

広島大学短期交換留学プログラム 派遣留学報告書  
HUSA (Hiroshima University Study Abroad) Program Report

記入日/Date		2023年2月20日
本学での所属学部・研究科 School/Graduate School at HU	総合科学部/研究科	2年次(Year) (留学開始時点(When Started))
派遣プログラム Name of Program	<input checked="" type="checkbox"/> HUSA <input type="checkbox"/> USAC <input type="checkbox"/> UMAP	
留学先大学 Host University	University of Jyväskylä (国名/Country : Finland )	
所属学部・学科等名 School/Graduate School at Host	Faculty of Humanities and Social Sciences	
在籍身分 Status at Host University	Exchange Student (ex. Exchange Student, Special Auditing Student)	
留学期間 Period of Program	2022年1月1日 ~ 2022年5月31日	

### 1. 留学するまで / Preparation for the Program

留学への志望動機・ 派遣先大学を希望した理由 Purpose of Study / Reason of Host Choice	The reputation of Northern Europe countries that represent the great wellbeing got me apply for this host, since Finland was the only option that I could go with my English certificate score. I was looking forward to taking courses that incorporate my academic and personal interest, such as language study, wellbeing, and music.
留学準備を始めた時期 (応募する 何か月前ですか?) Commencement of Preparation for Application	4 to 5 months prior to the exchange began. For this period, I was mostly working on the required documentation and preparing stuff I would need in Finland. I recommend future exchange students to start a bit earlier for visa as it could take up to 3 months to get verified.
事前準備について(どのような準備 をしたか, しておけばよかった か) Preparation Completed Prior to Study Abroad	I did not take much from Japan except for clothes. I asked few close people who have been Finland to see what to prepare. I brought lots of warm clothes, boots, as well as Japanese food. I did not have to do anything with my SIM card as it is compatible with international use.

### 2. 渡航について / Visa and Flight Information

ビザについて Visa	ビザの種類 / Visa Type : Residence Permit	
	ビザ申請先 / Location of Visa Application : Embassy of Finland in Japan	
	提出書類 / Required Documents : Account Balance, Insurance, Application Form, Flight Ticket, and a Profile Picture	
	手続きに要した日数 / Duration of Visa Application Process : 2 days	
その他必要な事前手続き Other Required Procedures	Nothing in particular	
出国年月日/ Date of Departure	2021年12月30日 (YYYY/MM/DD)	
経路(往路) / Route (Outward)	Narita Airport-Hamad International Airport-Vantaa Airport	
現地での出迎え Pick-up Service	<input checked="" type="checkbox"/> 有/Yes (大学関係者/Univ. Staff ・ その他/Others) <input type="checkbox"/> 無/No	
到着後オリエンテーションの有 無・期間・内容	<input checked="" type="checkbox"/> 有/Yes	有の場合 期間/Period : <u>2022/01/03</u> - <u>2022/01/10</u>
	<input type="checkbox"/> 無/No	(If Yes) 内容/ Indicate Content Covered during Orientation

Orientation, Period, Contents	The orientations were about student life, how to socialize, and some useful tips.
帰国年月日 / Date of Return	2022年 06 月 17 日 (YYYY/MM/DD)
経路(復路) / Route (Return)	Charles de Gaulle Airport-Abu Dhabi International Airport-Narita Airport

### 3. 留学費用について / Expenses

支出額 / Expenses	総額		775660	円/yen
	Total Amount			
内訳 Details	渡航費(往復) / Flight Ticket (Round Trip)		135000	円/yen
	ビザ申請手数料 / Visa Application Charge		24300	円/yen
	予防接種費用 / Immunization Charge		50000	円/yen
	保険料 / Travel Insurance		51360	円/yen
	教材費(授業料以外の学費) / Learning Material (Extra Tuition Fee)		0	円/yen
	宿舍費(住居費) / Accommodation Fee		150000	円/yen
	光熱費 / Utility Cost		60000	円/yen
	食費 / Meal Cost		45000	円/yen
	通信費(インターネット・携帯) / Internet, Phone		0	円/yen
	交通費(宿舍-大学間) / Transportation (Accommodation ~ Univ, Campus)		10000	円/yen
	交際費 / Social Expenses		250000	円/yen
	その他 / Others ( 費)			円/yen
( 費)			円/yen	
( 費)			円/yen	

