

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

Date: 08/04/2017

Faculty/Graduate School at UTokyo:	Faculty of Pharmaceutical Sciences	Year at the time of Study Abroad	B4
Program Attended:	IARU GSP COP2	Host University:	The University of Copenhagen
Occupation after graduation (intended):			
	1. Research		
	2. Specialist (Medical • Judiciary • Accountant)		
	3. Civil Service		
	4. NPO		
<input checked="" type="checkbox"/>	5. Private sector (Type of industry: Medical or Pharmaceutical Industry)		
<input checked="" type="checkbox"/>	6. Entrepreneurship		
	7. Others ()		

Outline of the receiving institution overseas

The University of Copenhagen is the oldest university in Denmark and the second oldest university in Scandinavia. The university has the center for healthy aging, which is the research center for aging. This summer program was held by the institution.

Reason why you decided to participate

I have wanted to participate in this summer school since my first year but could not participate because of my schedule. Because I had few lectures in this year, I thought it is a good chance for me and decided to apply.

Preparation for the program

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

The application process was simple and I had no problem with it.

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

Japanese student do not have to take visa to go to the area of the EU.

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

I went to the dentist before I leave Japan.

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

I used the insurance which I was told to use from the University of Tokyo.

(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
Nothing.
(6) Language preparation (language level before the program, lessons etc.)
Nothing special.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
Preparing a SIM-free phone or making your phone unlocked would be important. Also, getting the information about how you can purchase a SIM card before you leave Japan is beneficial.
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 consisted of first week was the lectures and the presentation by the students. The style of lectures was interactive and teachers tried to discuss with students in lectures. In the second week, we did small research project. And the final week, the students we're divided into groups of two or three people and made a research proposal about aging.
(2) Advice on aspects of academic/research work
It was challenging to discuss the topics which are not my major in English but it was a really good experience for me as well.
(3) Problems experienced with language issues, advice concerning language, etc.
In the discussion, the students from English speaking countries sometimes spoke fast and it was difficult for me to understand.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
I shared the room we booked by Airbnb with other student from UT. The accommodation by the housing foundation of the University of Copenhagen was expensive. There were some other students who shared their room they booked in Airbnb. The rent in Copenhagen is expensive(not only rent).
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
The region we stayed was Frederiskberg, which is one of the best residencial areas in Copenhagen, we heard. The land of Denmark is flat and good for biking. We rented bikes for three weeks and the cost was around 7,000 yen. The public transportation in Copenhagen was expensive, compared to Tokyo. The climate was mild and comfortable. About the payment, I could use my credit cards in almost everywhere and did not use cash so much.

(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.)
It was a safe city and there was no problem.
(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: 100,000 rent: 70,000 food: 20,000 Sightseeing: 10,000
(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.)
JASSO and Santander Scholership : 80,000 + 80,000 The information about the scholarship was offered by UT.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
On weekends and after school, I went to many places with other participants. The group chat on facebook was often used among the students.
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)
No special support.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
I did not use any facilities of the university during the program. Cafeteria was good.
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 my first time to study abroad and the experience of doing discussion with the students from other countries was beneficial for me. I realized the importance of clearly stating my opinion in the discussion.
(2) Your plans having studied abroad
I am planing to study abroad for a year as an exchange student.

(3) Any messages or advice for future participants
It was the summer school for only three weeks but it made me far more enthusiastic about studying abroad. You can realize how good it is to study with the students from other countries and it can open your mind, I think.
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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(for programs from a week to 3 months)

Date: 08/08/2017

Faculty/Graduate School at UTokyo:	Graduate School of Agricultural and Life Sciences	Year at the time of Study Abroad	M2
Program Attended:	Interdisciplinary Aspects of Healthy Aging	Host University:	University of Copenhagen
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

University of Copenhagen is the oldest university and research institution in Denmark. The center for healthy aging (CEHA) of University of Copenhagen, which hosts this summer course, adopts interdisciplinary approaches to study healthy aging from biology to sociology. This center consists of several research units, based on Faculty for Health and Medical Science, Faculty of Humanities and Social Science, as well as a number of hospitals.

