

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: 2023/8/5

■ID: A22002

■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: Trinity College Dublin

■留学期間/Program period (yyyy/mm/dd): 2022/8/29 ~ 2023/5/7

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

College of Arts and Sciences (PEAK/ International Program on Environmental Science)

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

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

The reason why I wanted to go for the study abroad is because I wanted to experience different culture, different lifestyle, and the different ways of studying. Furthermore, I wanted to challenge myself by being independent at a foreign and new environment as well as to figure out where would be the best place for me to study/work in the field of environmental sciences after completing my undergraduate studies. Although I wanted to go during my third year, all exchange programs were closed due to COVID-19 and hence I decided to go during my fourth year when the programs re-opened. UTokyo department had informed me that my graduation will be delayed a year if I go on the study abroad after third year, but I believed that studying and experiencing the wider world for a year would be much more meaningful and valuable than graduating a year earlier - and I still believe that I had made a right choice.

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 / B3年/University year / A2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 / B4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:

I have originally planned to pursue a study abroad program during my 3rd year of undergraduate studies; however, all exchanges were closed during COVID19. By the time I finished my 3rd year, the exchange program re-opened to accept applications, therefore I went after I finished my 3rd year.

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 :

- Entomology/2
- Environmental Monitoring/2
- Perception/2- Foundations of Psychology/2
- Personality and Individual Differences/2
- The Psychology of the Climate Crisis/2
- Design Thinking/2
- Toolkit for a Smart & Sustainable World/2

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

The lectures are generally held in a large group of students in a lecture hall. I found that the lectures in general were very interactive and open. For example, the professors frequently asked questions to the students, sent out online surveys during lectures to supplement the lecture content, and even the students were also actively answering the questions, sharing opinions, asking questions, and even suggesting an alternative opinion to what the professors have explained. What I was impressed the most was how the professors responded to such suggestions from the students. The professors were very open and curious towards different opinions and were happy to hear different perspectives and also to give small changes to their lecture content if they thought that the student had a valid point. Furthermore, when the professors were asked with questions to which they did not know the answers, they ensured to conduct research and address the questions at the beginning of the next lecture. A lot of the lectures involved group projects as well, where communication and collaboration were essential skills needed to earn the class credits. I found this interactive and open approach to lectures very helpful not only for my concentration but also for my motivation to study and learn.

■ 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, 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 :

I joined multiple clubs and societies during the study abroad: archery club, Korean society, art workshop, and zoological society. Among them, I was most active in the archery club and the Korean society. The Korean society held multiple events everyweek throughout the year, including Korean culture day, language learning, Kpop dance classes, Korean traditional art, Korean traditional food tour. I initially had joined this society in hopes of meeting other Korean students at the host university just only to find out that I was one of the very few Koreans in the society and the rest were the students who were interested in the Korean culture and language, and are passionate in learning about Korea. Although I was new to the society and an exchange student, I actively participated in all events held by the society and helped others learning the Korean culture and language. It was

really nice seeing foreign friends interested and passionate in learning about my country and culture. The archery club had training sessions three times a week for three hours each session. I had never tried archery before, so I had to start from the basics such as how to hold the bow, how to stand, how to aim, and how to shoot the arrow. All archery equipment was given by the club. Once a week, a professional archery coach who turned out to be the top archer in Ireland - came to our training and helped us with our forms. I also participated in all the inter-varsity competitions held throughout the year where different colleges in Ireland gathered and competed. I was proud to win the bronze medal at the end of the inter-varsity competition season. These two club and society helped me greatly with making friends, socializing, understanding the Irish culture, experiencing the local student life, and enjoying my study abroad period. I am very glad that I decided to join these two club and society.

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

I spent my weekends at parks and cafes either with my friends or by myself. I started to realize how I had been self-conscious about spending my time alone before coming to Dublin, and I started to fully enjoy and appreciate the time by myself while studying abroad. I also spent a lot of time hanging out with my friends from my clubs and societies, attending archery training sessions, and participating in archery competitions. During vacations, I traveled to different places in Europe either with friends, alone, or to meet a friend in the country.