### 4. 授業・修学について / Courses and Study

授業の概要について(カリキュラム, プログラム, 履修した科目, 時間数, 履修形態等) / Brief Description of Courses (Curriculum, Program, Registered Courses, Study Hours, Course Style)	I took 5 courses. 2 of them were similar, lecture-based teaching style as Japanese universities. The language course (English and Finnish) had interaction in local cafes and restaurants. You are supposed to register courses you want to take via Sisu, similar to Momiji. Credits you can acquire varies depending on the duration of the course. The longer a course takes to finish, the more credits you will get.
単位互換希望の有無 / Credit Transfer from Host to Home University	<input checked="" type="checkbox"/> 有/Yes <input type="checkbox"/> 無/No
授業・勉強についてのアドバイス(留学前の履修, 留学中, 単位取得等) / Advice for Class and Study (Before and During Study Abroad)	I do not have any advice on courses you take in Finland, but I do not recommend you take courses of Hiroshima university during your exchange period, because you will have to attend either midnight or very early in the morning. Also, you might want to check the evaluation system when choosing class to take, since some has scale evaluation, while the others are dichotomy (pass/fail).
日本と異なる授業形態などにおける困難や挑戦(ティーチングスタイル・先生と学生との関係性など) / Difficulties and Challenges Faced in Classes Different from Japan (Teaching Style,	One different thing from Japanese teaching style was it has many interactions not only among students but also with local people through field works. I was confused at the beginning but ended with liking a lot. Professors are very friendly and open to opinions, which makes the class very easy to follow and entertaining.

Relationship with Professors/Lecturers)	
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5. 生活等について / Lifestyle		
(1) 留学先の住居について / Accommodation		
住居の種類 Type of Accommodation	<input checked="" type="checkbox"/> 大学の寮 / University Dormitory <input type="checkbox"/> アパート / Apartment <input type="checkbox"/> その他 / Others ( )	
住居の広さ Size of the Room	約/approximately 21.33 m <sup>2</sup>	同居人の有無 Roommate(s)?  <input checked="" type="checkbox"/> 有 / Yes ( 2 人/People) <input type="checkbox"/> 無 / No
住居に付属する設備 Facilities in Accommodation	<input checked="" type="checkbox"/> 電気/ Electricity <input type="checkbox"/> ガス/ Gas <input checked="" type="checkbox"/> 水道/ Water <input checked="" type="checkbox"/> 給湯/ Hot Water <input checked="" type="checkbox"/> シャワー/ Shower <input type="checkbox"/> 風呂/ Bathtub <input checked="" type="checkbox"/> 水洗便所/ Flushable Toilet <input checked="" type="checkbox"/> 暖房/ Heating <input type="checkbox"/> 冷房/ Cooling <input checked="" type="checkbox"/> 台所/ Kitchen <input type="checkbox"/> 食堂/ Dining Room <input type="checkbox"/> 固定電話/ Land-Line Phone <input checked="" type="checkbox"/> インターネット/ Internet <input type="checkbox"/> その他/ Others ( Camp Space, Sauna, Community Room, and Laundry )	
住居費 Accommodation Fee	1ヶ月当たり/ per month 295,62 euros(現地通貨 / local currency)	約/ approximately 42,000 円/yen
留学先での住居全般に関するアドバイス Accommodation Advice	You would better complete and submit the application form if you apply via KOAS or the other agent(I forgot the name), because they do not have enough rooms to accommodate all the students. So if you are looking for an apartment with a budget, I strongly recommend to do it quick. Their website was literally saying first come, first served!	
(2) 医療について / Medical Care		
保険の加入先 Insurance (Who Designated)	<input checked="" type="checkbox"/> 本学指定の保険 / Hiroshima University <input type="checkbox"/> 留学先大学指定の保険 / Host University <input type="checkbox"/> その他 / Others ( )	
保険の補償内容 Insurance Coverage	補償額 / Coverage 死亡 / Death 10,000,000 円 / yen,	入院1日 / per day of Hospitalization 100,000,000 円 / yen
留学前後での予防接種の必要の有無 Immunization Requirement	<input checked="" type="checkbox"/> 有 / Yes (種類 / Acquired Immunizations : Covid Vaccine (Moderna) 医療機関名 / Location of Immunization : Hiroshima University ) <input type="checkbox"/> 無 / No	
留学先国の医療事情 (日本と比較して) Difference in Medical Service (Compared to Japan)	Finland has public hospital and private hospital. If you happen to get hospitalized in the private one, you will need some documents like prescription. But other than that, I do not know anything in regard to this as I have never visited hospital while staying.	
留学先での健康管理, 衛生面について特に注意すべきこと Healthcare and Hygiene	Every building in Finland has Sauna, and it had been the essential way to keep my metabolism going as well as to socialize with other people. Other than that, I do not have anything to point out.	
(3) 危険を感じた地域, 状況, 安全管理において注意したこと / Dangerous Situations and Locations Encountered, Possible Advice for Risk Management		

