



# Global Program

## 2024

～GP 成果報告書～

*Soka University*  
*Faculty of Business Administration*

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## 学部長あいさつ

「グローバル・プログラムの開催に寄せて」

本プログラムは 2004 年に始まり、経営学部を代表するグローバル化のためのプログラムとして発展してきました。過去 20 年以上にわたり、経営学部の学生たちがこのプログラムを通して、英語学習のみならず、海外の文化や海外企業の CSR や ESG 等の人間主義的行動についても学んで参りました。これにより、国際社会で活躍するための基盤を得る機会が増え、多様な能力を身につける場となっています。

現在は、GPUK、GP コリア、GP カナダ、フランス・レンヌ大学ビジネススクール、ベトナム国家経済大学ビジネススクール、ホーチミン市経済大学ビジネススクール、ビクトリア大学ビジネススクール、スイス・ジュネーブ経営大学院（HEG-GE）、フリブール経営大学院（HEG-FR）など、着実にプログラムの充実化が図られ、国際的な学びの環境を整えてまいりました。

GP に参加した学生たちは、卒業後も世界各国でその経験を活かし、国際社会のさまざまな分野でリーダーシップを発揮しています。実際に、多くの卒業生が国際機関、外資系企業、グローバルNGO、公的機関などで活躍しており、その影響は今もなお広がり続けています。また、本プログラムを通じて築かれた人的ネットワークは、学生たちがグローバルな視点を持つだけでなく、世界各地の優れた人材と協力しながら新たな価値を創造する力を育む貴重な機会となっています。さらに、今後は創価大学に留学している海外の学生にも GP への参加を促し、異文化間の交流をより一層深め、真の国際的な学びの場へと発展させていくことを目指しています。

こうした取り組みにより、本プログラムが単なる海外研修の枠を超え、国際的なキャリア形成の基盤となる実践的な学びの場として、さらなる発展を遂げることを期待していま

2025 年 3 月 16 日

経営学部長  
吉元 浩二

# 参加者紹介

## GPUK 参加者

- 1 宮脇 大河
- 2 川邊 航
- 3 古澤 裕美
- 4 LIU XIN
- 5 中川 貴裕
- 6 ZHONG JIAYI
- 7 大岡 美穂
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- 21 坂間 由香

## GPUK 概要

日程：2024 年 2 月 26 日（月）～ 3 月 14 日（木）

参加者：21 名

訪問場所：レディング大学（UK）

引率：泉谷准教授

概要：英国・レディング大学にて、英語をはじめ、英国の文化やビジネスを学べる独自のプログラムに参加しました。授業のほか、近隣都市への訪問やホームステイ、企業訪問を通し、人々の暮らしや習慣、ビジネスについて体験学習をしました。

報告 1  
Taiga Miyawaki  
The gain I got from the GPUK

## Introduction

### Why did I choose GPUK?

In this essay, I will talk about why I chose this GPUK program, and the gain I got from this as well. Before departure, I expected that the gain would be just the measurable progress of my English skills. However, the result was completely different.

As the flow, firstly I will introduce my background and why I chose this program, secondly, I will introduce a lot of memories along the timeline. Finally, I will introduce the conclusion of what I gained and what I want to make use of this program in the future.

## Background

Studying abroad requires bravery to try it and overcome unfamiliar surroundings. Before I decided to go, I retired from my club and I wasted time with hanging out, a part-time job, and other stuff that had no impact. In such a boring life, the information had come. To be honest, it didn't matter what country I went to: I wanted to escape from this life, and I wanted to feel my growth as the final chance in the university. Although I liked English and wanted to try it as an original, I worried about the fee. Until that time, I saved money to enter the Pilot Training Institutes, so if it were too expensive, I would not join there. However, a miracle had happened. Especially this year, thanks to the final year of the election of Super Global University, we could get a huge scholarship. I felt it was like destiny, so my mind had changed from "I could go" to "I had to go".

Then I went to the first meeting with high expectations. However, to be honest, I was disappointed that the member's English level was low. Most of the members were younger than me, so I could not help but I expected to support each other. Therefore, as my first impression of GPUK, it was not so good.

However, the deeper the relationship had become, the more the member's thoughts I recognized. Through talking to each other, they all had a passion for raising their English skills even though they were not good at it. Also, some members have great English. Therefore, I reconsidered this environment consisting of some kind of people who like English, want to improve their skills, and want to experience overseas lives, so I must have been influenced by those who have several kinds of passion. Then I started studying English.

Until then, I studied mainly the grammar of English for TOEIC, so I shifted the way to study English. In the beginning, it was difficult for me to secure the method of studying for study abroad, but I watched Netflix with English speaking and English subtitles, and I watched the practical aspects of English on YouTube. Through such tackles, I could prepare for the departure.

At the airport, I was excited and a little nervous. "Eventually the day has come!!!" I clearly remembered this feeling there. For me, it was the first time taking an airplane and going overseas. For the most part, I was so excited. As the members grew, we departed into the unknown.

## Adventure in the UK

At the Heathrow airport, the air was cold. There were a lot of fresh things: the signs in all English, people waiting for someone who was taking planes off, the unknown cars, and conversations generally talked in English.

After we took the bus, we were impressed by the huge environment. There were huge parks, huge gardens, huge ranches, and huge forests. Then the university waiting for us was also huge. Professors naturally explained details of school life in English, so we all understood here is the place we have to strive for English.

Then we met our host family. I and Nobu were looked after by Mr. and Mrs. Tyler. They picked us up at the university, and we talked about some topics. Nobu was his third time studying abroad, so he got used to talking with them quickly, but for me, it was the first time to come overseas. Although the dinner was so gorgeous and delicious and they treated us so kindly, my first day was finished with a little anxiety.

On the second day, I would end up thanking Nobu, because his cooking skill was like that of a chef! It's no exaggeration to say that his delicious meals made me better and I was looking forward to eating his meals every day. After his breakfast, we commuted to the university by bus, and we experienced warm surroundings. In Japan, passengers rarely greet a driver with appreciation, but there, all passengers naturally greet the driver with no awkwardness, let alone wish them a good day. This experience made me safe: all people including those here were the same humans who have warm aspects. Thanks to this experience, I got to use English and try English positively, because we can be received by foreigners.

In class, we learned about the history of Reading, the business style of the UK, and the tackling of preserving the environment. The professors were so kind, and they made the class very clear, so I and the other members were interesting and easy to understand. Through these classes, we could get used to speaking and listening to English in general.

Some days later, the event that changed our UK life was held. It was the recreation with the members of Japan Society. They were so curious and positive that we were overwhelmed, and their behavior made us positive for speaking English. Also, some of the members were studying Japanese, so we felt how they got curious about Japan, and we were glad to hear that. The main topic was mainly why they like Japan. According to their answers, there were several kinds of things: animation, games, music, food, and so on. Even when the class was over, we talked about a lot of things, and I felt this was exactly the best experience since it started UK life. After this opportunity, I realized that our culture is loved, and we should know about their culture positively.

On the first Saturday, I and Nobu were invited to "Detecting" by our host father. Our host father's hobby is detecting and picking up rare things like old coins. Needless to say, we had never experienced it, so we joined it willingly. We went to a park and started detecting it suddenly and took the machine that rings when it searched for some metals. Due to its exciting activity, we did it for a few hours. As a result, we could get a few pence. If it were in Japan, I could not do it casually, so I felt the difference in culture so much.

On the next day, we went to hoped-for London! To put it briefly, London was a super stylish city. The streets, the stores, the stations, and sightseeing spots such as Big-ben, Buckingham Palace, and London-Eye corresponded to it. Throughout this trip, I was overwhelmed by just the city of London, so I felt how magnificent the world is.

After these trips, we got used to UK life, and we also visited Hungerford and Oxford. All of these experiences made me more active because our surroundings were all active, and they tried to make their lives better.

Finally, comes the final week of GPUK. We have assigned the presentation. We decided on a theme for the Japanese animation "Ghibli". At first, it was easy to collect the questionnaire because it came from the members of the Japan Society. However, we needed to collect more questionnaires, so we tried ordinary students there. Firstly, it was a little hard to ask them, but gradually, to ask more politely, I changed the first comment, and when he or she responded to me, I reacted to it positively. Eventually, it succeeded as I could change our Instagram account through the interview. Thanks to these tackles, our presentation was

successful.

Then came the day of departure. Even though it was morning, I cried when we said goodbye to our host family. So good relationship. In addition, professors and the members of the Japan Society gave us a send-off. We spent irreplaceable time with them.

At the airport, we departed at about 18 o'clock looking back at life in the UK.

The gain I got from the GPUK

After the GPUK program, we keep in touch with UK friends and the members of GPUK. This program was a little hard for beginners like me, but for this reason, it made irreplaceable relationships and many enjoyable memories. Therefore, I am proud of my challenge to join GPUK and positive action.

In conclusion, the gain I got from the GPUK is the mind of challenge, the speaking skill with no hesitation, the original goodness of humans, and hard work making strong ties.

These gains are quite useful in the future. I want to be a global citizen and succeed in my life stage through this recognition and strong mind.

報告 2  
Wataru Kawanabe  
GPUK Report

I participated in GPUK for 18 days from February 26th to March 14th. There, I experienced culture shock in many ways. And I learned a lot from them. In this report, I will introduce what I learned from three perspectives: British culture, antiques, and the UK's efforts in environmental issues.

This was my first time experiencing British culture at GPUK. That is because, even though I had the opportunity to experience American culture in my English classes, I never had the chance to experience British culture. First, regarding food culture, it is said that British food is not very tasty. During the class there was a group that talked about food culture in a class presentation. In a food culture survey, it was found that both Japanese and British people found Japanese food to be more delicious than British food. However, this was not the case. I ate British food for 18 days and felt that British food was more delicious than Japanese food. In particular, the full breakfast became my favorite. This is because it is a dish with everything you eat in the morning, such as hash browns, beans, and sausages, on a plate, and it is very satisfying. British food culture left a good impression on me. Next, I will talk about language. It is unclear whether language links to culture, but it gave me a culture shock because Japanese English education teaches American English, there is not much exposure to British English. Therefore, I was confused when there were differences from American English or words that I did not understand. For example, the British English I was exposed to in this program was quite varied, such as the pronunciation of "often" and saying "motorway" instead of "highway". Personally, I find British English to be stylish, such as English phrases, so I would like to continue to be exposed to British English in the future. Also, I felt that English education in Japan was biased towards American English, so I thought it would be good to introduce English education that exposes students to a variety of English. I would like the Ministry of Education, Culture, Sports, Science and Technology and Gakken to consider such education. As such, British culture is a culture that has a great influence not only on students but on the Japanese people, so I am very honored to have had this experience while being a student.

As an accompaniment to British culture, I would like to talk about antiques. I don't know the word "antique" until I joined GPUK. However, when I went to the UK, I was surprised by the number of antiques. There are many scenes where the UK's attitude of valuing old things is seen, such as towns full of antiques like Hungerford and antique markets when I went to Oxford.

I felt that this attitude was particularly evident in mobility. The reason is that the cars running on the streets of the UK were often Japanese cars from 20 years ago. In fact, when I saw the mobility situation in the UK with my own eyes, there were many electric cars and the infrastructure for charging facilities was well developed. However, about 20% of the cars were Japanese cars, and most of them were gasoline or hybrid cars. I am interested in environmental issues, and I thought that the important thing in the mobility industry was to make electric cars and fuel cell cars mainstream, although I was skeptical, but my thoughts changed after spending time in the UK. I think that the most eco-friendly and important thing for the mobility industry right now is to drive one car for a long time. When I was observed the car industry in the UK, I noticed that the quality of Japanese cars is overwhelmingly high, and their technical capabilities are so high that the fuel efficiency and rigidity of Japanese cars from 20 years ago are still valid today. In the UK, there were many Japanese cars running, from 20-year-old Japanese cars to Japanese cars currently on sale.

On the other hand, in Japan, it is rare to see a car from 20 years ago. Even 20-year-old

cars should still be in good condition, but Japanese people change their cars right away. I think this is because many people change their cars when their car leases or residual value credits expire. In addition, Japanese people prefer new things, so they don't own old things for a long time. However, British people keep their cars for a long time. I think this is because of the British antique spirit. In Japan, thermal power generation is more mainstream than renewable energy, so it will still be difficult for Japan to shift to electric vehicles from the perspective of the life cycle. However, I thought that keeping one car for a long time could lead to true eco-friendliness.

In this way, antiques are the British spirit that can be felt not only when you go to an antique shop, but also in familiar places. I felt that the attitude towards ecology in the UK and Japan is very different. In Japan, automatic doors are the norm, but in the UK, they are basically manual doors. There are also power gates for people with disabilities, but there was a sign that said, "Save energy. Only use the button to open the doors if you really need to" to avoid over consumption of electricity. I felt that the UK is trying to reduce CO2 emissions from the ground up. On the other hand, in Japan, we use automatic doors and use plastic food packaging, which unknowingly emits carbon dioxide (CO2). Also, to utilize renewable energy, university buildings are equipped with solar panels for photovoltaic power generation. There are fewer sunny days in the UK than in Japan, so charging with solar panels is not an option, but there is an attitude of giving back to the environment as much as possible. And at the university cafe, there is a system where people who buy a university tumbler get a discount on drinks. Some drink containers have lids and cups made of plastic or substances that generate dioxins. However, if you carry a tumbler or water bottle with you, you can greatly reduce the number of lids and cups you use per year. In this way, the UK is far more advanced in eco-friendly activities than Japan, and is trying to reduce greenhouse gases fundamentally by taking eco-friendly approaches that are permeating not only food and beverages, but also buildings and infrastructure in daily life.

