

KOBE UNIVERSITY Exchange Program
Result of Completion Questionnaire, Spring



※%は小数点以下四捨五入しているため、100にならない場合があります。

1. Helpful Reference Prior to Departure	
Daily Life (Food, Clothes, Housing, Health, Public Transportation etc.)	<ul style="list-style-type: none"> • Ex-exchange student who also studied at KU helped. • Internet (Kobe University, other sources, and so on.) • from friends only • Booking Shinkansen ticket online: https://smart-ex.jp/en/index.php
Procedures (VISA, Residing, National Insurance, Bank etc.)	<ul style="list-style-type: none"> • Guidebook and information sheets provided by Kobe University • Guidebook for International Students KOBE UNIVERSITY 2022 • Website (University, Embassy/Consulate of Japan, etc.) • My assigned tutor helped.
Student Life (Academic Procedure, Course, Research, Scholarship etc.)	<ul style="list-style-type: none"> • Guidebook and information sheets provided by Kobe University. • Guidebook for International Students KOBE UNIVERSITY 2022 • Kobe university international exchange division and exchange officers. • Kobe University Website: <ul style="list-style-type: none"> - https://www.kobe-u.ac.jp/en/index.html - https://www.kobe-u.ac.jp/en/study_in_kobe/admission/exchange_program.html <Scholarship> • Jasso: https://www.kobe-u.ac.jp/en/study_in_kobe/admission/exchange_program/scholarships.html • DAAD: https://www.daad.jp/de/stipendienprogramme/
Tourist Information	<ul style="list-style-type: none"> • Internet (Example: https://www.tokyozebra.com/maps, https://en.japantravel.com) • some travel youtubers.
Others	<ul style="list-style-type: none"> • I believe the exchange students could have received a little bit more information from the university regarding some of these topics. It would have been super helpful. • Friends which have already studied in Japan • earthquake warning app: https://www.rcsc.co.jp/yurekuru

2. Academics/Courses [Regular Subject Courses]						
Have you achieved the purpose of your study on the exchange program?	1.Strongly Agree 44%	2.Agree 38%	3.Not So Agree 0%	4.Disagree 6%	5.Not Sure 6%	6. No answers 6%
Please explain what your purpose was.	<p><Strongly Agree></p> <ul style="list-style-type: none"> • Experience life as a student in Japan. • Improve my knowledge of classical Japanese Literature and improve my Japanese. • Expand my knowledge about Japan and improve both Japanese and English while collaborating with students from all over the globe. • Making progress in my studies and conducting experiments in the laboratory. • Learn new methods in the laboratory and increase my Japanese level. • My purpose was to study about art in Japan, as I am going to write my master thesis about a Japanese art group. The classes I took gave me lots of insights about not just art in Japan but also knowledge about a variety of art fields and on how to contextualize my master thesis in the context of the art world. Furthermore, I wanted to challenge myself and study completely in Japanese, so that I could continue working on my Japanese abilities, especially in the field of the academics. Even though it was difficult in the beginning, it was a great challenge, and it really helped me to be more confident, to be able to understand, discuss and write about a variety of topics in Japanese. <p><Agree></p> <ul style="list-style-type: none"> • One thing I am relatively disappointed about is that there was no opportunity to study with the local students, hence missing out on possible interaction. It is sad that we came to Japan to not study with Japanese students. • Understand Japanese culture and view on sustainable development in business. • Improve my language level. • Writing my research thesis. • Improving my Japanese language skills and broadening my knowledge of Japanese economy and market. <p><Disagree></p> <ul style="list-style-type: none"> • to see how other universities unfold the topic of atmospheric sciences. 					
