

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

Date: 08/10/2017

Faculty/Graduate School at UTokyo:	Faculty of Letters	Year at the time of Study Abroad	B4
Program Attended:	Sustainable Preservation of Cultural Heritage	Host University:	Yale University
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 type="checkbox"/>	5. Private sector (Type of industry:)		
<input type="checkbox"/>	6. Entrepreneurship		
<input checked="" type="checkbox"/>	7. Others (Education)		

Outline of the receiving institution overseas
Yale University is an American Ivy League research university in New Haven, Connecticut. It is founded in 1701, being the third-oldest institution of higher education in the United States. Yale College undergraduates follow a liberal arts curriculum with departmental majors and are organized into a social system of residential colleges. It is currently renowned as one of the world's leading centers of learning and research.
Reason why you decided to participate
I chose this program firstly, because I had a keen interest in cultural heritage and hope to learn about the challenges for the preservation of cultural heritage and the conservation methods available. Japan is one of the country which displays exceptional efforts in the preservation of its cultural heritage, hence I grew to become interested in cultural heritage. Secondly, I would like to experience overseas study in Yale University. I believe that the group discussions and group work will encourage critical thinking and open communication with others.
Preparation for the program
(1) Application process (please give any advice on dealing with the application process)
To apply for the program, I took the TOEFL exam in Nov 2016, applied for the Short-Term Summer Study Abroad Programs with Scholarships (the University of Tokyo) in Jan 2017. Got the result for internal screening in March, and the final permission from Yale University in April. I was advised to prepare a checklist for the relevant documents needed for application and start the application process as soon as possible while confirming details with the administration office.
(2) Visa application (type of visa, where to apply, processing time, any advice on visa application)
F1 Visa is required for entry to USA. Once you receive the I20 form from Yale University, visit the USA Embassy webpage which will guide you to fill in an online form for the F1 Visa application and to make an interview appointment at the USA Embassy. Visit the embassy on the date of appointment for the interview and you will deposit your passport at the embassy temporarily. Your passport with the F1 Visa will be mailed to you via post after a week or so. Do start the application process as soon as possible.
(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
There was no need for medical check-ups.

(4) Insurance (information about insurance for travel/studying abroad purchased)
I purchased the mandatory insurance scheme recommended by the University of Tokyo. The program fee also includes health insurance in USA.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
If you are in the Faculty of Letters, you have to obtain a form 'Confirmation of Studying Abroad' from the administration office. You have to obtain one signature from the dean and one signature from your professor in charge for the form. This may take some time so prepare the document once your studyabroad is confirmed, and submit it to the administration office upon completion.
(6) Language preparation (language level before the program, lessons etc.)
TOEFL iBT score 100 is required.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
I settled all my bills and informed relevant personnel about my studyabroad before leaving Japan. Wifi is generally available on campus and I had no problems, but it may be quite inconvenient if you get out of campus so you may want to purchase a portable wifi or a SIM card in USA. Items to be taken: a bedsheet, a portable fan, toiletries, slippers as the college does not provide these amenities.
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.)
Lessons are held twice a week on Tue and Thu from 1pm to 4:15pm. There are also related public lectures on either Wed or Thu. Field trips to museums are mostly scheduled on Mondays. There are readings for every week, and we need to one individual essay and presentation, one group report and presentation. Group has been divided by 3 to 4 people, dealing with different topics. It is not as vigorous as expected. There were interesting lectures by top personnels or professors in the field which you will gain much insights of the preservation of cultural heritage. Field trips also bring you behind the scenes of the museums and conservation labs.
(2) Advice on aspects of academic/research work
Having a background in anthropology, archaeology, art history will definitely give one an advantage in this course. For those who did not have any background, like me, I will suggest taking some relevant courses in UTokyo or do thorough readings to better participate in discussion.
(3) Problems experienced with language issues, advice concerning language, etc.
While most students are native english speakers, there are those who are also not native speakers. Yet they tried their best to raise question and voice out their opinions, and the other course mates were willing to help them if they had difficulties putting into words. So I would say do not be afraid and try to speak up. The TAs for the course were also very friendly and I believe that they will help you if you have problems.

Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
Single room in a suite at Berkeley College of Yale University. The room has a window, a desk, a bed (without bed sheet), a blanket, a trashbin and wardrobes. Shared living room and bathroom. There is no fan nor air conditioner so it may get quite hot and humid during the summer. I wore slippers in my room.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
It is humid and hot in summer, with downpours sometimes. The libraries, dining halls, cafes are in walking distance but it may get noisy with cars driving down the roads. Food at the dining halls is provided in your course fee so you will hardly spend on food. The use of washing machine and dryer cost about 3USD per use. Most people use credit cards.
(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.)
New Haven is told to be unsafe, so always go in pairs or groups and never walk around at night alone. If need, take the free shuttle bus (which you can check online for the route and timing) or there is YALE security where you can call and they will escort you back to college.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
Remainder of tuition fee (\$1,950) Remainder of room and board charge (\$1,648) Health insurance (\$70) Visa processing fee (\$50) Airfare (\$13000) Miscellaneous (\$300)
(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.)
Yale Summer Session USD \$1,950 ½ tuition scholarship Banco Santander USD \$1,648 ½ Room and Board scholarship JASSO JPY 160,000
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
YALE provides many activities every day from games, outdoor events, trips to shopping centre, New york, Broadway musicals. Some are free and some have to be paid but are generally heavily subsidised. I attended the activities as much as possible to experience new culture and meet new friends. New York and Boston are both 2 hours ride from YALE so it is also recommend to go on day tours to these places.
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)
You will be assigned to a councillor of the same residential college and she/he will be there to help you with any trouble during the course. There was also tutor program for those who need some supervision in their work. I feel that the support facilities are well-organised.

(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
Libraries are good study spaces and I think you can borrow books too. A very large gym where my friends went every morning. A game room and computer room at the basement of your residential college. Strong Wifi throughout the campus.
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
One of the reason for attending this program is to challenge myself in a different classroom setting. There are little opportunities for one to engage in heated discussions in Utokyo, but I managed to 'force' myself to be more outspoken and proactive during the lessons in Yale. Through the course, I gained more self-confidence and was able to raise questions and engage in discussions in class, which was a breakthrough for me. Furthermore, I was able to make friends from all over the world, and learn about different perspectives and culture which further enriched my knowledge.
(2) Your plans having studied abroad
I have opened my eyes to a new field of cultural heritage and reflecting on all the lessons and challenges learnt in this field, I am more aware of the value of cultural heritage. I will return to Utokyo for my last semester before graduation and I hope to take some courses relating to the preservation of cultural heritage in UTokyo. I also hope to participate in internship programs or volunteer works in museums if possible.
(3) Any messages or advice for future participants
Aparently, IARU GSP is not as popular in Utokyo so there may be a higher probability for you to get in. I beleive that studying abroad can be a life-changing experience and I encourage future participants to step out of their own comfort zone, and experience staying in a differet culture while interacting with other students of different background.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
IARU GSP YALE: http://www.iaruni.org/for-students/global-summer-program/gsp-courses-2016/569-gsp2016-yall YALE SUMMER SESSION: http://summer.yale.edu/
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.