<p>I have never felt threats within Finland. But when Russia began war against Ukraine, a few demonstrations happened in Helsinki and I got emails from Finnish embassy not to visit Helsinki during that time. But again, it was not that much, and I felt very safe. People are very nice, which was surprising to me as I heard many times Finnish people are as shy as Japanese people. Adding to that, transportation and infrastructure are very convenient and sufficient.</p>	
<p>(4) 食生活についてのアドバイス / Food – Related Advice</p>	
<p>Try salmiakki. You will be blown away.</p>	
<p>(5) 気候・服装についてのアドバイス / Advice on Local Climate and Clothing</p>	
<p>The first 4 months is freaking cold! My advice would be to bring as many warm clothes as possible and a few half sleeves for the last month. If you want to enjoy sauna, you might want to bring it as well.</p>	
<p>(6) 学内外の施設・設備環境について（インターネット環境含む） / Available Resources (Library, Cafeteria, Campus Wi-Fi, etc. )</p>	
<p>The university offers free access to Wi-Fi available across the campus. Also, there are many cafeterias and each of them has different menu, so you might want to try all. If you are a student of JYU, you can get meal at a discounted price. The library is quite huge, and it has studying space, a couple of classrooms, and other free spaces for group activities or events.</p>	
<p>(7) 現地学生や地域との交流について（どのような、機会・きっかけがありましたか？） / Communication with Local Students and People (Available Opportunities?)</p>	
<p>Since I was living in a dorm, there were plenty of opportunities to make friends. On the first day, me and other flat mates became friends. Also, through various events hosted by student union, you can make Finnish friends as well, especially those who belong to Japanese circles. If you go to the city center, you can also socialize Finnish people, perhaps at bars like TEELNPELI, HIDIES, and escape.</p>	
<p>(8) 習慣やマナーの違いによる対人関係等、注意すべきこと / Care and Attention regarding Customs and Manners</p>	
<p>(9) 日本から持っていくべきもの、持っていくべきでないもの / What Should You Bring? What Should You NOT Bring?</p>	
<p>I think food and clothes, and supplements are the only thing to bring. Food, especially ingredients for seasoning might be necessary, since euro is expensive and perhaps you are not going to be able to eat outside throughout a month. When I say clothes, I mean things that keep you warm, such as coat, sweater, and vests. It is because Finnish size might not be compatible with you, and I personally struggled to find one that fits me. Touching on the supplement, I highly recommend you bring vitamin D to avoid depression in the environment where you cannot enough sunlight.</p>	
<p>(10) その他生活等に関して参考となる情報・アドバイス / Other Useful Information and Advice about Life Abroad</p>	
<p>Nothing in particular</p>	

<p><b>6. 帰国後の進路について / Your Career After Study Abroad</b></p>	
<p>卒業予定年月 Expected Graduation</p>	<p>2024 年 / year 3 月 / month (当初の卒業予定年月 / Expected Month and Year before Studying Abroad)</p>

