

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

Date: 07/16/2017

Faculty/Graduate School at UTokyo:	College of Arts and Sciences	Year at the time of Study Abroad	B2
Program Attended:	APRU-ULP 2017	Host University:	Far Eastern Federal 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 (Undetermined)		

Outline of the receiving institution overseas

Far Eastern Federal University
 The university is so new that the campus was completed only several years ago.
 It boasts the largest and the best campus in eastern Russia.
 Wide areas of faculties such as law, economics, environmental science, and medical.
 Situated within about 20 minute's drive from the center of Vladivostok.

Reason why you decided to participate

While I was in the middle school, I spent two years overseas due to my father's business. I learned many things in the two years for sure, however, I felt I could have done so much more after coming back to Japan. I was, to be honest, afraid of going into new, unfamiliar circumstance. But now that I am almost 20 years old, and wanted to see if I could do my best for the program, that I will not regret after coming back. And there are other reasons too; improving communication ability, and meeting people from all over the world.

Preparation for the program

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

Participants from the University of Tokyo were provided with a to-do list in advance. I just followed the list and had no trouble. Aside from what you actually do, some documents sent online have storage period, so saving datas of those must have been done as soon as possible.

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

To stay in Russia required Japanese citizens to obtain visa regardless of how many days to stay. Depending on where you go, even the time until the passport's expiration date matters, therefore checking information must have been done as soon as possible. Russian visa was for free if you waited more than a week since application until receiving.

(3) Medical check-ups (health check-ups before departure, inoculations, etc.)
Since there was no specific requirement in order to go to Russia, and I have no chronic disease, I did not take any special medical treatment in advance for the program. When going to Russia, I brought antidiarrheal and headache medicine with me just in case.
(4) Insurance (information about insurance for travel/studying abroad purchased)
It was mandatory for participants to get insurance "Futai-Kaigai", so I got the insurance. Beside that, I did not get any. There was a participant from Japan whose credit card automatically let the holder of the card get an insurance when going overseas. Since you need to receive your insurance card beforehand, it should not be too late to apply for the insurance.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
I did not take any official procedures in regard of taking a part in the program. All I did was to let some of my professors know that I will be absent for a few classes due to participating this program.
(6) Language preparation (language level before the program, lessons etc.)
IELTS 7.0, Eiken Grade 1 After receiving the notification of participation, I began listening to English news on podcast. I used to live overseas for sure, but I have not been in touch with English since entering university. Therefore to get used to English once again, I did it, and it actually worked well in my opinion.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
If the venue is a university, wifi must be facilitated, so no need for renting one when leaving Japan. But, when charging phones and computers and so on, the shape of the outlet is different. Therefore converter and probably an AC adaptor are needed. And in term of sanitation, I recommend bringing wet-tissues with you.
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.)
There was no specific class which required preparation study. We took approximately fifteen independent courses and seven consecutive classes to work on designing a project regarding the Sustainable Development Goals establish by the UN. The one to design a project was a group-work, and my team consisted of seven students from Japan, Korea, China, and Singapore. We worked on the project even in the evening, and proposed a compost management system in university cafeterias. Other classes were on many areas such as environmental problems, situations on the Korean Penninsula, and doing new business in Russia.
(2) Advice on aspects of academic/research work
Active participation and conversations with students around you makes the class far more fun and memorable. Courses are of course so valuable just to listen to (since they are all English and the contents are highly prepared) for sure, but communicating with other students is an optional thing for you to learn and enjoy. And, though it feels little strange, regarding discussion, it is sometimes important to deny one's idea concisely, too.