If you have any additional comments about the academic aspect of the courses, please describe them.	<ul style="list-style-type: none"> • I think other students were not very focused in the class (for instance, I could tell some were absent, and some came to sleep during classes). This affected my motivation in class. Most professors were very good, but a few did not explain assessment requirements clearly, which was troublesome. • The level of demand of the courses was not consistent. The two 1 credit courses that I had were much more time intensive than the 2 credit courses. I also think that the mix of undergraduate students all the way through to PHD students is not the best way to conduct these courses. In group projects this presented several problems as for example PHD students who do not get any credit for these courses lacked motivation to contribute, therefore making group projects not very enjoyable. • It was very sad that most of the courses a master student could take were online and without Japanese students which should be usually the purpose of an exchange semester to have class with nationals to integrate easier. • The professors were all really kind and caring, some lectures required weekly reports about different topics with appropriate workload. • I rate the quality of training as satisfactory. Each lesson was provided with the necessary tools and equipment, provided with comfortable environment. • I think the frequency of assessment is adequate. However, in my department, I felt that most of the Graduate classes from the syllabus were in Japanese. Which was difficult for me to choose various courses like I wanted. • The frequency of assignments and assessments is quite high in Japan. Therefore, you need to continually work for the courses. Furthermore, the last report needs to be written very fast, as you do not have time during the semester due to the weekly assignments. In my country, we have time to hand in reports until the end of the semester holidays. In Japan you will have only one or two or three weeks to write all the reports after classes have finished. It really helps if you already find a theme during the semester to write about for every course, so that you can immediately start writing after the classes are finished. 					

[Japanese Language Courses at the Global Education Center (GEC)]						
Did you take language courses at the GEC?	1.Yes 75%	2.No 25%				
Which level of courses mainly did you take?	1.Elementary 19%	2.Upper Elementary 6%	3.Intermediate 6%	4.Upper Intermediate 31%	5.Advanced 6%	6. Sperior 0%
	7.Japanese Language/ Japanese Studies 0%	8. Intensive intermediate & Upper Intermediate 6%	8.No Answers 25%			
How difficult were courses?	1.Too difficult 6%	2.difficult 6%	3.Adequate 63%	4.Easy 20%	5.Too easy 0%	6 No answers 25%
If you have any experiences of feeling difficulties / easiness in Japanese Language Courses, please describe them.	<p>• The GEC program is really good but the difference of level is difficult. For instance, Intermediate Japanese level was a bit easy for me and the Upper Intermediate level was too difficult, which made me having a hard time succeeding those classes. I was always stressed about the exams and getting a good grade because I was depending on the JASSO scholarship. So I did my best. In addition, the intensive intermediate program has the same level as the regular Upper Intermediate level. So it was a bit odd because I have an intermediate level in France and here, it was much more difficult.</p>					
Do you think you have improved your Japanese language ability?	1.Strongly Agree 44%	2.Agree 44%	3.Not So Agree 0%	4.Disagree 0%	5.Not Sure 0%	6 No answers 13%
Please explain how it has improved or what kind of specific ability improved.	<ul style="list-style-type: none"> • grammar, speaking and writing • I improved basic phrases to speak which enable little conversations with locals. • Able to understand and engage in simple conversation. • My reading has improved greatly, allowing me to engage with Japanese academic literature more easily. • I have become able to communicate with others with more confidence. • My Japanese, especially speaking and kanji has improved due being confronted with the language everyday in every situation. Since many Japaneses people have difficulties speaking english it comes in very handy knowing basic and daily used phases. • I believe I mostly improved my writing skills. I took sakubun classes and found them very helpful in developing skills for writing about various topics. • Basic knowledge of Japanese was acquired during my studies. When I came here, I didn't know Japanese at all. • Speaking, understading and using some simple phrases ind daily life in Japan, being able to communicate in a limited way with Japanese-speaking people. • Even though is was difficult and I didn't had the best grades to compare to my classmate, I can definitely see that I improved my Japanese skills, I can understand more clearly the meaning of kanji and the grammar as well. • Even though I also took Japanese classes, I felt that I improved my Japanese mostly during the regular courses which I took in Japanese. There I could feel that my reading ability became better, as I needed to learn to read faster to make it in time for the classes. Furthermore, I learned how to dicuss in Japanese and write assignments. As I mainly took classes my vocabulary in that regard to that field became much bigger. The N2 preperatory course helped me to pass the JLPT test. There I got familiar with the patterns of questions used in the JLPT and I could find out which parts I needed to study further. • My speaking in daily conversations increased and i felt more confident in talking japanese. 					
If you have any additional comments about the academic aspect of the courses, please describe them.	<ul style="list-style-type: none"> • I bought the textbook, but I feel like it was not used very often. Most times we use worksheets given by the teacher instead of the textbooks. • As an Foreign Applied Language student specialise in International Marketing and Management, my purpose was to focus on marketing and such classes as well as japanese. However, due to a « weak » parternship between my university and Kobe University, it couldn't attend all the class I wanted and needed. However, I tried to compensate with Japanese classes. I also would recommended to create a speaking class. Because I intend the listening but we barely spoke. In my opinion, the speaking is very important and I didn't feel like it improved as there were not any speaking classes. 					