In class, I learned that there are companies that practice circular economy. Circular economy is not the linear cycle that has been cultivated in the past of creating new things and throwing them away when they become old, but an ecosystem that uses what we have now for a long time and returns what we no longer use to fibers and materials, and then makes new things from them. If the circular economy is practiced all over the world and the linear cycle becomes zero, greenhouse gas emissions will decrease. For us to practice this in the future, we need to learn more about the circular economy. Also, there are many eco-friendly initiatives that we can do, such as buying eco-friendly products, if we look for them, but there are also some things we need to be careful about. Professor Sebastian was my teacher who taught me about sustainable management and CSR when I was in the UK. He talked about these points in class. That is, there are products and companies that appear to be contributing to Sustainable Development Goals (SDGs) and environmental issues, but in fact are putting a strain on the environment. This is called greenwashing. We need to learn about sustainable development and become people who can make good decisions so that we do not choose greenwashed products.

In conclusion, GPUUK has given me a lot from an eco-perspective, I learned a lot of fundamental things. I think the reason why Japan is lagging in addressing environmental issues is related to the difference in attitude between the Japanese and the British. Japanese people like new things and try to create new things and cultures in a short span of time. However, the British have a culture of valuing old things and using one thing for a long time. I think that this is what is connected to their efforts in environmental issues.

## 報告 3

Hiromi Furusawa  
How wonderful try to new things

### Introduction

This report describes a perspective from a senior in Soka university who wanted to participate in the GPUK ever since she was a first-year student. One thing this report wants to convey to the reader is how wonderful it is to try new things. This report includes the content of the GPUK program, my long-term goal and preparation for the GPUK, the experience in the UK, what I learned through the GPUK and conclusion. If you struggle with challenging new Things, you should read this report.

### About GPUK program 2024

#### Overview of the GPUK Program 2024

The GPUK is a program from February 26 to March 14. The students who participated in this program learned about the history of the UK and Reading, Business English, Marketing, Global problems, how to effective presentation. All the students stayed at each Homestay. We were able to enjoy sightseeing during the weekend. In addition to the classes at the University of Reading, we went to the supermarket to study marketing, the effect of company and history, and CSR. Moreover, we went to the Henley Business School, we learned about the global problems and how to approach these problems. The final report of this GPUK program was the presentation in which each student chose a topic of interest, conducted some interviews with local students and people who live near the University of Reading and made a presentation based on the results of the interviews.

What makes this program unique is that there are about twenty members with different grades and English language skills going to Europe together. Some people say if you go to study abroad with Japanese students, you do not speak English every moment. However, there is an advantage to meeting members who are interested in studying new languages, global issues, and entering new worlds. As well as yourself, you will make friends with whom you can talk about your future, the methods of studying English, somethings you struggle with, the goals in your life and improve yourself. Next paragraph describes my goal, why I participated in this program and what I prepared for the GPUK.

#### My Long-Term Goal, Reasons for Participating, and Preparation for GPUK

##### My Long-Term Goal, Reasons for Participating

My goal is to become a global professional with flexible thinking and a broad perspective. I have been thinking about studying abroad since before entering university and have been working hard to improve my English skills. I am interested in mental health care and work-life balance as well as business administration. Therefore, I wanted to choose a place where I can deepen my knowledge in these fields. I also wanted the opportunity to be exposed to ideas that I had never been exposed to before in the UK, where advanced research and initiatives are being conducted in a variety of fields.

##### Preparation for GPUK

The study abroad program included three pre-departure training sessions before the trip to ensure that the participants would be able to learn as much as possible after the trip. Here, participants exchanged opinions and information on English learning methods with each other. To enable more frequent contact, participants were divided into four groups to exchange information and mindsets in the run-up to the trip. I was the team leader and collaborated with the whole team on three things. The First thing was to decide on a role for each person to make them feel that they themselves were the main actors in this program. The second one

was to share events and learnings in a video or English diary every day and thirdly, to set goals and reflect regularly to visualize the progress made and areas for improvement. We all feel that this initiative made us all even more motivated and engaged before and after arriving in the UK.

### Experiences in the UK

#### Learning at the University of Reading

At the University of Reading, I learned about the history of England and Reading, business English, business vocabulary, marketing knowledge, and environmentally friendly business practices. Through my classes and life at the university, I thought there is an elevated level of awareness of environmental considerations. I learned about the culture of using long term of things instead of throwing them away, and that most companies manufacture products using materials that can reuse or recycled.

Most companies in UK now include information about their environmental initiatives. However, as every company is doing this, we need to think for ourselves whether they are environmentally friendly or not. In Redding, I met people who routinely take action to care for the environment and their own health. I learned anew the importance of thinking, acting, and making choices for oneself regarding environmental and social issues.

#### Host family Experience

Living with a host family was filled with discoveries and valuable lessons. Naturally, I experienced some culture shocks as well. However, these experiences enriched my understanding of different perspectives and helped me grow both personally and culturally. My host family valued family time more than anything else and enjoyed common hobbies. They also took me running, which was their hobby. It was a running event held regularly in the community, and many people welcomed me. Adults, children, babies, dogs, and the elderly run at their own pace, no matter who they are. Wheelchairs and strollers are welcome to participate. Everyone was friendly and welcoming to us who jumped in and joined the event. This event is not just running. It is an event that brings people together to communicate with each other, such as through daily conversation before and after the run, and the tea party afterwards. I thought it was wonderful to see a culture in which residents help each other stay healthy, both physically and mentally. I was very impressed by this culture of accepting each other as they are. I also found it very appealing to learn that people not only work and family, but also actively participate in the local community, and that many charity events are held, which I found very appealing in that they have a decentralized purpose in life.

#### What I learned through the GPUK

##### Language < Culture, History

I realized that my English skills are still not good enough. But more important than that, I thought it was cross-cultural understanding. At the University of Reading, we had opportunities communicating with Japan society members who interested in Japanese culture and languages. They knew a about Japanese anime and other cultures, and it was not that I could not communicate with them because they could not speak Japanese, it was just that they could convey them love and understanding, which brought us closer together. I felt that respect for each other's culture, interest in each other, and a desire to learn more about the other person would improve language skills more than anything else.

#### The Importance of Courage

I realized that there is no shame in not knowing something or asking for help. For example, while searching for a bus stop in London, I hesitantly asked an elderly man for directions. He

kindly provided guidance and, to my surprise, spoke a bit of Japanese, so we conversed in my native language.

Afterward, he wished me well and gave me two warm egg tarts he had planned to eat himself. His unexpected generosity left me deeply grateful. This experience, significant for someone like me who often avoids unfamiliar situations, taught me the value of small acts of courage. I also gathered the courage to ask a woman for her Instagram ID, leading to a lasting friendship that continues even after my return to Japan. Such small acts of bravery can accumulate, creating meaningful experiences and paving the way for future challenges.

#### Knowledge Alone Is Not Enough

Simply accumulating knowledge is not sufficient for true learning. It is through practice, failure, and improvement that knowledge becomes meaningful. During my first year at university, focusing solely on accumulating knowledge left me feeling anxious and inadequate. I realized that the experiences gained during these past three weeks have provided the practical application and self-discovery I was seeking. These experiences have been invaluable for my personal growth.

#### Conclusion

Trying new things is essential for personal and professional development. Embracing new experiences, facing challenges, and stepping out of one's comfort zone led to growth and learning. The GPUK program has been a remarkable opportunity for me to expand my horizons, improve my skills, and gain confidence. I encourage others to embrace new opportunities and explore unfamiliar territories, as these experiences are key to achieving personal and professional goals.

## 報告 4

LIU XIN

### My Journey to the UK: A Lifelong Dream Realised and A New Start

The first time I learned about the United Kingdom was through a textbook in elementary school. The image of Big Ben on the cover was too beautiful and iconic to forget, and I never imagined that I would see it in person ten years later. I knew exactly what I wanted when I was a high-school student. That is to see how diverse and fantastic the world is. This desire eventually led me to Japan, but even after arriving, I found myself longing to explore further.

However, the ambition was often tempered by financial constraints. I did not want to put a burden on my parents, so I initially gave up the chance to attend Global Program Korea(GP Korea), which I also desired to take part in. Instead, I focused on attending Global Program UK(GP UK), saving money through part-time jobs and borrowing some money from my best friend who had a stable job. Before submitting my application, I did struggle with doubts about whether it was truly worth it. The answer then is absolutely yes. It turned out to be a wonderful and once-in-a-lifetime experience.

In this report, I would like to introduce the friendship I gained, the academic improvement I made and my future plan.

#### Cherished Friends

For me, the biggest reward from this journey was the friendships I forged with the GP UK students and Japan Society students from Reading University. It is quite rare for a Chinese student studying in Japan to go to the UK with Japanese peers and make friends with both British and Japanese students. I was fortunate enough to meet those incredible people. At our first meeting in Soka University, I met all the members and was placed in a fantastic group.

Our group leader Napo is a good and responsible leader and helped me a lot. Although it was a pity he couldn't join us on the trip to Oxford, his leadership was invaluable. Hiroshi was a handsome and kind-hearted boy who was always smiling. Yuka and Miho were adorable and full of energy. I will never forget our walks around London and Hungerford and the delicious lunches that we shared in beautiful restaurants. Additionally, I made friends with Hiromi, Ami, and Kaki, who were an important part of those 17 days. I will always cherish the sunny day we walked in the British Museum and the streets of London and the memorable meal we had in Oxford.

Moreover, we had enriching conversations with students from the Japan Society of Reading University about Japanese and British cultures. We went to Hungerford to buy souvenirs together and had a great picnic. Besides, we also discussed a lot in class and these discussions we had were both enjoyable and informative, which deepened my understanding of cultural nuances. Furthermore, we celebrated the 20<sup>th</sup> birthday of Ami together. I believe this will be an unforgettable experience for both Ami and Japan Society members. I am very happy to meet them and we still keep in touch with them now.

### Reconnecting with Old Friends

One of the highlights of my trip was meeting a friend who is now working in Britain. She was my one-month roommate in Chinese university and we were really close friends at that time. We ran together and studied together. It was a pity that she changed her major and we never met each other after that. I never thought that I could meet her in London.

That was a lucky day because it was a sunny day, not British weather. We visited iconic British landmarks like the London Tower, St. Paul's Cathedral, the Thames River, and the London Eye. We ate typically British food Fish and Chips as well as some Italian food. We had not seen each other in over three years, and that day was truly perfect, and we took plenty of photos and made a lot of new memories, which became one of the most important parts of this journey. It was really hard to say goodbye at the end, and I felt a little sad because neither of us knew what the next time we would meet.

### Apart from friendships

Apart from friendships, I also had the pleasure of meeting many wonderful teachers and people like Michiko, who was very kind, gave us amulets before flying and always shared her own stories as if we were friends. So was Sharon, who always smiled and shared interesting opinions with us. By the way, we met Michiko's son in London who was handsome and looked just like Michiko. And the boys were very glad that they made a new friend. Moreover, Sharon had been to my hometown, Chengdu, Sichuan, China, which was a big surprise for me. And she liked Huahua, the most popular panda in China. We were both fans of the panda and I gave her a panda doll gift. I hoped she would remember me every time she looked at this panda doll.

During my time in the UK, I lived with Kaki and our host family Jim and Janet, an old couple who were very kind and had a cute cow cat. Their hospitality made us feel at home. Kaki and I chatted a lot with them and we learned a lot from them like how British people greet and basic table manners in Britain. I could still remember the first day Janet led us to the campus. She walked as fast as young people and I could not follow her. And Jim was very kind as well. The day I went to London, he told me how to take the bus and accompanied me to the station. He did not like to talk, but he was warm. The time I spent with him is unforgettable and I just felt that he was my real grandfather who had passed away when I was seven. Janet always hoped Kaki and I could learn more about British culture and lifestyle. However, the time was too short to get fully accustomed to British life.

### Knowledge Enrichment

My academic experience in the UK was equally enriching. I engaged in a variety of study activities that broadened my perspective and deepened my knowledge in many aspects. I learned about British and Reading culture in Sharon's lessons, and gained business insights from Mr. Seb's classes. We also took a visit to Waitrose, a major supermarket, to understand their business management practices in Britain. Additionally, we explored the fast fashion business model and its environmental impact on Mr. Seb's class, which had a big impact on me. I seldom buy clothes now because of the bad impact of fast-fashion I learned in the class.

In the second week, we visited Henley Business School and had discussions with renowned experts. Actually, I was a little regretful that I did not dare to show my English ability and was silent during discussion and presentation. I was still not confident enough to show myself. I think I might be more confident after this experience. Anyway, these experiences were really invaluable in deepening my understanding of the relationship between business and environment and broadening my horizon. I believe these lessons I had in University will undoubtedly serve me well in future challenges.

### Reflections and Future Plans

The GP UK experience has significantly contributed to my personal growth and development. It has taught me the value of adaptability, especially when being in a multicultural environment. Actually, I could not sleep well at first due to jet lag and felt a little out of the group because I came from China, but people around were all Japanese and British, who had different cultural backgrounds from me. Living and studying in the UK exposed me to a new educational system and cultural environment. However, I think this is what the GP UK program is pursuing, helping students develop a global perspective and a deeper appreciation for cultural diversity. Thus, this journey was actually a transformative experience that enriched my life in countless ways. And it has strengthened my determination to work in a multicultural environment and contribute to global initiatives.

Another growth I could feel was that this program improved my communication skills, as I interacted with people from different backgrounds and learned to navigate cultural differences effectively. Through these interactions with British and Japanese students, I gained valuable insights into both cultures, as a Chinese. Moreover, during the trip to London, I met many strangers who were very kind and we talked. There was a young couple travelling to London I met in St. Paul's Cathedral, and that day was the man's birthday. I took a photo for them. I also met a family in front of Buckingham Palace, and made friends with three cute children even though they did not understand English. Those little moments also constitute an important part of this journey.

Additionally, the time spent with Japan Society members and my host family was really memorable and let me learn a lot about British daily life. Their kindness and hospitality made me feel welcomed and comfortable, despite being far from home. The friendships I made and the lessons I learned will remain with me forever, guiding me in my future adventures.

By the way, the experience of saving money through part-time jobs and borrowing from a friend also tells me how important it is to achieve financial independence. All of these experiences will continue to inspire and guide me on my next journey.

Reflecting on my journey, I consider this opportunity to be the only chance I might have to travel to European countries before turning 26. As I plan to find a stable job in Japan, I believe this experience will be a significant asset on my resume. It has instilled in me a strong desire to continue learning and exploring business knowledge and diverse cultures. My short-term goals include completing my current academic program with high grades, building strong relationships with peers from diverse backgrounds, and seeking internships or part-time work to gain practical experience in my field of study.

