

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: 2022/7/22

■ID: A21003

■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>

■派遣先大学/Host university: イェール大学 Yale University (Fox International Fellowship Program)

■留学期間/Program period (yyyy/mm/dd): 2021/8/17 ~ 2022/5/31

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: 公共政策学教育部 International Public Policy

■学年(留学開始時)/Year at the time of study abroad: 博士3年/D3

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

I liked the program at Yale for refining my dissertation. I have decided to study abroad when I finished my coursework.

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 / 博士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/Study Abroad

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

2023年/Academic year / 博士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:

Followed the period of the program

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:

Fox International Seminar,
Economic Development
Applied Econometrics
Causal Inference

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

There are so many great workshops and seminars to attend every 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:

1~3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 :
21 時間以上/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/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 :
There are many events at Yale including music performance, play, etc. International office sends emails about the events to all the students.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
I usually attended the event at Yale and did socializing with students at Yale in my free time.

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

■ 設備/Facilities :
Student ID allows you to access to all the libraries (except for law library) and gym. Program did not charge the fellows for the wi-fi at the apartment.
■ サポート体制/Support for students :
Program assistant was really helpful to get useful information and advice on the life at Yale. It would be better to have a group chat with fellows to share the information.

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 :
アパートなどの賃貸/Rented apartments, etc.
■ 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 :
You are assigned to one of the off-campus apartment near the campus, which is random. Most of the apartments are very old, so you might experience power outage. 2-3 persons share the apartment with shared bathroom.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
Since winter is way too long, be sure that you have enough clothes to bundle up. Not many supermarkets or restaurants exist near the apartment so it might be better to order grocery or something online.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
Almost everyone opens an account at Bank of America. It is better to have physical card all the time as some restaurants do not accept cash. Apple pay is quite common. Do not forget to tip them (usually 18%).
■ 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 :
I did not feel dangerous, but there were 2-3 gunshots near the campus. You can use campus shuttle or door-to-door services at late night. Yale health covers almost everything and you can use counseling services if you need someone to talk.

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 :
Website of the fellowship program
■ ビザの手続き/Procedures to obtain visas :
J1 Visa (took me less than a week to get the VISA)
■ 医療関係の準備/Preparations or actions taken to maintain your health :
You need to get some required vaccinations beforehand. Health insurance covers almost everything at Yale.
■ 保険関係の準備/Preparations/procedures for insurance :
I registered the one that UTokyo required.
■ 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 had already finished my coursework and only focused on my dissertation at Yale.
■ 語学関係の準備/Language preparation :
I needed to submit TOEFL score when I applied for the program.

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	0* 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	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)	90,000 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 :	
* (Comment from the International Exchange Group, UTokyo) All Fellows at Yale receive the same award which includes round-trip travel, accommodations in rental housing provided by the Fox Fellowship and a generous living stipend to cover expenses	

■ 留学先での毎月の生活費/Monthly cost of living during the study abroad period :	
家賃/Rent	0* 円/JPY
食費/Food	50,000 円/JPY
交通費/Transportation	10,000 円/JPY
娯楽費/Entertainment/Leisure	10,000 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/Yes, I received some.
■ 奨学金の支給機関・団体名等/Name of the source of the scholarships :

Yale University
■ 受給金額(月額)/Monthly stipend :
150,000 円/yen
■ 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/Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo

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 :
Nothing
■ 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) :
2024 年 9 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 :
I am really satisfied with the program since it made me experience many things and take advantage of great resource.
■ 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 am not sure about this.
■ 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 :
I am not sure about this.
■ 留学中に行った就職活動/Job hunting activities during study abroad :
学会・セミナーに参加した/Attended conferences or seminars
■ 進路・就職先(就職希望先)/Career/Occupation (planned) :
研究職/Research career
■ 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 :
Taking a balance is the most important thing I guess. Be sure to what you prioritize.
■ 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 :

Yale website.