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

■設備/Facilities :

There are three different libraries in Trinity College Dublin (TCD) with plenty of desks, resources and space for students to study. The college sports center accommodates various types of sport club trainings and activities, such as swimming, basketball, volleyball, martial arts, fencing, trampoline, handball, bouldering, gym, soccer, rowing, badminton, archery, etc. The sports center also has rooms and halls for meetings and social gatherings. There are two cafeterias in the campus for students to freely use for both eating and studying purposes. Additionally, there are a few cafes in different places of the campus as well as a pub. For Wi-fi, I sometimes experienced my electronic devices disconnecting from the internet but overall the Wi-fi was reliable and consistent throughout the campus.

■サポート体制/Support for students :

TCD has an office called the Global Room where international students or students in general could ask questions about the student life (i.e. languages, study, mental health, etc.). There are student volunteers and workers in the Global Room, which makes it easily accessible and approachable by the students.

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 :

It is an off-campus student accommodation with an individual room as well as individual bathroom,

while sharing the living room and the kitchen with 6 other student flatmates. The accommodation is located at the central part of the city, only a 15-minute walking distance from my host university, making it very convenient. There are three different grocery stores within a 5-minute walking distance around my accommodation, while the city's Main Street is within a 10-minute walking distance, and a major train station is within a 3-minute walking distance. I found the accommodation through a recommendation by an acquaintance of my friends who is a full-time student at the host university.

■ 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 in Ireland is not very good. The sky is mostly gloomy and cloudy with cold wind. It rains very frequently and unexpectedly with frequent weather changes within the day, so it is recommended that you wear layers of clothes to prepare for both cold and hot weathers (you start to appreciate sunny days). The transportation is pretty convenient in Dublin, people mainly travel through the train, Luas (Tram system in Dublin), and bus. However, the city itself is pretty small and concentrated, so most of the places are within a walking distance. Make sure to get the student Leap card when using transportation in Ireland as it gives good discounts on the transportation fee. There is a diverse type of food in Dublin from different countries and culture. However, I personally did not think there is a special Irish traditional meal. The prices for eating out are usually expensive, so I mostly bought ingredients from grocery stores and cooked at home.

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

I did not open a local bank account and, instead, used my debit card from Japan most of the times. I also used PayPal, in which I had money in USD and Euros, when making most online payment. I barely used cash while in study abroad.

■ 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 :

In Dublin, you would first visit a General Practitioner (GP) if you have any health issues. Then the GP would recommend you to a specific specialist or clinic if they believe you need a more detailed prescription. Fortunately I did not have any serious health issues while studying abroad and I did not encounter particular risk or safety issues throughout my stay in Dublin for the study abroad.

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 had to submit my transcript from the University of Tokyo as well as a recommendation letter to my host university. As I will mainly be studying environmental sciences during the exchange program, I kindly asked a professor in the field of environmental sciences/ sustainability who has been my supervisor for a previous project I had been working on at the University of Tokyo. Along with the documents I had to submit to the host university, I also had to fill in the application form explaining my personal interests, why I have chosen the host university, what I intend to study, and what I would like to do after my studies. Furthermore, I had to submit the list of choices of specific departments I want to join for my studies (i.e. chemistry, biology, economics, psychology, environmental studies, zoology). When the host university had notified me that I was given an unconditional offer for the

study abroad, they also informed me which departments accepted me - I was accepted to environmental studies, psychology, and biochemistry. An advice I can give is to clearly elaborate on how important your choice of study area is to you, and how passionate you are in deepening your understanding of it. If you can show how you have been involved in activities/projects relating to your interest, what efforts you have made, and what you would like to study at the host university in detail, it would be helpful for the host university as well as for you to understand how meaningful the study abroad will be.

■ビザの手続き/Procedures to obtain visas :

With my Korean passport, I could enter the host country and stay up to 3 months without a visa. Instead, at the passport control, I got a stamp on my passport stating that I have to get a student residency visa within the 3 months of staying in the country. Upon arriving to my dormitory I immediately called the immigration office to reserve an appointment to apply for the IRP (Irish Residency Permit). The appointment time is assigned by the immigration office and it seems like the time assigned is usually 1-2 months after the call but I was lucky enough to be given a spot at a week after my call. To apply for the IRP, I am required to bring my passport, passport photo, evidence that I am enrolled to a school, evidence that I have paid the tuition fee, and insurance. Upon having all my documents approved, I received my residency card in 2 weeks. The residency card was valid for one year and was needed at the passport control whenever I re-entered the country. My advice would be to get the visa appointment as soon as possible as it takes quite a long time (I have seen students who took more than 3 months to get it).