In the long term, I aspire to pursue further education, possibly a MBA degree, at an internationally renowned institution in the UK. I aim to establish a career that allows me to work in a multicultural environment and contribute to global initiatives. I also plan to save enough money to learn as many languages as possible and travel extensively, with the UK being just the starting point of my long journey.

## 報告 5

### Takahiro Nakagawa The Importance of Self-Reliant Actions in the UK

Studying abroad in the United Kingdom (UK) is an unique opportunity that necessitates and fosters the ability to think independently and take decisive actions. This experience goes beyond academic learning, as it encourages self-reliance and the development of problem-solving skills in unfamiliar situations. In this essay, I will illustrate how navigating new environments, exploring London independently, embracing learning opportunities, and participating in teamwork and presentations contribute to the growth of self-reliance and proactive behavior.

In the case of training trips taken by groups, it is necessary to have the ability to grasp the situation and take immediate action. Upon our arrival at Heathrow Airport, we were expected to meet a university staff member who was supposed to guide us to our destination. Unfortunately, we only knew the staff member's name and had no idea what they looked like, making it challenging to identify them in the crowd. This situation required us to take the initiative. We began by searching the airport for anyone who might be our contact, scrutinizing every sign and approaching several people to inquire if they were the person we were looking for. When this approach did not yield results, we resorted to making phone calls to the university and the staff member to coordinate our meeting. This experience underscored the importance of self-sufficiency in managing unexpected challenges. It taught us that while it is natural to seek help, taking proactive steps to solve problems independently is crucial in unfamiliar environments.

During a weekend excursion to London, our group had to plan and manage all aspects of the trip, including transportation, destinations, meals, and return logistics. As the group leader, I was responsible for ensuring that everything ran smoothly. This responsibility included researching how to purchase and use train tickets, navigating the city, and making sure we adhered to our schedule. Given the economic situation in 2024, with the pound at 180 yen due to the yen's depreciation, it was vital to find the most economical travel options. I consulted local students and our host family to gather information on the best ways to travel affordably. By doing so, I secured affordable tickets and shared this information with my group, ensuring that everyone was aware of the plan and costs involved. Throughout the trip, we maintained constant communication to ensure everyone was safe. This experience highlighted the importance of proactive planning and leadership in group settings. It demonstrated that taking the initiative to research and prepare can lead to more efficient and enjoyable experiences. Furthermore, it reinforced the value of clear communication and teamwork in ensuring the success of group activities. Exploring London independently allowed us to efficiently visit numerous places and gain diverse experiences within a short timeframe by planning our sightseeing. London's extensive subway and bus networks, intricately woven like roots of a tree, enabled us to navigate the city with ease. This methodical approach to sightseeing provided us with opportunities to learn about the cultural architecture, social practices, and culinary traditions of both Japan and the UK. Every sight we beheld

offered new insights, prompting us to update our own perspectives and enrich our cultural awareness. This efficient form of tourism not only broadened our understanding of different cultures but also deepened our appreciation for the historical and social contexts of the places we visited.

Studying abroad is not merely about travel but also about learning and personal growth. The GPUK program focuses on leadership development, prompting us to think and act to maximize our growth. To make the most of this opportunity, we engaged in various activities designed to enhance our leadership skills and self-reliance. One such activity was keeping a daily diary. By documenting our experiences and reflections, we were able to track our progress and identify areas for improvement. Another activity involved filming short videos where we discussed our daily challenges and successes in English. This exercise not only improved our language skills but also boosted our confidence in communicating in a foreign language. Additionally, we actively sought opportunities to communicate in English with locals. Whether it was ordering food at a restaurant, asking for directions, or engaging in casual conversations, these interactions helped us become more comfortable and proficient in using English in everyday situations. Although some initiatives were challenging to sustain, setting personal goals and sharing our experiences fostered a sense of leadership and self-improvement. This approach taught us the value of taking the initiative in our learning journeys. By actively seeking out opportunities for growth and embracing new challenges, we were able to develop our skills and confidence. It also highlighted the importance of perseverance and adaptability in achieving personal goals.

The GPUK program allocated one of its two weeks to preparing a presentation. Each group formulated a question based on a chosen keyword, conducted interviews with local university students, and analyzed the data to draw conclusions. Our group chose to explore the differences in environmental consciousness between Japanese and British students. Conducting these interviews required careful planning and coordination. We had to identify suitable interviewees, schedule interviews around our classes, and prepare relevant questions. Unfortunately, I fell ill and was unable to participate in the interviews for three days, leaving the task to my two teammates. This situation was challenging, as it placed additional pressure on my teammates and made me feel guilty for not being able to contribute fully. To ensure I still played a valuable role in our project, I focused on analyzing the data collected by my teammates and creating the presentation slides. This task required careful attention to the detail and a thorough understanding of the information we had gathered. By doing so, I was able to contribute to the overall success of our presentation, despite my illness. This experience taught me the importance of adaptability and finding ways to support the team, even when personal circumstances change. It also highlighted the significance of understanding one's role within a team and making the most of the opportunities to contribute effectively. Through this process, I realized that teamwork and collaboration are essential for achieving shared goals, and that flexibility and resilience are crucial in overcoming challenges.

In conclusion, studying abroad in the UK requires and fosters the ability to think independently and take action. From navigating new environments to managing group excursions,

embracing learning opportunities, and contributing to team projects, these experiences collectively enhance one's self-reliance and problem-solving skills. The challenges and responsibilities we faced during our time in the UK taught us the importance of taking initiative, planning ahead, and adapting to changing circumstances. These lessons will undoubtedly serve us well in our future endeavors, both personally and professionally. Overall, the experience of studying abroad in the UK was transformative. It pushed us out of our comfort zones, encouraged us to develop new skills, and instilled a sense of confidence and independence. By learning to think and act on our own, we became more self-reliant and better equipped to navigate the complexities of an ever-changing world. This journey was not just about academic growth, but also about personal development and the cultivation of a proactive mindset that will benefit us for years to come. Moreover, this experience provided a practical framework for understanding cultural differences and adapting to new social norms. By engaging with local communities and participating in various activities, we gained insights into the UK's diverse culture, which enriched our global perspective. These interactions helped us develop empathy and cultural sensitivity, essential qualities in today's interconnected world. Through these experiences, we learned that true growth occurs when we step out of our comfort zones and embrace the unknown with an open mind and a willing heart.

報告 6  
Zhong Jiayi  
GPUK Report

## **Introduction**

From February 26 to March 14, 2024, I had the opportunity to join the Global Program in the United Kingdom (GPUK) for a three-week study trip. This trip allowed me to deeply explore British history, culture, and society, and gain valuable experience in Business English and Project Management. During the trip, I stayed with a host family in Reading, which gave me a complete experience of British daily life.

This report is divided into three main sections: the first part introduces the background and overall details of the study trip; the second part describes my experience in detail, including program activities, what I learned, and the challenges I faced; the third part is my conclusion, covering personal growth and changes, as well as my future study and career plans. Through this trip, I improved my language skills and cross-cultural understanding, learned practical project management skills, and gained confidence in self-expression. I hope this report will share my experiences and insights with others and inspire more students to explore and experience different cultural and educational environments.

## **1) Details of the study trip**

### **• Program Activities**

During the program, we participated in various activities. In Business English class, we learned how to give presentations and communicate in business settings. We also learned specialized vocabulary and good manners for business. In British Culture class, we studied British history, culture, and society, focusing on politics and economic development. We also visited local tourist spots and attended cultural events, which helped us immerse ourselves in British life. I especially enjoyed historical buildings.

### **•Business English Classes**

In Business English class, we learned how to communicate and write in business settings. We practiced giving presentations, writing emails, and speaking politely. This helped me learn new business vocabulary and how to be professional. For example, we learned how to introduce ourselves in meetings, create business plans, and negotiate effectively.

### **•British Culture Studies**

In British Culture class, we explored the UK's history and culture. We discussed significant events such as the Industrial Revolution and Brexit. We also learned about daily life in the UK, which helped me understand how people live there. We studied famous British writers, artists, and scientists, which gave us a better appreciation of British culture.

### **•Cultural Exchange Activities**

We engaged in numerous fun activities outside of class. We visited Reading Abbey Ruins and learned about its history. We also a visit to a local pub. These activities helped us experience British culture and meet local students. We toured British museums and visited iconic landmarks such as Big Ben, Buckingham Palace, and Oxford, which was very exciting.

## **2) My Experience**

### **•What I Learned**

Studying in the UK was incredibly valuable for me. My English skills improved significantly as I used English daily. The Business English class helped me learn how to communicate in professional settings. Living with my host family and learning about British history and culture gave me a deeper understanding of life in the UK. The Project Management class taught me practical skills and how to work effectively in a team. Most importantly, I gained confidence in speaking English.

### **•Language Skills**

Using English all the time helped me improve my listening and speaking abilities. The Business English class taught me useful words and phrases for business. Now, I feel more comfortable communicating in English. I also learned how to understand different accents and expressions, which was very helpful.

### **•Cultural Understanding**

Living with my host family provided insight into British customs and traditions, enhancing my respect for their culture. I learned about British holidays, food, and social etiquette, which helped me feel more connected to my host family and new friends.

### **•Practical Skills**

The Project Management class taught me how to plan and execute projects. I learned how to collaborate with others and manage time effectively. These skills will be beneficial in my future career. I also learned how to solve problems, make decisions, and present my ideas clearly.

### **•Challenges**

I faced several challenges, but they helped me grow. Initially, it was difficult to understand English in class and communicate with people, but I practiced and improved. Sometimes, there were misunderstandings with people from different cultures, but I learned to respect and understand them. I also felt homesick as it was my first time living outside Asia. My host family and new friends helped me adapt to the new environment.

### **•Language Barriers**

Understanding different English accents and expressions was challenging at first. However, with practice and support from my teachers and friends, I improved. I learned to ask questions when I didn't understand something, which was very helpful.

### • **Cultural Differences**

Cultural differences sometimes led to awkward moments, but these experiences taught me to be patient and open-minded. I learned to explain my own culture and listen to others' explanations, making conversations more meaningful.

### • **Homesickness**

Being away from home made me feel lonely. However, my host family and friends in the UK made me feel welcome and helped me overcome homesickness. They introduced me to new activities and places, making me feel more comfortable.

### • **Big Changes**

The biggest change I experienced was in my thinking. Observing the kindness and politeness of people, like giving up seats on the London Underground, inspired me to be kinder and strive to do my best in every situation. I also learned that there is no single right answer and that different opinions make the world interesting. This experience made me more humble and confident in sharing my thoughts. I made many friends and expanded my network. Reading is a city where I grew a lot, and I look forward to visiting again. My next goal is to improve my English and reconnect with my friends.

### • **Perspective on Life**

Seeing kind and polite behavior in the UK inspired me to be kinder and more respectful to others. This lesson will benefit me in my life. I learned that small acts of kindness can make a significant difference.

### • **Acceptance of Diversity**

Meeting people from different cultures taught me to appreciate diversity. I learned that different perspectives make life more interesting. I enjoyed learning about various traditions, foods, and lifestyles.

### • **Confidence and Self-expression**

Living in a new country increased my confidence. I learned to speak up and share my opinions. This confidence will help me in my future endeavors. I now feel more comfortable initiating conversations and expressing my ideas.

## 3) **Summary**

My three-week study trip to the UK was an invaluable experience that improved my language skills and cultural understanding. I experienced personal growth by enhancing my

communication and problem-solving skills in a different cultural environment. Moving forward, I want to use this experience to develop a global perspective, especially in an international business environment. I sincerely thank everyone who supported me, including my family, host family, program coordinators, and everyone I met in the UK.

### **•Gratitude**

I am very thankful to everyone who made this experience possible. My family supported me significantly. My host family in the UK made me feel at home. The program coordinators organized an excellent program. I also thank my teachers and classmates for creating a positive learning environment. I appreciate the kindness and help from everyone I met.

### **•Future Aspirations**

This trip inspired me to seek more international education and career opportunities. I want to improve my English and engage with different cultures. My goal is to work in international business and use what I learned to contribute to global projects. I aim to continue learning and growing through new experiences.

### **•Reflections on Learning**

During my stay, I learned about British food, music, shopping, sightseeing, and the history of Reading from my teacher Charlotte. Her charisma made every day enjoyable. Sam, the business teacher, taught us about environmental protection in the fashion industry. The green efforts of Reading University were impressive. The students there were very free-spirited and enthusiastic, which was refreshing compared to Asian norms. They were passionate about their studies and hobbies.

### **•Embracing New Experiences**

Although it was a short period, studying abroad taught me the value of different perspectives and the beauty of new experiences. Reflecting on my time in the UK, I hope others find their unique study abroad experiences and cherish them. I hope this report helps future students who participate in similar programs. I believe everyone should experience living in another country if they can.

### **•Encouragement for Future Students**

To future students considering similar programs, I strongly encourage you to go for it. Studying abroad has challenges, but the rewards are immense. You will gain new skills, broaden your horizons, and create lasting memories. Be open-minded and willing to learn, and you will grow both personally and professionally. Don't be afraid to step out of your comfort zone.

In conclusion, my study trip to the UK was an amazing journey of learning and growth. The lessons I learned and the experiences I had will continue to shape my future. I am excited to apply what I have learned and continue exploring the world with a global perspective. I hope to inspire others to take on similar adventures and make the most of every opportunity.

報告 7  
Miho Ooka  
My biggest challenge

I joined GPUK. GPUK is the UK's Global Program at the Faculty of Business Administration. This is an 18-day short-term overseas training course. There, I studied British culture, business, environmental issues, etc. at the University of Reading in England while staying with a host family. I had the opportunity to live in British life and culture. I got a lot of inspiration there. It was a truly wonderful experience in my life.

I participated in GPUK because I wanted to explore Europe, experience a different world, and challenge myself. Europe is vastly different from Japan in many ways, such as its architecture, lifestyle, and communication styles. As Japan becomes more global, I believe that understanding other cultures and perspectives is crucial for the future.

