

東京大学での所属学部/研究科・学年(プログラム開始時):工学系研究科 電気系工学専攻 修士2年

参加プログラム:全学交換留学 派遣先大学:スイス連邦工科大学チューリッヒ

卒業・修了後の就職(希望)先: 1.研究職 2.専門職(医師・法曹・会計士等) 3.公務員 4.非営利団体  
5.民間企業(業界: ) 6.起業 7.その他( エンジニア )

本報告書は、大学として情報を蓄積し、海外留学・国際交流プログラムの改善に利用するとともに、ウェブサイト等で公開し、留学を希望する本学学生の参考資料として活用します。学内外の広報や、本学の国際化に関する業務のための資料等に活用する場合がありますため、個人情報の観点等を十分に鑑み出版物・ホームページ等に掲載可能な内容とし、差し支えない範囲で自由にご記入ください。(原則として筆者の氏名・連絡先等は公開しません。)

●後輩が読むことを考え、今後役に立つような内容とし、重要と思われる部分ではできるだけ詳しく書いてください。

●掲載可能な写真があれば各項目に掲載してください。

●各項目の分量は自由に変更していただいてもかまいません。

【提出締切】留学期間終了後2週間以内 【提出方法】Word ファイルを所属学部・研究科の担当部署へ提出

[Redacted content]

#### 派遣先大学の概要

ETH Zürich is consistently ranked among the top universities in the world. It is currently ranked as 3rd best university in the world in engineering, science and technology, just behind the Massachusetts Institute of Technology and Stanford University.

Twenty-one Nobel Prizes have been awarded to students or professors of the Institute in the past, the most famous of whom is Albert Einstein in 1921, and the most recent is Richard F. Heck in 2010.

The school was founded by the Swiss Federal Government in 1854 with the stated mission to educate engineers and scientists, serve as a national center of excellence in science and technology and provide a hub for interaction between the scientific community and industry.

#### 留学した動機

The first reason is that I was hoping for some change in my life. I guess putting myself into a different environment would get me out of my comfortable zone and it turned out to be true.

Also, ETH Zurich possesses the world-class academic training system and excellent educational resources, especially in the engineering field. I was hoping for the opportunity to leverage the world-class lectures and labs. Also, I was looking forward to the opportunities to interact with amazing professors and peers at ETH Zurich. Such experiences will be as beneficial, if not more, as lectures and labs.

#### 留学の時期など

①留学前の本学での修学状況: 西暦[ 2015 ]年 学部/修士/博士[ 2 ]年の[ 1 ]学期まで履修

②留学中の学籍: 休学/留学

③留学期間: 2015年2月 ~ 2015年7月 学部/修士/博士[ 2 ]年時に出発

④留学後の授業履修: 西暦[ 2015 ]年 学部/修士/博士[ 2 ]年の[ 2 ]学期から履修開始

⑤就職活動の時期: 西暦[ 2015 ]年 学部/修士/博士[ 2 ]年の[ 7 ]月頃に (行った/行う予定)

⑥本学での単位数: 留学前の取得単位[ 20 ]単位 留学先で取得し、本学で単位認定申請を行う単位[ 0 ]単位

留学後の取得(予定)単位[ 0 ]単位

⑦入学・卒業/修了(予定)時期: 西暦[ 2013 ]年 [ 10 ]月入学 西暦[ 2015 ]年 [ 9 ]月卒業/修了

⑧ 本学入学から卒業／修了までの期間: [ 2 ]年[ 0 ]ヶ月間

⑨ 留学時期を決めた理由:

Last semester, before graduation.

#### 留学の準備

① 留学先大学への入学手続き(手続きにあたってのアドバイスなど)

I don't remember anything worth extra attention in the application. Just followed all the instructions.

② ビザの手続き(ビザの種類、申請先、手続きに要した時間、ビザ申請にあたってのアドバイスなど)

Student visa is very easy to get, as ETH will prepare you a necessary paper. With that paper, you only need to prepare a very limited documents to apply for a student visa.

