



BERICHTSFORMULAR

Non-EU Student Exchange Programm

2018/2019

BewerbungsID 586

Nominierte Studienrichtung: 066/864 Studienrichtung Masterstudium Wirtschaft und Gesellschaft Ostasiens

Angaben zum Aufenthalt:

Gastinstitution: Momoyama Gakuin University - (Japan)

Aufenthaltszeitraum: SS 2019

Aufenthaltsbeginn: 02.04.2019 **Aufenthaltsende:** 02.08.2019

STIPENDIUM	
Stipendium Uni Wien gesamt laut Zuerkennung: (inkl. Zuschüsse für Reisekosten und Sprachtest)	€ 2.100,00
Weitere Stipendien (zB Jasso, Studienbeihilfe):	Weitere Stipendien: Ja <ul style="list-style-type: none"> • Stipendium des Gastlandes: 0 • Bundesländerstipendium: nein • Studienbeihilfe: nein • Sonstiges Stipendium: Momoyama Gakuin Daigaku Campus Scholarship - dorm
Summe weiterer Stipendien	€ 2.086,00
Gesamtsumme aller Stipendien	€ 4.186,00

KOSTEN DES AUSLANDSAUFENTHALTS	
Unterkunft:	€ 350,00
Art der Unterkunft:	Studierendenwohnheim
Reisekosten:	€ 1.045,00
Lebenshaltungskosten:	€ 4.000,00
Studienkosten:	€ 70,00
Versicherungskosten	€ 121,00
Visakosten:	€ 0,00
Gesamtkosten des Auslandsaufenthalts:	€ 5.586,00

Bericht veröffentlichen:



PERSÖNLICHER BERICHT

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Verfassen Sie bitte einen persönlichen Bericht über den Studienaufenthalt

- **Mindestumfang:** Fließtext 1 Seite DinA4
- **Inhalt:** Gastuniversität, Kurse, Prüfungen, Mitstudierende, Unterkunft, etwaige Schwierigkeiten etc.

BERICHT ÜBER DEN STUDIENAUFENTHALT

My stay and study in Japan... Where to start?

It is very difficult to put only into words the overwhelming feelings and experience that Japan gave me. I am utmostly grateful to both University of Vienna and Momoyama Gakuin Daigaku University in Osaka for the opportunity to study in Japan, therefore first of all I WOULD LIKE TO SAY A BIG THANK YOU. I thoroughly suggest to all students to use this opportunity, regardless of thoughts on how much they will spend. Life all over the world can be equally easy as well as difficult but remember, the memories and experience we have now will ever take away from us. I spent 1 semester - spring 2019 (from March to August) in Japan and if it was possible (my personal reasons – work contract) I would be very very very happy to spend full year, two or more there but I am very thankful also for the experience I had during my 5 months.

I have never been on any exchange study throughout my studies, (despite having lived in more countries because of my work – Italy, the UK, India, Oman and Qatar) and so my stay and study in Japan was one of its kind for me and HOW WELL I HAVE CHOSEN. Momoyama Gakuin Daigaku was an university chosen for me by my mother university and as my priority was to study Japanese language, I thankfully accepted their choice. I could have not been luckier as Momoyama Gakuin Daigaku offered more than I could have ever imagined it could.

MOMOYAMA GAKUIN DAIGAKU UNIVERSITY – STAFF:

Overall Japan, I have met extremely friendly, caring and helpful people and so was also the case of the staff of the university – the international office, the professors, the financial office, the security staff, the dormitory staff and student representatives, simply everyone. It is these people that we as students dealt with daily who made our stay so special. They are the heart of the university and they do their work with great devotion and pleasure. I have never experienced