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

I personally did not take any medications with me nor did I have vaccinations before departure. I just tried to maintain my diet and activity to stay healthy before leaving.

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

I was registered in the mandatory overseas insurance (Funai Kaigaku) and OSSMA. I have no particular advice other than to make sure that the insurance period covers the study abroad 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 :

I left for the study abroad after completing my 3rd year of undergraduate and I planned to resume to my 4th year after coming back from the study abroad (my graduation would be delayed by a year). Therefore, there were no major issues with class registration, examinations, and submission of thesis at UTokyo when departing to study abroad.

■語学関係の準備/Language preparation :

I have been studying in an international school throughout my primary and secondary school, and currently in the PEAK program, which is all taught in English. As I have been using English as my academic language and my host university conducts lectures exclusively in English, I did not make any particular preparations for the language.

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	300,000 円/JPY
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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.)	22,000 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)	30,000 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)	40,000 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	130,000 円/JPY
食費/Food	45,000 円/JPY
交通費/Transportation	1,500 円/JPY
娯楽費/Entertainment/Leisure	20,000 円/JPY
■その他、補足等/Additional comments :	
The payment to host institution is the fee paid for using the sports center, sports club membership fee, and other society membership fees.	

■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 :	
JASSO	
■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? :	
Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo, 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 :	
<ul style="list-style-type: none"> - Entomology/2 - Environmental Monitoring/2 - The Psychology of the Climate Crisis/2 - Toolkit for a Smart & Sustainable World/2 	
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :	
54 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 :
8 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 credit(s)
■卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :
2024/9

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 :
<p>Upon going to the study abroad, I was able to improve my communication skills, primarily because I was in an environment that I had never been before. In general, I feel that I have become more confident and comfortable when speaking up my opinions and making small talks in social events. I also believe that I am now more open-minded to different perspectives through meeting people from diverse countries and culture. I have also developed new hobbies such as hiking and archery that I discovered during my study abroad experience, which has helped me become healthier and stronger both physically and mentally. I have developed a great appreciation for sunny weather, nature, and self-care more than before studying abroad. I also learned how to be independent and responsible for myself from living abroad alone for a year, and have come to realize how much I enjoy traveling alone in foreign and new countries. Overall, I believe I have learned so much valuable lessons about not only environmental sciences but also about people and myself.</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>After experiencing the vast nature as well as engaging in researches on ecological conservation in Europe (particularly in Switzerland, Norway, and Germany), I have started to hope for extending my studies and working in Europe. While I was not sure of where I can go to find career opportunities closely aligned with my main field of interest, now I believe there is a place in mind that I can aim for and research further.</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>I do believe that the experience of studying abroad has greatly helped me with deciding on my career path. On the other hand, I feel that it would be not be an easy decision to make if you are a studying abroad student in terms of job hunting due to various challenges, including the visa. I have heard from other international students who are willing to settle down in Dublin that finding jobs as an international student is a difficult task due to visa.</p>
■ 留学中に行った就職活動/Job hunting activities during study abroad :
<p>Attended conferences or seminars</p>
■ 進路・就職先(就職希望先)/Career/Occupation (planned) :
<p>Researcher, NPO</p> <p>I am interested in working and conducting research in ecology conservation organizations such as</p>

the World Wide Fund (WWF), Wildlife Conservation Society, and International Fund for Animal Welfare.

■ 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 :

Going abroad to live alone and study in a foreign country may be a huge challenge and an intimidating experience. However, I can assure you that there is so much more to enjoy, learn, experience, and see how you can do when you study abroad. Be prepared for the fact that the culture and people in your study abroad country may be very different from your own, but as long as you are open to such differences and are enthusiastic in learning them, you will find yourself enjoying the experience of meeting new people. I hope you can also have a meaningful time during your study abroad and make priceless memories during the time!

■ 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 :

I did not particularly look into websites or publications while preparing for or during my time overseas, other than researching blog posts of previous study abroad students to Ireland to estimate the living cost as well as to determine the appropriate clothing to bring with me.