

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：2024/5/22

■ID：A23018

■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-USTEP.html

■派遣先大学/Host university：スウァスモアカレッジ

■留学期間/Program period (yyyy/mm/dd)：2023/9/5 ～ 2024/5/16

■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3年

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

I am inclined to become a basic science researcher in the field of medicine, and the research environment in the U.S. is the most desirable for that purpose. I wanted to gain the research experience there. Also, I was curious how hard students in American colleges study since I heard U.S. colleges are more intense than Japan. I wanted to immerse myself in the environment and see how successful and competitive I could be in it.

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 / 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 / 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 study abroad as early as possible, but I was not able to prepare for it in the freshman year. I ended up applying in the second 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：

PEAC 030.01 - War & Violence in Lived Experience/1

CHEM 108.01 - Topics in Biochemistry/1

PSYC 131.01 - Seminar:Cog Neuroscience/1

ENGR 065.01/A - Intro to Biomechanics/1

BIOL129.01 - Developmental Neurotoxicology/1

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| CHEM065.01 - Adv Exper Chem/1 ENGR083.01 - Fluid Mechanics/1 MATH056 - Modeling/1 PHIL027.01 - Ethics & Technology /1 CHEM 094.10 - Research Project/ 0.5 x2 |
| ■ 留学中の学習・研究の概要/Overview of the study/research during study abroad : |
| It depends on what courses you take. If you take an intro course, then you will likely take the course with many students, but if you take higher level courses, class size becomes much smaller sometimes only 3-4 students. Most courses require students to prepare for the classes beforehand. 100-200 page reading is a common assignment for humanity courses. In STEM courses, the assignment is often in the form of homework, which takes 5-10 hours a week per class. |
| ■ 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 : |
| 10 to 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 : |
| 16 - 20 hrs 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 : |
| I joined Japanese club called Kizuna, where students who have their background in Japan and are interested in Japanese culture gather at every Friday dinner. We sometimes meet for having curry or sushi party. Additionally, I enjoyed playing basketball in my free time just for fun. I also went to Shogi club as well, which meets every Thursday afternoon. |
| ■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? : |
| In the fall semester, I spent my weekend mostly grinding in my school work. In the spring semester, I learned how to balance out my homework and leisure time, which allows me to take several trips to places like New York, Baltimore, and DC. |

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| 派遣先大学の環境について/About environment at the host institution |
| ■ 設備/Facilities : |
| There are three libraries- McCabe, Cornell, and Underhill. Among them, McCabe is the biggest library that consists of three levels with the basement. Students can chat or bring food in the libraries, which was very surprising to me at first. Besides libraries, you can study in empty classrooms and small study-rooms in other buildings. There is a gym, pool and several fields for athletic clubs. You can use all of them for free when they are open. On campus, there are one big cafeterias and three small cafes where you can get food and drinks. Wi-Fi is so robust, far more stable than the one at UTokyo. |
| ■ サポート体制/Support for students : |
| I do not think there is any support that is specifically for English, but students can drop by professors' office during their office hours to discuss any concerns about it. Also, each student has one academic advisor who |

they can ask for any help whenever it is necessary. You can also use a couple of students' leading supports such as Student Academic Mentors (SAM) and writing center. The International Student Center is another great resource you can access. The people there are fantastic.

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 dorm was on campus. Another student who came from the UTokyo also got in the same dorm. There are more than 10 on campus dorms at Swarthmore, and you will be assigned to one of them. Most of them are within 10 minute-walk from classroom buildings and the food hall. You are highly likely to get one or more roommates. The temperature is controlled by central heating system and be prepared for no AC in some dorms.

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

Climate is definitely colder than in Tokyo. Temperature goes down to 20-30 °F in winter. As for transportation, there is a local train called SEPTA, with which you can go to the center city of Philly and the airport. One thing I would complain about the train system is that it runs only every an hour. SEPTA buses also run, but not punctual. Along with the cafeteria and cafes, there are a couple of meal options outside the campus. We call the area Swarthmore Ville. Get food in restaurants there and COOP. Many people prefer going to China town in Philly to get dinner over the weekends.

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

You can open a U.S. bank account, but no bank is within walking distance. I used multiple ways to transfer money from Japan. Sometimes I transferred money online from Japanese bank account. Sometimes I used Japanese credit card/ debit card. In addition, you can make a U.S. credit card once you get your Social Security Number, if you want.