Month and Year	2024 年 / year 3 月 / month)
卒業が遅れる見込みの場合、その理由 Reason for Extension of Graduation Month and Year?	<input type="checkbox"/> 4年次に留学したため / Participation in HUSA during 4th Year <input type="checkbox"/> 単位不足のため / Amount of Credits <input type="checkbox"/> 新卒で卒業するため / In order to graduate as a “new” graduate <input type="checkbox"/> その他 / Others (具体的に / Specific reason: )
現在の状況および今後の予定・進路等 Current Situation, Plan and Career	I am currently doing job hunting whilst starting to work on the graduation thesis so that I can graduate next year, as I initially planned.
就職活動や留学前の単位取得、教育実習等についての工夫 Pre-arrangement by yourself for your future job hunting, acquisition of credits of required courses and practicum, etc.	There are not much to tell in this regard honestly. I have taken 31 credits during 3 <sup>rd</sup> and 4 <sup>th</sup> term of 2 <sup>nd</sup> year, knowing that I would not be able to take the courses of Hiroshima university during the exchange. Other than that, I have arranged everything on my own after coming back to Japan.

### 7. 留学準備、留学中に役立った書籍、ウェブサイト等 / Useful Books and Website for Study and Life Abroad

書籍、サイト名 Name of Book or Website	詳細（出版社、URL等） Details (Publisher, URL etc.)	コメント Comments

### 8. 後輩へのメッセージ / Message for Outgoing Students who Desire to Study Abroad

I wish your exchange in Finland is going to be something you cherish even after decades!

## 9. 自由記述（日本語・1,200字程度） / Feedback (English about 600 words)



This exchange was my very first experience living outside of Japan and had been an absolute highlight of my life. There had never been such many opportunities to learn the culture and history of foreign countries, travel across the nation and its neighborhoods with friends, to witness some of the most iconic sceneries in the world. Even months after that time, I still remember the beauty of the

northern lights I saw from the dorm and in Lapland. Within those 6 months, I had a ton of new experiences, and what comes on top would my friends who I could never come across if I did not study abroad. We named the group of friends as “La Familia” and shared lots of moments with the members. We studied on campus together, hung out in the city center, introduced cultures of our own, and traveled a lot with. I believe those glimpses of memories will be reminiscent of how great my exchange period was ever after and are what connect us being far away from each other. We are now far away again but hoping to see each other in a year. Another thing that I got from this exchange is stimuli for my intellectual curiosity, such as learning Finnish, wellbeing, and cultures of my friends. They benefit me in a way that broadens my perspective or inspires me to commence something new. In fact, I have been learning Finnish, French, and Korean since I came back because of them and I wished we could have conversations in their mother tongues. In short, I think those new friendships are the biggest thing that I got through this exchange, since they can be inspirations, someone to look up to, and great company. Now that I finish my exchange period, I found myself being more blessed and extrovert than before since I had much more chances to socialize compared to the last few years when we all had to quarantine. Throughout those 6 months, I felt being loved so much by people and its nature, which I found is very essential for my mental health. When I feel being loved by someone, it feels very natural to turn to them so I can give it back in some ways.

Touching on my future career path, there are 2 main focuses at the moment: graduation thesis and job hunting. I have joined a seminar lately and have to decide my research topic out of a few I am interested in. My current options are identity research on Korean descendants living in Japan, or the wellbeing system in Finland. The latter option does derive from my experience of studying abroad and I hope it will be my research topic. As for my career, I think my job attribute preference is global oriented. This is simply because I want to utilize my English skill in my career and multi-national enterprises, for instance, provide such an environment. Also, this is a way for me to enlighten myself by interacting with colleagues of different backgrounds. Here is all about my reflection on my exchange period.

注1) 報告書およびその内容は、留学希望者への情報提供のため、HUSA ホームページおよび広島大学ホームページへの掲載、事務室での閲覧や大学の留学情報案内の作成のために利用させていただきます（氏名及び学生番号については、非公開とします）。ただし、公開にあたり不適切と判断された内容については、国際交流グループにて削除等させていただきますので予めご了承ください。 / This report and its contents will be uploaded on website of the HUSA and Hiroshima University, browsed at the office and used for information regarding study abroad at Hiroshima University in order to provide information to students who desire to study abroad. (Student name and student number are not published). If the report and its contents are included inadequate contents to be published, it would be deleted or amended it by International Exchange Group.