

(4) Insurance (information about insurance for travel/studying abroad purchased)
There will be insurance specified by U-Tokyo.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
Spring/Summer semester in U-Tokyo ends in July. This program started in late June, so I had to ask the professors for permission to leave during the semester before course registration.
(6) Language preparation (language level before the program, lessons etc.)
My language level was TOEFL 107, IELTS 7.5. During the program, I always suffered from expressing my thoughts and arguments in English, so ideally I should have done more practice in speaking.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
I recommend bringing warm clothes and rain jackets (especially for those who had never visited Britain before). The weather was more unpredictable than I had expected. You should imagine April in Tokyo.
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.)
(1) Conservation, Climate Change, Environmental Technology...One essay (1,500 words), one plenary session (1 hour) and one tutorial (1 hour) for each topic. (2) Urban Challenges...Six classes (2 hours each) and one essay (2,000 words) . (3) Topics on global challenges...Three classes (3 hours each) delivered by different lecturers. (4) Group projects...The course was divided into four groups. Two rehearsals for the final presentation and a final presentation in the fourth week (1 hour each group).
The program was quite intensive. Only ten students participated in this course, so you are required to participate in discussions (especially in the tutorials).
(2) Advice on aspects of academic/research work
Since you are required to do tons of readings and writings, you will have to spend a lot of time in studying, especially if you are not a native English speaker. Make sure you keep enough time for sleeping!
(3) Problems experienced with language issues, advice concerning language, etc.
I suffered the most in speaking. Other participants came from ANU, Yale, Copenhagen and Peking, so almost half of the participants were native speakers. Although the tutors were very kind and supportive to non-native speakers, you are expected to catch up at the same level as the native speakers especially in the lectures and tutorials.

Aspects of life	
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)	Accommodation was provided. We stayed in Exeter college, one of the oldest colleges in Oxford. The college was cozy and comfortable. The bedrooms are single but bathrooms and showers are shared. Although the college itself has a long history, I found the bathrooms and showers quite new (not so good as the Japanese ones, though!). The entrance of the college is locked after 10PM and only the residents can enter after then, so you don't have to worry about safety. Also, the chapel, the dining hall and the garden are beautiful.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))	The college is located just at the center of the city. Everything you need is in walking distance (supermarkets, libraries, restaurants, souvenir shops, tourist information, bureaux de change, etc.). Breakfast, lunch and dinner are provided in the dining hall on weekdays, but no lunch is provided on weekends.
(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.)	Oxford is a safe and quiet city. Walking alone after 11PM would not be good idea, though. There are many parks and green spaces in the city, so it was relaxing just walking around Oxford.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)	Program fee: 3,968 GBP (includes accommodation, meal and tuition fee) Food, entertainment, laundry, etc.: About 30,000 JPY.
(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 received 80,000 yen from JASSO and 80,000 from Banco Santander.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)	One of the professors took us to punting in the weekend (we received 'Certificate of Punting' at the end of the course!).
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)	The tutors and student assistants will help you if you have any problem. There were two 10-minute individual talks with the program supervisor where he basically asks you if you are feeling comfortable in Oxford and doing fine in the program.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)	You are allowed to use all libraries of the University of Oxford. There is a computer room in the college. At the bar next to the dining hall in the college, you are able to drink tea, coffee and hot chocolate for free at any time you want to.

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
Life at Oxford was the most intensive and stimulating four weeks in my life. The experience of doing all this work in a very short time, surrounded by an absolutely different atmosphere compared to Tokyo, made me much stronger mentally. When I arrived to Oxford and knew all the assignments I was required to do, passing the program was all I expected to myself. I haven't written any 1,500 words essay since ALESA, I haven't done any English presentation longer than 10 minutes, and I wasn't sure how competitive I was when I was out of U-Tokyo. However, after four weeks of struggling and losing confidence so many times, I was able to pass the program with a Distinction. It was completely surprising to me, but this result made me develop confidence and I learned that I should not underestimate myself before doing anything new.
(2) Your plans having studied abroad
I will graduate next March and start working.
(3) Any messages or advice for future participants
The experience of spending a month at Oxford was priceless. I'm sure this program will let no body down. It may also be a good opportunity for those who are thinking of doing masters or Ph.D. at Oxford, since the tutors told us they will willingly write referene letters if you wish.
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.

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

Date: 08/14/2017

Faculty/Graduate School at UTokyo:	Faculty of Engineering	Year at the time of Study Abroad	B4
Program Attended:	IARU GSP @ Oxford	Host University:	University of Oxford
Occupation after graduation (intended):			
<input type="checkbox"/>	1. Research		
<input type="checkbox"/>	2. Specialist (Medical • Judiciary • Accountant)		
<input type="checkbox"/>	3. Civil Service		
<input type="checkbox"/>	4. NPO		
<input checked="" 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 Oxford is the oldest university in the English-speaking world and is one of the most prestigious universities in the world. The university is made up of a variety of institutions, including 38 colleges and a full range of academic departments.