Additionally, I wanted to make the most of my university years by taking on new challenges. Studying abroad is a unique opportunity that is often more accessible and affordable during university. Although I enjoy discovering new things, I do not consider myself very brave. However, my mother encouraged me by saying, "This is your only chance to experience this, so do your best." Her words gave me the courage to take a step forward. So, I mustered up my courage and decided to take on the GPUK challenge.

Next, I focused on preparing for GPUK. Since I was going to stay with a host family, I needed strong communication skills in English. To improve my skills, I listened to and practiced English every day. However, when I went there, I couldn't understand or speak English as well as I wanted to, and because I'm shy, I couldn't enjoy the conversation very much. I was frustrated, but at the same time, it motivated me to study English harder.

I also researched British culture and famous landmarks to better understand the environment I would be experiencing. Although I was very nervous about visiting the UK and staying with a host family for the first time, the research process made me very excited. Although I only had a little time to do sightseeing, it was a lot of fun. I want to go back to England again because there are still many things I want to do.

Additionally, I bought souvenirs for my host family and students at the University of Reading. It was challenging to choose gifts that would make them happy, but it was also a lot of fun. I bought origami and Japanese stationery for that gift. As a result, they were very pleased with the souvenirs.

Now I will explain the contents of GPUK in three sections.

First is my host family. My host family consisted of a mother and father, and they also had another guest, a Chinese man who teaches English in China. They were all incredibly kind and gentle. Although my English was slow and not very fluent, they listened carefully and understood me. I was very nervous first time, but their patience and encouragement helped me enjoy the conversations and gave me a bit of confidence. I stayed there with another GPUK member who spoke English very well, and I often relied on her, but I also tried to communicate with the host family on my own. The hardest thing was when I went to a coffee shop with my host family's friends, I was surrounded by them and couldn't keep up with the conversation, so I froze up. I could understand what they were saying, but I couldn't follow them at all, and it was a difficult time. However, they spoke slowly so that I could understand, and waited for me to speak, and I was able to have a conversation somehow.

Next, I'll tell the good memories of homestay life. My host family's house was very big and beautiful, with many rooms, a spacious living area, and a large garden. Everything was picturesque, like something out of a storybook. While I loved the house, I found that Japanese bathrooms and toilets were much better than those in the UK. The host family showed us

films, played the guitar, and took us to community gatherings, making it a warm and wonderful experience. They also took us to Windsor Castle, a very beautiful and historic place that left a strong impression on me. In addition, the host mother was a vegetarian, so our dinners were always made with vegetables and beans, which was an interesting and new experience for me.

Second is about Japan Society. The Japan Society is a community of Reading students who have an interest in Japan. Everyone there was very friendly and kind, and some members could speak Japanese well. This allowed me to practice my English extensively while also feeling comfortable. I enjoyed conversing with them in English and even exchanged Instagram with some of them. Talking with local people of my age was different from talking with my host family. My host family was elderly, and it was a little hard to understand their English, but the English of the Japan Society was easy to understand. They were also interested in Japan, so we had lively conversations. So, I can practice English a lot and got a little confidence. I was very happy when some people invited me to dinner, and I enjoyed the meal very much. I also gave origami as gifts to friends, and they seemed very happy, which made me glad.

The Japan Society also organized a small trip for us to Hungerford, a charming town known for its antique shops. Many shops offered discounts for cash payments. The local and friendly atmosphere was refreshing and provided a unique experience compared to typical tourist attractions. We also enjoyed a British dinner with all the members. Although the portions were quite large, the food was delicious. Overall, the time spent with the Japan Society was a lot of fun and very memorable. On the last day of GPUK, everyone had a picnic in the University of Reading's Garden to say goodbye. It was very sad to part ways, but the memories we made will always be cherished.

Third is class. I had two classes at GPUK about British culture and business.

In the culture class, I studied the history of Reading, British food, British music, and more. The teacher was very funny, so I really enjoyed that class. There were a lot of vegetarians and vegans, which was interesting because there are not as many in Japan. I was also surprised to learn that British cafés and pubs allow pets. In this class, we always had icebreaker sessions among the GPUK members, which really helped deepen our bonds.

In our final class, we had to give a presentation. For this, we paired up to create a questionnaire about topics of interest, had students from Reading and others respond, and then presented our findings at the end. My topic was pet life in Britain. What surprised me most about the results was that many people had received their pets from others. In Japan, there are many pet shops, so I thought the way people in the UK treat their pets was wonderful. Through this activity, we learned the importance of effective presentation methods, gathering information, and thinking about what we want to know and what kind of survey we should create to answer that question.

Next, I will talk about the Business class. In that class, I studied ethical business and marketing. It was enjoyable too. For example, we discussed the problem of clothing waste in the world and thought about how to reduce it. Suggestions included buying second-hand clothes, purchasing durable clothes, borrowing clothes, and recycling them. We also watched touching advertisements, shared their content in English, and learned the strategies necessary for marketing. In addition, we visited Waitrose supermarket and watched the behind-the-scenes operations, which was very interesting. We also studied at Henley Business School. There, we split into two teams to interview the students from that school and then presented our findings. Each activity was a valuable and educational experience. Through these classes, I learned about the high level of awareness of ethical business in the UK. I want to face reality and proactively do what I can. For example, I want to use eco-bags to avoid plastic bags, recycle clothes, and not replace them too often.

Throughout this program, I learned about the difficulty and importance of gathering courage and taking on challenges. I now have a strong desire to continue pushing myself in various ways and further improve my English-speaking skills. I often felt frustrated when I could not express my thoughts or ideas immediately. My goal is to enhance my ability to communicate fluently with people from around the world, as it will help me broaden my perspectives and opportunities. I aim to gain diverse experiences to become stronger and wiser. Participating in this program has been incredibly rewarding, and I am truly grateful for the opportunity. From now on, I will keep this feeling in mind as I study English hard and enjoy communicating with people from all over the world. I also want to aim for a TOEIC score of 730 and use this knowledge to find a job too.

## 報告 8

Hiromi Matsuo  
GP UK report

In the Global Program in the United Kingdom (GP UK), I had my first experience of life in another country. The GP UK offers 18 days of study abroad at the University of Reading for business students. I participated during my spring vacation after the second year to improve my English and communication skills with people who have different cultures. I think it is very important to work as a global leader. This program includes classes conducted in English, visits companies and business schools. It also provided me with the opportunity to grow personally, such as immersing myself in British culture, making friends with students from Reading University, and reflecting on my own life. Although the topics we learned varied, the program helped students grow in multiple aspects. In this paper, I will share what I experienced throughout the GP UK and how it contributed to my growth.

The GP UK offered me fulfilled contents before we even went to England. We had several meetings, which were great opportunities to get to know the other students participating in the program. During these sessions, we were divided into small groups to encourage closer interactions. Through group activities, we shared our usual methods for learning English and discussed our individual goals for the program. Exchanging each idea was beneficial as it provided new perspectives and techniques for language learning. Given that it was my first experience staying abroad, it was incredibly relieving to have a network of friends to share the preparation process and to learn English together. This preparation phase was an important part of the program, setting a solid foundation for the experiences that followed in England. I was able to make some friends because of the group activities, so I did not have to worry about human relationship problems. It made me concentrate on learning English and new experiences in the UK. From these pre-group activities, I learned it is important to prepare carefully before experiencing something new. Even if time is limited, how well we prepare for it can change the quality of learning and experience.

The GP UK had three main impacts on me. Firstly, one of the biggest impacts would be the way I think about English. As I mentioned in the introduction part, I have never been abroad before joining the program and never had friends who are from other countries. In my opinion, this is also the reason why I often felt nervous when I used English. After visiting England, however, my mind about English changed positively. Eighteen days in England gave me plenty of opportunities to speak English such as homestay and interviews with students of Reading University. I know they do not understand Japanese so it made me try to speak English actively. At first, I sometimes could not understand what they said because it was a little hard to catch native British's English for me. However, with each passing day, I gradually was able to communicate with native people. This experience gave me confidence to speak English. During the last few days of the program, I spoke with and became friends with students from Reading. I could not have imagined this before coming to the UK. I learned that the most important thing is not to speak English perfectly but use it and communicate with people. Secondly, the GP UK made me think about cultural differences. Knowing the other culture changed me to have a wider horizon. The biggest difference I noticed in England was the time schedule. Most shops in England close early, around 5 pm to 6 pm. I guessed that many British people do not like to work late in the evening, or perhaps it is just a cultural norm. I also had the opportunity to visit sightseeing locations a few times. I went to London and Oxford on group trips with all the Soka University students participating in the program. I visited the British Museum, Oxford University, and tried some traditional British food. The

cities, buildings and food were completely different from those in Japan. Seeing buildings that I had only known from pictures in real life was truly impressive. Also, I learned the value I believe is normal is sometimes not normal in other countries. I feel that by experiencing different cultures, I have become more flexible and accepting of people with different ideas. Finally, the friendships I built in England enriches my life. The classes at the University of Reading included weekly interactions with members of the Japanese society, a club composed of students interested in Japan. Hearing the Reading students speak Japanese made me very happy and highlighted the importance of knowing languages. While modern technologies are useful, like translation tools and AI, facilitates communication, learning a language helps build closer, more personal relationships. It was sad to say goodbye to friends I made in the UK, but I can continue to study English because looking forward to meet them again. After returning to Japan, I stayed in touch with some British friends, which has motivated me to continue learning languages. Building friendships broadens my worldly life.

The GP UK surely influenced my life after participating in this program. Compared to the previous, I became more interested in learning languages and working globally. To work globally, I eager to improve my language skills and experience living abroad for a longer period, so I set my sights on being accepted for an exchange program. I continued to study English and was eventually given the opportunity to study abroad. Although GP UK was only 18 days long, the impact it had on me was very significant. I am very satisfied with the GP UK program and I am grateful to the teachers who implement it.

In conclusion, the GP UK has been a life-changing experience for me. Throughout the program, I gained valuable insights and skills that have significantly impacted my life in the long run. The program improved my English skills through classes and interactions with native speakers and taught me the importance of understanding other cultures and being open-minded. The friends I made and the experiences I had have enriched my life and motivated me to learn English. Additionally, I learned the value of cultural immersion and the benefits of stepping out of my comfort zone. Now, I am more interested in learning languages, studying abroad, and working in a global environment. I am very grateful for the chance to join the GP UK program, and I am excited to use what I learned in my future. The skills and insights I gained will guide me as I continue my studies and work towards a fulfilling career. This experience has not only broadened my horizons but also equipped me with the confidence and motivation to achieve my goals. I would like to strongly recommend this program to those who are interested in the world, who are wondering about going abroad and who wish to change and improve themselves.

## 報告 9

### Rito Yoshida What I learned GPUK

#### 1. Introduction

I participated in an 18-day short-term study abroad program called GPUK at the University of Reading in England. This program included a homestay experience and aimed to improve our English. While experiencing local culture and daily life. The primary objective of the program was to immerse ourselves in an English-speaking environment to enhance our language proficiency through practical usage and cultural exchange. By living with a host family, we had the unique opportunity to experience the everyday life of English people, which greatly enriched our understanding of their customs, traditions, and social dynamics.

Through this study abroad program, I realized that we can overcome language barriers and connect with people through mutual understanding and effort. This realization came not only from structured academic activities but also from informal interactions with locals. Even if we speak different languages and live in different places, we can understand each other if we try. The friendships formed and the kindness extended to us by strangers were testaments to the power of human connection. These experiences underscored the importance of perseverance and open-mindedness in overcoming communication challenges.

Participating in the GPUK program was not just about learning English; it was about expanding our horizons, stepping out of our comfort zones, and gaining a global perspective. This program was a transformative experience that provided insights into British culture and society, while also highlighting the universal values that bind us all together. The lessons learned during this program have had a profound impact on my personal growth, shaping my views on international cooperation and cultural exchange.

#### 2. Main Body

During my stay, I often faced language barriers. However, by not giving up and trying to communicate, I had many wonderful encounters and experiences. At the University of Reading, we took classes on the history of England and Reading, fast fashion, and basic English grammar. These classes helped me understand British culture and history better, and I also got to think about social issues like fast fashion. The English grammar class covered basic to advanced topics, which improved my everyday communication skills.

In our classes at the University of Reading, the professors often asked us questions to encourage interaction and participation. One interesting activity we did was called "Mingo." In this activity, we were given a paper with various topics and we had to walk around the classroom, pairing up with classmates to ask and answer questions written on the paper. This activity helped us practice speaking English in a fun and engaging way. One of the most memorable classes involved working in pairs. One student would watch a unique commercial from another country, while the other student faced away. The student who watched the commercial then had to describe it to their partner, who couldn't see it. This exercise was both challenging and enjoyable, as it tested our descriptive skills and ability to communicate effectively.

One of the most memorable days was when we visited Henley Business School. We had the chance to listen to business leaders and ask them questions. It was a valuable experience to learn from a world-famous business school, and it broadened my view of future career possibilities. The business leaders shared their insights on various topics, including

leadership, innovation, and global markets. I asked a question about how they handle cultural differences in international business, and their answers were insightful and practical. This experience gave me a better understanding of the complexities of global business and the importance of cultural sensitivity.

The interaction with the Japan Society at the University of Reading was also great. One day, we visited Hungerford, a place known for antiques, and had dinner together. Spending time with students from different cultural backgrounds was very exciting and made me appreciate international exchange more. We also went bowling after university with some members and talked about our cultures and lives. These interactions helped me deepen my understanding and friendships with people from different countries. During our visit to Hungerford, we had fascinating conversations about the differences in our educational systems, favorite foods, and hobbies. The dinner was a wonderful opportunity to bond over shared interests and learn from each other's perspectives.

Other than that, one of the best experiences I gained was experiencing the hospitality of my host family. My host mother was very kind and patient, even when it took me time to understand English. One day, while helping prepare dinner, I didn't know the name of a kitchen tool. My host mother smiled and showed me how to use it with gestures. Likewise, I also replied to her with gestures to confirm, "Is this right?" and eventually, we could communicate. Additionally, the party with her friends from Spain and Italy was memorable. We enjoyed a fun time with a mix of different cultures. Besides that my host mother had a tradition of asking us to share three interesting things that happened during the day or what we learned in class at dinner time. This practice was sometimes challenging, especially when there wasn't much to talk about, but it encouraged me to reflect on my day and practice my English.