■ 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 :

Swarthmore is one of the safest areas in the U.S. You can walk alone freely even during midnight on campus. I sometimes left my belongings for hours in the library or classroom, but I have never had anything stolen. However, to be fair, I heard many incidences of earphones being stolen on campus. It would be better to be precarious. Nevertheless, overall, the campus is a pretty safe place. In contrast, Philly, which is 30 minute away from Swarthmore, is thought of as one of the least safe cities. When you just hang out with friends, say in China town, I do not think you will encounter very dangerous situations, but you will certainly see some people going crazy on the street due to drug addictions. (One note that would be relevant is the encampment that took place on campus. I was studying abroad when protesting for Palestinians was accelerated. Many students brought their tents on campus, protesting against Swarthmore's investing in war-supporting companies. There were small conflicts because of it, while Swarthmore's protest was not that big compared to other universities like Columbia. I am not sure whether this will continue.)

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

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| ■ 留学先への入学手続き /Procedures for enrollment required by the host institution : |
| Enrollment was pretty straightforward, but make sure that you frequently check your new Swarthmore email. You will get many emails once you get your email address. Sometimes due date comes so shortly. |
| ■ ビザの手続き /Procedures to obtain visas : |
| Type of visa: J1I followed the procedure that Swarthmore International Office emailed me.I sent back to the email with the following documents to the international office at Swarthmore to get DS-2019. - Copy of your passport - Proof of health insurance - Certification of Finances and supporting documentation to demonstrate ability to paySubsequently, I got DS-160 online then finally obtained U.S. visa from the U.S. embassy. |
| ■ 医療関係の準備/Preparations or actions taken to maintain your health : |
| I brought some medicines. Luckily, I did not develop any serious illnesses during the time at Swarthmore. It was several times, especially the season between Fall and Winter, when many students got COVID and flu. You can get a flu shot on campus (maybe you will be charged) |
| ■ 保険関係の準備/Preparations/procedures for insurance : |
| Just purchased the one UTokyo designated. Ask Swarthmore international office whether the insurance meets their requirement. |
| ■ 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 : |
| Since I cannot transfer any credit, there is little that my department asked me to do. |
| ■ 語学関係の準備/Language preparation : |
| TOEFL 100. Students and teachers are very understanding, so not to be stressed out because of your English ability. |

費用・奨学金に関すること /About expenses and scholarships to participate in studying abroad

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| ■ 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) | 80,670 | 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 : | | |
| Some cost on vaccines. As for textbooks, Swarthmore provides \$700 "TAP fund" to each student to buy textbooks for one year. | | |

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| ■ 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 | 100,000 円/JPY |
| 交通費/Transportation | 1,000 円/JPY |
| 娯楽費/Entertainment/Leisure | 10,000 円/JPY |

■ その他、補足等/Additional comments :

Swarthmore students were provided with SEPTA key, with which we could use bus and train for free. So, personally I did not need to spend much money on transportation, except for uber. Also, we could use "Swat Point" and "Meal Point" (\$175 each per semester) for any expenses on campus or nearby stores.

■ 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 :

Gyomu Super Dream Japan

■ 受給金額（月額）/Monthly stipend :

200,000 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? :

Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo, Announced by UTokyo (other than Administration Bureau. e.g. the International Exchange Group), Internet or poster, etc.

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 :

none

■ 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) :

2028/3

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 :

I am so glad that I kept up with the peers in class and won a prize in one of the conferences I attended for my research. I am also pleased that I could see many researchers and doctors in the U.S., which helped me reflect on my future career path. However, it was regrettable that I sometimes wasted time on YouTube and did not try to expand my social circle more.

■ 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 :

Through meeting many people currently working in the U.S., I gained a clearer vision of potential career paths

abroad. Although I haven't narrowed down my exact path, the option of going to the U.S. in the future feels more viable now, and I understand there are multiple ways to pursue a career abroad.

■ 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 do not see any downside of studying abroad except for the fact that you have to repeat one semester/ year.

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

Attended conferences or seminars, Tried networking with people already working

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

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 :

I recommend to consider whether things you will bring will function well for over one year. I broke my laptop and backpack presumably due to long usage. So, I suggest that you bring new stuff if you think what you currently have is already a bit too old. Otherwise, enjoy one of the most memorable years in your life. Good luck! It's gonna be amazing experience in ahead of you!

■ 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 :

Swarthmore College Website, Swarthmore Dash