

## 東京大学 海外留学・国際交流プログラム報告書(短期プログラム用)

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

記入日/Date: 2024/8/1

■ID: C24013

■参加プログラム/Program: AUA Asia Deep Dive Program

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

■派遣先大学/Host university: インドネシア大学

■プログラム期間/Program period 2024/7/9 ~ 2024/7/29

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 工学部

■学年(プログラム開始時)/Year at the time of Study Abroad: 学部 4 年

■参加にあたってこの時期を選んだ理由/Reason for choosing this period to participate:

講義などに余裕があり、参加が可能だったため。

■参加を決めるまでの経緯/How and why did you decide to participate?:

Twitter で見かけ、応募した。

### プログラムについて/About the program you participated in

■概要/Overview:

前半はオンラインで講義後半は現地でフィールドワーク。科学的な観点からインドネシアの歴史や文化について学び、実際に体験することができた。

■学習・研究以外の活動で、取り組んだものをすべて教えてください/Activities you took part in other than this program:

期間の関係でなし

■学習・研究以外の活動で、取り組んだものについて、具体的に教えてください/Details of the activities you chose in other than this program:

期間の関係でなし

■週末の過ごし方を教えてください/How did you spend the weekends and vacations?:

期間の関係でなし

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

■設備/Facilities:

特に設備は利用していない。

■サポート体制/Support for students:

特になし。

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

■宿泊先の種類/Type of accommodation:

学生寮, ホテル

■ 宿泊先の様子、どのように見つけたか/Environment around the accommodation and how did you find it:
キャンパスの学生寮併設ホテルと別都市のホテルに滞在した。
■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc.:
気候: 日本と同等に暑い。天気は晴れており、日傘を利用した。交通機関や講義室は非常に寒く、寺院などを回る関係で長ズボンをきて、長袖を常備すると良い。大学周辺: ショッピングモールがある。交通機関: Grab を利用した。食事: 辛いのが苦手な場合、辛そうなものは控えるのが良い。日本と異なり、たくさんの量が運ばれ、皆が食事を残すので、気にせず残すと良い。
■ 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/Aspects of risk and safety management, local health care system, and any actions taken to maintain your health:
治安: スラムなどを避ければ良い。医療関係事情: わからず。心身の健康管理: ストリートフードをたくさん食べたので、整腸剤のお世話になった。
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy:
現金交通費は現地の通貨で支給されたため、両替所で日本円に変換してから帰国した。
■ プログラム期間中に利用したネット環境/Internet service usage during the program:
SIM

#### 参加前の準備・手続きについて/About preparations and procedures before participation

■ プログラムへの参加手続き/Procedures for participation:
AUA の指示に従った。
■ 東京大学の所属学部・研究科(教育部)での手続き/Procedures required by faculties or graduate schools at UTokyo:
特になし。
■ 語学関係の準備/Language preparation:
TOEFL 80 点程度参加者の中で語学力は低い方だった。
■ ビザの手続き/Procedures for visa:
AUA の指示に従った。事前にオンラインで提出する必要がある。
■ 医療関係の準備/Preparations or actions taken to maintain your health:
特になし。
■ 保険関係の準備/Preparations/procedures for insurance:
大学の保険に加入した。

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

■ 参加するために要した費用/Expenses of participation:		
航空費/Airfare	130,000	円/JPY
派遣先大学への支払い(授業料・施設利用料など)/Payment to host institution (tuition, facilities fee, etc.)	0	円/JPY
教科書代・書籍代/Textbook / Book	0	円/JPY
海外留学保険料(東京大学指定のもの)/Overseas travel insurance fee (designated by UTokyo)	4,000	円/JPY

保険・社会保障料(留学先で必要だったもの) /Insurance and/or social security (required by host institution/region/country)	0 円/JPY
■その他、補足等/Additional comments : Sim 2000 円程度 Visa 5000 円程度	