In daily life, I needed to communicate with local people in many situations like pubs, restaurants, and sneaker shops, the staff were always friendly. For example, when I didn't understand the menu at a pub, a local next to me would help to recommend a dish and smiled while talking to me. This made a big impression on me. Pubs in England are like the izakayas in Japan, but with a European twist, making them stylish and unique. I often asked for recommendations on drinks and dishes, and the staff would kindly explain the flavors and ingredients, which helped me choose something I would enjoy.

One day, when my friend and I were trying to take a train, we didn't know which train to take, so we asked a station employee. The employee was very kind and explained the train frequency and platforms in detail. In England, unlike Japan, multiple lines run on a single platform, making it confusing even when using a smartphone to check schedules. Additionally, England has a system where buying multiple tickets at once can make travel cheaper. Our host mother advised us to use this system since transportation costs in England are high. We tried to buy tickets at the machine, but it was complicated, so we asked a station staff for help. Also, when we got lost, the local people were kind enough to guide us. Through these experiences, I felt the warmth of people and realized that we could communicate beyond language barriers.

Additionally, our weekend trips were some of the highlights of the program. We visited famous landmarks such as Stonehenge and the Roman Baths in Bath. These excursions allowed us to see historical sites and learn more about England's rich heritage. Our guide at Stonehenge provided fascinating insights into the theories surrounding the ancient monument,

and in Bath, we marveled at the preserved Roman architecture. These trips were not only educational but also a lot of fun, as we got to explore new places with our classmates and make lasting memories.

### 3. Conclusion

Through the GPUK short-term study abroad program, I realized that we can break language barriers with mutual effort and understanding. Even if we speak different languages and live in different places, people are kind and willing to help each other. This study abroad experience was very valuable to me and will be a great asset in my future.

The experiences and lessons learned during this program have equipped me with skills and perspectives that go beyond academic knowledge. I have gained a deeper appreciation for cultural diversity and the importance of empathy in communication. The courage to overcome language barriers and the willingness to understand others are virtues that I will carry forward in my life. This program has instilled in me a sense of global citizenship and the realization that, despite our differences, we share common values and aspirations.

I want to remember the courage to overcome language barriers and the willingness to understand others, and continue to connect with various people. The friendships and connections made during this program are invaluable, and I will cherish them as I move forward. I am now more confident in my ability to navigate and thrive in diverse environments. This confidence will undoubtedly help me in future academic pursuits and career endeavors.

I will use the confidence and growth gained from this experience to take on new challenges in the future. The GPUK program has opened my eyes to the endless possibilities that come with embracing new cultures and languages. I am grateful for this opportunity and look forward to applying these experiences in my future endeavors. This experience has not only improved my English skills but also enriched my understanding of the world, making me a more well-rounded and open-minded individual.

## 報告 10

Hiroshi Kashiwa

### What I felt after participating in GPUK

Through this essay, there are several things I would like to convey to students who are considering joining GPUK. First of all, if you have in your mind the idea of joining GPUK, you should put your thoughts into action without hesitation. This recommendation is based on the deep understanding I gained through my own experience participating in GPUK. In my case, it was my first experience to go abroad, and I couldn't speak English at all. Therefore, before participating in the study abroad program, I was full of anxiety and nervousness. However, the two weeks I spent in England were a very valuable time in my life. I had the opportunity to experience a different culture, meet new people, and improve my language skills. When I returned to Japan, I truly felt that I was glad to have participated in this program. Therefore, I would like to specifically explain the appeal of GPUK. When we choose a study abroad program, we need to consider various factors. However, there are three main reasons why I chose GPUK. These factors may be the reason why you choose GPUK. The following paragraphs will explain these three elements in detail.

The first point is that the study abroad period is short. The good thing about studying abroad for a short period of time is that it is much easier to take on the challenge compared to long-term study abroad. I highly recommend it, especially for those who are thinking about studying abroad for the first time. Among the members who actually went to study abroad, many of them were participating in this study abroad for the first time. Long-term study abroad is often expensive, requires a leave of absence from school, and requires high language skills. There was a time when I thought about studying abroad for a long time, but I gave up on going because of these reasons. However, compared to long-term study abroad, short-term study abroad costs less, there is no need to take time off from school as it takes advantage of long school holidays, and high language skills are not required. In my case, the cost was about 400,000 yen for studying abroad, and I spent about 80,000 yen locally, so the total cost was about 480,000 yen. Also, regarding the period, I went to study abroad for two weeks in the middle of spring break. In terms of language ability, there were students with TOEIC scores in the 300s to 700s, and although everyone's language ability was different, everyone enjoyed studying abroad in their own way. These are the advantages of a short study abroad period, and as a first-time study abroad experience, the cost burden is smaller, you could utilize long school vacations so you don't have to worry about your studies, and you can improve your language skills. The big advantage is that even those who are not confident can participate with confidence.

The next point is the amount of interaction with local people. The best part of studying abroad is that by communicating with local people using a different language, you can make new friends, improve your communication skills, and gain new knowledge by experiencing the culture of the country. I think here at GPUK, there are so many opportunities.

First, the accommodation is a homestay. In my case, I stayed with an elderly couple. The husband was British and the wife was Chinese. We are usually at home in the morning and evening of the day, and during those times we communicate a lot with the people at our homestay. When you wake up in the morning, have common Japanese conversations such as "Did you sleep well today?" and "What are you going to have for breakfast today?" When you get home from school, have a conversation about today's school. We had conversations about life in Japan. When we had conversations, the people at our homestay host spoke slowly to accommodate us, so it was easy to communicate. At first, it was difficult to

communicate smoothly in these casual everyday conversations, but by the time two weeks had passed, we had grown to be able to do it smoothly. There will also be a lot of interaction with local students. In our case, we had a lot of interaction with an organization called Japan Society. Every Wednesday we had a time to interact with the group, and about 20 students came and had many conversations. At first, we were only supposed to interact with the local students, but we became friends with the local students better than we expected, and even went out to eat with some of the members and went to sightseeing spots during free times. They showed me around and were also very kind and even came to send us off on the last day. When it comes to actual communication, we are a group of students who love Japan, so we actively communicate with them from the moment we first meet. However, like the people at our homestay, there were people who spoke slowly and considerately with us, and some who could speak a little Japanese, so I had the impression that communication was very easy. As you can see, GPUK offers many opportunities to interact with local people, and is recommended for those who want to improve their English communication skills and make new friends.

The last important point is to deepen your relationships with the members who are going to study abroad together. In this program, you will study abroad with about 20 people from the same department, and you will be able to build very close relationships with these members. Before leaving to study abroad, we had only met at a few training sessions, so at that stage I couldn't say we were all good friends yet. However, while studying abroad, I had to take all classes with these Japanese members, so I had many opportunities to interact with them. Various group work and activities were set up in class, which increased opportunities to interact with everyone, which became a factor in deepening relationships. Furthermore, by enjoying sightseeing and having meals together outside of class, we were able to deepen our bonds with all the members. I strongly feel that if I had not been able to form such deep bonds with the Japanese members, this study abroad experience would not have been as enjoyable as it is. The deep interactions I had with the Japanese members were extremely valuable to me. In this way, I was able to not only interact with the local people, but also deepen my relationships with the Japanese members who studied abroad with me, which made my study abroad experience highly satisfying. I believe that's why interacting with Japanese members was so important.

In conclusion, I would like to recommend GPUK to those who are considering studying abroad based on the three points mentioned above. There are many other benefits to GPUK besides these three points that I wrote about, but these are the three major advantages that I felt after actually participating. I participated in this study abroad program, made many friends, and gained a lot of knowledge, which I am sure will be invaluable in my life. I would like everyone to have this kind of experience, so if you are thinking about studying abroad, please participate in GPUK.

報告 11  
Nobuaki Ono  
Activities at GPUK

I participated in GPUK in 2024, which is a global program organized by the Faculty of Business Administration of Soka University. Twenty-one members went to the University of Reading in the UK to learn about British culture and business. In this report, I want to share the actual GPUK experience with people who are thinking about going to GPUK and give them a reference. I also want to share my amazing experience with you. I will first talk about life at GPUK, then describe the classes and finally write about my memories with Japan Society's members.

Firstly, life at GPUK was very exciting and fun. The program is a homestay, which gives you a real taste of British culture. In my homestay house, A host father, a mother, and a dog lived there. My host family's children don't live there anymore because they have their own families. So, another member from Soka University and I were allowed to live in an empty room. The room was clean. It was inconvenient that we could not take off our shoes, so we had to bring slippers to be comfortable. I remember the dogs being adorable. People often say that British food is not good, but the food my host family cooked for me was very tasty. They cooked not only British food, but also food from different countries, just like in Japan. I also remember that in the UK, there is a culture of eating roasted meat on weekends, which was particularly delicious. On weekends and holidays, I went to my host father's hobby of Detecting. This is an activity where you go to parks and other places and use a metal detector to look for old coins and so on. We found a coin that was about 100 years old and took it home as a souvenir. I enjoyed it. We also went to a pub in the evening with our host fathers to learn about the wonderful pub culture in the UK. I had a strong impression of British pubs because they had pulls and slots and the atmosphere was different from that in Japan. We played pulls and had drinks with local people, all of whom were friendly and accepted us from Japan warmly. As for sightseeing on holiday, we went to London and Oxford. In London, we visited Buckingham Palace, Big Ben, and the British Museum. I only saw Buckingham Palace and Big Ben, but I was very excited because I had only seen these places on TV and in pictures. At the British Museum, we saw a variety of exhibits. The most impressive exhibit was the Rosetta Stone, which is said to have been found by Napoleon. I was impressed that the actual writing on the stone was still there. In Oxford, we took a tour of the historic buildings of Oxford University. I was happy when we went to the place used for filming Harry Potter. The guide spoke English very quickly and it was difficult to understand him, but it was a good experience. As I mentioned above, these two weeks were very exciting and fun.

Secondly, in class, we learned about British culture and business administration, all in English. For British culture, we studied the history of the Reading area and the university, as well as food, pubs, music and pet culture. As everything was taught in English, sometimes I didn't understand some of the words, but the lecturers taught me in an easy-to-understand way. Also, when learning about the culture, the lecturers used actual photos and their own experiences, so it was very easy for me to visualize the culture. I was also able to deepen my understanding of British culture by asking my host family about what we learned in class. What was particularly impressive was the lesson on British food culture, where I was able to learn a lot about British food. In Japan, the image of British food is not so good, but during these two weeks, my image changed a lot. Also, my host mother often prepared the British food I learned about in class, and most of it was delicious. The culture of pubs was also very interesting, and I learned that they are very important to the local community. Pubs in the UK are very open and accept all people, even dogs can enter. I learned through my classes and experiences that these pubs help connect the people of the UK. In terms of business

administration, I learned mainly about marketing. We also studied marketing techniques in online sales, saw advertisements in action to see how marketing works, and read and discussed case studies. Also learned at the same time, how to accurately read information during case studies, which made it easier for us to understand the content. I was incredibly impressed that the lecturer often said that students of business administration must understand both the consumer's and the businessman's way of thinking. What this means is that it is important to understand the intentions of a company from the businessman's point of view as well, rather than just being stimulated by marketing as a consumer when you are shopping. By being aware of this, you can shop without being easily fooled by marketing techniques. In this program, we did not just passively take classes, but also went to a Waitrose, a high-end supermarket as fieldwork and learned about actual marketing methods and various latest technologies while being briefed by the employees. By seeing various services that are not available in Japanese supermarkets, I was able to learn about the ingenuity of that business. I also had the opportunity to go and study at a business school in Reading. Although it was only for one day, it was a very valuable experience for me to hear from business people who are active in society. As mentioned above, this program allowed us to learn about British culture and business administration in English.

Finally, we were able to form friendships with members of the Japan Society that transcended nationality. The Japan Society is an organization of students studying Japanese language and culture at the University of Reading. The program provides many opportunities for Soka University students to interact with Japan Society members. I was very surprised that some of the members could speak Japanese. They also took us out for meals and excursions. I went for a Full British Breakfast, which is a traditional British breakfast. It was one of the best meals out I have had in the UK. They not only took me there but also showed me how to eat and how to order, which was a great opportunity to experience British culture. The excursion was to a small town in the countryside called Hungerford. Unlike London and Oxford, it was a quieter, calmer town. It is also known as an antique town, where you can see and buy all sorts of things. Japan society's members were kind and patient in communicating with us despite the language barrier, which made it a wonderful experience for me. We are still in touch with them and have been able to reconnect with some of the members who came to Japan. We would like to keep in touch with them for a long time to come. Therefore, I think the best thing about the program was that I became friends with them.

I have experienced life in the UK firsthand, learned many things and made many friends here at GPUK. Some of the members had never been abroad before, but they all fell in love with the UK and said they gained a lot of valuable experience. I am sure I will never forget this program. If anyone is on the fence about joining this program, I can promise you that this will be the best experience ever. I will use these experiences to make the rest of my university life worthwhile.

## 報告 12

Hizuki Okazaki

### 「Pride of the Japanese」

Participating in "GPUK" provided me with an experience that allowed me to see Japan from a new perspective. After participating, my pride in Japan and my interest in the world deepened significantly. Three major events played a crucial role in this transformation.

The first event was meeting the members of "JAPANSociety." JAPAN society is a student group at the University of Reading that loves Japanese culture. Interacting with them was a valuable experience for me. At first, I was overwhelmed by the language barrier, but as soon as we started talking about Japanese anime and music, we quickly bonded. I was particularly moved by their deep love and passionate discussions about Japanese culture. Talking about Japanese anime and music made me forget my lack of English proficiency, and our conversations became lively and engaging. Through this interaction, I realized how much Japanese culture is loved by people from other countries, and I felt a strong sense of pride in Japan. The fact that I made friends with whom I still keep in touch after returning home is a testament to the power of Japanese culture, and I am filled with gratitude. A trip to Hungerford with them is also a very fond memory. I was thrilled that they took me to places that I wouldn't have been able to visit without locals. It became a truly special memory for me. At a shop owned by a friend of my friend Tom, I received an old bottle opener. It became a very special keepsake for me.

