

## 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: 2023/2/19

■ID: A22073

■参加プログラム/Program: Exchange Program

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

■派遣先大学/Host university: ETH Zurich

■留学期間/Program period (yyyy/mm/dd): 2022/9/19 ~ 2023/2/17

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

Department of Electrical Engineering and Information Systems

■学年(留学開始時)/Year at the time of study abroad: 2<sup>nd</sup> year of Ph.D. program

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

I wanted to see how researchers at world-famous European universities conduct their research projects and to seek opportunities to work with them on my projects.

## 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 / D2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:

2023年/Academic year / D3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:

I think this is a golden time for me to study another way of doing research in a new environment.

## 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:

Credit Project/25

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

I joined many laboratory seminars and some defenses. It is very interesting to study how the Ph.D. candidates there conduct their research.

■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 Subjects / 21 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 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, Travel

■ 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 :

I enjoyed my time with groups organized by ESN to visit representative places and learn about local cultures. I also traveled around during the holidays and enjoyed the impressive natural attractions.

■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :

I traveled around Switzerland and surrounding countries.

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

■ 設備/Facilities :

I did not use libraries often because I have my office in the lab. ASVZ is a great choice to do all kinds of sports. UZH cafeterias seem to be better in quality and price, though I think ETH cafeterias are sufficient for simple lunch. Wi-Fi covers the entire campus.

■ サポート体制/Support for students :

UZH provides German language courses at a discount price for students. I suggest to follow ESN, a non-profit international student organization. ESN provides various opportunities to engage in the local culture and learn the traditions at an affordable price.

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 :

My accommodation is a little far away from the main campus. We have individual rooms and share one kitchen and a bathroom. The host university contacted me to apply for the accommodation because the rent is expensive in Zurich.

■ 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 and environment is great. The transportation is convenient. I can cycle around the campus. We have several cafeterias, though I usually cooked myself.

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

I opened a USB account to receive international transfer and paid for my rent. I also registered the TWINT app to facilitate the online and contactless payments.

■ 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 :

Zurich makes me feel safe. The safety depends if traveling to somewhere else. Keep exercising is the best way to maintain my health.

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 :

I applied for a research project that requires the consent of the professor at the host institution. I suggest contacting professors as soon as possible because they are very busy and may reply emails late.

■ビザの手続き/Procedures to obtain visas :

I first contacted Embassy of Switzerland in Tokyo for the application of a Type D visa to enter Switzerland. Then I registered a L EU/EFTA permit after entering.

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

I took some dietary supplements with me. To maintain health, I highly suggest continuing to exercising.

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

I did not prepare extra insurance, though advised to have a liability insurance.

■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 :

It is important to know how the department requires to deal with compulsory courses at UTokyo. I once made a preparation for a compulsory course at 2 am at local time.

■語学関係の準備/Language preparation :

I only studied basic German and did not use much while in Switzerland. I think English is enough for daily life if there is no time for language courses.

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)	69,000 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)	48,000 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	104,000 円/JPY
食費/Food	105,000 円/JPY
交通費/Transportation	10,000 円/JPY
娯楽費/Entertainment/Leisure	15,000 円/JPY

■その他、補足等/Additional comments :

I did not pay much on public transportation because I bought a bike.

■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 :
Go Global Scholarship
■受給金額(月額)/Monthly stipend :
80,000 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? :
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 :
Credit Project/25
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
6 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 :
6 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 credit(s)
■卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :
2024/3

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 :
Studying abroad is really a challenging and impressive experience that helped me get out of my comfort zone and learned a lot of new things.
■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 learned a new system of processing research ideas and deepening research projects.
■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 :
The experience of working on promising projects with much insightful advice from scholars at the host university enhanced my skills to develop an academic career.
■留学中に行った就職活動/Job hunting activities during study abroad :
Attended conferences or seminars
■進路・就職先(就職希望先)/Career/Occupation (planned) :
Research career, Entrepreneurship
■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 :

Please treasure this opportunity and make the best use of the time during your stay.

