



## UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Humanities
level	x bachelor's          master's
name study programme	Geschiedenis

destination city & country	Tokyo, Japan
name university abroad	Waseda University
start date	23 /03 / 2023 (dd/mm/yyyy)
end date	23 /08 / 2023 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

For my application everything went smoothly, although Waseda did ask for a lot of documents. As long as you start preparing these on time you should be okay in getting everything done in time! Also, I had to apply for my visa only a month in advance, which was stressful. But, again, everything worked out. Try to have a good overview of what you need to prepare and start as early as possible.

#### counselling & support at Utrecht University

I had a good support at UU, which also relieved stress during the process. I could ask questions anytime and the responses were always timely.

#### academic preparation

In terms of academic preparation I did not really have to do much. Overall, I think the courses I followed in Utrecht were harder, so for many of my classes I felt like it was relatively easy to keep up. Also, Sils offers a lot of introductory courses. If you want to try something new, this is definitely your chance.

#### language preparation

I had already studied some Japanese for some years and before leaving I did an extra course. You basically do not need to know Japanese but it will make life more difficult here. Also, knowing the basic phrases before coming will make interacting with Japanese people way easier. Every time I would talk to them in my broken Japanese, they complimented me on my Japanese (this is something they do to every foreigner that speaks Japanese). It is a way to respect the culture and also get respect back. Also, I would recommend learning Katakana, hiragana and some basic Kanji. In my programme (SILS) Japanese class was a required subject as well. If you want to learn Japanese, try to up your level as much as possible before coming here so that you can immerse yourself fully.

#### finances

With the Yen being quite low right now, Tokyo was less expensive than the Netherlands overall. I had saved a bit and took out a full DUO loan, which was more than enough. Groceries are about the same in cost as back home, though fruits and vegetables can be expensive. Rent is way cheaper than in the Netherlands as well. Utilities like the phone bill and healthcare are also not super expensive. Travelling will cost a bit more but it is definitely worth it in my opinion.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)



SILS: you get some interesting courses with a broad scope of themes alongside Japanese classes. Its about 50/50. I think overall these courses are a bit easier than those at UU, so I had time to do fun stuff outside of school. Some of the classes I or my friends took were on haiku, Ainu, Jazz, or gender studies on Korean society. But: there is something for everybody, so also more IR or economy students will have fun classes.
academic quality of education activities
As I mentioned, the level was a bit lower, but the quality was good. It kind of depends on which professor you have so please make sure to take part in the orientation and question meetings during the registration period. There will be students of Sils that recommend classes based on their experiences.
counselling & support at receiving university abroad
Quick and efficient
transfer of credits
I have yet to see, but hopefully everything will arrive in time in September.

## STUDENT LIFE

welcome & orientation programme
The Orientation-week was quite meagre so try to go to as many events as you can. My dorm also organised a lot of events. Also, Waseda did a good job in helping me get settled in Tokyo. I had a two week period before class started and that gave me the time to meet people and get to know the city.
accommodation
I was lucky enough to get into a Waseda dorm. Many other did not though. So please make sure you have backup options (waseda will provide some as well). These are often sharehomes, or even apartments. A lot of people lived from the Campus so they needed to commute for a long time. Some people did not mind, but it will be an added expense and an alarm you have to set earlier. Although of course, rooms further away cost less.
leisure & culture
I had enough free time to do a lot of fun stuff outside of school. Tokyo has a lot of things to discover. You have traditional temples and shrines but also lively party districts. I have not even been to all parts of Tokyo throughout my stay so there is always new places to visit.
suggestions/tips
My tip would be to travel during your first weeks. I did not make use of it and then all of a sudden time goes by very fast and I had to go later in the semester when it gets quite busy. You should also try out a lot of good foods!

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes! It is a great location where you can learn a lot about all aspects of Japanese culture and you are in a central location from where you can quickly visit other countries and cities.
do you have any additional advice or comments?
If possible, try to sign up for the course on the history of Japanese Arts and Crafts by Prof. Kimura. She took us on excursions around Tokyo (and Kamakura) to see exhibitions and special locations. I learned so much and the excursions helped my go to places I otherwise would not have known about.



## UU Study Abroad Report Form

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	History

destination city & country	Tokyo, Japan
name university abroad	Waseda
start date	10 / 04 / 2023
end date	24 / 07 / 2023

### PREPARATION

#### exchange application process

The application process was very tedious. I had to collect a lot of documents which took quite some time to get ready and be send to me. To be fair, I started too late with collecting them, so a lot of the stress that caused could have been avoided if I started earlier. That's why I would say that, although the collecting is tedious and a lot, it is very doable if you start in time. So, my advice would be, start immediately with getting the documents so you can get it over with. One of the documents however did not get send to me until a few weeks before my flight. Unfortunately, this was also the document I needed for getting my visa. I guess that this is just standard so regarding this document you should keep in mind that it will probably arrive later than you would like.

#### counselling & support at Utrecht University

The support I received from Utrecht was good. I had a lot of questions regarding the documents (because I started too late and was stressing a lot), so I send quite a fair number of emails to the exchange coordinator. She always responded quickly and her answers were very helpful.

#### academic preparation

I did not do a lot of academic preparation before coming here. In hindsight I also don't think that a lot of academic preparation is needed. Because the courses in Japan in general are easier, it won't be a difficult switch. The only thing I had issues with, was the difference in the way teacher would teach the courses. I found that Japan is a lot more focussed on memorizing. So, even when the difficulty is not that high, I was still spending a lot of time on homework assignments and memorizing things for my exams.

#### language preparation

I did some self-study before coming to Japan which helped me a lot in my comprehensive Japanese classes. What I would recommend students going to Japan is to learn some basic Japanese. This means that you should preferably know hiragana and katakana, and have a general understanding of how the language works. This will make your life a lot easier, because people in Japan do not really speak a lot of English. I'd say that you can get by without any knowledge of the language, but I would still recommend that you would still put in some effort to learn the basics.

#### finances

You often hear that Japan is an expensive country. And yes, the rent from my dorm at least was quite high. Then again, I lived in Tokyo and 5 minutes away from Waseda campus. But, aside from that, I was pleasantly surprised with the costs of food, public transport, souvenirs, and a lot of other things. To give an example, I have never cooked a meal by myself here because getting food out the door is just so cheap. I could get a



whole meal for around the same as 4-6 euros. Call me lazy, but for that money I would prefer to eat outside the door, get the meal cooked for me, and not have to do the dishes.

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

I studied at the school of commerce with an additional course of comprehensive Japanese and a humanities course. I had to choose the school of commerce because I had some issues with my grades and basically ended up with an average that was too low to get into humanities with. Since school of commerce is the only faculty that does not require an average grade, that ended up being my only choice. That was my main issue with organising the course while still in the Netherlands. Not that big of a deal and easily solved. However, the true horror began when choosing courses while in Japan. Waseda has this very bad system to get courses that might have you ending up with none of your preferred courses, if any courses at all. I had multiple friends that had to send emails to all kinds of people to get into their required courses, because they did not get through the selection. I, thankfully, did not have any issues, but this is something you should be aware of.