3. Social and Cultural Experience						
Did you have to make any cultural and social adjustments when you started to live in Japan?	1.Yes 44%	2.No 56%				
If yes, please comment your experiences.	<ul style="list-style-type: none"> • learn how to live alone, learn Japanese to fit in the society • The culture is very different to my home country. At the beginning this was something to get used to however something I really enjoyed learning about and accomodating to. • Paying everything with cash, eating with chopsticks only and some more but these weren't surprising adjustments, they didn't handicap me in any form. • I had to learn to wait in line for everything. At first I thought it was unusual, but now I actually prefer it that way. I like that there is an order to everything. • I had to try not to eat on the streets and learn to eat new things as the ones I usually ate in my home country were not easily available. • As I was living together with another Japanese person in a shared flat, it was not so easy to understand the rules of living together. As the space you live in was considered as private, having friends over spontaneously was not possible. • Being more thankfull to the people also for the small things. 					

<p>If you have any good experiences or difficulties with Japanese friends, please describe them.</p>	<ul style="list-style-type: none"> • Unfortunately the only contact I had with Japanese students was with local students who were coming to my home university where I offered to give some tips and answer questions about their upcoming travels. I really enjoyed this but unfortunately this was the only time where KU provided help in connecting with the local community. • The online class and classes without Japanese made it hard to become friends with Japanese. Often language barrier. • Partaking in club activities and circles within Kobe University allowed me to bond with local students through common interest. • When it comes to Japanese friends, I found it very hard to make plans. Generally we would agree to go somewhere and when we're supposed to go over the details they don't reply to my messages. I guess they're really busy and/or shy. • No difficulties with friends but I found it hard to socialize at the graduate level (not being interested in trivial matters such as parties, nightclubs...). • At first, because I couldn't speak Japanese with confidence, it was very difficult to interact with Japanese students. I think that most of Japanese student like their comfort zone and are afraid to speak English because they aren't used to it. However, the more my Japanese skills improved, the more I was able to meet new Japanese people. Most of them are not student however. But I am really thankful to the Japanese language lec program because even though it was very difficult, I can now speak more fluently in Japanese than I used to. • In classes it is hard to make Japanese friends especially when your Japanese level is not that good. 					
<p>Were you involved in extracurricular activities?</p>	<p>1. Yes 75%</p>	<p>2. No 25%</p>				
<p>What kind of activities was it?</p>	<p>1. Sport Club 19%</p>	<p>2. Culture club 13%</p>	<p>3. Volunteer 6%</p>	<p>4. Internship 0%</p>	<p>5. Work activities 19%</p>	<p>6. Others 19%</p>
	<p>7. No answers 25%</p>					
	<ul style="list-style-type: none"> • Football club • Tandem, mother tongue language exchange • Sports club, but not from University • I did dance training at a dance school in Ashiya and participated in dance projects with them. 					
<p>How did you know about it?</p>	<p>1. Kobe University Website 13%</p>	<p>2. SNS (Facebook, X, Instagram etc.) 6%</p>	<p>3. Advertisement (Poster or Flyer) 0%</p>	<p>4. Japanese Students 0%</p>	<p>5. International Students 31%</p>	<p>6. Professors 6%</p>
	<p>7. Others 19%</p>	<p>8. No answers 25%</p>				
	<ul style="list-style-type: none"> • From a French language teacher at KU • friend • About personal connections. 					
