintain your health :
I did not prepare much in terms of health care. I also did not undergo pre-departure check-up or vaccination. However, it is advisable to bring cold medicine, warm clothes (for spring weather in Japan), waterproof jacket and shoes, as well as summer clothes as the weather in Denmark is unpredictable and it can get cold and windy even in summer.
■保険関係の準備/Preparations/procedures for insurance :
I obtained travel insurance (Futai Kaigaku) from Daiichi Seiwa Jimusho co., Ltd as suggested by the International Exchange Division. Since travel insurance is required for visa application, it is recommended to apply for insurance in time as the process takes about a week or more.
■東京大学の所属学部・研究科(教育部)での手続き/Procedures required by faculties or graduate schools at UTokyo :
I took permission from my supervisor before applying to this course to make sure that it did not interfere with my studies and research. I submitted Going Abroad Notice with my supervisor's signature to the administration two weeks before leaving for IARU course.
■語学関係の準備/Language preparation :
The language of instruction in all IARU courses is English. Thus, I did not have to prepare beforehand for language. However, applying for scholarship through International Exchange Division at UTokyo requires English language proficiency certificate, so I took IELTS test and scored 8.5 overall.

費用・奨学金に関すること/About expenses and scholarships to participate in studying abroad	
■参加するために要した費用/Expenses of participation :	
航空費	140,080 円/JPY
派遣先への支払い(授業料・施設利用料など) /Payment to host institution (tuition, facilities fee, etc.)	円/JPY
教科書代・書籍代/Textbook / Book	円/JPY
海外留学保険料(東京大学指定のもの) /Overseas travel insurance fee (designated by UTokyo)	7,280 円/JPY
保険・社会保障料(留学先で必要だったもの) /Insurance and/or social security (required by host institution/region/country)	円/JPY
■その他、補足等/Additional comments :	
Visa fee of about 13,000JPY	

■ 留学先で費やした生活費/Overall expenses spent during the program :	
家賃	104,846 円/JPY
食費	45,000 円/JPY
交通費	20,000 円/JPY
娯楽費	20,000 円/JPY
■ その他、補足等/Additional comments :	

■ プログラム参加のための奨学金の受給有無/Scholarships to participate :	
受給した	
■ 奨学金の支給機関・団体名等/Name of the source of the scholarships :	
UTokyo	
■ 受給金額(月額)/Monthly stipend :	
80,000 円	
■ 受給金額についての補足等/Additional comments about the monthly stipend :	
■ 奨学金をどのように見つけたか/How did you find the scholarships? :	
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/Reflection

■ プログラムに参加したことの意義、その他所感/Impact of the participation on yourself or your thoughts :
The participating students came from various disciplines and the program itself was interdisciplinary. This enabled me to think flexibly and also develop my critical thinking.
■ 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/Impact of the program on your thoughts for a career or job hunting :
After participating in this program, I am interested in searching for jobs in elderly health in other parts of the world.
■ 進路・就職先(就職希望先)/Career/Occupation (planned) :
研究職, 専門職(法曹・医師・会計士等) I want to combine my medical degree and PhD degree both and work as a Global Health Physician.
■ 今後留学を考えている学生へのメッセージ、アドバイス/Any messages or advice for future participants :
1. Set your visa appointment early, if you need a visa. The visa appointment slots are usually booked during summer as it is the peak tourist season in Europe. 2. Similarly, get your travel insurance early. 3. Search for housing early. Sharing an AirBnB with other students probably is cheaper and more convenient as you do not have to carry your bedding with you. 4. Renting a bicycle for a month is cheaper. 5. Your UTokyo student ID will enable you to get student discounts at most museums and free pass to some. 6. Carry both summer and winter clothes, along with water proof shoes and jacket. An umbrella and/or

raincoat is good to bring too (Copenhagen can get windy and rainy).

■ 準備段階や留学中に役に立ったウェブサイト、出版物/Websites or publications which were useful while preparing for or during your time overseas :

All the study materials will be provided by the course secretaries after acceptance into the program through emails and Absalon (University of Copenhagen's online learning platform).