③ 医療関係の準備(出発前の健康診断、常備薬、予防接種等)

I get some necessary medicines before departure, which was never used during my exchange. And I don't think Switzerland will need extra notation concerning this.

④ 保険関係の準備(加入した海外旅行傷害保険・留学保険等)

Got an insurance from AIU. However, Swiss government requires everyone to get covered by an "European insurance company". They didn't say this loudly, and mentions you can apply for exemption. However, an insurance out of Europe will never get accepted.

And I had to purchase another insurance in Switzerland, the Swisscare studentpass (cheapest one). I do have friends who just ignored all the insurance requirements, but I wouldn't suggest to do that. Anyway, as Todai requires an insurance before departure and Swiss government will not recognize ones purchased out of Europe, I would suggest put some budget on this in advance.

⑤ 留学にあたって東京大学の所属学部・研究科で行った手続きなど(履修・単位・試験・論文提出等に関して)

Since it's my last semester, I already collected enough credits for my graduation. But do pay a visit to the department office to go through any necessary paper work before leaving.

⑥ 語学関係の準備(出発前の英語レベル・語学学習等)

As I was already using English on a daily basis, and ETH didn't require any language test scores. But I would suggest make sure you can communicate in at least one out of German and English.

⑦ 日本から持参の方がよいもの、その他出発前にやっておくべきこと・アドバイスなど

For a short term stay, bring some Japanese style things, for example, Kimono or Yukata. As there will always be some cultural event. But for a long term stay, as for my experience, those things might not be used.

And if possible, have a sim-free smart phone. I was using a sim-locked one during my exchange, it was not very convenient.

#### 学習・研究について

① 履修した授業科目のリスト(授業を履修した場合)

※そのうち、帰国後東京大学で単位認定の申請を行ったものに●をつけてください。

As I was doing a research project, I didn't take any courses during my stay. But I audited some classes, which turned out to be rewarding.

② 留学中の学習・研究の概要(授業・予習・復習のスタイル、印象に残っている授業等)

During my stay, the main task was to do research. Notice that it's not normal for a master student could have a designated table and chair on campus. They are usually reserved for PhD students. Many of my Japanese friends complained this to some point. As it's different in Japan, where everyone could have somewhere to work.

I was very lucky as my project involves a hardware testbed, which allowed me to have my own table. We had meeting every week with my supervisors. And I kept my supervisors in Japan updated every week as well.

③ 1学期あたりの履修科目・単位数、週あたりの学習・研究時間(授業時間・授業以外の学習時間)など

For me, I spent almost all my time on my research. As it was also very interesting project. But compared to Japan, I think people tend to go back home relatively early, like 6pm or even earlier. It's not like Japan that people all gathered in lab and stay until very late. On average, I stay 7 hours in lab every weekday and sometimes go to work on weekends as well.

#### ④学習・研究面でのアドバイス

Do take some courses, no matter how busy you are.

#### ⑤語学面での苦勞・アドバイス等

I tried to take a German class, but I failed to keep up with the pace after half semester. Anyway, English would be enough for daily life, especially on campus.

But sometimes I found I can't recognize item's functionality in supermarket. But it didn't happen too much.

#### 生活について

##### ①宿泊先(種類(寮・ホームステイ・ルームシェア等)、家賃、宿舎の様子、見つけた方法など)

I was living in dormitory around Bachlerstrasse. If you apply through the website (WOKO), what you will have is usually a shared flat. You will have your own room, but kitchen, toilet and bathroom will be shared among you and your flatmates. My rent was 598 CHF per month.

It's a matter of luck that what your flatmates would be. I have friends whose flatmates are not very clean and the kitchen was always in a mess.

##### ②生活環境(気候、大学周辺の様子、交通機関、食事、お金の管理方法(海外送金・クレジットカード)など)

February was very cold and July was already very hot. It could be very hot during summer and air-conditioner is not everywhere in Europe.