<p>Did you feel satisfied with your activities?</p>	<p>1. Fully satisfied 44%</p>	<p>2. Satisfied 31%</p>	<p>3. Not So Satisfied 0%</p>	<p>4. Not Satisfied at all 0%</p>	<p>5. No answers 25%</p>	
<p>Please explain details of your activity or your experiences through the activities.</p>	<ul style="list-style-type: none"> • I joined the football circle twice, this was really great! • Able to bond with local students through common interest. • I was part of the gardening club, a small group of people who enjoy nature and growing things. It was very relaxed and relieved some of the stress one feels during the academic year. • It was a great opportunity to collaborate with Japanese people and learn from them. • I volunteered in the Japanese countryside, helping elderly people with house/agriculture things. While being useful to the elderly, I also got to talk to them about various topics and we exchanged differences in our respective cultures. I was genuinely touched by their curiosity and had so much fun there. • It's a volleyball club. I don't get to go to every schedule the club puts out, but it's been great. I spent my free time on the right things. • It forced me to get out of my comfort zone and try to really speak Japanese with Japanese student. So having daily conversational discussion. Which in couldn't find it textbook. It is also a funnier way to learn and practice language. • I was very happy to be involved with a lot of Japanese people and especially through dance I felt it was easy to communicate, as there was a common ground of interest and a very open atmosphere. 					
<p>What did you do during your free time, at night and on the weekends? Please explain.</p>	<ul style="list-style-type: none"> • travel, watch youtube videos, read research papers (given by home uni.) • I traveled a lot and experienced the Japanese culture, traditions and beautiful nature. • In most of my free time, I have tried to do something new each weekend to enjoy life in Japan. For instance, traveled to unique places, tried different Japanese restaurants, and saw various museums. • Exploring the city, do some traveling through Japan, meeting friends and having a good time • In my free time I like to read novels, do sudoku or talk with my family. I usually do some kind of work-out at night, and study. On the weekends I travel, go out with friends and do homework. • I spend most of my free time going out and traveling to other cities. Because it enriches my experience abroad. • Mainly studying. Sometimes went dining with friends and went to the theater. Not too much as I don't have much money. • I tried to travel as much as I could, this included going to museums etc. In Kobe too. Apart from that sometimes I just relaxed in the dormitory, reading books, watching tv series or playing computer games. • I was mainly going out with friends visiting Kobe, Kyoto and other places. I visited museums and went out to several restaurants and did karaoke. • Going to Sannomiya with friends for dinner. On the weekends I did a lot of daytrips/weekend trips in the Kansai area to Osaka, Kyoto etc. 					

<p>Please add any comments about Kobe city (safety, cultural events, attitudes toward foreigners, location, etc.).</p>	<ul style="list-style-type: none"> • There can either be more culture events, or the events should be promoted better. • Kobe is a great city, I love it! I only had positive experience in Kobe and felt very safe during my stay here. • Kobe feels safe, beautiful city with the mountains and the sea, nice that not so many tourists and it is not as big as Osaka. • Very safe, friendly and lovely :) • As the university is on a mountain, the walk to university in the summer heat can be challenging. • I believe that Kobe city is a peaceful and pleasant place, known for its welcoming atmosphere towards foreigners. • Kobe really earned a place in my heart. Being surrounded by the mountains and the sea just gives the city such a nice atmosphere. I never had any doubts about safety or attitudes although some of my friends randomly were given little pieces of paper with some racist comments on it. The location is also really good, you can go to Osaka in half an hour which is pretty nice. Also there were nice festivals from time to time. • I haven't had any safety issues here so I would say it's pretty safe. As a foreigner, people sometimes stared at me but it didn't bother me after a while. • Really clean city. Also, it felt very pleasant to live in less traffic. • There wasn't much to do near Port Island where my dorm is located but all of the possibilities in the mountain are incredible. Hiking is free and makes your mind feel better (whether in winter or in summer). Kobe city is located in the Kansai region so it is really easy to travel to Osaka, Kyoto, Himeji, Shikoku, it is really appreciated. No problems with safety, I mostly felt safe during my stay. • I loved Kansai people. They are welcoming and I didn't feel like I was a foreigner here because it's quite multicultural. Regarding Kobe city, they generally hold a lot of events and if you are lucky enough to really explore the city, you will see that it's a city that is very dynamic and has a lot to offer. On a personal scale, I also found that there was a synagogue in Kobe. As my family from my mother's side is Jewish, I found it very interesting to see such a history in Kobe. • I felt that Kobe city is a very open space for foreigners to live in. There were a lot of cultural events, which I enjoyed very much to participate in. And there are always new parts of the city to discover.