■ 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 :

<https://www.u-tokyo.ac.jp/adm/go-global/ja/index.html>

## 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: 2023/3/21

■ID: A22077

■参加プログラム/Program: Exchange Program

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

■派遣先大学/Host university: ETH Zurich

■留学期間/Program period (yyyy/mm/dd): 2022/9/19 ~ 2023/2/17

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: College of Arts and Sciences

■学年(留学開始時)/Year at the time of study abroad: 3<sup>rd</sup> year

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

I have wanted to experience living in Europe even before I started university. I enjoy traveling, and have had a desire to go outside of Japan, especially after being restricted during the COVID-19 pandemic.

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 / B2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:

2023年/Academic year / B3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:

I did not want to delay my graduation and most universities abroad start the semester in the fall.

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:

Applied Statistical Regression/5  
Accounting for Managers/3  
Corporate Sustainability/3  
International Environmental Politics/3  
Resource and Environmental Economics/3  
German A1/2

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

Most were lecture style format, with some group projects. Lecture recordings and study materials are very thoroughly provided by the professors and TAs.

■ 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 Subjects / 11 - 20 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 :
6 - 10 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
■ 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 :
Joined a team in the Swiss Volleyball League and also played with university students every week.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
Traveling around Europe

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

■ 設備/Facilities :
Everything is available, lots of sports options.
■ サポート体制/Support for students :
Lots of German classes available during the semester, lots of school events and clubs and organizations

#### 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 :
Far from campus and city center but scenic location

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
Beautiful country and convenient transportation, not many food options.
■ お金の管理方法、現地の通貨事情/Management of money and situation about local economy :
Opened UBS bank account and also used a credit card I already had.
■ 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 :
Country is very safe and clean, did not use health care.

#### 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 :
Transcripts and application essay
■ ビザの手続き/Procedures to obtain visas :
None needed
■ 医療関係の準備/Preparations or actions taken to maintain your health :

None
■ 保険関係の準備/Preparations/procedures for insurance :
Many insurance purchases necessary by both UTokyo and the Swiss government.
■ 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 :
Take more classes in advance so you don't have to worry about delaying graduation.
■ 語学関係の準備/Language preparation :
Took Introductory German the semester before going abroad

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	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.)	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)	50,000 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)	30,000 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	80,000 円/JPY
食費/Food	50,000 円/JPY
交通費/Transportation	15,000 円/JPY
娯楽費/Entertainment/Leisure	80,000 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 :	
No, I did not receive any.	
■ 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? :	

今後の予定について/About your future plans



<p>■ 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 :</p>
<p>Applied Statistical Regression/5 Accounting for Managers/3 Corporate Sustainability/3 International Environmental Politics/3 Resource and Environmental Economics/3 German A1/2</p>
<p>■ 留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :</p>
<p>20 credit(s)</p>
<p>■ 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 :</p>
<p>17 credit(s)</p>
<p>■ これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :</p>
<p>10 credit(s)</p>
<p>■ 卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :</p>
<p>2024/9</p>

#### 留学を振り返って/Reflection

<p>Became more aware of cultural differences and ways of thinking.</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>Was able to meet people and learned from their job hunting experiences, and allowed me to determine what career field I would like to go to</p>
<p>■ 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 :</p>
<p>Japanese got worse due to limited interactions in Japanese</p>
<p>■ 留学中に行った就職活動/Job hunting activities during study abroad :</p>
<p>Tried networking with people already working, Applied for jobs or internships at Japanese companies</p>
<p>■ 進路・就職先(就職希望先)/Career/Occupation (planned) :</p>
<p>Private sector, Investment</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>Make sure to research the costs of where you are planning to study in and I would recommend going outside your comfort zone and trying to meet new people.</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>Travel Guides</p>