

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: 8/14/2018

■参加プログラム: IARU Global Summer Program

YAL1: The Sustainable Preservation of Cultural Heritage

■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: イェール大学

■プログラム期間: 7/2/2018 ~ 8/3/2018

■東京大学での所属学部・研究科等: 法学部

■学年(プログラム開始時): 学部 2

■参加にあたってこの時期を選んだ理由:

I was in another university as an exchange student from February to June and wasn't able to take final examination of the first semester of 2018 in July. Therefore, I was able to participate in this global summer program which otherwise I couldn't.

■参加を決めるまでの経緯:

N/A

プログラムについて

■概要:

We had a class twice a week on Tuesday and Thursday. We received many guest lectures from all over the world by TV conference.(Italy, France, UK, Mexico, Peru, India, China, Denmark, West Coast, etc.)

We often had in-class discussion and individual presentation.

We were divided into three groups and engaged in a group work. My group conducted scientific research on tombstones in the cemetery close to the campus. In the last lecture we had a presentation and submit the final report(each student was recommended to write more than 10pages.)

■学習・研究以外の活動で取り組んだもの:

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:

N/A

■週末の過ごし方:

Boston and NY are close enough to travel on weekend, so I visited there with friends. Yale summer session offers us various programs from a short trip to mini-party.

派遣先大学の環境について

■設備:

With a student card, a summer session student is allowed to use all facilities of Yale from a library to a gym. One cafeteria near a dormitory is open for free(included in the tuition fee.) Yale wifi is available and it was stable as long as being inside Yale buildings. There is common PCs and printers.

Washing machines were also available for 24 hours at around \$2.

■サポート体制:

You can always consult with a staff in Yale.

プログラム期間中の生活について

■宿泊先の種類:

学生寮

■宿泊先の様子、どのように見つけたか:

We were automatically allocated a room. In my case, it was a double room with a desk, chair but without air conditioner. You should keep in mind that you have to bring or buy sheet for a bed by yourself.

■気候、大学周辺の様子、交通機関、食事等:

It was basically as hot as Tokyo. New Haven is a small and beautiful city with many restaurants and museums.

■お金の管理方法、現地の通貨事情:

You can use a credit card anywhere.

■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:

N/A

■自由時間に利用した交通手段:

Taxi, train, bus, Uber

■プログラム期間中に利用したネット環境:

Campus Wifi

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:

I first applied for this program by submitting a designated paper. After being admitted, I was requested to pay the tuition fee. Yale staffs kindly help this procedure. I was also required to submit an paper which indicates personal information.

■ビザの手続き:

After being admitted to join the program, Yale University sent F-1 paper which shows that I was accepted by the university.(two months before the program began.)

US embassy requires us to fill in a form on the Internet before applying for visa at an embassy. You should refer to a website of the US embassy as soon as possible to check what is required to apply for visa. An official paper which shows balance of a bank account and a certificate of residence are also required to submit with F1 and a passport.

■医療関係の準備:

N/A

■保険関係の準備:

N/A

■東京大学の所属学部・研究科(教育部)で行った手続き:
I had to report a study plan to the student office of the law faculty.
■語学関係の準備:
N/A

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	200000 円
派遣先への支払い(授業料・施設利用料など)	430000 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)	9000 円
保険・社会保障料(留学先で必要だったもの)	7000 円
■その他、補足等:	
■留学先で費やした生活費:	
家賃	0 円
食費	20000 円
交通費	10000 円
娯楽費	30000 円
■その他、補足等:	
■プログラム参加のための奨学金の受給有無:	
受給した	
■奨学金の支給機関・団体名等:	
The University of Tokyo Jasso	
■受給金額(月額):	
320000 円	
■受給金額についての補足等:	
In addition to scholarship from Tokyo University and Jasso, I gained scholarship from Yale University. This reduced the total tuition fee to almost the half of the original amount; \$3862.50.	
■奨学金をどのように見つけたか:	
大学(上記以外)からの案内	

プログラムを振り返って

■プログラムに参加したことの意義、その他所感:
N/A

■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:

It is safe to say that what I learned in the program is not related to the career and job hunting. However, I believe it would affect my future in some way.

■進路・就職先(就職希望先):

■今後参加を考えている学生へのメッセージ、アドバイス:

Unlike long-term programs, these short-term ones finish at once. You should always try to make the most of time during the session.

■準備段階や留学中に役に立ったウェブサイト、出版物:

N/A

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：8/18/2018

■参加プログラム：IARU Global Summer Program

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■派遣先大学：イエール大学

■プログラム期間：7/2/2018 ~ 8/3/2018

■東京大学での所属学部・研究科等：工学部

■学年(プログラム開始時)：学部2

■参加にあたってこの時期を選んだ理由：

In general, my university has more attractive programs in summer than in winter.

■参加を決めるまでの経緯：

I decided to apply for this program in January 2018, because I wanted to live for a while in other cities in the world, especially in the U.S. The design concepts seen in the U.S. cities are more or less applied to the cities in Japan, so I would like to see New Haven, Boston, New York with my own eyes. I thought this summer was my last chance to travel abroad for a long time without being interrupted by my regular course work, though I came to somehow change my mind after this whole experience.

プログラムについて

■概要：

Our course included lectures, discussion after lectures and group projects in 2 or 3 people. Mandatory readings were not so much, so we could spend our time on readings regarding our final project's theme. My group was originally meant to do research on global challenges like conflict and disaster, looting and illicit trade, and we chose "how to address to restitution disputes" as our theme. As a small group, we finally wrote 45 pages report and did a final presentation as well. It was a good experience to collaborate deeply with talented students from Australia and China in such a small group. In addition to this group work, it was impressive to be able to get into the limited area of UN building, and see the famous tapestry "Guernica".