such a great care by anyone in my life. We all /students and staff/ became like a family that we did not have there with us. Japanese well showed us their immense care for us straight from the beginning. I allow myself to say, that any person can learn a lot from super hospitable Japanese national. The university staff – our Japanese mother – Ms. Tomomi not only waited for us at the airport out of the days when we could arrive already knowing all of the 60 international students' names by heart, but throughout our stay she regularly asked how we felt, if we need something, what are our plans for the weekend with all her best on heart and steady to help if we needed. She was there to assist us days and nights, weekends and weekdays, without exception while having her other part of job, which was to get all the permissions and documents for the upcoming students. She was so very kind, also with the rest of the staff, that she arranged our smallest detailed requests – eg. arranged allergy pills, that are not sold in Japan from her doctor, called a watch shop that a student will come to exchange the battery, called up various hairdressers to find out if they work with L'oreal shampoos, booked cinema tickets for students as that was possible only with a Japanese bank card, etc. When it was raining the international center staff ran to us outside to hand us the umbrellas so that we did not get wet, when the bad weather was coming the staff encouraged us to go home and do some shopping and be safe. Something unbelievable. We have been taken care of in a way that is beyond expressing, one only has to experience it. On the day of our arrival, we have been invited to a sushi restaurant for food as we had nothing in the fridge obviously and have been jetlagged too. The school took us to 2 field trips, they arranged kimono day for the students, Japanese archery classes, karaoke competition with Indian food, badminton competition, a calligraphy class, we went out for dinner more times. They made sure we are well integrated and that there was always something to do.

MOMOYAMA GAKUIN DAIGAKU UNIVERSITY – HOST UNIVERSITY:

The university's premises have been wonderful. The grounds are very green, with couple of restaurants – canteens to have lunch, there is a supermarket, 2 ATMs, the school has a 3 floor sports building with a very big gym, 25m swimming pool, jacuzzi in the ladies changing rooms, a coffee shop, a library, a teahouse, and much more. The canteen even has a powder room and changing rooms. The university also has a chapel, that has ceremonies 2x a week and is opened throughout the day. Wifi is everywhere in the uni's grounds.

Students can print as much as they need, colour or B/W. I, as a master student was also allowed to copy 4500 pages of copies for free, if needed. Master students have also a separate study room for them, with their own key for the locker and a special entry key to be able to study in peace. Master students have also been assigned a professor who was there for the assistance if we needed any guidance during our master thesis preparation/writing. University also very welcomingly arranged a special meeting in a very nice Japanese restaurant of the dedicated professor and us, 3 master students. Amazing and so very impressive!

MOMOYAMA GAKUIN DAIGAKU UNIVERSITY – COURSES:

Japanese classes:

Japanese classes have been amazing!!! We had Japanese language classes 3x a week for 3 consecutive hours (190 minutes). (Monday and Thursday - Grammar classes, Friday – conversation and kanji class). At first I for some reason thought it was not going to be enough, but in the end it was absolutely full on with studying. We had 3 amazing professors, a different one on each day, who made sure we understood and have been explained everything, they have been giving us plenty of exercises to practice, ample amount of homeworks and revision tests



every time we had a class. The classes were varied, we sang, made interviews, had some field works assigned, did presentations, etc. Already after one month I felt absolutely confident in talking, and I actually started having conversations with people I met (ordering food in restaurants, asking for directions in the street or in the train station, etc.). The Japanese language course helped me immensely and I am so thankful for having been able to study the language right in Japan, it makes so much difference. Thanks to my stay and study of Japanese language in Japan I now feel even more tempted to master the language and fell even more in love with the language and the country.

The books we were using were very well structured and included exactly all the useful stuff we gradually needed in our daily conversation in the street / with our Japanese friends, etc. and the Grammar section was very well explained. Even now I still refer to the books I got from Japan when I need to check or learn something myself or when I try to help my classmates in the Japanese class in Vienna to understand certain parts of Grammar.

Other classes in English:

The classes were less demanding for the English speaking foreign students, as there was a mix of Japanese students and exchange students so the professors had to make sure both groups understood. Japanese students had sometimes difficulties to fully understand, however the classes were very interesting and I, despite already having had more economy focused classes in the past, have gained a lot of new knowledge. I took history or modern Asia class, contemporary Japanese society class, Japan and international affairs class, Global enterprises of Japan. All classes very very interesting and provided me with deeper input into how Japan's economy, international affairs and Japanese corporations abroad work. The social class taught me a lot of insight into the Japanese culture from history to present. Furthermore history was taught in a very interesting interactive way where students could remember a lot. I have really enjoyed all the classes I took.

MOMOYAMA GAKUIN DAIGAKU UNIVERSITY – EXAMS:

Exams were not easy not too difficult if students studied throughout the semester, did all the homeworks, exercises and necessary readings and revised before the final tests well.

Exams and tests were always constructed in a straightforward way, without trying to catch students on something very difficult that could be thought of as hard to memorize. The questions and content of the test was always very clear and for the final exams professors told us the areas that will be covered on the test to make sure we focused all our energy on what is necessary and not on what we think might be on the test. The aim of the professors was to teach us most possible, so that we gained as much as we could and not to make us struggle.