The second event was an encounter with a kind gentleman when I got lost in London. On my way back from sightseeing, as night fell and the weather turned chilly, I found myself lost and anxious. At that moment, a gentleman approached me and said, "Good evening." When I asked for directions, he kindly agreed to help. He told me that he had once lived in Japan and had been helped by many Japanese people, so he wanted to assist Japanese people in need. As he handed me an egg tart, he smiled and said it was for me to eat on my way back. Eating the warm egg tart, I felt overwhelmed by the warmth of a stranger in a foreign land. This experience made me realize that Japan is loved all over the world, and it inspired me to become someone who helps others in need.

The third event was my experience with public toilets in London. In Japan, it is common to find free public toilets everywhere, and many shops, including convenience stores, allow you to use their toilets for free. However, in London, you need coins to use public toilets, and even the toilets in the subway require payment. I was told that this is a security measure to prevent crime in London. This experience made me reappraise the safety of Japan and the availability of clean, free public toilets. From this, I realized that what is taken for granted in Japan is special in the world, and it made me more appreciative of the small things. The cleanliness of Japanese toilets also stood out to me. This is a result of Japanese people adhering to rules and valuing public spaces. Japanese public toilets are well-maintained and free to use, which I found very grateful during my travels. The state of toilet hygiene and the ease of access are essential elements that contribute to a comfortable journey.

These experiences reaffirmed the greatness of Japanese culture and instilled a sense of pride in me. I also felt that many Japanese people underestimate the beauty of Japan. I often see posts on social media comparing Japan unfavorably to other countries. Before coming to the UK, I, too, often thought about Japan's shortcomings in comparison to the rest of the world. But after experiencing life in the UK, I realized that my perspective had been very narrow.

Comparing countries and trying to determine which is better is misguided. Every country's culture and history are wonderful and deserve respect, and this includes my own country. During my time in the UK, I found many wonderful aspects of the country. The old brick buildings and the art-filled streets were captivating, providing thrilling experiences. Engaging with British culture and history offered me a new perspective. Especially in London, the combination of historical buildings and modern elements was highly attractive. The city is rich with museums and art galleries, providing ample opportunities to engage with art and history, making my time there very fulfilling. Among the many memorable experiences, the time spent at the National Gallery and the beauty of Big Ben stand out the most.

The National Gallery had always been a place I wanted to visit, and I was delighted to finally go there. The building itself was a work of art, with its intricately decorated columns, ceilings, and floors. The natural light streaming through the skylights added to the beauty of the art and made the experience even more awe-inspiring. Monet's "Water Lilies" was far larger than I had imagined, and its beauty was overwhelming. I could have spent hours in front of it, captivated by its splendor. Van Gogh's "Sunflowers" exuded a powerful energy, filled with love and emotion from countless admirers. Seeing it in person, something I had always dreamed of, made me incredibly happy. There were many other beautiful and intriguing paintings, making me want to visit the gallery again.

The beauty of Big Ben was truly astonishing. I visited it at night and seeing it up close was breathtaking. Illuminated by lights, it had a mystical quality, as if I had stepped into a scene from a movie. Despite its massive size, the intricate and beautiful decorations left me in awe. It was one of the most beautiful sights I had ever seen, far surpassing any photograph. This experience made me realize how much there is to see and appreciate in the world.

Even with just a three-week stay, I was able to find so many wonderful things. This made me want to become someone who can also see and appreciate the good aspects of Japan. Seeing Japan from the outside allowed me to make new discoveries and made me love both Japan and the UK. It also gave me a sense of pride as a Japanese person. Moving forward, I hope to visit various countries, compare them with Japan, and share the unique charms of each. I want to work towards making Japan a country that is appreciated and loved worldwide by promoting its virtues. Recognizing the greatness of Japan helped me appreciate the everyday things I took for granted and broadened my own values. The experiences gained through cultural exchange have become a significant asset for me, and I intend to cherish them for the rest of my life.

## 報告 13

Ami Ishibashi

You can change with a little courage

GP is the Global Program of the School of Business Administration. I participated in a program to go to England called GPUK within that program.

Firstly, it is important to take the first step.

I have always avoided taking on challenges. However, I wanted to change, so I took my courage and applied to GPUK. This was my first time abroad and I was anxious. At the hotel and airport, the night before, I cried and felt that I was not up to the challenge. However, I did not want to inconvenience those around me, so I boarded the plane as if I were being swept along. 13-hour flight was very tough, but I was able to have a good sleep because I had endured the previous night without sleeping in order not to cause jet lag. After that, I arrived in England. I was very anxious and helpless until then, but the atmosphere, smells, and people were different from Japan. I was very nervous, because they seemed to be confident and proud of their own style, and they seemed to be doing what they liked without being influenced by anyone else. Once I realized this, my fear had eased a bit, and my interest in experiencing something new prevailed. The reason for this is that I have a habit of worrying about the reactions of those around me, thinking things like, "What will they think if I say this?". I think the reason for this is that I have a habit of worrying about the reactions of those around me, and I tend to focus on others rather than on myself, which made me even more envious. Besides that, because I am not a good English speaker, so I worried a lot about whether I would be able to communicate well with my host family. However, my host family told me, "It is normal to not be able to do it at first, so you have to try everything! I tried to talk to my host family, students at the university, and friends from Japanese society who said they liked Japan. I found that I could not understand some things for the first four days, but after a week, I began to understand more and more. However, I still did not have enough English ability to speak on my own just because I could understand. However, taking the first step and becoming able to understand English was a great progress for me, and it was the beginning of my love for English.

Furthermore, I have learned the importance of taking on challenges.

I have always been afraid of failure and have not tried anything since I entered university. However, I took my courage and took a step forward by participating in GPUK, and the environment in which I find myself has changed. By placing myself in the United Kingdom, where there are many people who do not know me, I was able to realize that I was growing from the inside out. To be more specific, my sense of values changed, and the way I interacted with my friends changed. Many of the people I met in the U.K. had a positive attitude, saying, "It is normal to not be able to do something at first, so you should try Everything. However, in the past, I often failed to take action because of my negative thinking, "I can't do anything because I can't do Anything. However, after participating in GPUK, I was able to say, "I'll give it a try! I'll give it a try anyway!" and I was able to think positively. After that, I began to speak up in class and talk to various people in the university, which I could never have imagined before. I feel that my values have changed because I took a step forward and challenged myself. This experience taught me the importance of taking on challenges, and the members of GPUK said to me, "You have grown so much compared to Ami from the previous night. You are like a different person," which convinced me that I have grown both in myself and others. Therefore, from now on, I would like to grow as much as I can by challenging everything that interests me and that I would like to try.

Besides that, through this program, I have learned to respect people beyond racial barriers.

Because Japan is an island nation, I am Japanese, and the people around me are all Japanese. In the UK, however, we are filled with people of many different races and nationalities. I have learned from my host family and friends at the university that they respect each other and do not change their attitude based on race or nationality, and that this is what they want. Japan is an island nation and basically all people are Japanese, so when I met people from other countries, I would say to them, "You are a foreigner! You are a Gaijin! When I meet people from other countries, I tend to get defensive and say, "You're a Foreigner! However, this is not the case in the UK, and I felt that there was relatively little discrimination. It was one of the most impressive lessons that I learned, although it is a matter of course, that it is okay to be oneself. This is because Asians, in particular, tend to cluster together, and many people feel more comfortable doing things with everyone else. However, I thought this was a bad idea, because it would make them feel trapped, stifling themselves and trying to fit in with everyone else. Therefore, I learned a great deal from the British idea that it is okay to be oneself and that everyone should be respected. I learned a great deal from the British idea that it was okay to be oneself and that everyone should be respected. In order to acquire these values, I came to think that it was important to go to places I had never been before and experience different cultures. I felt that by actually going there, I would be able to understand how important it is in concrete terms, and in the process gain a sense of value. For this reason, I would like to go to places I have never been, even if they are not abroad, to further develop my inner self.

In conclusion, I feel that these three topics made GPUK a special short-term study abroad program where I learned not only about study, but also about human connections, warmth, and values in life. I learned the importance of taking the first step, the importance of taking on challenges, and the preciousness of people across racial and cultural barriers. If I could participate in GPUK again, I would like to learn to speak English better and have more drawers of my own before I go. I would like to talk to many more people and learn many more things this time, because I have learned to challenge myself and that human relationships can be formed beyond international borders. If you are wondering whether you are going to participate in this program, please give it a try anyway. This time of wondering may actually be a very important turning point in your life.

報告 14  
Sana Suzuki  
Be brave!

Through GPUK I have had a wonderful experience that I will never get. Since it is said that UK's culture is different from Japan, this experience gave the perspective that I did not have while in Japan. I was moved about the British culture, host mother's correspondence with me and promoting eco actions in the UK. In this essay, I will describe how I decided to participate in GPUK, what it means to be a true international person through my life with my host mother, my new values through cultural exchange, and finally, what I want to tell all readers through this GPUK participation.

The reason I decided to study abroad with GPUK was to overcome my hesitation in speaking English and to learn a lot of British culture. I had watched Youtube about the UK and I've had a longing for going to UK since I was a high school student. Initially, I planned to go to the Philippines before going to the UK. The training in the Philippines was from February 18 to February 29, while GPUK was from February 26 to March 14. My parents worried about my physical condition and I thought about not going to the UK in this time because of this hard schedule, but my eagerness to learn both cultures and deepen my knowledge led me to join GPUK, despite arriving a week later than everyone else. So, I strongly decided to go the both country without getting sick even once. So, I went to the Philippines from February 18 to February 29 and the UK from March 4 to March 14. Until such a decision was reached, many professors in the business administration helped me a lot and contact me frequently. So, I was so grateful to many professors involved with me.

Living with my host mother was a transformative experience. My host mother was a person from Hong Kong travels around the world and has been a host mother for 20 years. I was inspired her because she said that she always welcomed the students from around the world. I am grateful for her, especially for going to London. Due to the program, as a late participant in GPUK, I was not able to go to London originally. At that time, my host mother graciously said, "I am off work on Sundays, so if you want to go to London, I will take you". Even though she was busy with her work, she took me to London on Sunday on that weekend. I told her where I wanted to go in London and we went around and did a lot of sightseeing. She also took me to some souvenir shops and I was able to see the sights of London without a single difficulty. Furthermore, what I found wonderful about my host mother was that she did not mind at all when I encountered difficulties due to my exposure to the values of a different culture. I was not used to English-style showers, so I mistakenly used the shower while pulling the shower curtain out of the bathtub. Afterwards, my host mother noticed and pointed out to me that I was using the shower in a different way. At that time, I felt very sorry for the inconvenience I had caused her, and I apologized profusely. However, my host mother replied, "It was my fault for not explaining it to you from the beginning, so you don't need to apologize at all". I felt that my host mother truly recognized the differences in cultures from the bottom of her heart. Through my host mother's words, I felt that a true cosmopolitan is a person who humbly accepts other people's values.

Besides that, I was surprised by the multicultural environment in the UK. For example, shops sold a variety of foods from different countries in the UK. In the Reading University, there were shops selling Korean, Japanese, and Chinese foods, tapioca, and a weekly multicultural shop that sold food from various regions. So, I was happy to see the Japanese snacks and meals. Moreover, when I walked around outside the school, I saw many different kinds of

foods from different countries being sold. Also, what particularly surprised me was that although the UK is a multicultural society, there is no discrimination or prejudice against it. Students from diverse backgrounds studied together at Reading University. Despite these differences, I did not encounter any discrimination or prejudice. I had thought the more multicultural a society becomes, the more divisions tend to be created due to differences in values. In fact, there was an incident in Minneapolis, Minnesota, U.S.A., where a black suspect died in the 2020 because police held him down on the ground, and four police officers were disciplined and dismissed. Through it all, I had been worried about going abroad. However, this was not the case at all in the UK and every person was respected as a human being, and I did not feel any border barriers at all. Moreover, in the UK, there is a ladies first culture. When I boarded a bus, the man in front of me let me on the bus first. When I went sightseeing in Oxford and stopped by a clothing store, the male staff took the initiative in showing me the clothes and paying the bill, and I saw many occasions where men took care of women. This made me feel that the culture of ladies first is deeply rooted in the United Kingdom and that women's human rights are respected to a great extent. Furthermore, since the majority of people in the UK are Christians, they go to worship services on holidays. In fact, I was told that my host mother is also a Christian, and she goes to worship once per week. When I told my host mother that my religion is Buddhism, she was very happy to hear that I am a Buddhism. When I told my host mother that my religion is Buddhism, she said pleasantly, "Oh, I see! You are a Buddhist!" She accepted me and was interested in me. Through this experience, I was very impressed by the way they accepted and respected my religion even if it was different from theirs.

On the last day of class at the University of Reading, we gave a presentation in the Reading University. We created the group and researched this topic with asking questions to the Reading University students on a google form. This was a courageous challenge because I had to ask students to answer questions on a google form in English. Since I did not have confidence that I could speak English so fluently to British people, I was very nervous. However, my group members helped me a lot and students in Reading University were very kind. I could manage asking questions to students and eventually, this presentation was so successful for me. The topic was mainly Reading University's eco actions. Reading University, in particular, promotes recycling, uses solar panels, and encourages sustainable practices such as using tumblers instead of paper cups. In fact, 100% of the Reading University students surveyed in the presentation were taking eco actions. In addition, Reading University has solar panels on all the windows of the school building, and I learned that they are making great efforts to protect the environment. I was surprised that every student knows eco action and do it naturally. At the business school we visited towards the end of the tour, we were told that the British are also making efforts such as not eating chocolate and meat in order to reduce CO2 emissions in consideration of the environment. Through these experiences, I felt that the British are making progress in their environmental efforts, and that there are many things that Japan can learn from them.

