

## 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: 2025/10/21

■ID: A24141

■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: ETH Zurich

■留学期間/Program period (yyyy/mm/dd): 2024/9/16 ~ 2025/6/26

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

■学年(留学開始時)/Year at the time of study abroad: 修士2年(M2)

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

somehow ETH Zurich had a very positive reputation among us architecture students in UTokyo, so it became natural for me to apply (knowing the winter depression would be something I don't favor). i think i always had the idea in mind but didn't decide whether to apply / to start applying the day before the deadline, because i couldn't locate the deadline... no i think mostly I applied knowing how good the school is - and it is really good; on the other hand, I was ready to apply for Polimi (which also has a good architecture program, better food and weather, also cheaper to survive) if I didn't get a spot to ETH.

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:

2025 / M2 / S2

■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 / S1

■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:

There wasn't many choices remained for international students who entered in October. By the time I learned about the program, the first year application (October in M1 year) has ended long ago.

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:

Architectural Design V-IX: Building Pleasures II (Puigjaner) / 14

Architectural Design V-IX: Urban Myths (T. Emerson) / 14

Archives of the Living / 2

History and Theory in Architecture IX: Earthworks: Art, Architecture, Ground / 1

History and Theory in Architecture IX: 1990s Theories that Inspired Architecture / 1
History of Art and Architecture VI: Vernacular: Architecture's Persistent Other / 2
Lecture Series Design and Architecture (Ringvorlesung): Practice What We Teach? / 2
My Garden's Boundaries are the Horizon: A Case Study of Queer Gardens / 2
Lecture Series Design and Architecture: One Building - Failure is an Option 4 / 2
Seminar Week Spring Semester 2025 / 2
■ 留学中の学習・研究の概要/Overview of the study/research during study abroad :
the resource in ETH Zurich is undoubtedly top-tier and I would say people can dive in different aspects they're interested in almost effortlessly.
■ 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 to 6 / 21 to 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 :
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 tried to play badminton in ASVZ weekly, soccer sometimes; and after the end of the spring semester when it got warm i started swimming in the river and played tennis outdoor.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
traveling or stuck in the studio studying

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

■ 設備/Facilities :
we dined in Fusion most of time.
■ サポート体制/Support for students :
i had a consulting session with mental health service before the semester even started, but found the consultant quite arrogant.

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 :
because most students from other universities only come to ETH for a semester-long exchange, so between the semesters I had a new round of roommates. otherwise i found the location convenient and the living room and kitchen area spacious.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :
in wintertime it can be really depressing...

<p><b>■お金の管理方法、現地の通貨事情/Management of money and situation about local economy :</b></p> <p>i opened a local account (UBS) for submitting rent monthly and twint (it's like paypay and used widely when transferring to friends).</p>
<p><b>■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 :</b></p> <p>take some vitamin D for winter!</p>

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

<p><b>■留学先への入学手続き/Procedures for enrollment required by the host institution :</b></p> <p>the instruction online were quite clear expect that I wasn't able to spot the application deadline for college of engineering beforehand and had to consult OICE for help. OICE was very helpful!</p>
<p><b>■ビザの手続き/Procedures to obtain visas :</b></p> <p>student visa for switzerland – it was probably the easiest student visa I'd applied by far. the ETH will send in an one-page application form, once you pay the -100/200 chf application fee they will help submit it to the embassy. then email the swiss embassy in tokyo and get the sticker.</p>
<p><b>■医療関係の準備/Preparations or actions taken to maintain your health :</b></p> <p>some cold medicine for sure... I caught cold twice in switzerland.</p>
<p><b>■保険関係の準備/Preparations/procedures for insurance :</b></p> <p>my neighbor helped me quite when it comes to contacting the insurance company.</p>
<p><b>■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 :</b></p> <p>n/a</p>
<p><b>■語学関係の準備/Language preparation :</b></p> <p>n/a</p>

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

<p><b>■参加するために要した費用/Expenses of participation :</b></p>	
航空費/Airfare	220,000 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.)	200,000 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)	90,000 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)	80,000 円/JPY
<p><b>■その他、補足等/Additional comments :</b></p> <p>the required insurance from utokyo is not approved to waive a recommended insurance by Switzerland. so i eventually had to subscribe another insurance plan costing round 40 francs per month.</p>	

<p><b>■留学先での毎月の生活費/Monthly cost of living during the study abroad period :</b></p>	
家賃/Rent	115,000 円/JPY

食費/Food	70,000 円/JPY
交通費/Transportation	16,000 円/JPY
娯楽費/Entertainment/Leisure	50,000 円/JPY
<b>■その他、補足等/Additional comments :</b>	
the architecture seminar week wasn't priced beforehand and we ended up receiving a 800 chf bill for 5 days in southern france. and for architecture model-making, the material fee can be quite pricey (also laser cutting 20chf per hour and zund 30chf per hour).	

<b>■留学のための奨学金の受給有無/Scholarships for study abroad :</b>	
Yes, I received some.	
<b>■奨学金の支給機関・団体名等/Name of the source of the scholarships :</b>	
GlobE海外派遣プログラム奨学金	
<b>■受給金額(月額)/Monthly stipend :</b>	
80,000 円	
<b>■受給金額についての補足等/Additional comments about the monthly stipend :</b>	
the scholarship was raised to 11,0000 per month since march this year.	
<b>■奨学金をどのように見つけたか/How did you find the scholarships? :</b>	
Introduced by (Administration Bureau. e.g. the International Exchange Group), UTokyo	

#### 今後の予定について/About your future plans

<b>■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 :</b>	
N/A	
<b>■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :</b>	
37 単位/credit(s)	
<b>■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 :</b>	
0 単位/credit(s)	
<b>■これから本学で取得予定の単位数/Number of (expected) credits to be earned on return :</b>	
0 単位/credit(s)	
<b>■卒業/修了予定/(Expected) year/month of graduation (yyyy/mm) :</b>	
2025/9	

#### 留学を振り返って/Reflection

<b>■留学の意義、その他所感/Impact of the study abroad experience on yourself or your thoughts :</b>	
i wouldn't have pictured myself living in switzerland before, and the experience of living in europe has got me reflect on many social welfare problems that never came into my mind before. i would say by the time i left, i realized how many precious friendships i've come to build along the journey, including but not only my neighbor, my teammate last semester, studio mates, my roommates in the first semester... the life in Zurich was so simple (partly because everything is so expensive) and had me adopt a simpler lifestyle of	

school – food – sports – sleep – hanging out with friend. i sometimes wonder if this is closer to nature of life itself. but on the other end, Zurich itself as a city doesn't have much to give, it's dull.

■ 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 :

great!

■ 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 my specific case there's probably more demerit as I didn't have chance/time to do internship in tokyo in multiple ateliers.

■ 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

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

Specialists (Judiciary, Medical, Accountant, etc.)

architecture office

■ 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 :

enjoy!

■ 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 read through all past experiences posted online and found them quite useful.