

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: 2023/5/30

■ID: A22103

■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: Universite Grenoble Alpes

■留学期間/Program period (yyyy/mm/dd): 2023/1/12 ~ 2023/6/2

■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 Japan in East Asia)

■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? :

Having studied French for a couple of years, I wanted to improve my French and immerse myself in the day-to-day life of the French people. I also wanted to further my studies in Law, as I am not in the faculty of law at UTokyo, but have been involved in a lot of law studies and plan to pursue a law degree in the future. I decided to study abroad at this time because I wanted to go abroad in my 3rd year, and found the spring semester of my 3rd year to be the right time in terms of scheduling and the opening of borders following the 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 :

2023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 wanted to go abroad in my 3rd year of studies, but also wanted to go to Europe during the Spring semester as I have heard that the Winter season can be a little gloomy.

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 :

History of Human Rights/4

International Protection of Human Rights/4

Biodiversity and the Law/4

Private International Law/4

European Business Law/5
Introduction to Common Law/5
French Language Courses/3
■ 留学中の学習・研究の概要/Overview of the study/research during study abroad :
All classes were taught by accomplished lawyers and the contents of all the classes I took were very interesting to me. I was especially interested in the history of human rights and international human rights law class, as well as the common law class. Classes were mostly 2 hours long, but some were taught over 3 hours each session. Most classes required readings to be completed before lectures.
■ 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 :
7 - 9 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 :
11 - 15 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 :
I took part in the university's cardio dance class every week, and also joined the university's winter sports (ski and snowboarding) club. During the winter season, I went snowboarding in the Alpes a few times, and also took part in some snowboarding classes.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
Some free time was spent travelling within France, and others were spent exploring my own city, or spending time with friends.

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

■ 設備/Facilities :
There were 3 or more libraries on campus. We were given access to all, and were also able to utilise the online catalog system. There were also multiple cafeterias on campus, and meals were available at 3 euros for students. There was Wi-Fi provided throughout campus. Sport facilities included swimming pools, beach volleyball courts, dance studios, and many others.
■ サポート体制/Support for students :
There was a buddy system available for exchange students to be paired with a French student in the beginning of the semester. In terms of administrative matters, there was an administrative coordinator we were able to contact for things related to our studies. Mental health support was also available at the university's clinic.

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 :
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 :

I am living in an individual studio apartment off campus that is equipped with a kitchen in the room, and the apartment itself has washing machines for laundry, a gym, a few conference rooms, a breakfast room, and a front desk. I found the apartment through the university's international exchange support group, which helps students find accommodation and apply to public ones if needed.

■気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :

Grenoble is surrounded by mountains, which is one of the attractive features of the city. However, this also means that the air quality is not very good, as the city is located in a valley. The climate is fairly pleasant, although this depends on the time of the year. During the winter the weather can get gloomy, and there is a rainy season in January and around May, but during the spring when I stayed, it was very sunny and pleasant. The city itself is much smaller compared to Tokyo, and getting around is very easy and convenient. Trams are the main mode of transportation in most French cities apart from Paris. Food can be expensive if you eat outside, so being able to cook at home is a plus. There are a variety of cuisines available, but be aware that shops may close earlier than expected as compared to in Tokyo.

■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 as I only stayed for 6 months. I think even for longer stays it is possible to live here without opening one. However, in France many things (insurance, housing application, etc.) requires the RIB, which is a document in French banks that gives information about your account so that money transfers can be made. It is difficult to obtain an equivalent document for Japanese accounts, so this can be a problem. As a half-Singaporean, I had Singaporean bank accounts with 'Euro-account numbers' which I could use to pay for my accommodation and receive bank transfers. For my other day-to-day expenses, I used my Japanese credit card. Cash is rarely used in France, and it is much easier to use credit cards when you are not used to handling the local currency.

■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 :

There are many pharmacies around France, hence getting first aid and over-the-counter medicine is easy. This was important when I got injured (I fell off my bike in the rain), and went to the pharmacy to buy band-aids and disinfectant. The pharmacist, however, has some medical knowledge and treated my wounds for free. Other than this, you are required to obtain a social security number to have access to medical care if needed. There is a clinic on campus for students to go to, and to my knowledge everything is free for students. In terms of safety, I only knew after I arrived that Grenoble is not considered the safest city in France. However, I personally have not run into any trouble. As a precaution, however, if I am out at night I always have friends accompany me home, and take the public scooter to ride home if I am alone. It is also good to research and stay away from areas considered unsafe.

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

I had to send my CV, language certification document, class enrollment form, and a motivational letter. Such documents will differ by university, but from my experience they were not very difficult to prepare. For students going to countries where there are language requirements, I advise them to prepare their language certifications early. For me, because I did not take any standardised tests, I initially had to be evaluated and certified by a professor at UTokyo. Later, however, I decided to only take courses taught in English at my host institution, hence I only had to have my faculty's dean confirm that English is my first language. Nonetheless, I found that certifying my language proficiencies was the most time-taking procedure. I already had a CV prepared, but for students who have never made one, I suggest they start early as it can be difficult to make a CV from scratch.