Through GPUK, I learned that life in the UK was very different from life in Japan, and although it was very difficult because I had struggle to speak English so fluently to British people, I learned a great deal from it. Before participating in GPUK, I did not think it was that important to know about other cultures. However, through this program, I learned for the first time that learning about other cultures is a step toward further cultivating one's culture and eliminating divisions. Since the culture in the UK was very moving, I started thinking that I will live in the UK and get jobs. Also, I am sure that this experience is something that only those who have gone abroad can understand. If there are people who are not sure about going to study

abroad, even if they are not ready to go now, I strongly recommend them to go to study abroad. Even if it is only for a short period of time, and not to be afraid of going to another country. I believe that such experiences will connect excellent memories. Please be brave!

## 報告 15

Suzu Mutou  
Invaluable experience

This report discusses what I felt and learned through my study abroad experience. First, being in an English-speaking living environment allowed me to experience lively English. While studying abroad, I became acutely aware of the limitations of my English ability, which was limited by my inability to immediately express myself in everyday conversation in English. However, to overcome this situation, I memorized standardized sentences and used them to receive feedback. This experience was very beneficial and provided me with a good opportunity to improve my English. We started by memorizing canned sentences that are used daily. For example, "How much is this?" and "Can I try this on?" in shopping situations, "Could I have the menu, please?" and "I would like to order..." in restaurants. In restaurants, I learned phrases such as "Could I have the menu, please?" It was important not only to memorize these canned phrases, but also to use them in real conversations, and by receiving feedback from local people in actual conversations using the canned phrases I had memorized, I was able to see how my English was being understood. By repeating this process, I learned accurate pronunciation and natural ways of expressing myself, and gradually gained confidence. Learning through feedback led to an improvement in practical English skills that could not be obtained through classroom learning. Unlike the English we learn in textbooks, actual conversation involves a lot of slang, phrases, and expressions that include cultural background. By learning and using such real-life English on the spot, I was able to acquire practical English skills. It was so much fun and exciting to be immersed in English every day that I felt the three-week period was very short. By putting myself in situations where I had to speak English, I was constantly learning new expressions and vocabulary, and by using them in real conversations, I realized that my English skills were improving day by day. If you are in Japan, it is difficult to create an environment where you must speak English. However, when you voluntarily dive into the environment of studying abroad, you naturally create a situation where you have no choice but to use English. By placing myself in such an environment, I was able to greatly facilitate the growth of my English skills. Through this study abroad experience, I strongly felt that it is extremely important to dive into an environment where you must speak English yourself in order to improve your English skills. This kind of practical learning is a valuable experience that is difficult to obtain in Japan, and it greatly helped me to improve my English skills.

Second, I was able to experience firsthand the differences in culture. Everything was different from what I had imagined in Japan. The structure of the houses, the water supply, the food, the climate, the shopping malls and supermarkets, the people on the streets, everything was different from what I had lived and seen before. I found something new every day and was stimulated wherever I went and whatever I did. I strongly felt how wonderful it was to see these cultural differences with my own eyes and feel them on my own skin. I was also able to learn about the different ways of thinking of various people because of the different environments in which they have lived. I learned that the ideas I had believed until now were not necessarily correct. I feel that it is very valuable to have this kind of experience before going out into the world. There were so many things that I could not have realized going there. I felt that learning about the culture and traditions of a different country would have a profound impact on my life.

Third, I developed a sense of independence. I feel that I have grown a great deal in my independence by diving into a new environment alone. During my study abroad, I faced many

situations where I had to make choices alone, without relying on others to tell me what to do. In such an environment, one naturally develops the ability to act on one's own initiative. Through these experiences, my self-determination and problem-solving skills were greatly developed. This ability has been strongly felt even after returning to Japan. I no longer have a fear of making choices alone, and I am now able to communicate my will with confidence. For example, I am now able to follow my own ideas in career choices and everyday decision making. In addition, I often feel less resistance to communicating my will. Being in an environment where I was expected to communicate my opinions in a different culture also improved my self-expression skills. In situations where I used to rely on the opinions of others, I now feel that I can clearly express my opinions and act. This ability to act on one's own initiative is something I acquired during my study abroad. My experience in a new environment has helped me to grow and develop a greater sense of independence and self-expression. I am convinced that this growth will serve me well in my future life. The experience I gained from my study abroad program was not just limited to learning an academic subject or a language, but it was a step that led to significant personal growth. Through the challenges of a new environment, I was able to learn about my own limitations and acquire the ability to overcome them. Through these experiences, I greatly improved my ability to act on my own initiative, my self-reliance, and my ability to express myself. I believe that these abilities will be a great advantage in my future life.

Fourth, the values I had changed dramatically. Through my study abroad experience, I keenly realized how small the world I had seen up until now. In my life in Japan, I grew up surrounded by the same culture and values, and I took for granted what I believed in. However, meeting people from diverse backgrounds and different countries and cultures in my study abroad program allowed me to experience firsthand vastness and diversity of the world. Living in different cultures and countries made me realize that the way we think about and perceive a single event can be completely different. What is taken for granted in one country may be completely differently valued in other countries. Through these experiences, I realized that the "facts" I had believed until now were not necessarily universal in different places and cultures. Through these diverse experiences, I strongly felt the importance of thinking about things from a broad perspective, rather than being confined to a narrow viewpoint. I learned that it is important not to assume that what I see is all there is, but to always respect other viewpoints and opinions, and to take a multifaceted approach to things. I think the realization that my past experiences and knowledge are not necessarily universal is extremely valuable. Being exposed to different cultures and values gave me a chance to rethink my way of thinking and living and gave me an opportunity to understand myself more deeply and to grow. Through studying abroad, I was able to expand my world, realize the importance of cross-cultural understanding, and broaden my horizons. I would like to continue to respect other viewpoints and opinions and continue to keep a broad perspective on things. This experience has become an asset in my life.

In closing, I would like to say that my participation in this study abroad program was a turning point in my life. Although it was only for three weeks, it was an experience that I will not forget for years to come. This experience will have a great impact on the path I will take in the future. From the bottom of my heart, I am truly glad that I participated.

## 1)Introduction

I have had many experiences in this program. Throughout my time at GP UK, I was exposed to various experiences and lessons. In this report, I will explain what I learned, how I was affected, and what I experienced during my time in GP UK. Also, this essay explores the knowledge I gained and the impact of my participation in the GP UK short-term training, focusing on the concept of globalization and the importance of changing our mindset.

## 2)Immersion in British Cultures

At the homestay, I had a very happy time with my host family. I was able to learn English in everyday life near my host family, and I think this was the time I learned the most from this training program. Especially, the time I spent with my host family, eating dinner with them was a very good memory for me. The best and most memorable moments of my homestay time were at nighttime. During dinner time, I was able to communicate slowly with my host family and eat very delicious food every day. Among the traditional British dishes, I was able to enjoy a delicious meal of fish and chips, which I heard is a dish eaten on Friday nights. We talked about the events of the day, hobbies, family jobs, siblings, favorite sports, what kind of music we listen to, and many other topics. There were days like this. The free time after dinner is a time when we can relax and communicate in English. I wanted to talk to my host father about the day's events during that time, but I could not talk to him because he was watching TV all the time. I could not find the courage to talk to him, and the day was over. The next day, I decided to talk to him by myself, and I started to talk to him more. From that experience, I felt that my communication skills had improved. Even if I could not speak with words or correct grammar, I could communicate well enough if I had a strong desire to communicate. What I found difficult was that I could not understand the pronunciation of the word "rule." I could not pronounce the "R" and the "L," so my host family had to give me special training. I also felt that I had grown up, as I was able to ask my host mother one morning if I could borrow a small ball that I could take with me because I was going to have soup for lunch. During this homestay, I learned that it is important to try to communicate with others. Next, I would like to introduce some of my favorite aspects of British culture in comparison with Japan. Firstly, the British people's personalities. They always greet you with a smile and treat you in a friendly manner. And they take their own pace. I felt that I prefer British culture to Japanese culture, where people try to fit in with their surroundings. Even on the bus, they watch YouTube with blasting sound. I liked the sense of humor, even if it would seem annoying in Japan. I was also surprised by the high level of environmental awareness in everyday life. Compared to Japan, far fewer people carry plastic bags, there are separate bins everywhere, and I was surprised to see vegetarian and vegan menus everywhere. During my stay in the UK, I encountered two events. One was Easter. When I went to the supermarket, I saw decorations of bunnies and eggs, which I found refreshing as there are a few main Easter events in Japan. The other was Mother's Day. On that day, when I went out on the streets, there were many people with bouquets of flowers and restaurants were celebrating in a big way. This also felt fresh. Also, in the UK, there are many people from different backgrounds even though they are British, and I could see the background of immigrants and multinationals on campus and in their daily lives.

### 3) Various lectures

There were many classes that I attended during this training program. All the lectures were very interesting and intense. I will now explain what I learned there. First, the lecture on presentation.

We looked at the language you need to use to present and signpost the stages in your presentation. This is here to remind you as you compile your presentation. Look at it briefly before looking at the graphs and charts. Presentations and signpost language are when you give a presentation, it is important to organize your ideas. You can make your presentation even clearer and help the audience to follow what you are saying, by using 'signpost language' during the presentation. It is some further advice about body language. In particular, my most interesting and memorable classes were the business classes. I felt that British business strategy is made according to the basics. First, I learned about the basics of management. I learned about the 4 Ps of The Marketing Mix Simplified Diesel. I learned about Target Markets for a hamburger with this as a reference. I was able to learn the basics of marketing from this. I also learned about marketing from Diesel as a case study by asking "What two extra Ps does Diesel add to its marketing mix? In what ways is Diesel promoting itself as a sustainable fashion company? In addition, students learned about recruitment and selection in Human Resources. We visited Waitrose & Partners, voted the UK's most sustainable supermarket in 2023, which is based on a 'Happier World' philosophy, targeting an upper-middle class clientele and developing and selling products that care about animals, farmers, communities and the environment. The business model is also unique. Its business model is also unique: all employees are share-holders and sales are directly reflected in their salaries. This has created an organizational culture in which each person is responsible and proud of their work. After a lecture on the company's history and how the rapidly changing lifestyles of recent years have created challenges for the business and how the company is responding to these, the participants enjoyed shopping for organic and fair-trade products. These classes activated my knowledge.

### 4) Sightseeing

In addition, we visited various tourist attractions in the UK during their holidays. During our sightseeing tour of London, we went to Buckingham Palace and were able to see the Changing of the Guard ceremony. It was a great experience to see up close what I had only seen on film. I also got to see Big Ben up close. We saw the London Eye and visited The British Museum, where The Rosetta Stone carries an inscription in different languages which helped decipher the ancient Egyptian scripts. The fragment was part of a larger stone slab recording a priestly decree of the Rosetta Stone. I learned a lot about British culture. All the scenery in London was unreal, like being in a theme park, and it all felt fresh. When I went to Oxford, I visited some of the Harry Potter filming locations on the Oxford tour and heard that Oxford University has a number of campuses, and the campus you can enter depends on your level. I was also able to visit the Harry Potter dining hall and had a very good sightseeing experience. On a trip to the small town of Hungerford in Berkshire, they visited antique shops and markets with students from the University of Reading and enjoyed shopping and sightseeing. These could be used to learn about the impact of mass production and mass consumption on the environment, the importance of using things for longer, recycling and reuse and ethical business.

### 5) Summary

At GPUK, I learned the English language, British culture, ethical business, and marketing with sustainability in mind through classes at the University of Reading. Outside of the classroom,

I was able to experience the warmth of people and various ways of thinking and living through exchanges with University of Reading students and homestay and gained a lot of insight and learning. It was a truly global environment with many people speaking multiple languages. It was a very valuable experience to be exposed to British studies and culture in this way. All the knowledge and influences I received and the various experiences and learnings I gained from it were all valuable experiences and events that will have a significant impact on my life in the future. From these learnings, I decided that in the future I would like to engage with people from more different backgrounds, not just people from a certain region, to learn many things, receive a lot of inspiration, and grow.

報告 17  
Momoko Sato  
Discoveries in UK

I participated in GPUK program offered by the college of business administration in Soka University. GPUK is short-term studying abroad in the UK during spring holiday. My friend and I stayed at my host family's house. I went to university on weekdays and sightseeing on weekends for two weeks. It was my first experience visiting Europe, and the time I spent in the UK was so special that I got a lot of learning and thinking. I had three main lessons in the UK. First, I studied English by talking with local people in English. I stayed at my host family's house and went to Reading University. I had to communicate with my host family by using English. I spoke English in the university as well. The situation gave me a chance to speak English with my own strength. Secondly, I learned about business in the UK. I had classes to study not only English but also English business. In Japan, we only study them in textbooks, but they were real business in the UK. In particular, I learned about conversation in business situations and sustainability activities. My teachers gave me practical content and took me to a supermarket which practices actions for sustainable development. I could understand them from these experiences. Finally, I learned British culture through life in my host family's house and Reading University. I could experience life in the UK personally. For example, I ate English breakfast and dinner, made sandwiches in an English kitchen, went to university by English bus and went to travel to popular sights with student in Reading University. They gave me a fresh feeling and gave me new knowledge. I learned these things. The learnings gave me three new discoveries. I would like to write about them in this report.

Firstly, when speaking a language, the most important thing is not whether I am good at it or not, but whether I have thoughts. I felt this in two ways. First, it was the time to speak English. A club called "Japan Society" was in Reading University. Its members love Japanese culture like anime and manga. I talked a lot with them, and we became friends. However, I couldn't speak English well. My grammar and pronunciation were not good, but they took my English seriously and tried to understand me. Then, they understood my heart. Although I could not understand everything they said, I could understand that they were thinking of us and doing something for us. They made travel plans for us and communicated them to us in an easy way to understand. I also understood their hearts. Second, it was the time to be spoken to in Japanese. Some members of Japan Society could speak Japanese. I heard that they had studied Japanese through anime. Few of them talked to me in Japanese, but I didn't care if it was good or not. I was glad that they were willing to deliver their hearts to me in Japanese. If they couldn't speak Japanese, I could understand their hearts such as fun, happiness and loneliness. Through them, I have learned that thoughts are important when speaking a language. The better I speak, the more my thoughts will be conveyed. However, if I don't have feelings, I will have no words to deliver. Therefore, the most important thing is to have feelings.