### academic quality of education activities

The academic quality is not that great. I had one course that was just a big pop quiz where you had to memorize the most useless facts. A question on a midterm was literally "what country is the 8<sup>th</sup> highest spender on military equipment?". So, you would have courses like that which will ask you basically fun facts that do not really have anything to do with applied knowledge. With some other courses that you had to write paper for, I noticed that the level on average was a lot lower than the one in Utrecht University. I don't know how the education level in other faculties is, but looking at the courses I took, the level was not that high.

### counselling & support at receiving university abroad

I cannot really tell you that much about this because I did not reach out for support and neither did Waseda make any effort to reach out to me and ask if I needed support.

### transfer of credits

I have not done this yet, so unfortunately, I cannot tell you anything about this. What I can tell is that Waseda is quite late with letting you know what your grades are. While I did not have any issues with this, I have some friends that, two weeks before the semester ended, still had not received grades from exams they had taken months before.

## STUDENT LIFE

### welcome & orientation programme

The welcome and orientation for exchange students was not that great. I would even say close to non-existing. However, aside from this there were some very awesome introductory activities going on at Waseda. First of all, there was the circle fair which is really something I would recommend people to go and experience. It is basically a big fair where all the circles gather to let people know that they are open to new people, and it is so chaotic and amazing. I really recommend it. Another thing that I would recommend is to go to the activities hosted by the ICC. It's the international exchange club that organises activities for exchange students to get to know more people. You have to look these up yourself though, so be on the lookout for activities they organise.

### accommodation

I stayed at the Waseda Hoshien dorm. Could not have gotten a better place to stay. Although the costs were quite high with around 80.000 yen a month, the place, people, and vibe were amazing. I met some of my best friends there and I made a lot of good memories there. Getting into the dorm was completely based on luck though.



leisure & culture
Japan is just an amazing country. That's all I can say. Before coming here, I already had high expectation, but they were all exceeded. What I should say is that Japanese people might come across as shy and closed, but this is not the case for everyone of course. I met multiple Japanese people here who are very open and want to make friends with you. Also, the famous Japanese shyness completely disappears when you go drinking with them. I've met so many people in izakaya (a traditional Japanese pub) who would have whole conversations with you. Japanese drinking culture is really something else. I would say that it's a lot better than Dutch drinking culture as well, because it's mostly just fun and good times. Also, alcohol is insanely cheap here, and Japan has this beautiful thing called nomihodai which is basically all you can drink. So, I would really recommend people to go to an izakaya with a bunch of people, get a nomihodai, and just have fun.
suggestions/tips
There are a few things I would recommend people to do. First of all, if you are into visiting shrines, get a goshuin. This is a sort of book that you can use to collect special stamps. How it works is that most (big) shrines in Japan sell goshuin, shrine stamps. You can collect those in the book which makes for a really nice memento. Another thing I would recommend people is to go on a lot of day trips. Although Tokyo is really fun, it would be a shame to not go outside of Tokyo and see some more of the other cities, or just the countryside. Kyoto and Osaka are also very good places to visit, although personally I enjoyed Kyoto more than Osaka. Important tip for if you want to go to places like Kyoto and Osaka which are further away, but you don't want to spend an ungodly amount of money on the shinkansen (bullet train, go with a night bus. Night busses are way cheaper than the shinkansen and a very good cheap option, especially if you can sleep well on the bus. My last tip would be to get your money (Japan is still very cash based so get ready to use more cash and head maths) from the seven eleven ATM. Seven eleven has the best exchange rates, so save yourself some money and exchange it there.
<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Solely looking at the university, I would say that Waseda is not that much of an academically great addition to your diploma. Although the name is quite prestigious, the content (for commerce at least) is not that great and did not give me the feeling of really adding something to my academic skills. The destination however is something I would definitely recommend. Japan is really amazing and especially Tokyo is a beautiful city that will never get boring. I have made countless new memories here and some of my best friends. All this made the trip more than worth it and something I wouldn't have wanted to miss out on. So, would I recommend this university? Maybe not. Would I recommend the destination? Definitely. Would I recommend the exchange overall? If you're looking solely for academic value, regarding school of commerce I would not do it, but if this is not your main purpose and you want to get some new experiences and see more parts of the world, I would forever recommend this.
do you have any additional advice or comments?
To enjoy every day you spend there because, as cliché as it might sound, the days will fly by and you'll be back in the Netherlands before you know it.



## UU Study Abroad Report Form

faculty/college	
level	<input type="checkbox"/> bachelor's      x master's
name study programme	Conflict studies and human rights

destination city & country	Tokyo, Japan
name university abroad	Waseda
start date	22 / 3 / 22 (dd/mm/yyyy)
end date	26 / 9 / 22 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

Because of covid-19 this was a very stressful period. Up until 4 weeks before my scheduled departure Japan's borders were still closed. Luckily the Japanese government decided to let in students. I even got a covid-19 infection right before, so it was very tricky if I was going to be able to go. Eventually all was fine and only when I was sitting in the plane I could finally relax.

Because my exchange is extra-curricular, as I am a one-year master student, I already started planning it in the first week of the first semester. I had made agreements with the study-coordinator of my master and planned everything ahead. If you want to go on exchange like how I did it, you have to be proactive.

#### counselling & support at Utrecht University

Because of the trust of the exchange officers we could make some agreements about the travel advice from the Dutch government, which eased my stress a lot. I am very thankful for that!

#### academic preparation

I did not have to prepare academically

#### language preparation

I had 8 months of Japanese classes before I went to Tokyo, and if I am completely honest most of the Japanese I learned was in Japan. It really helped to be able to read hiragana and katakana though, so I would highly recommend that. But, I took classes here in Japan and that made my Japanese progress.

