

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)

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

記入日/Date: 2019/8/7

- 参加プログラム/Program: Tsinghua University – Experiencing China 2019
- プログラム情報/Program info.: <https://www.u-tokyo.ac.jp/adm/go-global/ja/program-list-short-THU-issec.html>
- 派遣先大学/Host university: 清華大学
- プログラム期間/Program period: 2019/7/11 ~ 2019/7/24
- 東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 教養学部(前期課程)
- 学年(プログラム開始時)/Year at the time of Study Abroad: 学部 2 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:

No mandatory courses in 2A term so I only needed to negotiate with professors of my elective course about the final exam postponement

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

I am a Chinese-descendant but haven't been to China before; The university itself is very famous worldwide in science and engineering; Participants are also from top-tier universities around the world; The program itself allows us to explore not only academic but also culture perspective of China; According to the above-mentioned, there is no reason for not applying.

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

■概要/Overview:

Lectures by professors and group discussion, field trip and self-study (read academic papers) Balanced schedule between academic and travel. Professors and lecturers are very knowledgeable and are directly related to the field e.g. one of the city planning team of Beijing (our track focuses on Urbanization of China and Beijing)

■学習・研究以外の活動で取り組んだもの/Activities you took part in other than study/research:

文化活動

■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/Details of the activities you chose, or the reason why you did not take part in any activity other than study/research:

Although some people play sports, I chose to go outside campus and walk around. There are many interesting and famous places to see not far from the campus such as gardens, summer palace, etc. I also participated in a Chinese culture experience activity organized by the program.

■週末の過ごし方/How did you spend your weekends?:

Field trip as planned by the program (e.g. The Great Wall of China, Art districts, Exemplar Village (beigou village))

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

■設備/Facilities:

図書館 can access. スポーツ施設 – many fields to play sports and do recreation but sometimes need to book (e.g. table tennis) 食堂 – many cafeterias with different food around campus, each also differs in working hours, the latest closes at 23.00 PC・Wifi 環境等 – cannot access pcs at library but can access to uni wifi (with access to google but not google services like gdrive and gmail)

■サポート体制/Support for students :

have volunteers that look after participants for the whole trip

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

■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 :

Prepared by the program.

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

Weather – very very hot (around Tokyo’s summer) so a portable fan and uv-protected umbrella may help; summer attire. University – has everything including supermarkets, banks, post offices ,etc. so we hardly needed to go out of uni for something; uni area is very big so having a bicycle should help but in order to rent a public-sharing bike you need a 1) mobile phone number and a 2)Wechat pay or Alipay account to pay. For 1), you can buy a Chinese sim inside uni. For 2), you may ask the program volunteers to connect their account for you and you pay them by cash. Transportation – Travelling to Wudaokou– the nearest city-centre can be done by walk (2km) but will be more convenient by bus number 549 which only accepts cash or transport card. With cash, they don’t have change, so the best way is to purchase a top-up transport card at Wudaokou train station. Plus, using card is cheaper. All the money left in the card including the deposit can be reimbursed at the airport. – Taxi here is way cheaper than in Tokyo so use Taxi if you cannot travel by train or at night time when train is few or no service. But do not expect 5-star service like taxis in Japan. Also, they do not speak English so at least learn how to communicate with them. – Taxis I mentioned are just free taxi, not including taxis that you can book through didi app. To use didi to ask Taxis to pick you up without waiting until one appears can be very convenient, but again you need a Chinese mobile phone number. Food– Chinese food especially in cafeteria can be very salty, oily and spicy, but very cheap. You might consider telling the sellers “shao xian, shao you, shao la” for less salty, oily and spicy, respectively. – Food at decent restaurants are very delicious and pretty affordable if compared with price in Japan. Don’t compare the price to canteen food or you’ll regret not eating them. You can find these restaurants in department stores at Wudaokou. – There are big department stores (with marugame seimen) in Haidian Huangzang station, not far from Wudaokou (around 10–15 min by train) Clothes-washing machines and drying machine (only few machines accept coins (top-up card from the check-in counter) so better figure out to use WeChat Pay). living space– single room, very clean, built-in bathroom with table, chair, bed and mattress, water boiler, sink, closet. security -- Beijing and around campus are pretty safe! Very secured inside campus because outsiders need to pass security guards at uni gates; students and faculty also need to show their uni ids Outside campus are also very safe (they

