

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 (yyyy/mm/dd): 2019/2/18

- 名前/Name: XU DUANXIA
- 派遣先大学/Host university: ETH Zurich
- 留学期間/Program period (yyyy/mm/dd): 2018/9/17 ~ 2019/2/15
- 東京大学での所属学部・研究科等/Faculty/Graduate School at UTokyo: Graduate School of Engineering
- 学年(留学開始時)/Year at the time of study abroad: M2

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

I have considerable interests in experiencing foreign culture, divergent teaching systems and learning latest academic achievements of other countries in the world. Meanwhile I believe the exchange program is a precious chance for me to brush up my language skills, as well as gain independence and a global mind-set. I decided to have exchange study after the first year of my master study.

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 :

2018年/Academic year / M2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 :

2019年/Academic year / M2年/University year / W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 :

This period makes me be able to study abroad after finishing job-hunting in Japan.

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 :

Public Transport Design and Operations/6
International Environmental Politics/3
The Economics of Climate Change/3
An Introduction to Sustainable Development in the Built Environment/3

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

The study in ETH is great. I can really learn a lot. There is an event called "ETH Week", lasting for one week before the semester begins. It's really interesting and meaningful, highly recommended.

■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科目/Subjects / 11 to 20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

■ 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 :
Cultural activities, ETH Week
■ 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 did volunteer job in the International Short Film Festival in Winterthur. That was a great experience. ETH Week is an event lasting for one week before the semester begins. It was really interesting and meaningful. I learned a lot and made some friends from it.
■ 週末や長期休暇の過ごし方/How did you spend the weekends and vacations? :
Traveling around Switzerland and Europe.

派遣先大学の環境について/About environment at the host institution	
■ 設備/Facilities :	More than ten libraries in total. Free gyms. Several cafeterias where students can get a quite decent meal with lower price
■ サポート体制/Support for students :	There are different language courses in the language centre.

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 :	There are two campuses of ETH. The location of the dormitory is pretty good, close to both campuses. It's a flat with four rooms. The kitchen, living room and bathrooms are shared. I find the accommodation through Student Housing Office in ETH.

■ 気候、大学周辺の様子、交通機関、食事等/Climate, environment around the institution, transportation, food, etc. :	Zurich is colder than Tokyo. ETH is very good with free gyms, nice views and many libraries. There is a student project house in ETH which enables all students to do all kind of projects. It's really cool. In general, food in restaurants is very expensive. I usually cooked by myself. There are some Asian supermarkets in Zurich where we can find asian food and ingredients.
■ 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 bank account in Post Finance. There are ATMs of Post Finance everywhere. It's very convenient to use it.
■ 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 :	Zurich is very safe, even safer than Tokyo as far as I experienced. I don't know about local health care system because I did get sick during the study.

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

There are several documents required including motivation letter, CV and study plan. I think the important thing is to be honest and sincere when preparing the documents. Study plan should be prepared very carefully since it is strongly related to the coming study.

■ビザの手続き/Procedures to obtain visas :

Student Visa, In Swiss Embassy in Tokyo, One week

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

I took some medicines for gastropathy. As the medicines in Switzerland is expensive, maybe taking some basic medicines would be a good idea.

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

I had two insurance, study abroad insurance applied in Japan, and health insurance in Switzerland. I didn't use either of them. They are both mandatory. I had no choice.

■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 transferring of credits takes a long time. Have to do it in advance.

■語学関係の準備/Language preparation :

I got TOEFL 104 before the program. I think a high level of either English or German is required to study in Switzerland.

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

■留学するために要した費用/Expenses of study abroad :

航空費/Airfare	100,000 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.)	8,800 円/JPY
教科書代・書籍代/Textbook / Book	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)	30,000 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)	36,000 円/JPY

■その他、補足等/Additional comments :

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

家賃/Rent	55,000 円/JPY
食費/Food	50,000 円/JPY
交通費/Transportation	20,000 円/JPY
娯楽費/Entertainment/Leisure	20,000 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 :
Tokyo University, Heyning-Roelli Foundation
■受給金額(月額)/Monthly stipend :
160,000 円/JPY
■受給金額についての補足等/Additional comments about the monthly stipend :
Amount of scholarship from Tokyo University: 80000; Amount of scholarship from Heyning-Roelli Foundation: 80000
■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 :
International Environmental Politics/3 The Economics of Climate Change/3
■留学前に取得済みの単位数/Number of credits earned at UTokyo BEFORE your study abroad :
27 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 :
4 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) :
2019 年 3 月 (2019/3)

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 got more used to critical thinking and have more concern about our environment.
■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 study abroad experience on your thoughts for a career or job hunting :
I have more interest in working in an international environment, like international organizations.

<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>Studying abroad increased my language skills, which would be useful for future career. It also makes me to be more confident to study or work in international environment.</p>
<p>■ 留学中に行った就職活動/Job hunting activities during study abroad :</p>
<p>Attended events at host institutions</p>
<p>■ 進路・就職先(就職希望先)/Career/Occupation (planned) :</p>
<p>Specialists (Judiciary, Medical, Accountant, etc.) Specialists of international cooperation</p>
<p>■ 今後参加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>
<p>Study hard, play harder</p>
<p>■ 準備段階やプログラム参加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 program :</p>
<p>Helpx, a website for finding homestay and working holidays overseas</p>