

## 報告書

### 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)

The University of Tokyo Study Abroad/Student Exchange Program Report Form (for programs from one semester to a year)

記入日/Date: 2022/5/17

■ID: A21014

■参加プログラム/Program: 全学交換留学 USTEP

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

■派遣先大学/Host university: プリンストン大学(学部) Princeton University (Undergraduate)

■留学期間/Program period (yyyy/mm/dd): 2021/8/23 ~ 2022/5/12

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 教養学部教養学科国際日本研究  
International Program on Japan in East Asia, Department of Humanities and Social Sciences, College of  
Arts and Sciences

■学年(留学開始時)/Year at the time of study abroad: 学部4年/B4

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

I was not sure yet where to pursue my further study and research project in my junior year, so I thought it would be nice if I get to know more about the resources and opportunities in another education system before making the decision.

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

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

2021年/Academic year / B3年/University year / S2学期まで履修/Completed semester

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

Study Abroad

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

2022年/Academic year / B4年/University year / S1学期から履修開始/Semester

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

To check out another academic and administrative system before applying for graduate school.

学習・研究について/About study and research

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

Anthropology (Ethnography, Evidence, and Experience)/2  
East Asian Studies (Postwar Japanese Literature and Narrative)/2  
Gender and Sexuality Studies (Global Feminisms, SWANA Feminisms)/2  
Visual Arts (Drawing)/2  
East Asian Studies (Body and Transgression)/2  
East Asian Studies (Everyday Life in Maoist China)/2

Environmental Studies (Environmental Anthropology & Queer Studies)/2 Visual Arts (Painting)/2
■ 留学中の学習・研究の概要/Overview of the study/research during study abroad :
There are several types of courses at Princeton: Seminar (what I mainly chose) – approx. 3 hours, once a week; Lecture – approx. 1 or 1.5 hours, twice or three times a week (which are taken with a TA/student led Precept for discussions and exercises); Lab – time and meetings dependent on the subject; Studio – 4 hours, once a week.
■ 留学先での 1 学期あたりの履修科目数と履修単位数/Number of subjects registered per semester and credits earned per semester :
4 to 6 科目/Subjects / 1 to 10 単位/credits
■ 1 週間あたりの学習・研究に費やした時間/Hours spent for study/research per week :
21 時間/hours
■ 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 :
Sports, Cultural activities
■ 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 :
Art clubs; crafts making exercises
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
Trips to other cities, visiting museums and art galleries (Could not have done very often because of COVID)

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

■ 設備/Facilities :
The libraries at Princeton have tons of good resources. Be sure to make appointments and visit the rare book sections at Firestone Library. There are many gyms, swimming pools, volleyball courts, and other sporting facilities that students can use for free.
■ サポート体制/Support for students :
There are various mental health initiatives, peer support (both academic and non-academic) groups, gender and sexuality center, etc.

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 :
Students' dormitory
■ 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 :
On campus; a single room with shared bathroom (and kitchen, but kitchens are not equipped in every hall)
■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
It could get very cold (- 10 degrees Celsius) in winter and the spring weather is rather volatile.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
I used my Japanese credit card (VISA) and brought around 2,500 USD cash.
■ 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 :

The Princeton University Health Center is rather responsive and provides most of the ordinary treatment & health services & consultation & vaccination.

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

##### ■ 留学先への入学手続き/Procedures for enrollment required by the host institution :

After the initial selection by UTokyo, applicants will be contacted by the International Student Center of Princeton University with instructions to create an account on the Princeton GPS system, where the application process takes place. Applicants need to submit a personal statement, full academic transcript, a recommendation letter, and a planned course selection via this portal. If admitted, the International Center will help applicants with the Visa application process and help students initiate their Princeton IDs & email address.

##### ■ ビザの手続き/Procedures to obtain visas :

Student Visa; Processing time: 2 business days (shorter than it usually takes; might be due to COVID )

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

Allergy reliever (Princeton is renowned for its plantation diversity and even many local students who have been there for years get very bad allergies at times)

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

Funai Kaigaku; Basic Student Health Plan (Princeton University)

##### ■ 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 :

N/A

##### ■ 語学関係の準備/Language preparation :

N/A

#### 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	280,000 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.)	0 円/JPY
教科書代・書籍代/Textbook / Book	25,000 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)	20,000 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)	280,000 円/JPY

##### ■ その他、補足等/Additional comments :

##### ■ 留学先での毎月の生活費/Monthly cost of living during the study abroad period :

家賃/Rent	100,000 円/JPY
食費/Food	35,000 円/JPY

交通費/Transportation	10,000 円/JPY
娯楽費/Entertainment/Leisure	25,000 円/JPY
■その他、補足等/Additional comments :	
Accommodation fee, student health insurance, and meal plans are paid on a semester basis	

■留学のための奨学金の受給有無/Scholarships for study abroad :	
Yes, I received some.	
■奨学金の支給機関・団体名等/Name of the source of the scholarships :	
The University of Tokyo Scholarship	
■受給金額(月額)/Monthly stipend :	
126,000 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? :	
Announced by UTokyo (other than Administration Bureau. e.g. the International Exchange Group)	

