

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: 2025/6/24

■ID: A24024

■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: Swarthmore College

■留学期間/Program period (yyyy/mm/dd): 2024/8/23 ~ 2025/5/15

■東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: College of Arts and Sciences,

■学年(留学開始時)/Year at the time of study abroad: 学部3(B3)

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

I lived in the US before and I have always wanted to go back there again, and studying abroad was a great opportunity for that. Since I got more knowledge and English skills than before, I wanted to look at the US society more critically and improve my academic English skills.

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 / B3 / 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 / B3 / 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:

The junior year was suitable as it was after 進振り and before starting 就活.

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:

Environmental Ethics/1

Bioethics/1

Econ 1/1

Race and Ethnicity in US/ 1

Politics in Dark Times/1

Surveillance and Repression/ 1

Disaster Politics/1

Intro to Peace and Conflict/ 1Chorus/0Individual Instruc/0.5

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

Most classes are pretty small, less than 15 people at most, and mainly discussions based. For humanity and social science courses, you are required to do the readings and sometimes summary before classes. The workload is quite heavy but you will get used to it eventually. I especially enjoyed taking "intro to peace and conflict" by Prof. Atshan and "Bioethics" by Prof. Thomason.

■ 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 / 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 :

Sports, Cultural activities, Chorus, Japanese tutor

■ 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 :

Ultimate frisbee: I joined an ultimate frisbee team which had 4 practices a week. There were away tournaments on weekends. I have not played this sport before but everyone was so welcoming and beginner friendly.

Chorus: I took a chorus course which had practice once a week. There was a concert in the end of the semester.

Japanese club: There is a weekly dinner and a monthly Japanese event (cooking Japanese food). Since there are not many Japanese people (less than 10 in the entire school), it is a nice way to get to know them.

Japanese Tutor: Having conversations with students taking Japanese language courses. Good way to earn money on campus while having fun.

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

I spend my weekends doing homework/ hang out with friends on campus, going to frisbee practices, and going to Philadelphia occasionally. Fall break: I went to a week NY trip with my friend and stayed at her family's house. Winter break: It is a month long. For the first half, I stayed on campus spending time hanging out with friends who were also staying on campus or living around campus. For the latter half, I went to France and Austria to visit my friends there. Spring break: I went to Washington DC trip with my friends.

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

■ 設備/Facilities :

Libraries: There are three libraries which are open until around midnight? Sport facilities: There is a really nice gym, tennis courts, fields, tracks, a swimming pool.. PC/Wi-fi: There is a school wifi. ITS(information and technology services) office helped me a lot when tech issues happened.

■ サポート体制/Support for students :

There are a lot of supports swarthmore provides.

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 :

I was assigned a single room on campus. Every student can get a room on campus unless you wish to live off campus. The dorm is pretty nice and clean.

■ 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: Not that different from climate in Tokyo. Although in the winter, it gets really cold and snows (it drops to about -15 degree celsius), but it was not that bad (I enjoyed sledding and making a snowman).

Environment: It is a super beautiful campus surrounded by a lot of nature. During fall, you can see all the leaves turning into red and yellow, and in spring the campus would be filled with a lot of pretty flowers. The woods and the creek on campus are also really nice.

Transportation: There is a train station right in front of the campus which you can use to go to areas around campus such as Philadelphia, airport, and other major areas (you can get to those places within an hour). The bus is also pretty useful to go around places. The school will provide you a free transportation card which you can use on the train and bus, so all the transportation fee is basically free. Food: A meal plan that you pay in the beginning comes with swipes and points that you can use in the dining hall, three cafes on campus, and grocery stores, restaurants and cafes in the village right outside the campus. I ate at the dining hall for the most of the time. They provide breakfast, lunch, and dinner (all you can eat style) and have a variety of food and a really nice salad bar. In my opinion, the dining hall food was pretty good.

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

I opened a local bank account at PNC bank since I needed for the part-time job on campus (Japanese tutor). But normally you would not need to use money while you are on campus.

■ 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 :

I did not have any trouble with my health, but I think health center on campus could help you out if you need something.

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 :

Several forms regarding health status: vaccinations and health check ups (you need to go to doctors to get all the forms filled out, which takes time so i recommend doing it earlier)

■ ビザの手続き/Procedures to obtain visas :

J1 Visa: You first need to complete a few forms regarding your financial status, which you submit to the host school. Then the host school would send you SEVIS which would be needed when applying for the VISA (it might take a while to get it though). Once you got SEVIS and other required documents, you can start applying for the VISA online.

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

The physical evaluation form was required so I did pre-departure health check-up.You are also required to be vaccinated to all the vaccines that the school listed (but there is also a wavier), so I took a few additional vaccines to meet the requirement .

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

UTokyo hosts several sessions regarding overseas travel insurances, so you just need to follow the instructions and it was pretty straightforward.

■ 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 :

Pretty clear instructions are on the school website.

■ 語学関係の準備/Language preparation :

Language proficiency level before the program: toefl 100

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	296,000 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.)	720,000 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)	72,000 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)	300,000 円/JPY

■ その他、補足等/Additional comments :

VISA application: 33000

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

家賃/Rent	1,350,000 円/JPY
食費/Food	0 円/JPY
交通費/Transportation	0 円/JPY
娯楽費/Entertainment/Leisure	300,000 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 :

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 円

■ 受給金額についての補足等/Additional comments about the monthly stipend :

The amount was raised in April to 110000.

■ 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

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>Environmental Ethics/1 Bioethics/1 Econ 1/1 Race and Ethnicity in US/ 1 Politics in Dark Times/1 Surveillance and Repression/ 1 Disaster Politics/1 Intro to Peace and Conflict/ 1</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>42 単位/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 単位/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>16 単位/credit(s)</p>
<p>■ 卒業/修了予定/(Expected) year/month of graduation (yyyy/mm):</p>
<p>2027/3</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>The year I spent there was definitely the best year of my entire life. I think it is the people that made this such an unforgettable and precious experience. All my friends I made there are super intelligent in the sense that they talk about controversial social and political issues on daily basis and actually have opinions. They are all super thoughtful, caring and fun, who I would love to keep in touch for the rest of my life.</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>Although I love going to abroad and living there, I've never thought living there permanently would be an option for me. But doing a year studying abroad, I am now seriously considering working and living abroad for a long period.</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>I hope it helps?</p>
<p>■ 留学中に行った就職活動/Job hunting activities during study abroad :</p>
<p>Attended off-campus event, Applied for jobs or internships at Japanese companies</p>
<p>■ 進路・就職先(就職希望先)/Career/Occupation (planned):</p>
<p>Civil Service, Private sector</p>
<p>■ 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 :</p>

If you want to study abroad, you should never miss a chance!

■ 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 :

Some publications from UTokyo