■学習・研究以外の活動で取り組んだもの：

weekend trip to other cities, walking around New Haven

■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：

On weekend I went to NYC or Boston. In my home university, I major in Civil Engineering, and it is related to Urban Planning. So I was very looking forward to seeing these cities which are known for their distinctive urban planning. Sometimes I spent my free time on walking around New Haven, because this town also has some distinctive features. It was so interesting to go out of the district under Yale University's control, and see how the university has had an effect on this town.

■週末の過ごし方：

As I wrote above, I went to NYC or Boston on my own purchase, or did our group assignments in the library.

派遣先大学の環境について

■設備:

Gym is very huge and usable on daily basis. Libraries, common rooms are easily found and we could study there, have a meeting there or just chat with classmates there. Meals of the canteen were nice, they were changed on daily basis and offered various food from all over the world. Regarding internet connection, inside the college gate we could easily find Yale wifi, but it was a bit hard to find it outside, even on the road next to the college gate, so it is better to bring your SIM card.

■サポート体制:

In general, we were able to contact with summer school staff members easily at the office. When I had to receive a parcel from Japan, they helped me. Regarding report writing, we could ask tutors for help if we want. Besides, those who are not older than 18 have to meet with your counselor.

プログラム期間中の生活について

■宿泊先の種類:

学生寮

■宿泊先の様子、どのように見つけたか:

Provided by Yale University

■気候、大学周辺の様子、交通機関、食事等:

It was so hot in the first few days and we didn't have AC in our room. So we usually studied in libraries or common rooms. We were able to use many libraries and common rooms, and they opened until midnight, so it was not so hard to find a comfortable place. At night, to open the window made it better to sleep. We could use Yale bus system, or usually we used uber to go to the train station. It took 10 minutes ride to the Union Station. We could use a nice canteen for free, and also New Haven has some nice restaurants.(It is known for Pizza.)

■お金の管理方法、現地の通貨事情:

I brought 2 credit cards and 1 debit card, all of which were VISA cards. I used credit cards to buy things I didn't bring from my home or book my hotel for weekend trip, and used cash to buy daily necessities or food. I used my debit card to withdraw cash

■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:

Yale university offered its security system called Yale Secure, so if in case, we could ask for help to Yale securities who are usually watching around the city.

■自由時間に利用した交通手段:

列車, バス, Uber

■プログラム期間中に利用したネット環境:

キャンパス Wifi, SIM

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:

I wrote two reports for application. One is for my university's course office, the other is for IARU GSP. As well as reports, the passport copy, a certificate for university grades and English capability are needed. At the time of application, it was important to check when I can submit my application to the university office, because they also need the paper copy of my application. After selected as a participant, I had to send my photo to Yale, pay the remain of tuition to Yale through the third party which is recommended, receive my I-20 from Yale and start application for visa, submit 渡航情報届 and 留学許可願 to my university's office. This process is usually in a regular course term, so it was important to check e-mail everyday.

■ビザの手続き:

I took an F-1 visa by using I-20 which Yale sent to me. It took me 5 hours in total to fill application form, and one morning to go to the U.S. embassy.

■医療関係の準備:

What I only did is to bring my household medicines, but never used it.

■保険関係の準備:

I took out an insurance which my university recommended. It was enough.

■東京大学の所属学部・研究科(教育部)で行った手続き:

I asked for my professors to replace my term exam to report. In addition, in order to convert a Yale credit to a credit in my university, I submitted a form to my faculty.

■語学関係の準備:

I got an overall score of 7.0 in IELTS Academic module in 2016. Before departure, I reviewed again the textbook I used in 2016.

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	240000 円
派遣先への支払い(授業料・施設利用料など)	420000 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)	15000 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:

■留学先で費やした生活費:

家賃	50000 円
食費	20000 円
交通費	30000 円
娯楽費	50 円

■その他、補足等:
My room rent was included in the course tuition. The rent and transportation cost mentioned above is for weekend trip to Boston or NYC.
■プログラム参加のための奨学金の受給有無:
受給した
■奨学金の支給機関・団体名等:
JASSO, Santander
■受給金額(月額):
160000 円
■受給金額についての補足等:
■奨学金をどのように見つけたか:
大学(本部国際交流課)からの案内, These fundings originally included in the IARU GSP course provided by the university office.

プログラムを振り返って

■プログラムに参加したことの意義、その他所感:
This course gave me a opportunity to reflect on my strength and weakness many times because almost everyday I had some difficulties to be dealt with, such as Italian English, unfamiliar international legal framework, or discussion with distinguished students from one of the best universities of the world... However, It made me actively engaged in the situation, and made it easier to collaborate with other students. I'm very satisfied with this experience.
■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:
Before this program, I didn't think about studying abroad for a long time, because I thought it was too much for me, but now I came to think about trying to study abroad will somehow have a good influence on me.
■進路・就職先(就職希望先):
公的機関, 民間企業
■今後参加を考えている学生へのメッセージ、アドバイス:
Stay curious to everything you see! If you're actively engaged in something, it will help you go further in your way. That's what I learned in my experience at Yale Summer Session. And don't forget to stay aware of your e-mails!
■準備段階や留学中に役に立ったウェブサイト、出版物:
Yale Summer Session and Yale OISS have useful web pages which explain what to do before departure or after arrival. You cannot miss the page "residential things to know", which was the most useful for me.