■留学先で費やした生活費/Overall expenses spent during the program :	
家賃/Rent	0 円/JPY
食費/Food	5,000 円/JPY
交通費/Transportation	3,000 円/JPY
娯楽費/Entertainment/Leisure	5,000 円/JPY
■その他、補足等/ Additional comments : 食事の大半と移動は用意されている。夕飯の半分程度は自分たちで用意する必要があり、自由時間の移動と食費で上記のように記述した。	
■プログラム参加のための奨学金の受給有無/Scholarships to participate : 受給しなかった	
■奨学金の支給機関・団体名等/Name of the source of the scholarships :	
■受給金額(月額) /Monthly stipend :	
■受給金額についての補足等/Additional comments about the monthly stipend :	
■奨学金をどのように見つけたか/How did you find the scholarships? :	

#### プログラムを振り返って/Reflection

■プログラムに参加したことの意味、その他所感/Impact of the participation on yourself or your thoughts : 海外のトップ大の学生と交流することで様々な視点から深い話をする事ができた。
■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/Impact of the program on your thoughts for a career or job hunting : 非常に様々なことを考えることにつながった。
■進路・就職先(就職希望先)/Career/Occupation (planned): 民間企業, 起業
■今後留学を考えている学生へのメッセージ、アドバイス/Any messages or advice for future participants : 短期プログラムはすぐに終わるので積極的に参加すると思います。
■準備段階や留学中に役に立ったウェブサイト、出版物/Websites or publications which were useful while preparing for or during your time overseas : なし

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記入日/Date: 2024/8/11

■ID: C24014

■参加プログラム/Program: AUA Asia Deep Dive Program

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

■派遣先大学/Host university: インドネシア大学

■プログラム期間/Program period 2024/7/9 ~ 2024/7/29

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 法学部

■学年(プログラム開始時)/Year at the time of Study Abroad: 学部 4 年

■参加にあたってこの時期を選んだ理由/Reason for choosing this period to participate:

Since I don't need to attend classes during this period, I want to participate in this offline international exchange program before graduating from university.

■参加を決めるまでの経緯/How and why did you decide to participate?:

With no classes at the time and a long-standing interest in Southeast Asia, I jumped at the chance to join the program as soon as I saw it.

### プログラムについて/About the program you participated in

■概要/Overview:

The program lasts three weeks. The first two weeks are online, with classes taught by both professors and PhD students, focusing on Indonesia's biodiversity, geography, and culture. During the final week in Indonesia, we did fieldwork in Jakarta and Yogyakarta, with a few lectures mixed in. The fieldwork included visits to volcanoes, caves, and earthquake research centers. It's said that the program setup changes every year; last time, everyone stayed in Jakarta, and next year, there might be a trip to Bali. So, please check the latest information for the program you'll be attending.

■学習・研究以外の活動で、取り組んだものをすべて教えてください/Activities you took part in other than this program:

取り組んでいない

■学習・研究以外の活動で、取り組んだものについて、具体的に教えてください/Details of the activities you chose in other than this program:

This program is more like a summer camp, with everything scheduled for the 7 days in Indonesia. There isn't much room for personal flexibility or free time.

■週末の過ごし方を教えてください/How did you spend the weekends and vacations?:

I just followed the project schedule for participating in activities.

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

■設備/Facilities:

We were at the university for a short time and didn't use many of the campus facilities, like the library or gym. Some of the cafeteria areas were outdoors and not as clean as the ones on our campus. Wi-Fi was spotty, so it's a good idea to get your SIM card.

■サポート体制/Support for students:

The program included about 6-8 professors and around 10 student leaders from the University of Indonesia who traveled with us. They were very supportive and approachable for any issues. However, there were many last-minute changes to the schedule and activities, and sometimes we weren't informed of important details, which left us unsure of what to do. If you encounter any problems, don't hesitate to ask questions, and make sure to go directly to the person in charge.

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

■宿泊先の種類/Type of accommodation:

Hotel arranged by the host university.

■宿泊先の様子、どのように見つけたか/Environment around the accommodation and how did you find it:

For the first three days of the event, I stayed in a hotel on the university campus near Jakarta. Then, for the next four days, I stayed in a hotel in Yogyakarta. I always shared a room with one other person.

■気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc.:

The climate is typical of Southeast Asia: very hot outside with plenty of mosquitoes. Indoors, it can be chilly because of the air conditioning. Be sure to bring mosquito repellent, sunscreen, and a long-sleeved shirt for cooler moments. The university is about an hour from downtown Jakarta by car or tram. Most meals are arranged for us by the program team, but sometimes you'll have the chance to eat out on your own.

