

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		年 月 日(YYYY/MM/DD)
ふりがな 氏 名 / Name		学生番号/ Student ID
本学での所属学部・研究科 School/Graduate School at HU	IGS School/Graduate School	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 Minnesota (国名/Country : USA)	
所属学部・学科等名 School/Graduate School at Host	CLA	
在籍身分 Status at Host University	Exchange Student (ex. Exchange Student, Special Auditing Student)	
留学期間 Period of Program	2023 年 8 月 26 日 ~ 2024 年 5 月 18 日 (YYYY/MM/DD)	

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	I am interested in applying for PhD or master program in USA after graduating from Hiroshima University, so I wanted to experience the academic life there and get some research opportunities.
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	I prepared for like one or two months to re-take the TOEFL test and studying plans
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	Housing and health insurance.

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 : F1
	ビザ申請先 / Location of Visa Application : Osaka
	提出書類 / Required Documents : Passport, financial documents, academic records
	手続きに要した日数 / Duration of Visa Application Process : one month
その他必要な事前手続き Other Required Procedures	It's all noted on the website of immigration
出国年月日/ Date of Departure	2023 年 8 月 26 日 (YYYY/MM/DD)
経路(往路) / Route (Outward)	Tokyo-Minneapolis
現地での出迎え	<input type="checkbox"/> 有/Yes (大学関係者/Univ. Staff • その他/Others)

Pick-up Service	<input checked="" type="checkbox"/> 無/No	
到着後オリエンテーションの有無・期間・内容 Orientation, Period, Contents	<input checked="" type="checkbox"/> 有 /Yes <input type="checkbox"/> 無/No	有の場合 期間/Period : 1 hour - (If Yes) 内容/ Indicate Content Covered during Orientation
帰国年月日 / Date of Return	2024 年 9 月 2 日 (YYYY/MM/DD)	
経路(復路) / Route (Return)	Minneapolis-Tokyo-China-Hiroshima	

3. 留学費用について / Expenses

支出額 / Expenses	総額 Total Amount		円/yen
	内訳 Details	渡航費(往復) / Flight Ticket (Round Trip)	321234 円/yen
		ビザ申請手数料/ Visa Application Charge	39851 円/yen
		予防接種費用 / Immunization Charge	4000 円/yen
		保険料 / Travel Insurance	50000 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	1024740 円/yen
		光熱費 / Utility Cost	25618 円/yen
		食費 / Meal Cost	1264861 円/yen
		通信費(インターネット・携帯) / Internet, Phone	38427 円/yen
		交通費(宿舍～大学間) / Transportation (Accommodation ~ Univ, Campus)	0 円/yen
		交際費 / Social Expenses	300000 円/yen
		その他 / Others (費) (費) (費)	円/yen 円/yen 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)	<p>Courses: Cultural Anthropology, Pathway to civilizations, Anthropologies of death, Medical Anthropology, Topics in Chinese Literature 001 and 002, Digital Anthropology, Non-Western People in Movies, Directed Study (Independent Research)</p> <p>Study hours: 6 hours per course per week in class and 10 hours per course per week for assignments or readings at home.</p> <p>Course style: in-person</p>
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)	Improving the ability for taking notes during the English-taught courses.
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・先生と学生の関係性など） / Difficulties and Challenges Faced in Classes Different from Japan (Teaching Style, Relationship with Professors/Lecturers)	More works to do after course. It's much more exhausting for finishing the assignments and exams.