ACCOMODATION – STUDENTS' DORMITORY:

The university was using 2 dormitories – Yamazaki and Eleve. Both dormitories are within around 15 minutes walking distance from the university (it can be less or more, depending on the pace of the walker and if student stops in the eg. supermarket, or somewhere on the way).

I stayed in Yamazaki student dormitory.

YAMAZAKI dormitory:

Located within walking distance or right next to many shops, supermarkets, flower shop, Mc Donalds, laundry, coffee shops, convenient stores, eg. Lawson, pharmacies, pizza, sushi and



curry restaurants, home décor 2 floors department store and more. Train station/ taxi station is within 10 minutes walking distance. The area is very safe. Students staying at Yamazaki could use another gym located right next to the dormitory.

Dormitory was safe and locked with a personal passcode. The room was big, clean and sufficient for the stay. It had a balcony, A/C, TV, fridge, cooker, washing machine and it was partially equipped with all necessary. I really enjoyed staying in the dormitory, despite having never stayed in one in my whole life. Noone was loud at the dormitory. The dormitory owners have invited all the students staying at Yamazaki for a sushi dinner in the half of our stay as they wanted to get to know us better and also gave us gifts upon departure – SO VERY KIND.

FELLOW STUDENTS:

There was a great mix of exchange students within the university. There were also many Japanese students interested in becoming friends with us so there was a good possibility to train all different languages not only Japanese and English. There was a natural cooperation and help within the students where the brigher or more experienced students helped those who needed it. We were always helping each other and became close friends and family far away. There was never need of finding a fellow friend to join you in some activity, trip, shopping or something, so there is no need to worry to stay alone.

LIFE IN JAPAN:

JOBS:

Momoyama Gakuin Daigaku offers various job opportunities during the semester and remunerates students individually when they participate, eg. children's day, open campus day, sit in the English language classes and asses the young English-teachers-to-be Japanese students, etc. It is offered on a first come, first served basis.

Students can work outside school too – in supermarkets, shops, teach English, etc. Job depends on the Japanese language ability of the student but in case of English teaching the language schools take all the students, regardless of what is their origin or level of English. As long as they speak English they can have the job. You can earn around **¥10000** from English teaching.

LIFE IN JAPAN:

EXPENSES:

I decided to provide students with quite a realistic insight into how much they may spend (it may be less or more, depending on which kind of food they will buy, how often they will eat out and where, how often they will travel to the center of Osaka or how many cultural trips they will make throughout the months of their exchange). I tried to provide some kind of average where they will also see some places further out of Kansai region, they will see Kansai region and Izumi Chuo surroundings, have enough time to study, try lot of local food, in restaurants and and home, and also try some traditional and cultural things like Japanese theatre or musical, cinema, onsen, buy a yukata, go to karaoke, buy some clothes, etc.. hence try little bit of everything in calculated 4 months. (full months of April, May, June and July). During the 10 days of March /upon arrival/ there was no time to spend much as we were only getting to know the place. I furthermore stayed 19 more days to pack in peace and also to do some 10 days travels around and see little more of Japan. These days are not covered in my average cost chart, as that is not necessary, it was only what I wanted to do and could do.



It is not every weekend that students go somewhere, sometimes they stay with their friends, host family or they just relax at home, do the cleaning, study, etc., but then they may go out during the week on some day when they do not have classes. I do not drink or smoke, so I did not spend anything on these things, but I like to go and have a dinner out sometimes and I do not safe on food, I was not forced to look at every single item in my trolley but at the same time I did not buy some food items that I personally found too expensive compared to what I would pay in Europe. My mum sent me packages via post 2 times with some things (cosmetics – deodorant, shampoos, toothpaste, and some food – favorite biscuits, cheese or honey that I could not find anywhere in Japan). These of course can be substituted for some items bought in Japan but I am used to certain brands so she sent me a package. I also liked to wander around and explore when I had the time.