#### finances

The Tokyo lifestyle was much more expensive than I thought it would be. Not only can grocery's be quite expensive, especially because I am a vegetarian, but I ended up cooking very little due to the fact that I only had one cooking plate in my tiny kitchen. Besides that, I travelled around the country and travelling in Japan is very expensive.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

GSAPS, basically the humanities department with their case studies based in the Asia and Pacific area. Very interesting and highly recommend if you want to learn more about the area and Japan, and if you want to escape the whiteness of the Dutch educational system. For instance, I took gender and citizenship, and it was so nice and fruitful to have discussions about intersectionality, gender, sexuality, etc., without the overwhelming presence of white western (women) that tend to dominate the conversation. Now, I could learn from the



perspectives of women (and two other men :p) of colour who grew up in non-European settings. This experience was almost more valuable than the actual topics discussed in class.
academic quality of education activities
fine
counselling & support at receiving university abroad
fine
transfer of credits
I have not done this yet

STUDENT LIFE
welcome & orientation programme
Non-existent due to corona.
accommodation
<p>I lived in my own studio apartment. I wanted a private apartment due to my relationship and friends wanting to visit. Eventually nobody actually came to visit due to the border situation.</p> <p>I recommend a cheaper apartment outside of Tokyo. Pay attention to the trainlines. Living in places like Kijijo-ji or Koenji might seem far away, but they are very convenient n due to their connection with Waseda and with other train stations. I lived in Hatagaya which was also very nice, but the rent was maybe a bit expensive</p>
leisure & culture
Just enjoy Japan to the fullest. Make sure to travel a lot, try to make some Japanese friends, and do not only prioritie the academic side of the exchange. There is so much to gain and learn from cultural exchanges during your travels in Japan that it is important to take the time to do so.
suggestions/tips
<p>Try to find scholarships and save money. Also, mentally prepare for the summer. If you like me and you sweat a lot, the summer is going to be a mental challenge. Remember, everybody sweats (even if you can see it), and UniQlo sells amazing undershirts that you will definitely need if you don't want your backsweat to be visible. I also walk around with a small-sized electronic fan to take care of my face sweat.</p> <p>In the end, it is just sweat, and you will get used to the climate, but it is nothing like the Netherlands.</p>

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
<p>Yes, because Japan is safe and amazing. Japan is an excellent destination for queer people, and as a person of color I have not once experienced racism or discrimination. More so, I would say that I am thinking about race more in the Netherlands than in Japan. As a women, there are certain areas where you might experience cat-calling or Japanese men that approach you, but my female friends have never felt scared to walk alone in the dark. Men can be very annoying and uncomfortable, but – as far as my female friends have experienced – they will never touch you and if you say they need to go away they will (eventually). Also, it is Tokyo, there are always people around!</p>
do you have any additional advice or comments?
no



## UU Study Abroad Report Form

faculty/college	Geesteswetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Artificial Intelligence

destination city & country	Waseda (Tokyo), Japan
name university abroad	Waseda University
start date	26 / 03 / 2022 (dd/mm/yyyy)
end date	31 / 07 / 2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

It was a lot of work (more than you can imagine) but most steps are super clear on what you need to do. I recommend making a whatsapp group with everyone going to the same place and keeping everyone updated on what to do. This was a huge help to me.

#### counselling & support at Utrecht University

Counselling and support was amazing. All my question have been answered in a quick and clear way. The email adres of who to contact is usually given at every step and Clim Gorissen is always a huge help if you are stuck.

#### academic preparation

Due to covid I only knew I was going about 3 weeks before departure. Therefor I had no academic preparation. This caused no issue

#### language preparation

I had no language preparation. This was not an issue, however I would recommend it. Japanese people have a hard time speaking English and sometimes it was a little frustrating not being able to communicate the easy things.

#### finances

I saved up money in advance. However, getting a working permit was very easy. I got asked at the airport if I wanted it and it was done in 5 minute. Finding a job is gonna be a little harder if you don't speak any Japanese.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The rate at which Japanese is thought is extremely fast. However, the computer science course covers less material than I would have expected. However, most classes are thought only one hour per week. This makes it so that you have a lot of different courses at the same time. This can be a little chaotic if you are not used to it.

#### academic quality of education activities

The quality really depended on the professor. Most of the class were thought in a good manner but of course there were exceptions.





counselling & support at receiving university abroad
The professor who gave the introduction was the person who I asked all my questions. She always replied fast and clearly. I did not need any other counselling.
transfer of credits
I have not yet completed this part. Once I figure it out I will update my report.

STUDENT LIFE
welcome & orientation programme
Due to covid I missed the welcome & orientation. I could follow an online seminar but that was just meant for necessary information. Don't miss it because it had a lot of important information.
accommodation
My accommodation was BeGoodJapan Zōshigaya. It is a really fun sharehouse with around 90 people. Sometimes it is a little small especially the rooms but I got used to it pretty quick. You don't get a private bathroom or sink which can be a struggle for some people, but having so many nice people around makes up for it. It is a littlebit expensive but most big cities and the university are 20 minutes or less away from home. The location and the environment in the house are reasons for me to recommend this share house.
leisure & culture
Once you start exploring the city and the cultures, don't be afraid to ask people along. Even if you don't know the people. Most people come to japan for the same reason so if you like something, chances are they like it to. This way to get to experience it together and make new friends.
suggestions/tips
<ul style="list-style-type: none"><li>- When looking for an accommodation, make sure you have enough options. I only got my fourth choice.</li><li>- Make a new instagram and follow everyone you meet. You can use their instagram page as an inspiration source on what to do on your free days.</li><li>- Japanese people can be really shy and not very talkative. However during the night in shibuya for example they become more open to have a conversation. I use this time to interact with Japanese people and it was a lot of fun.</li></ul>

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend Tokyo for sure for the city and the experiences were amazing. I would not recommend this university but there is also nothing bad to say about the university. It is very basic with solid classes but not a lot that made it better than any other university.
do you have any additional advice or comments?
Don't be afraid. Japan can be really intimidating but it's worth it. I had the best 5 months of my life and it is an experience I will never forget.



faculty/college	Department of Mathematics and Department of Physics
level	<input type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	TWIN (Dubble bachelor Physics and Mathematics)

destination city & country	Tokyo, Japan,
how did you travel to and from your destination?	I didn't, but I had booked a flight from Schiphol (The Netherlands)- Taipei (Taiwan)- Narita (Japan). My flight was on the morning of 16 March, so I had a while to arrange all documentation while being in Japan, however the Netherlands decided to close all schools on the evening of 15 March. Two weeks before this I had made the decision to wait that last day to see what I would do, so the next morning I rebooked my flight to 3 May, and later ended up cancelling it all together.
name university abroad	Waseda University
start date	27-03-2020 (planned start) 11-05-2020 (real start due to corona epidemic) (dd/mm/yyyy)
end date	31-08-2020 (dd/mm/yyyy)

## PREPARATION

### exchange application process

While it was a lot of work to find all the necessary documents and collect the signatures, if you start early it is doable. Just be aware that you have to do an English exam externally, so you need to check if the date of this works out.

### counselling & support at Utrecht University

The counselling and support were fine, if I had questions, I would either email or visit the office in person, depending on the question. Especially the communication during the uncertainty phase at the start of the epidemic was nice.

### academic preparation

As I entered SILS at Waseda, there was not a lot of academic preparation necessary, however I advise you to at least learn to read and write Hiragana and Katakana, the two phonetic Japanese writing systems.

### language preparation

As Waseda is very specific on what type of English exam is required, please check this for your school.

