

報告書

The University of Tokyo Study Abroad/Student Exchange Program Report Form

(for programs from one semester to a year)

東京大学 海外留学・国際交流プログラム報告書(3ヶ月以上1年未満用)

Date/記入日: 2020/1/7

■ID: A19113

■Program/参加プログラム: USTEP

■Program info./プログラム情報: <https://www.u-tokyo.ac.jp/adm/go-global/en/program-list-USTEP.html>

■Host university/派遣先大学: SOAS, University of London

■Program period/留学期間: 9/23/2019 ~ 12/13/2019 (MM/DD/YYYY)

■Faculty/Graduate School at UTokyo/東京大学での所属学部・研究科等: College of Arts and Sciences PEAK

■Year at the time of study abroad/学年(留学開始時): Year B4

■How and why did you decide to study abroad?/留学を決めるまでの経緯:

I wanted to expand my experience and do research for my thesis.

About the timing of the study abroad period/留学の時期について

■Academic status BEFORE the program/留学前の本学での修学状況:

Academic year/年 2019 / University year/ 年 B4 / Completed semester/学期まで履修 S2

■Academic Status during the studying abroad/program/留学中の学籍:

Study Abroad

■Academic status ON RETURN/留学後の本学での修学状況:

Academic year/年 2019 / University year/ 年 B4 / Completed semester/学期まで履修 A2

■Reason for choosing this period to study abroad/留学にあたってこの時期を選んだ理由:

To research for thesis.

About study and research/学習・研究について

■Subjects taken and credits earned/留学先で履修した授業科目と単位数の詳細:

Introduction to Accounting /15

Collecting and Collections/15

J400/15

■Overview of the study/research during study abroad/留学中の学習・研究の概要:

I liked Collecting and Collections, which consisted of one hour of lecture and one hour of museum visit each week.

■Number of subjects registered per semester and credits earned per semester/留学先での1学期

あたりの履修科目数と履修単位数:

1 to 3 subjects/科目 21 to credits/単位

■Hours spent for study/research per week/1週間あたりの学習・研究に費やした時間:

11 - 15 hrs
■ Activities you took part in other than study/research/学習・研究以外の活動で取り組んだもの:
Sports, Cultural activities
■ Details of the activities you chose, or the reason why you did not take part in any activity other than study/research/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:
yoga, Japanese society
■ How did you spend the weekends and vacations?/ 週末や長期休暇の過ごし方:
sightseeing, study, travel

About environment at the host institution/派遣先大学の環境について

■ Facilities/設備:
library opens for long hours, cafeteria has limited options
■ Support for students/サポート体制:
language courses (academic writing) available

About life during the program/プログラム期間中の生活について

■ Type of accommodation/宿泊先の種類:
Students' dormitory
■ Environment around the accommodation and how did you find it/宿泊先の様子、どのように見つけたか:
20 min walk from campus, very old facilities, shared kitchen with 6 other flatmates.

■ Climate, environment around the institution, transportation, food, etc./ 気候、大学周辺の様子、交通機関、食事等:
sunset is very early in London
■ Management of money and situation about local economy/お金の管理方法、現地の通貨事情:
used credit cards and cash withdrawn from ATM
■ Aspects of risk and safety management, local health care system, and any actions taken to maintain your health/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:
lost my wallet in the second week...

About preparations and procedures before studying abroad/留学前の準備・手続きについて

■ Procedures for enrollment required by the host institution/留学先への入学手続き:
Medium of Instruction at UTokyo (a alternative proof of English proficiency)
■ Procedures to obtain visas/ビザの手続き:
UK short term study visa (up to 6 months)
■ Preparations or actions taken to maintain your health/医療関係の準備:
brought some medicine for flus
■ Preparations/procedures for insurance/保険関係の準備:
applied according to Today's instructions

■ Procedures required by faculties or graduate schools at UTokyo/東京大学の所属学部・研究科(教育部)

での手続き:

contacted thesis supervisor via email regularly

■ Language preparation/語学関係の準備:

None

About expenses and scholarships to participate in studying abroad/費用・奨学金に関すること/

■ Expenses of participation/参加するために要した費用:

Airfare/航空費	JPY/円 120,000
Payment to host institution (tuition, facilities fee, etc.)/ 派遣先への支払い(授業料・施設利用料など)	JPY/円 1,000
Textbook / Book/教科書代・書籍代	JPY/円 5,000
Overseas travel insurance fee (designated by UTokyo)/ 海外留学保険料(東京大学指定のもの)	JPY/円 25,000
Insurance and/or social security (required by host institution/region/country)/ 保険・社会保障料(留学先で必要だったもの)	JPY/円 0

■ Additional comments/その他、補足等:**■ Monthly cost of living during the study abroad period/留学先での毎月の生活費:**

Rent/家賃	JPY/円 100,000
Food/食費	JPY/円 85,000
Transportation/交通費	JPY/円 6,000
Entertainment/Leisure/娯楽費	JPY/円 6,000

■ Additional comments/その他、補足等:

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■ Scholarships for study abroad/留学のための奨学金の受給有無:

Yes, I received some.

■ Name of the source of the scholarships/奨学金の支給機関・団体名等:

Today's scholarship

■ Monthly stipend/受給金額(月額):

100,000 yen

■ Additional comments about the monthly stipend/受給金額についての補足等:

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■ How did you find the scholarships?/ 奨学金をどのように見つけたか:

Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo

About your future plans/今後の予定について

■ The subjects for which you plan to (are planning to) transfer credit to UTokyo/留学先で履修した授業科目のうち、単位認定申請をする(予定のもの) :
None
■ Number of credits earned at UTokyo BEFORE your study abroad/留学前に取得済みの単位数 :
66 単位/credit(s)
■ Number of credits earned and (planned to be) transferred to UTokyo/留学先で取得し、単位認定申請を行う(予定の)単位数 :
0 単位/credit(s)
■ Number of (expected) credits to be earned on return/これから本学で取得予定の単位数 :
76 単位/credit(s)
■ (Expected) year/month of graduation/ 卒業/修了予定 :
2020/3

Reflection/留学を振り返って

■ Impact of the study abroad experience on yourself or your thoughts/留学の意義、その他所感 :
I become more open-minded and understand that there are so many different ways of living.
■ Impact of the program on your thoughts for a career or job hunting/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 :
not much
■ Merit/Demerit of studying abroad on your future career/job hunting/留学による今後のキャリア・就職活動へのメリット・デメリット :
Unsure
■ Job hunting activities during study abroad/留学中に行った就職活動 :
None
■ Career/Occupation (planned)/ 進路・就職先(就職希望先) :
Private sector
■ Any messages or advice for future participants/今後留学を考えている学生へのメッセージ、アドバイス :
step out of your comfort zone and give it a try
■ Websites or publications which were useful while preparing for or during your time overseas/準備段階や留学中に役に立ったウェブサイト、出版物 :
None