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4. Housing/Food						
Where did you live?	1. International Residence 44%	2. Kokui Residence 13%	3. Sumiyoshi International Student House 25%	4. Sumiyoshi Residence (men's dormitory) 6%	5. Women's dormitory 0%	6. International House (Fukae Area) 0%
	7. Hakuo Dormitory (Fukae Area) 6%	8. Host family 0%	9. Apartment 6%	10. Others 0%		
How sufficient was your housing?	1. Fully Sufficient 63%	2. Sufficient 31%	3. Not Sufficient enough 6%	4. Insufficient 0%		
Please explain why.	<ul style="list-style-type: none"> • The dorm was not very new but most things still worked without breaking. • It was very cheap to stay here but the cheapness went to show. It is very basic and rather • Reasonable pricing, had basic amenities. • There is nothing missing, the rent is cheap and the managers are helpful. • It provides not only sufficient orientation and information but also services such as monthly bed linen exchange service. The whole dormitory is clean and comfortable. • The rooms have everything a person may need. Only downside is that it's far away from campus and the monthly commute cost is high compared to other dorms. • There is not much to do in the area and the portliner is expensive. But otherwise, my room was clean from the start and everything went smoothly. I recommend the dorm. • Room was convenient and fully self-sufficient, dormitory was clean and located quite near the campus. • I appreciate the caretakers of the residence. They were really understanding and nice. However, I found 2 problems living in this residence. The first was that this residence is far from school, making the transportation very expensive. As most of us were exchange students, we couldn't have a student commuter pass. Finally the 2nd problem was that due to strong humidity during the winter season, I had a big humidity issue making me throw away a lot of my personal belongings and the university didn't help me and didn't try to change my room and anything. • Costs three times more than Sumiyoshi International dormitory, but is still very old and dirty. 					
How did you get your meals?	1. Cooking by yourself 69%	2. Buying prepared food by yourself 13%	3. Eating out 13%	4. Prepared by your housing/host family 0%	5. Others 6%	
	<ul style="list-style-type: none"> • Eating out but also cooking by myself. • Cafeteria/University canteen. They are cheap and have very delicious food. 					
Did you have contact with your neighborhood and commute?	1. Very often 19%	2. Sometimes 38%	3. A little 13%	4. Rarely 31%		
What kind of people were most of them?	1. International Students 63%	2. Japanese Students 6%	3. General People 13%	4. Others 6%	5. No Answers 13%	
If you have any good experiences or difficulties with your neighborhood and commute, please describe them.	<ul style="list-style-type: none"> • Sadly the smoking area right outside of my room caused a lot of disruptions for sleeping and studying. The placement is not ideal. • Cooking is not so enjoyable with the small in-room kitchen and no provided equipment. Cheaper and convenient to eat out. • Neutral experience • I have met so many new and interesting people, we hung out almost everyday and we have gotten friends from the very beginning. I am really grateful for meeting them. • Some in-dormitory integration meetings would be very useful. • As an exchange student in Japan, I want to be in a Japanese student life environment and I didn't feel like it at this residence. 100% of the exchange students living in this residence are non-Japanese. I never spoke Japanese and never had the opportunity to improve it there. 					

6. Cost						
Did you receive any scholarships?	1.Yes 100%	2.No 0%				
Sponsor:	Government scholarship, JASSO, Kobe University Fund, Scholarship of home university, DAAD					
Amount/month:	<ul style="list-style-type: none"> • Government Scholarship of home country JPY60,000- • JASSO JPY80,000- • Kobe University Fund JPY50,000- • Scholarship of home university JPY62,000- • DAAD JPY196,000 ~ 28,8000- 					
Do you think that the scholarship you received was sufficiently helpful for your program?	1.Fully Sufficient 38%	2.Sufficient 44%	3.Not Sufficient enough 19%	4.Insufficient 0%		
How much did you spend for the following items?	Airfare (round trip): = Asia = JPY 80,000 ~ 130,000 = Europe = JPY140,000 ~ 300,000	Accommodation (per month, including water, electricity, gas charges): JPY 11,200 ~ 60,000	Food (per month): JPY 16,000 ~ 60,000	Transportation while in Japan (per month): JPY 5,000 ~ 20,000	Insurance Fee (per month): JPY 2,000 ~ 10,000	Mobile bill (Wi-Fi) (per month): JPY 1,700 ~ 5,500
	Others: • Sightseeing, Culture club, Traveling, Restaurants, Shopping, Entertainment, Clothes and so on.					