### finances

As I didn't go to Japan, I can easily give you a total expense list: 30 euros to book+cancel the flight, 8 euros for cancelling the travel insurance, 2\*16 euro traindaycard to travel to the Japanese embassy in Den Hague, 255 euro for the English exam. 10 euro for getting the necessary passport photographs. My rent in Tokyo (I was supposed to live in the dormitory) was estimated at 550 euros a month, when I looked into it, 30 euros a day for food seemed reasonable, but you could get this number down by choosing better food options.

## (interrupted) STUDY ABROAD PERIOD

### welcome & orientation programme

There was this whole schedule before classes started, it looked fun, sadly due to the virus, Waseda decided to cancel all non essential events, so this program fell through.



study programme (content and organisational issues)

Had I been in Japan, and had there not been a virus. The study program would have been really nice. Now being in the Netherlands, my classes start at 2 AM, five times a week, and the subjects matter is condensed from 16 weeks to 12 weeks. This makes it quite an intensive study programme for me personally.

academic quality of education activities

I am really impressed by the academic quality, as I come from beta studies, I decided to follow some studies like Gender, Photography and a lot of Japanese language. The in depth manner in which lectures are given, pleasantly surprised me. As I really enjoy the content, it makes me more willing to be awake at 2 AM to follow the lectures.

transfer of credits

As my semester isn't even halfway it's length, I have no information on this.

## CORONAVIRUS CONSEQUENCES

support guidance of host university

Waseda was quite forward with reaching out due to the virus. The University offered for people to enter the dormitory, if they couldn't delay their arrival, even when the semester was delayed for over a month. The University keeps us up to date of what is going on, and you can expect an English message in less than a day after the Japanese message is released to the normal students.

support guidance of home university

It was fine, I had to cancel a class due to the fact that I wasn't able to physically go to Japan. Nonetheless, even before it was clear that I could follow online classes at Waseda, a lot of people advised me to enroll in classes at UU for the fourth period as well, so I had a backup, which I did.

online offer and quality of digital courses

As I follow 6 courses at Waseda University, and one course in my department at UU, I can compare the different types of digital lectures. 3 of my digital courses are Japanese language, these use Moodle and Zoom interchangeably, as China has problems with Moodle and I had a lot of problems using Zoom over such a distance. For these courses, realtime lectures are essential (so 2 AM) as you are practicing dialogues with other students and are corrected on grammar and pronunciation. The other 3 courses are recorded and often combined with watching a documentary or reading, by using a discussion board, which consists of posts, you can interact with other students. It's important to note that all classes have a participation requirement, this can be in the form of discussion, an assignment which has to be handed in on the same day, or realtime attendance. As UU uses Teams, I find that both Moodle and Teams can be used for real time lectures, but Moodle also has the same feel as Blackboard, everything needed for class is in the same location with Moodle.

suggestions/tips on digital exchange

I really miss the classroom experience, and sometimes it's difficult to communicate, so it might be better to use the chat than to answer instead of saying it over the microphone. You have to be aware that you don't really get to experience the culture and conversations are mostly study related. Gender Studies might be the only class where I feel some sort of personal talk, as the discussions can refer to personal experiences. So I would love it if there were some ways to incorporate this socialising into digital classes.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes, even though I haven't been there, the Japanese culture has fascinated me from a very young age. Besides the Japanese cuisine, attending a university there gives you an insight into the day to day life a tourist



won't have. The classes I do at Waseda are really interesting, and Waseda is known for how international it is, so you can meet a lot of different people with different backgrounds and opinions (even when you attend digital class).



## UU Study Abroad Report Form

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Liberal Arts & Sciences

destination city & country	Tokyo, Japan
name university abroad	Waseda University
start date	09 / 09 / 2019 (dd/mm/yyyy)
end date	07 / 02 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process is quite lengthy, as I had to apply before December the year before I wanted to go abroad. If you want to study in the first semester of the year (at UU, because in Japan that is similar to their second semester), you have quite some strict deadlines in January-April. The amount of documents that Waseda University requires can be a lot, but the instructions are always clear. As Japan has strict immigration policies, make sure to double check all your documents and not miss any deadlines. The requirements for the schools however, aren't that strict (English and academic requirements).

#### counselling & support at Utrecht University

The International Office at Utrecht University was very helpful and friendly with all the questions I had regarding my programme. I had some trouble with my visa, but that was solved. During my stay abroad I didn't encounter any big problems.

#### academic preparation

Before applying I checked the different schools of Waseda University and decided upon SILS. I had to take the TOEFL IBT, but it was quite easy to get the minimum English requirement. For SILS you needed to have a minimum of 3.0 GPA out of 4, but the conversion scale of grade from UU to Waseda University can give quite an advantage. As I took primarily history and IR classes, I made sure to choose subjects I hadn't learned about yet. I could check the content of the subjects in the online syllabus. We could only choose 2<sup>nd</sup> or 3<sup>rd</sup> year classes for the bachelor programme. For Japanese we were required to take a placement test (JCAT), which gives a recommendation about your level of Japanese. When applying we also needed to write a motivation letter with the kind of courses we would like to take.

#### language preparation

Before coming to Japan I already knew how to write hiragana and some very basic sentences and words. After arrival we were urged to at least know how to read and write hiragana/katakana if we wanted to follow Japanese language classes. Learning Japanese can be quite difficult, therefore I recommend to study as much as possible as it is much more fun to be able to read some and exchange some daily conversation. It's also easier to make some local friends here!

#### finances

I applied for the JASSO Scholarship, had some savings and increased my monthly student loan amount. Living in Japan is fairly expensive and I was planning to go travelling, therefore I tried to have as much funds as possible.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)



SILS (School of International Liberal Studies) offers a lot of different courses in English. It requires you to take a certain amount of credits at their school, a certain amount of credits of Japanese language courses (at CJL, Center of Japanese Language) and the opportunity to follow courses at other schools. Before going to Waseda University you need to give an overview of the courses you want to take, but the registration itself takes place after arrival. The registration of courses and such was a bit confusing, but they organize information meetings and explain it all in detail. There are three different registration rounds in September. The IR and history courses are fairly interesting. Comprehensive Japanese, which was given 3 times a week, could be quite some work but really helped me build a foundation in Japanese.

The JASSO scholarship information meetings also were quite clear, however, it was a lot of trouble to open a Japanese bank account in order to obtain the funds.

The classes at SILS are given at the main campus, but there also other campuses.

#### academic quality of education activities

The quality of the courses differed. Mostly the content is easier than at the UU, however the work load is higher, meaning that there is more homework. Generally there is not a lot of engagement in the classes, and teachers tend to only give lectures. However, there were some courses that were very engaging with Japanese and international students alike, with discussions about controversial topics. The English of some professors is not that great, so at times I had some trouble understanding them. Attendance is a big part of your grade, and you have midterm exams, and final exams or papers. I felt that I had more free time here. I did, however, had 6 times a week classes (even on Saturdays!) but you can skip some of them. I heard from students around me that it is quite hard to get a C or to fail the courses. The university organizes lots of educational activities, for example with the ICC (Intercultural Communication Center) on cultural and academic topics.

