

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: 2025/6/13

■ID: A24313

■参加プログラム/Program: 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: National Taiwan University (NTU)

■留学期間/Program period (yyyy/mm/dd): 2025/2/10 ~ 2025/6/6

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

■学年(留学開始時)/Year at the time of study abroad: 修士 1(M1)

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

NTU's Graduate Institute of Building and Planning (城郷所) has a rich history rooted in social justice initiatives and Marxist academic traditions—perspectives that are rarely emphasized in Architecture and Urban Planning programs in other countries. Many professors and students at the institute actively engage in various forms of spatial justice work. However, if these values do not align with yours, there are also courses focused on quantitative methods (計量方向) available.

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:

2024 / M2 / A2

■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:

2025 / M2 / A1

■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:

Thesis Development

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:

Political Economy of Space/3

Modernism and the Post-war Architecture in Taiwan/3

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

I took two seminar classes, and the teaching style varied depending on the professor. Both courses required essays as the final output. Professors may be contacted through Line, Facebook, or other

platforms, depending on their preference—these will be explained in the first class. If your native language is English, you'll be given priority for English-taught classes. If your native language is Chinese, you may be prioritized for Chinese-taught classes, which could make it harder to enroll in an English one—so please be aware of that.

■ 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 to 3 / 1 to 10 以上

■ 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 hrs -/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 :

None

■ 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 need time to prepare for job hunting in Japan.

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

Taiwan has a fascinating religious tradition, and it's enjoyable to do a temple tour and draw fortune sticks to learn about your luck. There's also a rich fortune-telling culture, which I personally find very interesting.

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

■ 設備/Facilities :

Toyo Ito's Social Science Library is a must-visit. There are many great coffee shops nearby, some of which stay open until around 1-2 a.m., making them excellent spots for working or studying.

■ サポート体制/Support for students :

Many mental health resources from different departments were introduced during orientation.

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 booked it through a website recommended by NTUOIA. Please visit their website for the most up-to-date information. I'm currently using myroomabroad.com, but details may have changed, so be sure to check NTUOIA's recommendation first.

■ 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 can get very humid, and using the air conditioner's dehumidifying function may cause your electricity bill to spike. Other than that, Taiwan is a very pleasant place to live.

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

There's no need to open a local bank account—just prepare a Visa card. Sending money through the post office or a bank is sufficient. Convenience stores(超商) can help you pay various bills and receive online shopping packages (in fact, they're even more convenient than those in Japan).

■ 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 :

People are generally easy-going and friendly—sometimes even a bit overly friendly. It's completely normal, so don't worry. Just be open and make friends!

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 :

There will be an orientation for all international students, along with additional guidance for students from Mainland China regarding visa issues.

■ ビザの手続き/Procedures to obtain visas :

Chinese students need Entry Permit (入臺證) and must ensure enter from Japan, not directly from China.

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

Clinics and hospitals here are readily accessible and offer convenient services.

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

n/a

■ 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 :

The spring semester begins in February, immediately after the winter semester at UTokyo ends. Please make sure to plan your schedule accordingly.

■ 語学関係の準備/Language preparation :

I've only taken courses that are taught in Chinese. If you're interested in taking one, make sure your Chinese proficiency is strong, as the content can be challenging—even for native speakers. If you're used to simplified Chinese, you don't need to worry about traditional Chinese handwriting. However, be aware that there may be some sensitivity to differences in word choice. It's not a big issue, just be prepared to learn and adapt.

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	127,350 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.)	2,400 円/JPY
教科書代・書籍代/Textbook / Book	3,400 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)	37,660 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 :

NTU only requires the network fee. Textbook fees vary depending on the classes.

■ 留学先での毎月の生活費/Monthly cost of living during the study abroad period :

家賃/Rent	330,000 円/JPY
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食費/Food	583,000 円/JPY
交通費/Transportation	2,000 円/JPY
娯楽費/Entertainment/Leisure	0 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

■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 :
n/a
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
23 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 :
7 単位/credit(s)
■卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :
2026/9

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 :
I think the academic atmosphere is not overly pressured, allowing you to relax and spend time reading materials related to your major. The broader society in Taipei also feels unpressured, and people often show genuine kindness. I wouldn't call it a pause, but this experience has helped me reevaluate my life and consider better directions in my career.
■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 haven't heard of any international or Chinese students wanting to work in Taiwan so far, so I don't have

any information about that. As for job hunting in Japan, you need to be aware of the schedule and frequently gather information online.

■ 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 :

For architects, Taiwan has a few projects designed by Japanese architects, and I often see exhibitions featuring their work. However, overall, the city's urban metabolism is relatively slow, and there is a strong preference for preserving old buildings rather than redeveloping them. As a result, there are fewer opportunities for architects compared to other countries.

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

not applied

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

Specialists (Judiciary, Medical, Accountant, etc.), not applied

■ 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 :

In Taipei, you need to take your trash directly to the garbage truck(垃圾車). You can download an app to check the truck's schedule. You also need to use special garbage bags, which can be purchased at convenience stores—just ask the staff at the counter. This website provides a detailed guide on how to sort your trash: <https://www.dcard.tw/f/talk/p/233613604>

■ 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 :

NTU Course Website(臺大課程網): <https://course.ntu.edu.tw/>

NTUOIA Website: <https://oia.ntu.edu.tw/internationalstudents/exchange/overview>