(3) Problems experienced with language issues, advice concerning language, etc.
Especially this kind of programs gather participants from all over the world, so not everyone speaks the English that I am used to listening to. For me, English spoken by Singapore students was very difficult to understand. And, when I noticed there exists a misunderstanding with the party, it was really difficult for me to explain it especially when the conversation had proceeded so much already.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
Throughout the program, I stayed in the university dorm. One room is for two students. The view from the window was great that we could actually see the ocean, and toilet and bath was clean, too. There are room services everyday but Sundays, then new towels are provided and bed-making are done. Water from the faucet looks a bit yellow, but I got accustomed to it after a few days.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
The climate was temperate and very comfortable, but deep fog often occurred, In the worst one, not even five meters away from myself could not be seen. Since the campus is built on a small artificial island, beaches and parks are within five minutes' walk from the center of the campus.
(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.)
Not only students but also many ordinary citizens were on the island, but it seemed very safe on campus. Center-city of Vladivostok, however, seemed a bit scary at night. Drunk people and beggars were walking around. In term of maintaining health, I tried not to drink water from the faucet. Even when brushing teeth and gargling, I used water bought at the cooperative store on campus.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
Airfare(round): approximately 60,000JPY Program fee(accomodation included): \$500 Other: approximately 10,000JPY all in cash
(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.)
No additional financial aid other than the one from the University of Tokyo
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
On one Sunday, we visited a venue of Russian summer camp, and played with kids participating the summer camp. I played with children aged about ten to twelve. They barely speak English, let alone I speaking Russian, so we communicated with mysterious gestures. They taught me many games and song, and I did the same to them. It was very fun playing with them.

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 course to design a new project last for the whole ten days during the program. It is a group work project, and an adviser is designated for each of the teams. The adviser seemed to be in charge of the group members. They spared no effort for us to have fun; they took us to the city to have dinner, took us for a tour around the campus, etc. In term of academic and linguistic aspect, they were rather let-alone.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
The campus was so open that we could view the ocean from classrooms, the library, and even dorms. A large park with basketball courts, tennis courts, etc. and a beach are within five minutes' walk, and they even had an artificial waterfall. Regarding the spoorts facilities, in addition to a large gym, each dorms have a gym room. And regarding the IT equipments, wifi can be used everywhere in the campus, and I had no trouble during the stay finding outlets.
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
The goal of this program, given by the host, is "Enhancing the leadership of following generation in Asia-Pacific regions". No matter what I am actually going to do in the future, I decided to do my best to achieve the goal. Therefore I participated this program literally as a Japanese representative, but the level of students from other countries were unexpectedly high. Not to mention their immense knowledge and abilities in academic aspects, I was so surprised to see how passionate they are carrying on projects.
(2) Your plans having studied abroad
I am taking part in a program to visit China in the end of coming August, so I would like to learn and have fun as much as possible, reflecting what I have learned in this APRU program. To add with, having been stimulated during the program, I am planning to broaden my area of study on daily basis. I want to gather knowledge from many areas, in addition to my majors. For example, I became interested in envirnmental science.
(3) Any messages or advice for future participants
Each of the programs has its own strong point, and I think programs like APRU's strong point is that students from many background gather at once. It is sometimes very tiring and complicated to communicate with many kinds of people, especially when you were used to live in Japan, but it will definitely be a precious memory. Not only to simply develop your academic skills, but also to have fun, I recommend taking part in this program.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
the website of APRU-ULP travelor's book "Chikyu no Arukikata" (Russia)
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.

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)

2017年7月20日

東京大学での所属学部・研究科等:	教養学部	学年(プログラム開始時):	学部2
参加プログラム:	APRUFEFU	派遣先大学:	極東連邦大学
卒業・修了後の就職(希望)先:			
	1. 研究職		2. 専門職(医師・法曹・会計士等)
	3. 公務員		4. 非営利団体
	5. 民間企業(業界:)		6. 起業
	7. その他()		

派遣先大学の概要

ウラジオストクの中心部からタクシーで一時間ほどの場所にある。今回のプログラムでは使用言語は英語だった。

参加した動機

SDGsに関して他の国の視点から学んでみたかったから。長期留学に向けて、まずは2週間ほどのプログラムで自分の英語力を試してみたかったから。世界各国の学生と議論をすることで自分にない考え方を知りたかったから。

参加の準備

①プログラムの参加手続き(手続きにあたってのアドバイスなど)

手続きは本部国際交流課の方に助けて頂き、問題なくできました。参加費の支払いはVISAで大丈夫でした。

②ビザの手続き(ビザの種類、申請先、手続きに要した時間、ビザ申請にあたってのアドバイスなど)

ビザはFEFUがビザ関連書類を送ってくれたので、それを持って大使館に行きました。無料でビザを申請することもできますが、ビザの申請と受け取りの間にある程度の日数がかかるので余裕を持って大使館に行くのが良いです。

③医療関係の準備(出発前の健康診断、常備薬、予防接種等)

