

(4) Insurance (information about insurance for travel/studying abroad purchased)
I purchased a 'Futai Kaigaku' insurance required from the University of Tokyo. Besides, 1-month medical health insurance was already included in the program fee.
(5) Procedures required by your Faculty/Graduate School (any information about course registration, credits, exams, submission of dissertations etc)
Since the program started and ended during summer holiday, faculty's procedures were not necessary.
(6) Language preparation (language level before the program, lessons etc.)
For English requirement, TOEFL iBT 79-80 or IELTS 6.5 or TOEIC 800 are expected for the program. I used my IELTS score taken during sophomore year.
(7) Items which should be taken with you from Japan and any other advice on things which should be done before leaving Japan.
Canadians seem more familiar with using credit card than cash. But it is better to bring both because there are some cash only payment such as bus tickets, some street foods, optional trips. In addition, the age of majority in British Columbia is 19 so a person under this age requires parental permission for legal issues.
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.)
In food science class, there were a lecture in the morning and activities relating to class topics in the afternoon. Students had to submit reports for each activity such as food analysis, canning, cooking, supermarket visit. In food safety class, there were lecture, whole class discussion, group presentation as well as lab and farm visit.
(2) Advice on aspects of academic/research work
In my opinion the class contents were not too complicated to understand. Even students from very different majors could participate well in the class. The key was to ask and think critically towards the subjects.
(3) Problems experienced with language issues, advice concerning language, etc.
More than 80% of participants were Chinese. There were some language problems during discussion in order to understand Mandarin Chinese, Cantonese, and English in Chinese accent. Apart from that, there was no particular problem in class.

Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
<p>There were 2 types of accommodation, large shared room with personal bedroom and private room. Both were in the same price which was included in the program fee. The pre-booking (and member selection) was available before arrival. I stayed in the former and shared food and stuff with 5 roommates from several countries. It was cheaper and more fun.</p>
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
<p>Fortunately, it was mostly sunny during summer in Vancouver. However, the temperature was sometimes low so a sweater or a jacket is recommended (especially for those who are interested in Rocky Mountain trip). Also, bringing a light umbrella and a water bottle is a good idea.</p> <p>UBC is a large beautiful campus where you need to walk a lot. There are bus stops close to the residence and inside the campus, as well. Food here comes with a big portion. Tips are quite mandatory in restaurants. Thus, I shared ingredients with roommates and cooked by myself mostly.</p> <p>For money issue, credit cards are acceptable almost everywhere. International ATM cards are usable as well.</p>
(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.)
<p>Vancouver are quite safe except an area between Gastown and China Town. Nevertheless, participants were recommended to go in groups or call for a safety walk in case we were alone at night.</p>
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
<p>Program fee (course tuition, course materials, accommodations, some activities, medical insurance, airport transfer) : 390000JPY (4500CAD) Airfare : 130000 JPY Meals : 30000 JPY Entertainment : 80000 JPY</p>
(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.)
<p>UTokyo Alumni Scholarship 320000 JPY</p>
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
<p>There were city tour, sport day, Museum of Anthropology visit, night market visit, beach party which were complimentary for participants. In my class students got a chance to visit food analysis company, biodiversity musuem and UBC farm as well. Optional activities such as trips to Victoria, Whistler and Rocky Mountain required additional fees.</p>

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)
Students can contact lecturers directly in case of academic support. For language support, there were UBC students accommodating us for each activity. There was a housekeeping service cleaning once a week for bedrooms and twice a week for common living areas.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
Libraries and sports facilities were free of charge. There was Wifi available in UBC buildings but only LAN in bedroom. There were many of cafeterias, restaurants, and coffee shops inside the campus as well as a food court outside.
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
Vancouver Summer Program is one of the best experiences in my life. I have learnt new aspect of learning methods and exchanged knowledge and cultures with friends from around the world. This university encourages students to think, create and express more. In Canada I was happy trying new things and surrounded by Canadians' friendliness.
(2) Your plans having studied abroad
I will finish my bachelor's degree in Japan and find scholarship for Master's degree in abroad.
(3) Any messages or advice for future participants
Vancouver is such a great place to study in summer. Nice weather, beautiful nature, friendly people, and varieties of culture will fulfil your expectation of studying abroad. A suggestion I would like to give is try to stay with friends from other counries and don't be shy to speak or communicate in English.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
https://vancouversummerprogram.ubc.ca
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.