As I was living in Zurich city (Zone 110), for people who's younger than 25, CHF 61 is necessary for a monthly pass (乗り放題). And it's advised somewhere also to get a Halb-tax (half fare card) and Gleis 7 (free access after 7pm). Usually, people will go to Konstanz (a small German city next to Switzerland) to purchase households and food. Because it's relatively cheaper compared to Zurich.

##### ③危機管理関係(留学先の治安、医療機関の事情、心身の健康管理で気をつけた点など)

Switzerland is safe, more or less the same with Japan. But I had some bad experience with some uneducated people. And I had friends lost their bags/wallet on train/bus.

And I was very lucky to have a healthy body during the exchange.

##### ④留学に要した費用について(航空賃、授業料、教科書代、家賃、食費、交通費、娯楽費などの概算)

###### ・毎月の生活費とその内訳

All in CHF:

Accommodation 598

Public traffic 61

Food (cooking or Mensa (食堂)) 500

Miscellaneous 100

Insurance 100

Roughly less than 1400 CHF/month.

###### ・留学に要した費用総額とその内訳

Besides monthly expenses, other cost includes but not limited to  
air ticket

visa application fee

residence permit application fee

some travel cost if go travel

##### ⑤奨学金(受給していた場合は、支給機関・支給額・見つけた方法など)

Received USTEP Outbound Scholarship, which was JPY 80000 per month.

##### ⑥学習・研究以外の活動(スポーツ・文化活動、ボランティア・インターン、週末や長期休暇の過ごし方など)

Zurich is a relatively small city (compared to Tokyo). But had many destinations in Switzerland. I would say environmental scenery in Switzerland will definitely among the best in the world.

Some excursions will also be helpful to refresh from daily work.

As Switzerland locates the center of the Europe, travel from there is also very convenient (also expensive). It seems people will choose bus first, to Milan or Muchen and then transfer from there.

#### 派遣先大学の環境について

##### ①留学生へのサポート体制(語学面・学習面・生活面・精神面でのサポート等)

ETH provides free German courses for exchange student. But it seems all my Japanese friends quit the class after first lecture. The course is in on a very fast pace. And students with a similar language background could easily keep up with the pace, which students in an Asian background often have some difficulties.

**②大学の設備(図書館・スポーツ施設・食堂・PC環境等)**

ETH has two campuses, gym in Honggerberg seems to be better compared with the central one.

**留学と就職活動について**

**①(就職活動を既に行った場合)留学が就職活動に与えた影響、メリット・デメリットなど**

The most direct effect of my exchange is that I couldn't show up at some seminars (説明会). And now I'm still looking for a job in Japan after I came back.

**②(今後就職活動を行う場合)留学が就職に対する考え方に与えた影響**

**③留学中の就職活動への対策など(もしあれば)**

Contact friends and some campus communicators to collect information.

**④就職が決まっている場合は、差し支えない範囲で就職先をお知らせください**

- 1.研究職 2.専門職(法曹・医師・会計士等)(職名: ) 3.公的機関(機関名: )  
4.非営利団体(団体名又は分野: ) 5.民間企業(企業名又は業界: )  
6.起業(分野: ) 7.その他( )

**留学を振り返って**

**①留学の意義、留学を通じて成長したこと、その他留学を通じての所感**

It was very interesting experience. I got to know new friends from different background, I had the chance to attend world-class lectures and seminars, I could do research with very intelligent researchers.

**②留学後の予定**

Planning to find a job in Japan. Meanwhile, I'm writing my master thesis, putting all experiment results I have together.

**③今後留学を考えている学生へのメッセージ・アドバイス**

Get out of your comfortable zone, and it will pay off.

**その他**

**①準備段階や留学中に役に立ったウェブサイト・出版物**

Official website of Todai was very helpful.

**②その他東京大学のホームページ・出版物等に掲載してよい留学中の写真があれば添付してください。**