■ ビザの手続き/Procedures to obtain visas :

I applied for a student visa that allows me to access the Schengen area for 6 months. I applied at the French embassy in Tokyo, and the processing time was very quick (1 or 2 weeks) as I had applied a little last minute and they made some exceptions in reserving a time slot. Before going to the embassy, I had to fill in all my details at Etudes en France and pay a fee because I am residing in Japan. I really advise others to work on their visa applications early, though the time it takes to receive confirmations that your exchange program has been accepted on the host university's side may make it difficult to start early. For me, my acceptance at my host university was only completed in late October, and Etudes en France also takes time to look through your documents and send it to the embassy, so the time is very tight.

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

It is good to go for dental check-ups before going abroad as dental healthcare is relatively harder to have access to compared to regular medical services. If you have allergies, or have medicines you always take when ill, I suggest you bring them with you, as it may be difficult to go buy medicine once you are feeling ill (it is better to have them on hand). I also have friends who find the allergy medicines in France not effective enough, and had their relatives send them medicine from their home countries, so for general medicines it is recommended to bring them.

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

My faculty required me to sign up for OSSMA on top of Futai Kaigaku. In general, insurance procedures are quite easy at UTokyo, as the international exchange group will register for insurance for you. OSSMA is also easy to sign up for as they only require the dates and place of travel, etc.

■ 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 to fill in several forms to request approvals for my program abroad (a form to research and acknowledge safety risks), a form to request approval for studying abroad and to inform the faculty of the classes I intend to take, a form to share my contact information and flight details, insurance plans, etc. I can only advise others to not procrastinate and to try to complete these procedures as early as possible. You would need to have already gotten your flight tickets and insurances to complete these procedures, so all relevant procedures for your exchange needs to be completed in a timely manner so that the entire process will finish without delay.

■ 語学関係の準備/Language preparation :

My French proficiency was already at high B2 from several years of study from high school to university. I have friends on exchange in France who cannot speak French at all, but I highly recommend for people to go on exchange where they are trying to learn the language, as it is a very precious opportunity to improve one's language proficiency. In France, there are also many people who cannot speak English very well, so I advise other students to have at least some basic or every-day-level proficiency in French if they want to come on exchange here and be able to order food and buy things without much issue.

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	131,526 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)	64,790 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)	4,000 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	92,465 円/JPY
食費/Food	50,000 円/JPY
交通費/Transportation	2,400 円/JPY
娯楽費/Entertainment/Leisure	50,000 円/JPY
■その他、補足等/Additional comments :	
Entertainment/leisure includes trips to other cities, hence the price.	

■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>International Protection of Human Rights/4 Biodiversity and the Law/4 Private International Law/4 French Language Courses/3</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>35 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>8 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>4 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>■ 留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :</p>
<p>I am especially happy with the confidence I have gained while being abroad, as I have made many friends and become able to speak a foreign language confidently, such that I have also made friends just by going out and interacting with strangers. I was also happy that I could prove to myself and to others that I can thrive even when living alone. Lastly, I am very satisfied with the fact that I have gained a lot of legal knowledge, especially technical knowledge on how to read cases, summarise them, or write legal arguments. This will definitely help me in the future when I pursue a law career.</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>My study abroad experience has strengthened my plans to pursue a career in law, as I have been able to see that I am interested in many fields of law, and am able to perform well academically in legal studies.</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>Having studied in a Faculty of Law even for a short while will be a valuable addition to my resume for pursuing a career in the field of law. The legal knowledge I have acquired is also relevant to a variety of activities I am taking part in. For example, at UTokyo, I have been part of the International Humanitarian Law team and represented the university in various competitions. Learning about international human rights law is definitely a valuable addition to my knowledge in this area of legal studies, and will not only aid me as I mentor new teams, but as I write my senior thesis, which I am using to research more about the international human rights protection system. For my job hunting, my experience has definitely been an important factor in enabling me to find internships at law firms, which value the fact that I have some foundations in legal studies.</p>

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

Tried networking with people already working,
Applied for jobs or internships at Japanese companies,
Applied for internships in Singapore (my home country)

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

Specialists (Judiciary, Medical, Accountant, etc.)

■ 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 advise future participants to not hesitate to plan a study abroad program, as it is extremely beneficial to not only their studies but also character development.

■ 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 :

The UTokyo Go Global Website was very helpful, as well as the websites of my host university. I advise other students to conduct online research on their prospective host universities to inform their decisions regarding which institutions to go to, and what preparations need to be made.