常備薬を持っていきました。

④保険関係の準備(加入した海外旅行傷害保険・留学保険等)

東大で紹介された留学保険に加入しました。

⑤プログラム参加にあたって東京大学の所属学部・研究科(教育部)で行った手続きなど(履修・単位・試験・論文提出等に関して)

フランス語のテストが留学期間にかぶっていたので、フランス語の先生の厚意で後でテストを受けさせて頂きました。

⑥語学関係の準備(出発前の語学レベル・語学学習等)

特に何もしていませんでした。

⑦日本から持参した方がよいもの、その他出発前にやっておくべきこと・アドバイスなど

洗濯機が少なかったなので、手洗いできるように日本の洗剤を持っていくと安心です。

学習・研究について

①プログラムの概要(授業・予習・復習のスタイル、印象に残っている内容等)

基本的には午前と午後にはレクチャーを受け、夜に班ごとにプロジェクト作りをしました。発表の前日は夜遅くまで準備がかなり大変でしたが、各国の学生が協力してプロジェクトを作ることでお互いの価値観への理解が深まりました。

②学習・研究面でのアドバイス

非常に短い期間の留学だったので学習面で特にアドバイスはありません。

③語学面での苦労・アドバイス等

英語のネイティブスピーカーや帰国子女が多い中、初めての留学だった私にとって語学面での苦労は大きかったです。せめて耳を慣らしてから行けば少しは違ったのかなと思います。

生活について

①宿泊先(寮・ホームステイ・ルームシェア等)、家賃、宿舎の様子、見つけた方法など)

FEFUの寮に泊まらせてもらいました。家賃は参加費に含まれていました。

②生活環境(気候、大学周辺の様子、交通機関、食事、お金の管理方法(海外送金・クレジットカード)など)

気候は涼しい日と暑い日の差が激しかったです。霧も結構濃かったです。大学周辺は海もあって綺麗でした。街からはタクシーで一時間くらいで、寮の食事はそんなにおいしくなかったです。

③危機管理関係(留学先の治安、医療機関の事情、心身の健康管理で気をつけた点など)

治安は、大学内ではよかったです。街はあまり良い印象ではありませんでした。

④要した費用について(航空賃、授業料、教科書代、家賃、食費、交通費、娯楽費などの概算)

航空費は5万円、参加費は500\$がかかりました。

⑤奨学金(支給していた場合は、支給機関・支給額・見つけた方法など)

東大から奨学金を7万円頂きました。

⑥学習・研究以外の活動(スポーツ・文化活動、ボランティア・インターン、週末や長期休暇の過ごし方など)

短期留学だったので特にありませんが、時々ウラジオストクの街に行って夜ごはんを食べました。

派遣先大学の環境について

①参加学生へのサポート体制(語学面・学習面・生活面・精神面でのサポート等)

生活面、学習面ともにわからないことはFEFUの生徒の方が教えてくれました。

②大学の設備(図書館・スポーツ施設・食堂・PC環境等)

図書館やスポーツ施設は利用しなかったのですが、食堂は寮や授業をする建物にありました。カフェもあちこちにありました。寮ではwifiを利用できて、しばしばパスワードを入力する必要がありましたがそれ以外は快適に利用できました。

プログラムを振り返って

①プログラムの意義、参加を通じて成長したこと、その他留学を通じての所感

このプログラムはとても短い期間のものでしたが、海外の優秀な学生たちと出会ったことが自分にとって最も大きな収穫でした。彼らと夜海辺でおしゃべりと称して朝鮮半島の未来などかなり深い議論をしたことはいい思い出です。ただ、やはり自分の英語力の無さを痛感させられることも多く、伝えたいことの半分も伝えられないこともあったので、今後も英語の勉強を続けて不自由なく英語で議論をできるようになりたいと強く思いました。

②参加後の予定

長期留学に向けて準備していきたいと思います。

③今後参加を考えている学生へのメッセージ・アドバイス

APRUのサマープログラムは次回シドニーで開催するそうで、今回のプログラムとはかなり内容の異なるものになるかと思いますが、アジア太平洋地域の優秀な学生と共に生活し、学ぶいい機会になると思います。

その他

①準備段階や留学中に役に立ったウェブサイト・出版物

②その他東京大学のホームページ・出版物等に掲載してよい留学中の写真があれば添付してください。