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 type="checkbox"/> 大学の寮 / University Dormitory <input checked="" 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 27 m ²	同居人の有無 Roommate(s) ?	<input checked="" type="checkbox"/> 有 / Yes (3 人/People) <input type="checkbox"/> 無 / No
住居に附属する設備 Facilities in Accommodation	<input checked="" type="checkbox"/> 電気/ Electricity <input checked="" 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 checked="" type="checkbox"/> 風呂/ Bathtub <input checked="" type="checkbox"/> 水洗便所/ Flushable Toilet <input checked="" type="checkbox"/> 暖房/ Heating <input checked="" 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 (washing machine, microwave, washing-dryer, TV and public area for exercise or entertainment)		
住居費 Accommodation Fee	1ヶ月当たり/ per month	(現地通貨/ local currency)	約/ approximately 103612 円/yen
留学先での住居全般に関するアドバイス Accommodation Advice	If you want a more connected social life with exchange students, or local students, it's better to live in the dorm. However, if you more enjoy with the privacy and better facilities in accomadation, you can choose to live in an apratment.		
(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 checked="" 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 0 円 / yen, 入院1日 / per day of Hospitalization 0 円 / yen その他 / Others ()		
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 : I don't remember the name, but you can get the shot after arrive in your host school 医療機関名 / Location of Immunization :) <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)	Not really experienced
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	Just be yourself? Try to utilize the insurance more since I didn't use it at all....
(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	
Don't go out far from the city when it's dark. Don't bring too much cash out.	
(4) 食生活についてのアドバイス / Food – Related Advice	
Cook by yourself is the best way to save money and most delicious way to have a health life!	
(5) 気候・服装についてのアドバイス / Advice on Local Climate and Clothing	
Minnesota is so cold, so you can bring a real thick and war mcoat there.	
(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.)	
Library, Cafes, Dining, Wifi, Studying areas, free transportations	
(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?)	
So many opportunities during or after the class.	
(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	
Be more cascual and more confident to speak and communicate with professors and local students	
(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?	
Bring the daily facilities or tools and clothes from Japan, since the quality and price are terrible in USA.	
(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	

Use the Office Hour with Professors! It's a good way to let them know you and build a great connection with them.

6. 帰国後の進路について / Your Career After Study Abroad

卒業予定年月 Expected Graduation Month and Year	2026 年 / year 3 月 / month (当初の卒業予定年月 / Expected Month and Year before Studying Abroad 年 / year 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	Applying for graduate school in both USA and Japan
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.	

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
I didn't really use...		

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

Just enjoy it! To experience a different life!

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

• 以下の点を踏まえ、記述して下さい。 / Please give your feedback including the following points:

- ① 留学を終えての所感 / Please describe and evaluate your study abroad experience briefly.
- ② 留学期間中、最も印象に残った体験・出来事 / What was the most impressive experience in your study abroad experience?
- ③ 留学の成果、留学前と比較して成長した点 / What is your achievement through the study abroad experience?
- ④ 今回の留学での経験や成果を今後どのように活かしたいか(将来のキャリアパスも含めて) / How do you want to make use of your study abroad experience in the future including your career?

• 写真を2~3枚程度、貼り付けてください(写真1枚当たりの容量は、500KB以下に縮小して下さい)。
Please add 2-3 photos (within 500 KB per a photo).

During my first semester, I enrolled in Archaeology and Death Anthropology, neither of which had anything to do with my major, Cultural Anthropology. Archaeology was relatively straightforward—the reason I took it was simple. When I was contemplating dropping the course, I attended the archaeology professor's office hours, and he earnestly answered a naïve question from an outsider like me. I thought, "What the heck, let's just do it." As a result, the closed-book midterm and final exams for archaeology made me pull all-nighters for two consecutive weeks, cramming the archaeological details of South America, South Asia, Egypt, South Africa, East Asia, and Mesopotamia. I memorized until my heart rate was irregular and still couldn't grasp all those specialized terms. As for Death Anthropology, I struggled to understand the religious beliefs no matter how hard I racked my brain. In the end, I had to grind through readings to write two midterm papers and a final paper.

The second semester was equally intense. I did an independent study to organize my field interview materials, which meant staying late nearly every night. I also wrote four drafts for a paper on Chinese literature, painstakingly refining every classical Chinese detail. In the end, I completed two papers, one 9,000 words and the other 7,000. And finally after so much hard-working, I got all my courses an A and a GPA 4.0/4.0 and entered the dean's list at UMN.

Looking back on my time in Japan, I don't recall ever pushing myself this hard. Every day was filled with eating, drinking, and having fun with friends. I studied seriously, but it never felt like a lot of effort. Everyone was laid-back; there wasn't much academic pressure. After school, it was all about enjoying life. The professors were adorable, the staff always showed concern for us, and my classmates were gentle and kind. But in the U.S., my brain felt like it was constantly on overload. The discussions in class left me mentally stimulated by both professors and classmates. Even when I got home late at night and lay in bed, I couldn't sleep. My mind kept jumping to my research topics and ideas.