■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/Aspects of risk and safety management, local health care system, and any actions taken to maintain your health:

This year's AUA-ADDP program involves a lot of long travel and early wake-ups, sometimes as early as 2 or 3 a.m. The schedule is pretty intense, and many people, including me, have caught colds or fevers. Make sure to bring any cold and flu medicine you usually take and try to rest whenever you can.

■お金の管理方法、現地の通貨事情/Management of money and situation about local economy:

When we arrive, we'll receive a refund of 500 USD worth of Indonesian rupiah (about 8 million). That's more than enough for the rest of the project, so you don't need to exchange too much money—just enough for the first 2-3 days should be sufficient. I also brought a bank card, but I haven't used it much.

■プログラム期間中に利用したネット環境/Internet service usage during the program:

SIM

参加前の準備・手続きについて/About preparations and procedures before participation

■プログラムへの参加手続き/Procedures for participation:

There's no problem preparing according to the requirements of the University of Indonesia, but their instructions can be quite general, so be sure to ask questions if anything is unclear.

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

I didn't apply for credits, so I only submitted the application for a study abroad permit to the Faculty of Law, along with a 400-word document on my purpose for studying abroad and the acceptance letter from the University of Indonesia.

■語学関係の準備/Language preparation :

I didn't prepare much, but I recommend learning some basic Indonesian phrases since they will be useful in daily life.

■ビザの手続き/ Procedures for visa :

■医療関係の準備/Preparations or actions taken to maintain your health :

I just brought along some of the usual medicines I take.

■保険関係の準備/Preparations/procedures for insurance :

There is no problem getting insurance according to the requirements of UTokyo.

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

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

航空費/Airfare	30,000 円/JPY
派遣先大学への支払い(授業料・施設利用料など)/Payment to host institution (tuition, facilities fee, etc.)	0 円/JPY
教科書代・書籍代/Textbook / Book	0 円/JPY
海外留学保険料(東京大学指定のもの) /Overseas travel insurance fee (designated by UTokyo)	7,000 円/JPY
保険・社会保障料(留学先で必要だったもの) /Insurance and/or social security (required by host institution/region/country)	0 円/JPY

■その他、補足等/Additional comments :

You need to pay for the air ticket first, then send it to the organizing committee to receive a \$500 refund.

■留学先で費やした生活費/Overall expenses spent during the program :

家賃/Rent	0 円/JPY
食費/Food	5,000 円/JPY
交通費/Transportation	2,000 円/JPY
娯楽費/Entertainment/Leisure	5,000 円/JPY

■その他、補足等/ Additional comments :

■プログラム参加のための奨学金の受給有無/Scholarships to participate :

受給しなかった

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

■ 受給金額(月額)/Monthly stipend :
■ 受給金額についての補足等/Additional comments about the monthly stipend :
■ 奨学金をどのように見つけたか/How did you find the scholarships? :

#### プログラムを振り返って/Reflection

■ プログラムに参加したことの意義、その他所感/Impact of the participation on yourself or your thoughts :
Participating in this program is meaningful to me because it allows me to dive deeply into Indonesian culture, geography, and biodiversity. It's also an amazing chance to meet and connect with people from all over the world, which helps broaden my perspective and improve my global communication skills. The hands-on experiences help me apply and deepen my understanding of what I've learned.
■ 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/Impact of the program on your thoughts for a career or job hunting :
I've always wanted to work abroad, and this experience in Southeast Asia showed me that I can adapt well to the local food and living conditions. At the same time, I realized there's still a lot I need to learn about their religion and culture. I'm eager to expand my knowledge in these areas and hope to have the chance to return someday.
■ 進路・就職先(就職希望先)/Career/Occupation (planned) :
専門職(法曹・医師・会計士等)
■ 今後留学を考えている学生へのメッセージ、アドバイス/Any messages or advice for future participants :
For students thinking about joining a short-term program but concerned about the cost, I highly recommend this one. You'll find that it's very budget-friendly, and you won't need to spend much of your own money.
■ 準備段階や留学中に役に立ったウェブサイト、出版物/Websites or publications which were useful while preparing for or during your time overseas :
There are many English-language YouTube videos about Indonesia's climate and geology that can help you gain a better understanding.