Reason why you decided to participate

I took a course about food and healthy aging in the first year of my master study and I began to think about what can food do in healthy aging. Attending the Interdisciplinary Aspects of Healthy Aging would enables me with the competence to make some progresses in the food science field related to healthy aging.

Preparation for the program

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

Check the homepage of Go global regularly to ensure not to miss the application deadline. And check the homepage of IARU to get detailed information about your course application(sometimes extra materials are required), and scholarship. Last but not least, don't forget to get premission from your professor if you need one.

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

I need a visa to EU. And I got my visa from the Embassy of Denmark in Tokyo. First of all, read the instructions of visa application carefully on the homepage of the Embassy of Denmark and make a check list of all application materials. Secondly, connect the coordinator of UTokyo to tell the person that you need to apply for a visa and pass this information to the coordinator in UCopenhagen, they will offer many helps. Do it as early as possible since the insurance process requires about one to two weeks. And you do not have to pay visa fee since your main aim of travel is study.

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

I did not do that.

(4) Insurance (information about insurance for travel/studying abroad purchased)
I got my insurance from UTokyo. Because I need insurance certification for visa application so I went through the insurance procedure earlier than others.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
No other extra things.
(6) Language preparation (language level before the program, lessons etc.)
I took TOEFL to meet language requirement.And I did some preparation before the test.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
Maybe some cooking ingerdients, eye mask(the day is very long) ,coat(the weather is really really cool) and a debit card. Unlock your phone before departure.
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.)
This program composes of lectures and group project. In the first and second week, this program provides knowledge about interdisciplinary aging. From the second week, the group project started. The aim of the group project is to finish a research proposal(10 pages) and a presentation about it. I liked the group project. It was fun to work with people with different background and get advice from others to improve the original idea.
(2) Advice on aspects of academic/research work
It is really very important to communicate with your team mate in your group project. Don't hesitate to speak out your opinions although your English is not perfect. Silence is not a good thing in group work. On the one hand, you lose the chance to express yourself. On the other hand, your team mate will feel lonely and burdensome.
(3) Problems experienced with language issues, advice concerning language, etc.
The vocabulary. Make some preparation of vocabulary in academia and normal life.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
I got a room from Housing Foundation. Some of my friends used Airbnb. I think airbnb is a better choice, because you do not have to pick up your key from the Housing Foundation Office(sometimes the day you want to move in does not match the opening hour of Housing Foundation Office) and the contract start date is more flexible than Housing Foundation.

(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
It is the first time in my life to live such a cool summer. I like the climate very much. There are many coffee shops in Copenhagen and around campus. I cooked by myself for breakfast and dinner and ate lunch at canteen. As for money, I used a debit card from MUFJ. Denmark is a cashless country. I rent a bike for my everyday transportation.
(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.)
Copenhagen is a safe city. Anyone can go to emergency room to get free treatment if it is necessary. Connect to your friends and family regularly.
(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: JPY 106,400 Accommodation: about 5000 DKK Required book(Kindle version): JPY 2000 Food: about 100 DKK/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.)
Novo Nordisk International Talent Program Scholarship 12250 DDK Santander Scholarship: JPY 80000
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
A field trip to a Danish care center, Louisiana museum, Tivoli
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)
Course coordinators were with us every day to support our academic and daily life.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
Internet and Data base from the library.
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 is like a dream-come-ture. I see how much I have grown since I left homeland and started my foreign study as well as how much I have to develop in the future. In this program, I met excellent people from all over the world and learnt a lot from the class and from them as well. My English also improves a little bit. Studying abroad is very challenging but worth a try. It was also very exciting to jump out of your comfort zone to a new environment.
(2) Your plans having studied abroad
I think I will do it again in my future study. But I don't know when.

(3) Any messages or advice for future participants
Denmark has a culture of work-life balance. Keep that in mind. Fully prepared, relax and enjoy your study and your life.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
1. The visa application website: http://japan.um.dk/en/going-to-dk/tourism-or-business/
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.