#### counselling & support at receiving university abroad

I didn't really use counselling at the University. When I had questions, I could always come to the SILS office.

#### transfer of credits

I haven't received my grades yet (will be somewhere around March), but the school will send a transcript to Utrecht University. I do know that all my courses (even Japanese language courses) have been accepted by the Exam Committee Board.

## STUDENT LIFE

#### welcome & orientation programme

There was an opening party and orientation programme from SILS itself, which was quite fun. They offered free food, drinks and performances. This is where I got to know some people. My dormitory also had an orientation party. Before coming to Japan there is the opportunity to apply for a buddy programme, which I did (called W-mentor). My mentors were not active at all, though, and I haven't really engaged in that.

#### accommodation

I applied to stay at a dormitory, Waseda Hoshien. It was a 5-10 minute walk to the university and in the middle of Waseda, Shinjuku. I preferred this over home stay or share houses, as home stay could be quite far from the city and you don't have that much contact with young people, and it could be a bit hard to get into a share house. The dormitory was clean, with good facilities and I had my own private room. There were mostly international students, with some Japanese, and they organize quite some activities as well.

#### leisure & culture

Living in Tokyo could initially give you quite a culture shock; the way people interact with each other and the customs are very different. They are very polite, follow rules meticulously (making queues in front of trains, waiting for the lines) and can keep to themselves. However, everyone is very welcoming and it was not hard at all to adapt. However, do make sure to not give bad impressions as foreigners. The food is very good, but



groceries tend to sometimes be more expensive than eating out. Especially fruit is very expensive. Transportation is cheaper than the Netherlands, and if you get a Suica or Pasma (equivalent to OV Chip Card) you can use the metro, train and trams, and even pay in konbinis. Taxis, however, are very expensive. The metros close after 12:00/12:30am. Small convenience stores (konbinis) are open 24/7, as well as entertainment places such as karaoke, which make it very easy to go out on weekdays and in the weekend. The drinking culture is the same as in the Netherlands, sometimes even more intense, which could be a bit shocking. As Tokyo is a world city, especially the districts Shinjuku, Shibuya and Roppongi have a great night life. In general I felt safe, but I did use my common sense. The nature here also is beautiful, and there is a lot to see and to do.

#### suggestions/tips

Try to see as much from Tokyo and outside as possible! Every district is very unique and is worth to visit. Izakayas are the typical drinking places; they offer drinks and different kinds of food to order. Karaoke is very popular – you can hire a room starting from half an hour and order foods and drinks. The clubs here are big, and don't have to be that expensive. However, make sure you stay clear of people who try to get you into their clubs and small bars, as they can be quite sketchy. Trips to South Korea and other neighbouring countries are also cheap. Make sure to visit ryokans and onsens. Akihabara is great for all the otaku related content. At the university: they have lots of circles (student clubs) which really enrich your student life. I went to drinking parties, on a trip to traditional ryokan and we performed together. However, if your Japanese is not that good, it would be better to join an international friendly circle. Even then I made Japanese friends. Some clubs tend to not really accept foreigners due to the language barrier. Practice your Japanese as much as possible! Even though it is an international city, the older generation generally doesn't understand that much English, and even young Japanese sometimes shy away. The whole process of getting health insurance (NHI), to get your My number card, opening a bank account etc. can be quite frustrating. Make sure to follow all the instructions or ask for help if necessary.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Waseda University has a good reputation here in Japan, but compared to Utrecht University I felt the quality to be less. However, it is still a good opportunity to follow classes that you normally can't take in the Netherlands. I, for example, took history classes and postcolonial studies which shone a different light on controversial subjects. Tokyo is a really cool place to live in, but I don't really know how to compare it to other Asian countries.

do you have any additional advice or comments?

All in all I had a great time in Tokyo, and studying at Waseda University certainly was a unique experience.



## UU Study Abroad Report Form

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's      x master's
name study programme	History

destination city & country	Tokyo, Japan
name university abroad	Waseda University
start date	04 / 09 / 2019 (dd/mm/yyyy)
end date	02 / 02 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

It was quite some time ago, but I remember the application process was very straightforward and smooth at UU, but after being selected by UU the process was very time consuming and stressful. It was extensive application procedure for the different departments at Waseda, for which you had to obtain A LOT of different formal stamped documents and fill out great many details up until your primary school information, and it was extra stressful as they maintained strict deadlines while they gave you a very small time frame to actually do the application. I've been on study abroad before to Asia but Waseda required definitely a lot more application work.

#### counselling & support at Utrecht University

the International Office at UU was very responsive and helpful in assisting with the various super last minute procedures Waseda required (I vaguely remember at some point we only had about 24 hours from the moment we were informed to fill out/hand over something.)

#### academic preparation

I did not need any academic preparation, I'd say the level at Waseda on Master level was lower than at UU, at least in my department.

#### language preparation

I did 2 beginner Japanese language courses at Babel to grasp some elementary stuff, which was super helpful but definitely not sufficient if you do not want to rely on English. My programme was fully in English and very internationally oriented, so my lack of Japanese was not a problem in my classes/at university, but for all else, like everyday life, my lack of Japanese was a real nuisance.

#### finances

Living in Tokyo is very expensive, definitely more expensive than in Utrecht. Room, travel (esp. trips), but also food etc. Room was 600-700 euros a month, and many fruits are much more expensive, like 1-2 euro per apple or kiwi or something. 1 kg of rice was also at least 5-6 euros in my memory. The university canteens on campus were quite affordable, about 4 euros for a meal I think.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I was at GSAPS (Graduate School of Asia Pacific Studies), which at Waseda is quite a standalone department, even physically cut off from campus. They have no BA degree/level courses, so it was an "intimate" setting with, in the English track, mostly international students.





I wanted to take a Japanese language course on the side, as language courses could not count in my UU programme, but unfortunately this was rather hard because of scheduling and popularity of the language courses. There was one really intensive course available, like 8 hours a week including Saturdays, but I was afraid this would be too much next to my studies. In hindsight, I wish I had just taken the course as it turned out grades were not converted, but unfortunately UU had not informed me about this before I started my semester...

#### academic quality of education activities

I thought the academic quality of the courses differed greatly from course to course. Because there is a course shopping week you have the opportunity to check in and try to assess what the course and professor is going to be like and whether you want that (I guess some aspects are also just personal preference and what you're used to). At GSAPS all courses were 2 credits, yet quality of teaching, course content as well as level and workload, such as reading load and assignment (size) diverged widely. This was strange/new to me, as at UU most courses are well defined and streamlined in terms of workload and assessment. I only received minimal feedback twice (without a grade) during my stay, and never found out how I did on individual assignments. I only found out about grades, that is final course grades, upon receiving my transcripts back home.