TOTAL:

More necessary expenses:

1. Food shopping: ¥22000/month x 4 months = ¥88000
2. Mobile phone Internet and Calls: ¥6900/month x 5 months = ¥35000
3. Food at school (convenient store) + lunches: ¥8640/month x 4 months = ¥34560
4. Water and electricity (incl. A/C as a heater in the cold months and as a cooler in the hot months): 5 months = ¥40200
5. Taxi: ¥4000/month x 4 months = ¥16000
6. Eat out 2x a week ¥3500/month x 4 months = ¥56000
7. Fine dinner 1x a month: ¥10000 x 4 months = ¥40000
8. Cosmetics in 5 months: = ¥6000

Freetime activities:

9. Trips and Transportation: ¥28000/month x 4 months = ¥112000
10. Karaoke 3x in a stay: = ¥3000
11. Theatre – famous Musical Takarazuka ticket: = ¥10000
12. Yukata (japanese summer kimono) with obi (belt) and sandals: = ¥5000
13. Tenjin matsuri (the festival of fireworks ticket): = ¥7000
14. Cinema 2x in a stay: = ¥1500x = ¥3000
15. Onsens 2x in a stay = ¥1200
16. Photoshooting in Kyoto in a Kimono as a Maiko for memory: = ¥8000
17. Clothes or random shoppings of clothes, shoes, sun glasses, hats, etc. in a stay: = ¥30000
18. Museums are for free.

TOTAL: ¥494.960 = €4304

- Precise but still rough estimate so in the expenses sheet of Uni Wien I wrote life expenses 4000 Euro and accommodation costs (other than the room paid from the Momoyama scholarship) – water and electricity 350 Euro

I based my accounts, for the students to have an idea, on this formula, detailed break-down on some of the items for better imagination:

1. Food shopping:

- 3x a week x ¥1000 each time small food shopping = ¥3000 x 4 weeks = ¥12000/month,



- 1x a month big food shopping = ¥10000
Total: ¥22000/month x 4 months = ¥88000

3. Food at school + lunches:

- snack at school = ¥500, lunch = ¥220, Total = ¥720 / every time when there was school
- school 3x a week = ¥2160/ week,
- ¥2160 x 4 = ¥8640/month
- **Total: ¥8640/month x 4 months = ¥34560**

4. Water and Electricity:

- March and August: (couple of days as I arrived at the end of March and traveled/stayed with my host family 12 days out of 21 in August) = ¥4000
- April: ¥7000, ¥2000 = ¥9000
- May: ¥5000, ¥1200 = ¥6200
- June: ¥10000, ¥3000 = ¥13000
- July: ¥6000, ¥2000 = ¥8000
- **Total: = ¥40200**

9. Trips and Transportation:

Weekend 1:

Day 1 – go to centre of Osaka and back, around Osaka ¥550x2 **train to Osaka (return) + ¥500 for metro around Osaka = ¥1600**

Day 2 – a longer trip, to Kyoto, Nara, Kobe, Koyasan, Hikone, Otsu lake, Arima onsen, etc. **¥1100 Izumi-Osaka/return + ¥2000 to somewhere further = ¥3100**

Weekend 2:

No trip at all ¥0

Weekend 3:

Same as Weekend 1 **¥1600 + ¥3100 = ¥4700 = let's say ¥5000**

Weekend 4:

Longer trip somewhere further out with overnight stay/s (1-2 nights) – to Shirahama beach, to Ise-Shima, to Takayama (and Shirakawa-go). **¥1600 /to Osaka return and metro/ + ¥7000 train + ¥10000 accommodation 2 nights = ¥18600**

There were some students who even went to Tokyo for a weekend with climbing up the Fuji-san but for me that was too stressful and not worth so I preferred trips closer to our base.

HOST FAMILY AND BUDDY PROGRAMME:

Amazing programmes that I highly recommend to fill in for all students who plan to go to Momoyama Gakuin University exchange. My host family was wonderful and so was my buddy. We did activities together, went to restaurants, spent time together so more options how to be fully integrated in the Japanese society.

ANY DIFFICULTIES:

I was suffering jet lag for 3 weeks. I just could not get used to the time zone difference for some reason. I have never had jet lag before, but my body adjusted in the end. It's very individual and differs from person to person.



I also had a break down point when I felt like I did not do the right choice to come and study abroad, because I felt detached from my family but that was just some weak point that I got over very quickly. Talking to other people, they also experienced the same and they say it is normal. I think it is perfect to go on an exchange semester and get out of your normal comfort zone, it makes the people stronger and they learn to adopt even better to new conditions.

THANK YOU VERY VERY MUCH FOR THIS OPPORTUNITY ONCE AGAIN. I WILL NEVER FORGET IT and I hope I will be able to motivate others to go on such an exchange and to share my knowledge gained with them.