

I have annual health check up in April in the University of Tokyo. There is no health check-ups before departure since my health had no issue at that time.

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

I have applied for an European health insurance before departing for Europe. Since it is compulsory to have insurance before applying for Visa, therefore, the insurance should be finished as soon as possible.

(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)

There is no requirement for course registration, credits, exams, submission of dissertations.

(6) Language preparation (language level before the program, lessons etc.)

I have some self-study for practicing English pronunciation at home before departing.

(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.

I believe that going to another country might be very challenging so it is important to prepare carefully. I would suggest some items: medicine, food (in case you are not familiar with the food over there), cloth, textbook, electricity adapter (be careful with this), etc. Before leaving Japan, it is important to prepare your language proficiency and be in good health condition.

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.)

As for the first week, there were several lectures focusing on different aspects of healthy aging. All the lectures are stimulating and easy to understand. For the preparation, there are many published articles and books we had to read before coming to Copenhagen. It is highly recommended to read these document carefully in order to follow the lecture. At the end of study, there was a grant proposal where you have to propose your idea in front of many experts, try to convince them to agree with your proposal.

(2) Advice on aspects of academic/research work

For research and academic work, it is important to review your knowledge towards healthy aging carefully before arriving at Copenhagen. Students from other universities are quite familiar with Westerner style of education, therefore, careful preparation will help you to follow the class. Moreover, be active during class is also very important as well.

(3) Problems experienced with language issues, advice concerning language, etc.

There is no issue with language burden.

Aspects of life

(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)

I have been living in the dormitory belonging to the University of Copenhagen. It is a shared room with very nice kitchen and cosy atmosphere. The cost is quite high comparing with Japan, however, it is in the city center, therefore, very convenient to travel to school by walking. The University of Copenhagen has introduced me this accomodation through email.

(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))

The climate during the course was very nice with the temperature around 15 to 25 degree Celcius. Public transportation is not as convenient as Japan. However, travelling by bicycle is very convenient in Copenhagen. Most of places have bicycle route and parking place. I did not bring any cash to Copenhagen. I paid everything by credit card. It is highly recommended that preparing 2 - 3 cards in your wallet in case the card is denied.

(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 City is a safe place similar to Japan. Most of people travel by bicycle, therefore, sometimes should pay attention while you are walking. As for maintaining health condition, choosing properly and prepare the meal by yourself will be important to maintain good condition.

(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)

Rent house: 40,000 yen (shared apartment), program fees: 0 yen, airfare: 65,000 yen (reserve as soon as possible), deposit of house: 60,000 yen, living fee: 40,000-50,000 yen, traveling fee + entertainment: 20,000-30,000 yen.

(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 am receiving Kobayashi scholarship everymonth, therefore, unable to receive any financial aid from the University of Tokyo (Jasso, etc.). It is important to ask about the financial aid carefully in case of receiving scholarship. Some foundations will not accept any other scholarships.

(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)

During my time in Copenhagen, beside learning, I have been travelling to Sweden (Malmo city), Germany (Hamburg) during weekend with some of my friends.

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 is a good living support in University of Copenhagen. I can contact the office anytime if I have any troubles.

(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)

There is a cafeteria in my place with IT equipment and facilities.

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

This program has provided a deeper thought into healthy aging. It is not an issue anymore, the issue lying within our perspective towards it. Moreover, the course also helped me to have a better understanding about choosing research topic and determine how to proceed the topic in the future.

(2) Your plans having studied abroad

I have fulfilled all of my aims for this studying abroad. I hope in the future, I will have another chance to join this kind of program to deepen my understanding more and more.

(3) Any messages or advice for future participants

It is a good chance to go abroad and experience the life in other countries. It is also important to learn from other cultures way of thinking and solving issues.

Miscellaneous

(1) Websites or publications which were useful while preparing for or during your time overseas

PubMed is a good website for finding research relating to medicine. As for information relating to the course, IARU official website will provide all the information you need.

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