said even to walk alone at night) but better not to put yourself in risky situations. >>others on-campus supermarkets have everything you need for everyday life such as bodywash, shampoo, toothbrush, toothpaste, detergent. (imagine Daiso) and are very cheap so you actually don't need to bring these from home. Summary: Chinese mobile phone number (easy to get) and Chinese bank account (hard to get) are necessary to use Chinese services.
■お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
Prepare all in cash (and bring credit card just in case). Wechat Pay (or alipay) can be very convenient but you need a Chinese bank account which I heard is very complicated to create one. But there is a backdoor that allows you to receive money from your friends through WeChat PC version. (Normally you would need an authenticated Chinese bank account for receiving money from transfer) so I paid my Chinese friend by cash and ask him to transfer money to my weChat Pay. Some services like Washing machine at dorms or vending machines accept only WeChat pay so this can be very convenient.
■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 :
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■自由時間に利用した交通手段/Means of transportation in your free time :
タクシー, 列車, バス
■プログラム期間中に利用したネット環境/Internet service usage during the program :
キャンパス Wifi, 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 :
CV、Official full academic transcript(大学入学後全学期分)、Electronic copy W11of passport information page、One electronic copy of applicant's passport-sized photo (front facing, cap-free, white background)、誓約書、グローバルキャンパス推進本部担当 海外派遣プログラム 申請に係る留意事項確認書、Application Form (write essays about why you are interested in the program) -TOEFL/IELTS - I submitted ielts (overall >=7 but not>=7 in all components but fine)
■ビザの手続き/Procedures to obtain visas :
Chinese Visa type F: Exchanges, visits, study tours and other activities (I needed this because I have Thai nationality; for Japanese nationality you won't need visa for 14-day program in China)
■医療関係の準備/Preparations or actions taken to maintain your health :
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■保険関係の準備/Preparations/procedures for insurance :
The program provides Basic Accident Insurance covering the whole program period.
■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 :
For グローバルキャンパス推進本部担当 海外派遣プログラム 申請に係る留意事項確認書, just go to Administration building window 6 and ask people there to sign for you.
■語学関係の準備/Language preparation :
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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	60,000 円/JPY
派遣先への支払い(授業料・施設利用料など) /Payment to host institution (tuition, facilities fee, etc.)	円/JPY
教科書代・書籍代/Textbook / Book	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)	7,230 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)	円/JPY
■ その他、補足等/Additional comments :	
0	

■ 留学先で費やした生活費/Overall expenses spent during the program :	
家賃	円/JPY
食費	25,000 円/JPY
交通費	1,500 円/JPY
娯楽費	円/JPY
■ その他、補足等/Additional comments :	
0	

■ 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 :	
円	
■ 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 :
Very well-organized and well-rounded program that allows you to study, travel, make friends and have fun under the context of China under supervision of knowledgeable professors and related department of

<p>Tsinghua university in an optimal block of time (two weeks). Academically, I managed to learn about both overall topics about China and specific topics (like Urbanization) very deeply and in detail.</p>
<p>■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 :</p>
<p>This program allocated students from various academic fields into the same tracks. I witnessed the beauty and power of combination of and product construction from diverse specialty, made me want to specialized and work in an interdisciplinary field.</p>
<p>■進路・就職先(就職希望先)/Career/Occupation (planned):</p>
<p>民間企業, 起業</p> <p>I don't want to work for the government until I am professional and knowledgeable enough and I want to challenge myself and taste the growth in more boundary-free spaces of private sector.</p>
<p>■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 :</p>
<p>It will be a once-in-a-lifetime "China-International" experience so apply now!</p>
<p>■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 :</p>
<p>baidu map, Tsinghua university website</p>