GSAPS' grading system also works very differently with a curve and a maximum percentage of students able to get the highest/higher grades, so your grade is determined by your fellow classmates' performance and GPA drops steeply from A+, A, B to C. I was told it was nearly impossible to get an F (not pass): as long as you show up and do the assignments, you'll pass the course.

#### counselling & support at receiving university abroad

I thought the support was good, both at GSAPS and university wide there was an office you could approach with questions. They even helped me individually with my Japanese bank account.

#### transfer of credits

This was interesting because it got complicated due to covid-19, which already caused quite some panic in Japan from early January, and because Waseda's February to April holiday got extended to end of May (?) and they closed their offices. They did not send my grade transcript, and at UU they could not check whether it had arrived or not. After contacting various people they eventually sent a digital transcript in June. In my UU programme, 2 GSAPS credits were converted to 7.5 erts. (apparently at waseda the credit system depends on the department and BA/MA level.. so keep that in mind when selecting your courses (at different departments!))

## STUDENT LIFE

#### welcome & orientation programme

I actually missed the university-wide exchange student orientation programme, but I could pick up the very big package of flyers and booklets afterwards. GSAPS also had an introduction, which was informative also about non-study/academic issues. I met all other exchange students at GSAPS there, and one thing we learned, for those who plan to do this, was that the 1 year visa you receive is not actually valid for 1 year so you cannot stay in the country for another few months of travel after you finish studying (some students had planned this and were very confused and disappointed when they heard this).

#### accommodation

The university has dorms available, it is expensive but outside dorms is also expensive. I did not stay in the university dorms, but fellow students did and you should pay attention to the locations, as some students lived 1.5-2hours away by train in waseda dorms. I ended up living 20-30 min commute door to door from Waseda,



depending on where you live and where on campus you need to be, I really liked my neighbourhood, but it is much easier to meet & hang with other students when you live (together) in the dorms (near campus) as Tokyo is so big and it is not customary to hang out at your apartment/room.

Check the different neighbourhoods of Tokyo and travel distance to Waseda when considering housing but also what you would like to do in your spare time. The neighbourhoods have very distinct vibes & things to do, and keep in mind that subways stop running around midnight so you cannot easily stay late with friends who live in other neighbourhoods (or you have to get a cab but this is not cheap for 1 person...). Bicycle is possible but quite complicated with registration etc, and you're not allowed to park your bike almost anywhere (that or you have to pay to park).

#### leisure & culture

The possibilities and opportunities are endless in Tokyo/Japan, whatever you're into you'll be able to find, but much less so if you don't speak Japanese. There's plenty of events being organised at university, and there's student circles/clubs at Waseda you can join as a non-Japanese speaker too, for example the ukulele club.

#### suggestions/tips

In the beginning of the exchange there is really a lot of paperwork and stuff to arrange, like a bank account, health insurance, sim card, registration at city hall, that are really surprisingly difficult to arrange, so keep this in mind. I left early for Japan so I could do some sightseeing/travelling and already arrange SOME of the paperwork (not all of it you can do before you receive your student card for example).

### CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes, I really enjoyed my stay even though I felt restricted by my lack of Japanese language skills. I wish I could've stayed longer to learn more ☺

do you have any additional advice or comments?

Save up if you plan to travel a lot, it is really expensive on top of living costs in Tokyo. I could not afford so much travelling myself (I wish I could've travelled more)



## UU Study Abroad Report Form

faculty/college	History
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's
name study programme	History Research Master

destination city & country	Tokyo, Japan
name university abroad	Waseda University
start date	10 / 09 / 2018 (dd/mm/yyyy)
end date	08 / 02 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

Process takes a bit of effort and time complete. There are a lot of forms and files to send in. Thankfully most of the process was digital but be prepared to go out of your way to get things like a bank statements and motivational letters to them. The screening process takes a bit of time but the hassle is well worth it. Getting a student visa is effortless and easy and most of the instruction are reasonably clear.

#### counselling & support at Utrecht University

I've been on exchange twice and Utrecht offers plenty of opportunities to get in touch with other students who have already gone. Unfortunately I found the official support somewhat lacking this time around. The pre-departure meeting was scheduled during a public transport strike and I feel the University as a whole could be more transparent what exactly the procedures are when it comes to transferring points and the requirement for taking certain classes abroad. I discovered very late that my faculty wanted me to clear courses I was taking with them as well and the process by which credits are converted to ECTS is still unclear to me.

#### academic preparation

I found that most classes I took abroad lined up with my personal interests and were to some extent useful in preparing my final master thesis. My opinion is somewhat biased as I'm part of a research program and am thus not heavily restricted in selecting classes in humanities related topics other than history. The exchange was very useful in the regard that I was able to branch out towards other topics such as sociology and anthropology which helped develop the skills I would eventually come to use in my final thesis.

#### language preparation

Japanese is a difficult language. I had spent some time studying the language prior to going and Waseda University offered language courses on the side for those who had the time (I did not unfortunately). Some basic Japanese will get you around in most places but be prepared for the average person to not speak English. I would recommend some basic Japanese at the very least because of that. The better your Japanese the better your experience will be as much more of Japan's will open up but you can get by with just the minimum.

#### finances

Japan is reasonably expensive, Tokyo even more so. Daily living expenses were comparable to those back home in the Netherlands but renting a room was much more expensive. I would recommend going in with a reasonable budget. There is also the opportunity to do part-time student work as well if you apply for a permit, should you have the time.

### STUDY ABROAD PERIOD



study programme (content and organisational issues)
The courses I followed were given in English although many classes also had Japanese variants. Most of the courses were taught by a mix of foreign professors and Japanese one's. Getting your classes set up was a bit of a hassle as you have to decide within a single week after sampling the classes you are interested in. This is nice as you can get a feel for the class but also difficult as you won't be able to fit trying out all the classes into your schedule. Overall the process of study program was very smooth although I would recommend being careful with the amount of courses you take. I ended up taking a few too many which led to a very heavy study workload mid-semester.
academic quality of education activities
The quality of the courses I took varied per course but overall I was satisfied with the classes I took. There were several courses that felt a bit basic for master courses but there were also several that were very organized and meaningful. This was within the GSAPS department of Waseda University so your mileage may vary in other departments.
counselling & support at receiving university abroad
Waseda University support was very well organized. I actually lost a form that I needed to access course registration and they solved the issue within hours. It was very easy to ask for help or receive support. I did not use any counselling in particular but I know there were several official Waseda channels available for various types of counselling.
transfer of credits
Getting my grades took a bit and I did not receive my transcript until July. The transfer is still in progress but as I mentioned earlier it's still unclear to me how the board of examiners for my faculty decides on the transfer ratio.

