

# 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: 10/25/2018

- 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>
- 派遣先大学: コペンハーゲン大学
- プログラム期間: 7/25/2018 ~ 8/10/2018
- 東京大学での所属学部・研究科等: 総合文化研究科
- 学年(プログラム開始時): 修士 1

## ■参加にあたってこの時期を選んだ理由:

The timing is perfectly nestled between spring and autumn semesters so it was the perfect time to participate without interfering with my studies. Also, as the program was held abroad, the period (late July to early August) was great as well in terms of the temperature/season.

## ■参加を決めるまでの経緯:

I chose to participate in this course because it was both familiar and new to me. I am interested in culture and cultural studies so this course was my first choice but, at the same time, I knew very little about cultural rights and the legal aspects of culture so learning about law in relation to culture was very refreshing and interesting. The scholarship was also a huge deciding factor as it helped with some of the expenses. The timing was also perfect as it did not interfere with my studies at the University of Tokyo and the season was just right for exploring Copenhagen.

## プログラムについて

### ■概要:

The class was reading-heavy and participatory so we were able to express our ideas and work in groups in addition to have our professor lecture. We also visited the UN headquarters in Copenhagen and had a few Skype sessions with other leading scholars in the field so it was great to hear varying perspectives from different experts.

### ■学習・研究以外の活動で取り組んだもの:

文化活動

### ■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:

Copenhagen has a rich collection of museums so I definitely recommend ticking them off one by one as there is a lot! Through visiting not only museums but also the palaces and other exhibits, I got to learn more about the history of the city in more fun and concrete terms.

### ■週末の過ごし方:

I went to the beach and read to relax after a whole week of studying. I also went to different museums and food halls and explored the city.

## 派遣先大学の環境について

### ■設備:

All of our reading materials can be accessed online using our ID. I cannot comment on other facilities as I mostly ate and did my reading outside of campus for more variety, which is easy since the campus locations were great.

**■ サポート体制:**

There was a local student assistant in class so we can forward our concerns to her not just about the particular class but life in the city in general. She was very helpful about practical stuff like tips on commuting, places to visit, campus facilities that we can access, etc.

プログラム期間中の生活について

**■ 宿泊先の種類:**

hostel

**■ 宿泊先の様子、どのように見つけたか:**

I stayed in Steel House Copenhagen which is located off-center of the city--close enough to everything but not too central so the atmosphere was more quiet and relaxed. In all study abroad programs, it is best to do a lot of research regarding location, price, safety, facilities, etc. and I ended up staying in a clean hostel considering the price point, facilities, and walking distance to campus, food halls, and even tourist areas.

**■ 気候、大学周辺の様子、交通機関、食事等:**

Copenhagen is a small, beautiful city so I enjoyed walking to and fro not only campus but also generally exploring the city. My program was in the summer so some days were hotter than others. For windy days, walking and taking in the city is best but for extremely hot days, I recommend getting a Rejsekort and using the bus/train as it is also convenient though not as cheap. Renting a bike is also another great option. I think I spent most on food as I am a bit of a foodie and I wanted to try a lot of food I wouldn't normally find in Japan or the Philippines. Do a lot of research and plan your stay according to your priorities or tastes.

**■ お金の管理方法、現地の通貨事情:**

I opened a Western Union account in case I need additional cash remitted from Japan. Credit cards are usually the easiest option but I personally prefer cash as I find it is easier to manage my budget with physical 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:**

I can liken Copenhagen to Tokyo as it is almost as clean, safe, and convenient so there wasn't much adjusting involved except in terms of culture. In general, the host university is a great resource for crisis management as they have clinics and contact persons available even to international students.

**■ 自由時間に利用した交通手段:**

列車、バス、I most walked as Copenhagen is a very flaneuse-friendly city

**■ プログラム期間中に利用したネット環境:**

キャンパス Wifi、レンタルしたルーター

## 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:

Global Komaba has been an amazing resource site for me and it is through Global Komaba that I learned about the program, who to contact, and which documents to submit. The International Student Section and International Exchange Group were extremely helpful and accommodating when they assisted me throughout the application process. Everything was clearly explained in the application procedures and requirements document. My advice for future applicants is not to hesitate contacting the International Exchange Group for any clarification as they are invaluable in all the processes from program application to visa and insurance, etc.

### ■ビザの手続き:

I applied for the short-term visa and got my approved visa after only one day as the Danish Embassy in Tokyo was very efficient.

### ■医療関係の準備:

I only took the mandatory annual check-up for University of Tokyo students and got my health certificate from there so the process was smooth and quick.

### ■保険関係の準備:

The International Exchange Group served as intermediary between me and the insurance company so communication was made easier as the International Exchange Group is always within reach. After submitting, the insurance agent sent me the insurance packet then I paid via bank transfer and got the insurance card shortly after.

### ■東京大学の所属学部・研究科(教育部)で行った手続き:

I did not take the course for credit so I did not have to go through additional processes except having to contact and ask for my academic supervisor's approval.

### ■語学関係の準備:

The International Student Section accepted my Certificate of English as Medium of Instruction from my previous university so I did not have to take additional exams.

## 費用・奨学金に関すること

### ■参加するために要した費用:

航空費	131,000 円
派遣先への支払い(授業料・施設利用料など)	0 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)	8,200 円
保険・社会保障料(留学先で必要だったもの)	0 円

### ■その他、補足等:

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<b>■留学先で費やした生活費:</b>	
家賃	80,000 円
食費	40,000 円
交通費	7,700 円
娯楽費	12,000 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>	
Santander Scholarship	
<b>■受給金額(月額):</b>	
160,000 円	
<b>■受給金額についての補足等:</b>	
<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>
The program has definitely made me more critical of human rights in relation to culture and indigeneity. I am satisfied with the overall experience and I did my best to make the most of the program.
<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>
Participating in the program made me rethink my future prospects and consider working in an international setting to have a wider reach and potentially create greater impact.
<b>■進路・就職先(就職希望先):</b>
研究職, 非営利団体 I am interested to work either in the academia in relation to my specialization in literature or work in an NGO focusing on the environment and animals.
<b>■今後参加を考えている学生へのメッセージ、アドバイス:</b>
This is probably a cliched advice but do a lot of research and plan, plan to make the most out of your stay! If the program has sent you the readings in advance like mine did, I suggest you read it as soon as possible so you have more time (and less stress) to really enjoy your experience abroad.
<b>■準備段階やプログラム参加中に役に立ったウェブサイト、出版物:</b>
For UTokyo-related documents and information, Global Komaba is a great resource! For location-specific concerns, cities like Copenhagen have their own website which will give you tips and insight into the culture, events, accommodation, transportation, etc.