In Japan, I was a homebody, never feeling the need to travel or participate in any activities. But in the U.S., I took trips during Thanksgiving to Chicago, visiting a museum every day, exploring the University of Chicago campus, and watching a Broadway show in the evening. For spring break, I went to New York, warm Orlando, and Disney World, visiting two parks. However, in the U.S., I took countless steps I would never have taken before. I attended different social events, went to parties and study groups, and even overcame my shyness and awkwardness to chat during office hours with different professors at the start of each semester. I also learned how to cook—something I hadn't done for over ten years—and joined a club performance where my name was listed. But it was precisely because of this kind of "leaving nothing behind" that I created unforgettable memories in the U.S.

In that limited time, I experienced infinite beauty.

I still remember the beginning. During my first office hour visit with David, he refused the coffee I brought him and didn't answer my questions in much detail. I thought, "This professor must dislike me." But in the second class, he accurately remembered and called me by name. Before every class from then on, he would ask me by name what I had for breakfast or whether I liked the cold Minnesota winters (his way of making a joke). He even asked about my holiday plans. He gave me a perfect score of 100 on the first midterm with a half-smile, asked me in class whether I was satisfied with my first exam at this school.

Later, David became like family to me in a foreign land. He signed an independent study agreement with me, giving me one-on-one guidance each week and gradually introducing me to what real academic work looks like. During our first independent study meeting, I rambled on, full of overconfidence, and David immediately hit me with a reality check, making me realize my arrogance. Later, when I wasn't doing well enough, he quickly noticed my self-doubt and internal struggle, offering his cold jokes to encourage me. He acknowledged my efforts and would thank me in Chinese or Japanese, writing "xiexie" or "arigado" in short, seemingly emotionless emails. He's a very direct person, so much so that after we became familiar, his emails became short and to the point, often just one or two sentences with a period or a question mark. Yet, it was this terse, seemingly stern man who taught me how to sift through academic literature, how to write a good, proper paper, how to conduct interviews as an anthropologist, and how to analyze my research.

The memories created during that limited time were more than just about the professor. By chance, I found myself overwhelmed by loneliness in the U.S. and craved some spiritual comfort. I remembered a Chinese music club I had joined but never participated in. I asked if I could borrow a guzheng to practice, and by sheer luck, I ended up performing in the school's Spring Festival Gala. I picked up the guzheng again after not touching it for six or seven years, ever since I took my exams. Step by step, I got to know my fellow club members through rehearsals. We ate delicious food, chatted, met each other's friends, acted a little silly together, took Polaroids, and sat on the soft sofas in the game room of our apartments, talking about studies, internships, and gossip.

In Japan, because of the language barrier and the lack of a Chinese music club, I rarely felt a sense of belonging to any group. But in the U.S., every rehearsal and performance with the club felt incredibly precious. This was because of the adorable friends in the club and the fragments of youth we shared.

In sum, it really feels like there's quite a big difference between undergraduate studies in the two countries. In Japan, it feels like the whole society and the school community are like water at just the right temperature. You feel cared for by the environment—wherever you go, the staff will show concern for your life, and your classmates will bring you snacks and compliment you, saying you're "kawaii" today, tomorrow, and the day after. However, when it comes to academic thinking, I feel that it doesn't have the same level of freedom as the U.S. Or maybe it's *too* free, to the point where it feels a bit scattered. You can't quite tell if you're making progress or if you're just learning something. The course structure in Japan doesn't have the same detailed setup as in the U.S., where you can clearly see each step, know if you're earning points, learning something, and testing yourself at every turn.

In the U.S., academically and intellectually, it's extremely enriching. The professors, study materials, course design, and the learning atmosphere among classmates immerse you deeply in academics. But American society feels more like a bowl of polarized water. When people come together, it feels lively and exciting, but once the gathering ends, everyone goes back to their own space, and the connection disappears.

So, sometimes, in those countless nights without social interaction, I start to miss my mom's soups and home-cooked meals. I feel lonely, as if I'm the only person in the world. I often wonder how some of my seemingly well-adjusted friends make it through those solitary nights.



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

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