#### 今後の予定について/About your future plans

■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)/The subjects for which you plan to (are planning to) transfer credit to UTokyo :	
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :	
153 単位/credit(s)	
■留学先で取得し、単位認定申請を行う(予定の)単位数/Number of credits earned and (planned to be) transferred to UTokyo :	
0 単位/credit(s)	
■これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :	
4 単位/credit(s)	
■卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :	
2023/3	

#### 留学を振り返って/Reflection

■留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :	
Princeton as a university on the East Coast and one of the Ivy League members is surprisingly more conservative and less diverse as I have expected. On the other hand, it is very meaningful to be there and be representative of a marginalized, less represented voice.	
■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 :	
N/A	
■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/Merit/Demerit of studying abroad on your future career/job hunting :	
N/A	

■ 留学中に行った就職活動/Job hunting activities during study abroad :

Applied for jobs or internships at Japanese companies

■ 進路・就職先(就職希望先)/Career/Occupation (planned) :

Research career, NPO

■ 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 :

I hope you will have a meaningful journey at the partner institution! Be sure to figure out what you want to experience and make good use of before going, and get ready for challenges.

■ 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 :

N/A

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記入日/Date: 2022/5/21

■ID:A21015

■参加プログラム/Program: 全学交換留学

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

■派遣先大学/Host university: プリンストン大学(学部)

■留学期間/Program period (yyyy/mm/dd): 2021/8/25 ~ 2022/5/12

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

■学年(留学開始時)/Year at the time of study abroad: 学部4年

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

何も考えずに申し込みました。

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

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

2022年/Academic year / 学部4年/University year / S2学期まで履修/Completed semester

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

留学

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

2021年/Academic year / 学部4年/University year / A1学期から履修開始/Semester

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

ずっと留学したかったことに加え、コロナで東大の授業が退屈になっていたから。

#### 学習・研究について/About study and research

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

単位数の測り方はわからないが、10コース。数学、古代ギリシア語、神経科学、ロシア語、機械学習など

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

よかった。

■留学先での1学期あたりの履修科目数と履修単位数/Number of subjects registered per semester and credits earned per semester :

4~6科目/Subjects / 1~10単位/credits

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

11~15時間/hours

■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 :
Drag Queens のショーに行ったのはなかなかアメリカらしいいい体験でした。
■週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
英語を使う以外は何も変わりません。

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

■設備/Facilities :
よかった。
■サポート体制/Support for students :
よかった。

#### 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 :
ルームシェアが不快でした。

■気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
夏は暑く、冬は寒かった。
■お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
アメリカは口座開設が簡単。
■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 :
ニューヨークで身なりの悪い人間(多くは黒人)に話しかけられても無視する。

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

■留学先への入学手続き/Procedures for enrollment required by the host institution :
大量の書類、鬱にならない程度に、遅れても最終的には全部出すことが重要。
■ビザの手続き/Procedures to obtain visas :
大使館行くだけでした。
■医療関係の準備/Preparations or actions taken to maintain your health :
コロナワクチン打つのが大変な時期でした。
■保険関係の準備/Preparations/procedures for insurance :
無駄なのでできるだけお金を払わないように気をつけるといいと思います。
■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 :
がんばる。
■語学関係の準備/Language preparation :
TOEFL で 100 点取るのが大事です。

#### 費用・奨学金に関する事/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	200,000 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.)	1,000,000 円/JPY
教科書代・書籍代/Textbook / Book	1,000,000 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)	100,000 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)	100,000 円/JPY
■その他、補足等/Additional comments :	
高かったです、保険は無駄だと思います。	

■留学先での毎月の生活費/Monthly cost of living during the study abroad period :	
家賃/Rent	100,000 円/JPY
食費/Food	30,000 円/JPY
交通費/Transportation	0 円/JPY
娯楽費/Entertainment/Leisure	0 円/JPY
■その他、補足等/Additional comments :	

■留学のための奨学金の受給有無/Scholarships for study abroad :	
受給した。	
■奨学金の支給機関・団体名等/Name of the source of the scholarships :	
JASSO	
■受給金額(月額)/Monthly stipend :	
80,000 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? :	
大学(本部)からの紹介	

#### 今後の予定について/About your future plans

■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)/The subjects for which you plan to (are planning to) transfer credit to UTokyo :	
なし	
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :	
0 単位/credit(s)	
■留学先で取得し、単位認定申請を行う(予定の)単位数/Number of credits earned and (planned to be) transferred to UTokyo :	
0 単位/credit(s)	

■これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :
0 単位/credit(s)
■卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :
2025 年 3 月

留学を振り返って/Reflection

■留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :
英語を使うこと以外あまり変わらないのですが、すごく安い旅行として最高でした。分野によっては教育も私に東大よりあっている部分があったので、いろんなところに行くことは普通に良い経験になると思います。
■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 :
アメリカでお医者さんになることにしました。
■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/Merit/Demerit of studying abroad on your future career/job hunting :
東大生くらい優秀な人のキャリアは、他者からの評価ではなくその人自身の能力で決まるので、英語能力を除けば、一般に留学先が向いていた人には自己実現への近道、そうでない人にはその逆になると思います。東大も真面目に教育やっているの、留学すればいいというものではないです。
■留学中に行った就職活動/Job hunting activities during study abroad :
いずれも行っていない。
■進路・就職先(就職希望先)/Career/Occupation (planned) :
専門職(法曹・医師・会計士等)、アメリカでお医者さんになります。
■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 :
英語はやっておきましょう。
■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 :
Google