## STUDENT LIFE

welcome & orientation programme
The welcome program was primarily there to get students set up at University and their accommodations. This was very well organized up to the point where students are escorted to the municipal office for registration to make sure you have all the documents you need for your stay. This process takes place over two weeks before your classes start so you have time to accommodate and take care of registration before started your classes.
accommodation
The dormitory I was in was crucial to my experience as it was a great opportunity to make a variety of different friends. The only down-side was the slow internet connection and the strict policy on visitors. You were unable to bring friends to your room although the building had a common area that is accessible to everyone. The room was small and showers are shared with your floor but I found all the facilities there were well maintained and pleasant to live in.
leisure & culture
Japan is amazing for leisure activity as there is plenty to see and do. This varies from person to person but personally I really enjoy the culture for its rich history, entertainment and urban life while still having plenty of options to get out into nature for hiking and seeing the plentiful mountains and temples. Japanese society feels a lot more modern then Dutch society while maintaining that touch of cultural Japanese tradition everywhere you go.
suggestions/tips
I would recommend getting to know the language a bit as that really helps and exploring the culture in advance so you know the little social do's and don'ts. Try and plan your courses ahead of time and leave enough room to



explore the culture and society. Exchange trips shouldn't just be about studying, leave room/budget for trips.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes. If you have any interest in Japan or Japanese culture an exchange to Waseda University will be a great experience. Even if you don't have much personal interest in Japan, there is so much to explore that will pique your curiosity you'll love it by the end of your exchange. Add to that a university that has its business in order and offers good study and language programs and it should be an easy decision.

do you have any additional advice or comments?

Everything should be in the comments above.



## UU Study Abroad Report Form

faculty/college	social sciences		
level	x bachelor's <input type="checkbox"/> master's		
name study programme	student exchange		
destination city & country	Tokyo , Japan		
name university abroad	Waseda University		
start date	18	/	03 / 2019 (dd/mm/yyyy)
end date	06	/	08 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

the process for Waseda takes some time ( as you need to fill in lots of papers) but everything is broadly explained and they are always willing to help you. some examples of things I needed to do: oaths from a guardian, papers to show that you were able to go to Waseda financially and vis applications

#### counselling & support at Utrecht University

International office is the bridge between you and the University you want to go to, which means that they should give you all the information you need. However, I sometimes noticed information came really late or even too late. Hence why I really recommend to go after everything you need. If you know a deadline is coming up and you still haven't heard anything, mail/call/ go to the office as soon as possible.

#### academic preparation

for waseda, academic preparation is not really necessary. I experienced the courses as easier than UU but you will have around 6/7/8 courses, which means you still need to do lots of stuff. important to know: for Waseda, you need a GPA of 3 (at least in the year I went, 2019)

#### language preparation

No preparation needed, but you need to take the TOEFL or IETS english test before going. Classes are given in Japanese and English but Japanese is not mandatory.

#### finances

In most cases, the rent in Japan will be a little bit higher compared to living in Utrecht. I myself paid around 500 euros for my room in the dormitory they provide. Japan ( and especially Tokyo) is one of the most expensive places in Asia, so living there is a bit more expensive than in the Netherlands. It just really depends on what you buy and where. for example, eating out is inexpensive ( usually between 4-10 euros) but the supermarket is not.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

there is a lot courses you can do, and In my case ( I did the school of social sciences ) I only needed to do a minimum of one course provided by social science. In other words, I could chose what ever I want Important note is that Waseda provides more courses related to Alpha studies and Economics, compared to beta studies.

#### academic quality of education activities

good



counselling & support at receiving university abroad
they help you with everything you need and If there is something wrong, the doors are always open. Mind you, Japan is a real bureaucracy, so lots of things need to be fixed and it takes some time, especially because most people don't speak english. Hence why they provide good support
transfer of credits
Waseda will send the credits to UU

STUDENT LIFE
welcome & orientation programme
We had a long orientation programme and didn't have any classes that time. You have an orientation from Waseda as the school you are enrolled in as well
accommodation
waseda provides 3 dormitories
leisure & culture
Lots of things to do here. Wasada is in the neighbourhood Shinjuku, one of the most vibrant places of tokyo and you can do everything by subway/train or bicycle
suggestions/tips
travel! Japan is amazing

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, definitely! it's really different from the Netherlands and it's amazing to experience Tokyo as someone who actually lives there
do you have any additional advice or comments?
Be aware of the fact that there is not a lot of english around you, which can be really overwhelming sometimes.



## UU Study Abroad Report Form

faculty/college	Faculteit Sociale Wetenschappen
level	Bachelor's
name study programme	Pedagogische wetenschappen

destination city & country	Tokyo, Japan
name university abroad	Waseda University
start date	12 / 09 / 2018
end date	24 / 02 / 2019

### PREPARATION

#### exchange application process

The application deadline is the 1<sup>st</sup> of December in the academic year in advance of your planned exchange. Details on this process can be found on the UU website including all the necessary documents you must submit. There are many for Waseda University so I would recommend starting your application in time.

#### counselling & support at Utrecht University

There is one coordinator for the region of Asia and she is very helpful in answering all your questions. You can contact her by email or visit her during the weekly consultation hour.

#### academic preparation

No academic preparation needed.

#### language preparation

For Waseda University it is mandatory to pass the TOEFL or IELTS test with a specific score. The demanded score is very doable, but the university is strict in taking one of the tests: no exceptions are made, even if you attended bilingual education in secondary school and passed the International Baccalaureate like me.

#### finances

You are required to make a financial plan during your application process. This will help you realize how much money you need to collect. I would recommend working during the summer holiday in advance of your exchange to do so.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The organisation at Waseda University is really good. The university hosts many international students every year so is well prepared for supervising them. Also, they provide many Japanese language courses for those who want to learn the language. The study programme depends on the school you apply for during the application progress, but you can even choose courses from other departments so the choice is varied.

#### academic quality of education activities

In general, the education is good, but some Japanese professors speak very limited English. Others are quite proficient in English so it is a matter of luck to have a good English speaking professor or not. Exams are easy compared to The Netherlands, so no need to worry about that.

#### counselling & support at receiving university abroad

I hardly made any use of support at Waseda University, but I believe there are many possibilities to ask for help.





transfer of credits

Still unknown.