Reason why you decided to participate

The course topic (global challenges in the 21st century) strongly interested me especially because it more or less relates to my major (urban planning). I believed participating in this program would therefore be beneficial to my studies back in UTokyo. I also wanted to collaborate and interact with excellent students from different parts of the world in one of the greatest academic environments in the world.

Preparation for the program

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

Applying to UTokyo Go Global (nomination from your home institution is necessary for all IARU GSPs). Since I was studying abroad in Toronto during the application period and UTokyo somehow DOES NOT allow applicants to send their documents only online under any circumstances, I had to send all my application documents (with my signature) to my friend in Japan by mail to have her submit for me instead.

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

Visa was not required for participating in this programme.

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

N/A

(4) Insurance (information about insurance for travel/studying abroad purchased)
Applying to Futai-kaigaku was required by UTokyo to participate in this programme.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
Since I was not enrolled in any of the courses in UTokyo during the programme, I did not have to skip any classes or exams.
(6) Language preparation (language level before the program, lessons etc.)
TOEFL iBT 113. Although this programme does not set a minimum language proficiency requirement, a high level of English fluency (I would say at least iBT 100) is expected throughout the programme.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
If you are a big fan of Japanese food, I suggest you bring some with you such as instant noodles (British food is not that awful as you imagine but you will certainly miss Japanese food). Also do not forget to bring a few conversion plugs (BF-type is used in the UK) and exchange yen to pounds in advance 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.)
An interdisciplinary course that dealt with topics such as conservation, global warming, economic development and urbanisation. 3 seminars giving us basic knowledge of the different challenges that we face. 3 tutorials given by a tutor in a small group (2 or 3 students) where tutors ask us questions about our written essays while we were expected to defend our arguments. 6 lectures about urban-related issues. 1 role-playing group project requiring each group (2 or 3 students) to give a final presentation for an hour each at the end of the programme.
(2) Advice on aspects of academic/research work
This course is very intensive even for English native speakers and is much more intensive than you would expect before actually arriving at Oxford and being informed of all the assignments that you need to do. But make sure you take some breaks like exploring the city during the day or going out for some drinks during the night. Radcliffe Camera is a nice place to study if you prefer to study outside of your room.
(3) Problems experienced with language issues, advice concerning language, etc.
The majority of the participants were very fluent in English. But if you are not confident in your English fluency, don't be afraid of making subtle mistakes and do speak up in class. Also don't hesitate to ask questions if you did not understand what the lecturer or your peers were saying.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
Dormitories in Exeter College was a bit old but every student had his/her own single room which was equipped with a bed, linen, a basin and a kettle. Wi-Fi was available but people always had trouble connecting to it. A visitor Wi-Fi account was provided but you can also use your own eduroam account in Oxford.

(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
Temperature ranges from 20 degrees to 30 degrees during the day, a bit chilly during the night so make sure to bring a jacket. Mostly cloudy, occasionally sunny and rainy. Oxford is a compact small city where everything is in walking distance. Oxford is such an awesome city so make sure you explore much of it.
(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.)
Oxford is a pretty safe place but you cannot be too careful especially at night. Don't be too sleep-deprived and get some good rest, as apparently one of the participants in previous years fainted during her final presentation and was called an ambulance.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
Air ticket: JPY 141,493 Tuition fee: GBP 1137 Accommodation & Meal: GBP 2831 Daily expenses: GBP 260
(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.)
As this programme was part of my UTokyo GEfIL, 300,000 yen scholarship was granted by GEfIL.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
We occasionally went for drinks but we spent most of the time doing our assignments on weekdays. On weekends we went for picnics, punting, or just simply explored the city as tourists. 5 of us booked a same AirBNB flat and explored London after the programme.
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)
All of the tutors were dedicated to support us throughout the programme. They were really helpful in giving us great pieces of advice on our work and also on our future career plans.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
Library card is given to participants which authorises them to enter most of the libraries in Oxford, all of which are indeed awesome. However, since it is summer most of the libraries close early. Wi-Fi occasionally disconnects so I sometimes used my phone's data roaming (I purchased a local sim card from "Three." which has 12GB of data for 20 pounds).
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
I was able to be more aware of and acquire knowledge about the different challenges that our generation has to face in the 21st century. I also saw improvements in my writing skills in English. Tutorials and feedbacks from the tutors were all helpful for this improvement. Attending classes and interacting with other participants were an inspiring experience for me as they had different backgrounds and ideas and had different ways of performing academically.

(2) Your plans having studied abroad
I will continue my studies back in UTokyo and will work for a private firm after getting my bachelors.
(3) Any messages or advice for future participants
This programme will probably become one of the greatest experiences in your life, but also one of the hardest times for you. You will learn a lot from the course but also much from your peers. Try your best at all the assignments and projects but also do not forget to have fun and make most of your time in Oxford.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
Past programme reports on UTokyo Go Global website.
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.