* These amount was easy to effect by the duration of stay or the exchange rate.	Total:	<1semester> JPY 563,000 ~ JPY 1,000,000		<2semesters> JPY 990,000 ~ 1,496,000		
Please add any comments/advice for prospective student about managing expenses while at KU.	<ul style="list-style-type: none"> • When you live at Sumiyoshi International Residence you can save money to commute to Rokkodai campus by walking. Convenience store have cheap food. Lunch sets are cheaper. • Cooking your meals allows you to keep food expenses low. • Cook for yourself and eat at the cafeteria as much as possible, buy cheaper transportation tickets from ticket vendors in Rokkomichi, do not take the Shinkansen on every trip, avoid tourist traps as much as possible, find many Japanese student friends, they usually know how to live cheap. • I found it helpful to pay and manage the important charges that must be paid at a very beginning of a month, consisting of accommodation fees, dormitory common area charges, electricity bills, insurance fees, and transportation fees. It helps to manage personal finance planning and other costs including food, entertainment, and shopping with leftover money until the next month and creates financial discipline. • Keep track of your expenses, strongly recommendet. • Getting a job and/or saving money before coming to Japan is a solid idea. Getting a part-time job in Japan is also a good option for people who are willing. • Recommend checking the storage's room from the dorm, they will find useful things for their stay, for free. • Cooking by yourself is not always more affordable than eating at university canteen. • Japan's accommodation are really cheap. However, the transportation are much more higher in Japan than in other countries. So depending on how many times you will have to go to school, I recommended you to go for a commuter pass. Concerning the food, I managed pretty well this part. I also recommend student staying a year to pick the premium insurance, as you might go to hospital for checking or something else. Finally, concerning the mobile subscription, I recommend you to subscribe to a Japanese operator such as LINE, Iijmio or Rakuten mobile. It it way more cheaper and the international operator. But you might need to speak and understand Japanese. • It saves alot of money to cook your own meals. For transportation costs: Long distances: Hankyu Line is much cheaper. For short distances: JR Line is much cheaper. • If you life in Port Island, a Commuter pass is totally worth the price. It costs a lot actually but you can buy it for 1month, 3month or 6month and it really pays off, because you will most likely go many times to the city and also you need to take the Port liner everytime you go to university. 					

7. Additional Comments					
Has study abroad changed the direction of your life in any way?	1.Strongly Agree 25%	2.Agree 50%	3.Not So Agree 13%	4.Disagree 13%	5.Not Sure 0%
Please explain how it changed your direction of your life.	<ul style="list-style-type: none"> • improved language proficiency and independence, had the opportunity to make friends with people from different countries. • I became more culturally aware. • Personaly got more open-minded towards different cultures and being out of comfort zone. • The experience has ignited and inspired me to work diligently towards the goal of returning to Japan in the future. • It has moved me forward on the same course. • This program has expanded my perspectives and improved my ability to collaborate with others. Through this study-abroad opportunity, I have gained valuable insights into areas where I need further growth and have identified the necessary steps to shape my future career. • It sure was a experience and it had influence on my life but since I had precise plans for my life before i will stick to them. I believe, however, many students going abroad will experience change in their lifes. I know many people that met their partners abroad and they are more interested in exploring the world after their stay. • I believe my study abroad has changed me the most personally. Since Japan is a very different environment compared to Europe, I have gained new perspective on various things, including intercultural competencies. Being in a cultural environment other than my own enabled me to communicate with others in a manner that is sensitive to their cultural background, and to better understand and appreciate different ways of thinking. • I learned a lot and gained a lot of experience through this exchange program. Most importantly, I studied the theory and methodology of my field of expertise, the humanities, for a year at a global level and learned its methods. In addition, it was an honor to learn from another country's culture independently. • The experience benefits me daily, as my japanese is much better, my capacity to adapt to different situation also increased. I cherish this experience very much. • If I did this exchange, it was also to try to see if I could live and work in this country, After experiencing Japanese student life, I can definitely say that this exchange reinforce my wish to work and live in Japan. I am willing to work hard in order to pursue this goal in the future. • As I was able to experience alot of different parts of the Japanese culture and made alot of friends, I was able to create my own community. I started considering working in Japan for some years after graduating from my home university. • In japan i learned that every job should be respected and that you should be grateful for everthing also the small things. And i met a lot of new friend i will never forget. 				