## STUDENT LIFE

welcome & orientation programme

Waseda University and the dormitories organize some events in the beginning of the year where you can easily meet new people.

accommodation

I lived in one of the dormitories during my stay and I can really recommend this. It is close to university (less than 5 min walk) and nearly all students live there so it is very convenient to live all together with your friends. If, however, you want to host friends who are coming over, then a private or shared house is necessary because the dormitory is very strict in keeping out non-residents. Also, there are many other rules which you don't have in private houses, but to me it was still worth living there and you can at least leave and enter the dorm whenever you want as the front door doesn't close at night.

leisure & culture

Japan is a lovely and interesting country to visit. There are many possibilities for trips during your stay, from one-day-trips to a week in Okinawa for example. But even in Tokyo itself there is so much to do already.

suggestions/tips

- Buy a SIM-card at BIC Camera to make sure you can use data.
- Use the ATM in convenience stores (like Seven Eleven) to withdraw money.
- Buy a Suica or Pasma card to travel with.
- Find a 100-yen shop to buy all your necessities in your room for a low price.
- Register at Shiru Café or Hello Visits to enjoy free drinks during your study time.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

If you want to go to Japan I would recommend Waseda University for sure. It is located in the liveliest city of Tokyo so there is much to do in the area. Compared to other universities in Tokyo, there are many internationals and they are properly supervised. The only disadvantage of Waseda University (but also for other universities in Japan I guess) is that the application process is quite time consuming and stressful if you don't start in time.

do you have any additional advice or comments?

-



## UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Faculty of Science
Level:	<b>bachelor</b> master      PhD      other
Name degree programme:	Bsc. Computer Science   Bsc. Information Science

Destination city & country	Tokyo, Japan
Name host institution and/or company/organisation	Waseda University
Purpose of exchange	<b>study/courses</b> work placement    field work    other
Departure date (dd/mm/yyyy)	19-03-2018
Return date (dd/mm/yyyy)	25-08-2018

### Preparation

*Exchange/placement application process:*

Applied for a 'leftover' place. Application process was straightforward.

*Counselling/support at home university:*

Support at UU was great.

*Academic preparation:*

See: language preparation

*Language preparation:*

I self-studied the language before departure. This is something I definitely recommend. While you can always find your way around using only English, understanding and speaking some basic Japanese can make your life a lot more easier, and allow you to connect to more native residents. Most people don't speak English (very well) here.

*Finances:*

Jasso Scholarship

**Study/placement abroad period**

*Study programme/work plan (concerning content and organisational issues):*

I decided to spent my time learning the Japanese language, and joined the Center for Japanese Language (CJL) faculty. The courses I took focused on grammer / vocabulary, speaking, writing and reading. There are a lot of different courses available

*Academic quality of education/placement activities:*

There are 3 rounds of course application. Placement is luck-based, but if you're on time you can most likely get into the classes you want.

I only took Japanese language courses. The Japanese courses have a lot of contact hours (around 20 hours per week for me), and the classes are quite small. I was not too impressed by the academic quality of these courses, and in my main course "Comprehensive II" the approach was rather repetitive and a bit too straight forward (everything according to the textbook).

You should note that from the upper beginner level, these courses are given fully in Japanese, and most teachers don't speak English very well.

I cannot really comment on the quality of classes in other faculties, but most people here seem to find them enjoyable, although the academic level of international courses might be a bit lower than what you are used to.

*Counselling/support at host institution/organisation:*

Did not use this, but proper English speaking support seems to be available.

*Transfer of credits:*

-

**Student life**

*Welcome/orientation programme:*

There was one day of orientation, that was primarily focused on practical matters.



*Accommodation:*

I stayed in a 'Share house' with both native and international residents.

*Leisure/culture:*

Living in Tokyo / Japan is definitely a very worthwhile experience. You will not be bored, as there is so much to do in the city and the rest of the country.

Student life at Waseda is very enjoyable, and there are many different circles / clubs you can try to join. There are a lot of international students, so it's always easy to meet new people.

The area around the University is great, with countless restaurants and bars.

*Suggestions/tips:*

Take the night busses for cheap exploration of Japan. Learn some Japanese beforehand, it will be appreciated. Joining a Circle is a great way to experience Japanese student life. There should be a 4 day orientation on campus at the beginning of the semester, be sure to check it out.

**Conclusions**

Would you recommend this host organisation/destination to others? Please explain:

Definitely, my stay here has been amazing. Living in Japan is very interesting experience, and Waseda is one of the best universities to join in Tokyo.

Do you have any additional advice or comments?:

-



## UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Humanities
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Taal- en Cultuurstudies

Destination city & country	Tokyo, Japan
Name host institution and/or company/organisation	Waseda University
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	07-09-2017
Return date (dd/mm/yyyy)	12-02-2018

### Preparation

Exchange/placement application process:

Standard procedure

Counselling/support at home university:

There wasn't much support because it was a new partner university and very little was known

Academic preparation:

My current program is mainly in English, so it wasn't much of an adjustment to me to follow courses in English. Furthermore, the university provided a statement that got the English language certificate out of the way which was very helpful.

Language preparation:

Studied Japanese on my own, the local university provides assistance with setting you up but if you don't have any knowledge of Japanese you will constantly have to depend on others. This can become troublesome.

Finances:

Was able to finance with regular student loan and saving up.

### Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

I followed the contemporary Japanese studies program, took a while to figure everything out and



only some counsellors at the department speak English, but the ones that do are helpful.
Academic quality of education/placement activities:
Classes are more time consuming, but overall the level was very manageable
Counselling/support at host institution/organisation:
Waseda offers a great informative introduction, plenty of activities you could participate in if you're into that.
Transfer of credits:
There was no information from UU how my credits would transfer, but I was able to transfer what was required. Warning to watch out with trying to transfers Japanese language courses since that is often not accepted at UU.
<b>Student life</b>
Welcome/orientation programme: as mentioned before Waseda really shines in its organizational skills and they do their best to welcome their international students and help them set up everything up properly
Accommodation:
The Waseda dorm I lived in Nishi Waseda, and the other ones I've seen are close to campus and get you into contact with other international students easy. You get enough privacy and there is regular cleaningservice. However, keep in mind that they have live in property managers and the rules are a lot more strict than what typical exchange students are used to. But as long as you are willing to not be disrespectful they are great. Location was great for me too
Leisure/culture:
Tokyo is a massive city that offers plenty things to do, great public transportation system, travelling outside of the city is quite expensive though.
Suggestions/tips:
If you fly from Haneda airport it's more easy to get to Tokyo on your own, but if you fly in on requested dates and live in the dorms there is a pick up service from Narita airport. Tokyo can be quite overwhelming so this can be really helpful.
<b>Conclusions</b>
Would you recommend this host organisation/destination to others? Please explain:
I would highly recommend it if you are adequately prepared to adjust to Japanese society. Tokyo can be quite overwhelming and overall you will find that fewer Japanese people speak English than you might think so be prepared for this.
Do you have any additional advice or comments?:
Take some basic Japanese classes before you go. You will probably come into contact with international students that do a Japanese language program that can help you, but it's not their job to be your personal translator. It will make your life their much more enjoyable and easy.