Next, Knowledge is important not only English skill. I felt this thing through two experiences. First experience was talking with my host father. My friend and I talked with our host mother and father during dinner every day. For instance, what we studied at school and what we did after school. I enjoyed talking with them. It's studying time for me as well. That's because it was difficult for me to explain something in English. I did my best to communicate with my host family. However, I couldn't understand one topic from my host father. It was about international politics. He stated his opinion about presidents in the USA and Russia. I could understand only these things. I didn't have knowledge about politics, and technical terms were very difficult. I could only listen to him. I thought that I understood his opinion

better if I had knowledge about it. Besides that, playing quiz games with Reading University friends. When I went to a pub in the UK, my friends and I tried a quiz game. There are many kinds of quiz like history, culture, movie and music. These questions were written in easy English, so I could understand the meaning of them. However, I couldn't answer them. My friends in the UK answered them one after the other. Then, I felt the difference of amount of knowledge between students in the UK and me. They have much knowledge even about Japanese history. To the contrary, I was shocked that I don't know about my country's history compared to other country's students. Of course, they know about British history very much. I thought that they love their country, and I want to know about my country, Japan. I experienced these two things and found knowledge is very important. In addition to English, I want to study history and politics.

Finally, there are people, never living who speaks different languages in a distant region. Some people may think this is a matter of course, but I thought this through the life in UK. I want to explain it from the viewpoint of the life with my host family and the communication with Reading University students. I want to express my life with my host family. I was nervous at the first because I didn't know if I could talk with them. The thinking that they are different country's people was strong then. However, I found their minds are same as Japanese ones. For example, they have special time with their family. They went for a walk with their dogs and eat something they liked. The way to do these things have a little difference from Japanese culture, but their hearts for precious person and favorite things were same as own. When I noticed it, I became able to talk to them. Furthermore, I will talk about communication with Japan Society members. I spent much time with them. I went to sightseeing spots and went shopping. I had a picnic on the campus on the last day as well. I enjoyed talking about favorite things and each life in own countries. When we are laughing together, I didn't feel the difference of countries. Then, I noticed that I had felt people who speak different language had difference from me somewhere in my heart. I thought that I never discriminate everyone, but I might divide people in other countries and Japanese by my fears that I face something I don't know. Through these experiences, even if they speak different languages and have different cultures, they are still precious human beings living in that place.

I decided three small goals to achieve my big goal through these discoveries in the UK. My big goal is discussing opinions for a better society with people who have various cultures. There are three goals for it. Number 1, it is to never stop studying English. This is a prerequisite, as mentioned above, I thought the most important thing is thoughts when I speak English. However, if I have more vocabulary, and with better listening and talking skills, I can share my heart and thoughts better. Accurate and thoughtful words enrich human relations. It is important to communicate my opinion when someone and I discuss, so I want to improve my English skill. Other than that, it is to learn various cultures and acquire various knowledge. When I talk with someone, I should know about their culture and background because I can understand them more deeply. Knowing about them will stimulate discussion. In addition, I can't give my opinion without some knowledge, so I want to read books and newspapers to learn them. Correct knowledge will connect someone and me. Third, it is to try everything that I am interested in. The experience of trying a big thing makes me strong. Studying abroad also gave me chances to be stronger. This is because I will discover a new me by trying something, and it will relieve some fear. It further promotes a spirit of challenge. These are my three small goals. This GPUK was my treasure memory because it gave me new notice and created my road. To achieve my dream, I never stop learning daily with the treasures.

## 報告 18

Ito Haruna

### What I learn in GPUK and my experience

This report is what I learned in Global Program United Kingdom (GPUK) and my experience in the UK. I studied about three weeks in the reading university and stayed in host family's house. In this program, we learned British culture and business with participants in this study abroad program. We also interact with the student's union called "Japan Society".

Firstly, I would like to share my experience in the Class of university.

In British culture class, I learned UK history, reading history, what food is famous in the UK and music. We always work in groups or pairs and discuss. I was surprised by history of the UK and reading. The United Kingdom is the collective name for Great Britain including England, Scotland and Wales, and Northern Ireland, which also has a different culture in each place. A memorable lesson was on the history of reading and reading Prison. I learned that the city of Reading developed because a lot of people attended Reading Abbey. I felt the history of the development of the city as a result of a religious trigger may have similarities with Japan. I was surprised by the story of Oscar Wilde. He was a writer of British (Ireland). He is known for works such as "the happy prince" He was jailed for two years in Reading prison for homosexuality. The Reading prison is still famous as the place where Oscar Wilde was jailed. I learned that Banksy painted a picture of Oscar Wilde escaping from prison on its wall. I could see the painting. I enjoyed learning British culture about British music. We did a listening quiz using music that sung by British singer. I enjoyed learning to listen to the English words in the music and learning about the songs sung by British singers. I also study about the unique British pronunciation.

In business class, the teacher told us that we need to think from both a business and consumer perspective when we go shopping. For example, I learned about online shopping strategies. For instance, online shopping may use a low-cost period countdown to rush consumers into buying. From a business perspective, I think it is a good strategy to get consumers to buy products. However, from a consumer perspective, when I buy online shopping, I need time to rethink whether I really need it. In this class, I learned that by using business and consumer perspective, I can enjoy shopping without spending too much money. I went to Henly Business school and took a class. In Henly Business school, I had an experience of listening to entrepreneurs and sharing the contents in two groups. From this experience, I learned that we need to know about international news like what happens in the world. The world situation is related to company management, so I felt it was necessary to look not only at Japan but also at the world and think about business and management. I also went on company tour. We went to the supermarket "Waitrose". This supermarket is actively engaged in environmental problems. Actually, I already know about this company, so I was looking forward to visiting this company. We learned about the activities that Waitrose worked on before our visit. It is about an environment and fair trade. When we went to Waitrose, we could hear the history of Waitrose, some activities, and philosophy. After that, we could shop in Waitrose. I was able to buy some products that originate from Waitrose.

Finally, I got presentation about music in pair. I did take survey in reading university for presentation and make presentation. It was difficult to take survey in English for me, but I made good presentation based on the result of survey. In this survey, we ask about music such as "what genre of music do you like?", "What music service do you use?" etc. The theme of the presentation is free, so we talk about a comparison of music topics in Japan and England. I learned that the process of preparation for presentation is important to practice speaking English over and over. I practiced a lot at home and I was glad that the presentation

was successful. I also worked with my pair to create the presentation slides, I think it was a very valuable and good experience for me. Through the feedback of this presentation, I realized that I am not good at speaking while looking at the audience, so I wanted to practice many times and relax even if I looked into the audience eyes when I get presentation. I could know the good point and improvement through this experience. I think I will have the opportunity to give a presentation in my University classes, so I want to be able to use this experience at that time.

#### Japan society

I was so impressed by the interaction with the member of the “Japan society” that a student union at reading university. They have interested in Japanese culture. Some of students can speak Japanese, so we teach Japanese and English each other. We divided into groups and talked about each culture and what we like about each country. I really glad to hear about they like Japan and Japanese culture. I went to Hungerford with Japan society members in the weekend. On this small trip, a member of the Japan society planned and showed the city. Hungerford is famous in antique shops, so we went to antique shop tour. They are really kind and help me when I could not speak English well, so I had a really happiness time with them. I realized the importance of cress-cultural exchange through the interaction with them. Some of the members of Japan society came to see us off on our last day at university. They have taken us to many places in the UK. I was filled with memories of great fun. I was sad to say goodbye to them, but I wanted to be able to offer them hospitality the next time they come to Japan.

#### Weekend

I took classes in weekdays, but we had free time in the weekends. I went to London, Oxford and Windsor. In London, I could enjoy the sightseeing. I had never been abroad before this study abroad program, so all things were new to me. The buildings and scenery were completely different from Japan, and I enjoyed taking many pictures. Especially, I watched the changing of the guard ceremony in Buckingham Palace. It was very impressive and I was surprised by the large number of people. The best memory in London was watching Big ben. I have seen it many times in pictures, but I was excited to see the real Big ben. I was happy that it was sunny when we visited London despite the bad weather. I also went to Windsor to watch Windsor castle with some friends. That was my first time to take a train in England, I was a little nervous. Because I was worried about buying train tickets, transiting, and the route to get there. I tried my best to have a conversation in English. I felt that going out with friends on the weekend gave me the motivation to study English. By going out and having more chances to talk with local people, I thought I was able to try my best to speak English because they could not understand Japanese. Also, I went to Oxford. In Oxford, I participated in the Oxford tour. I learned the history of Oxford and Oxford university. I learned that Oxford had many buildings for study, mainly at Oxford university. I think the experience of studying English and using it by going out was a very good experience for my English study. I felt that I had the valuable experience of talking using my current English skills through conversations with my host family and with shop clerks when I was shopping. My host family was really kind to me and even when I was difficult to communicate in English, they listened to me slowly and spoke in a way that was easy to understand, so I had a good time at home. I was staying alone in my host family so I had less time to speak Japanese and could do my best to talk with my host family. I enjoyed the conversation about Japan and asking about the famous things in the UK with host family.

In conclusion, this study abroad was my first time going abroad. Before going study abroad,

I was really nervous. However, I learned a lot of things and had a valuable experience during this study abroad program. Above all, I was very touched by the kindness of the people I met. The kindness of the people I asked for directions in town, the people I met at the university, the people who participated in GPUK together and teaches made this study abroad program a fulfilling. I would like to make the most of what I learned and these experience in university life.

## 1. Introduction

I participated in GPUK in 2023. In this program, about 20 students from the School of Business Administration at Soka University study business and British culture at a university of Reading in the UK for about two weeks. The goal of the program is a pair presentation on the final day. Accommodation is with a homestay, so the students can experience local life and learn everyday English. I joined GPUK for three reasons. Firstly, I wanted to get used to life abroad in a short-term training program before studying abroad for a longer period. Secondly, I have always had an interest and admiration for European culture. And thirdly, I wanted to learn about management while using English.

In this report, I will describe what I learnt in the classes, what I learnt from my homestay, the changing attitudes to English, the change in my own mindset and my prospects, and then tell you that knowing the world leads to knowing yourself and that many experiences will develop a person.

## 2. What I learned in class

We took all-English classes from local teachers at the University of Reading in Reading, England. There were two weekday classes, one on British culture and one on business. In addition, we had the opportunity to meet people from the Japan Society, who were learning about Japan at the University of Reading. I will describe what I learnt in each class.

Firstly, in the British Culture class, students learnt about a wide range of British culture. For example, about British history, the royal family, music and food. Until I took this class, I had no real sense of how history is connected to our lives today. This is because I only knew about Japanese history and culture, so I never questioned the origins of Japan and made detailed comparisons with other countries. However, as I learnt more about British culture in this class, I realized that history is connected to our current life. By comparing British culture with Japanese culture, we can understand the characteristics of the country. For example, the British are very patriotic. Compared to the Japanese Imperial Family, the British Royal Family is closer to the people and more familiar with them than in Japan. And the UK also has a strong sense of family love. Because family time is valued above all else, shops close very early, around 17:00-18:00. By comparing the British culture and Japan, which we learnt about in class, we were able to gain a deeper understanding of each other's national characteristics. Through this lesson, I realized that each country in the world has its own huge history and culture, and I also felt that I still don't know much about Japan's history and culture at all. I would like to learn more about Japan, my home country, as well as the rest of the world.

Next, the students learnt about business in English in a business class and made a final presentation in pairs. In addition, they also visited a famous supermarket in the UK called Waitrose. In this class, we learnt basic business jargon, as well as about the fashion business and companies working to solve environmental problems. What was refreshing about this lesson was that most of the companies introduced were not well-known. In Japanese management classes, world-famous big companies are often used as examples, but in this class, famous companies in the UK, companies we didn't know about, were used in class. These companies are serious about solving environmental problems, and we learnt so much that we thought we could imitate them in Japan. As part of the class, we also visited a supermarket called Waitrose. This supermarket sells not only food but also daily necessities and is an essential part of local people's lives. We spoke to the employees and learnt about

how the products are managed behind the scenes and how environmental issues are tackled. On the last day, we had a pair presentation, where we took a survey of students at the University of Reading and presented it to the class. Our pair's presentation was about linking fast fashion to social issues and recommending ethical fashion, which is more environmentally and human rights friendly than fast fashion. I was impressed by what the teacher said in her critique "The presentation is a gift to the people who are listening". I realized that it is important to be respectful and put your feelings into your presentation for everyone involved.

Next, I interacted with people from the Japan Society who are studying about Japan at the University of Reading. I learnt from them that Japan is very much loved, both in the group interactions we had in the classroom and when we went out together for dinner on holidays. They loved Japanese culture such as anime and films and were very friendly towards us as Japanese people. I realized that we were able to enjoy our time in the UK because of the history and culture that Japan has built up over the years, and that we have always had the support of many people in our lives and studies. Through this experience, I wanted to cherish Japanese culture even more and continue to be thankful to all people.

### 3. What I learnt from my homestay

Next, I will describe what I learnt from my homestay. I and another student stayed in a house where the host father and host mother lived together.

I learnt a lot, especially from my host father. He is a very good cook and he cooked us dishes from all over the world every day. In addition, they were very well travelled and shared many experiences from their travels with us meals every day. They helped me learn more about the cultures and feature of different parts of the world than I would have gained if I had just come to the UK. They showed us that more experience enriches our lives. For example, for someone who has not had experiences in different parts of the world, a world map may be just a piece of paper. But when you have different experiences around the world and learn about life in different places, the good and the bad, the world map becomes expanded in three dimensional. Therefore, I wanted to travel around the world like my host family, gain a lot of experiences and expand my world map.

### 4. Changing attitudes to English

My attitude to English has changed through GPUK. Before GPUK, I had no confidence in my English and was reluctant to speak English for fear of making mistakes. But through GPUK, I realized that it is normal to make mistakes. Even if you have a thought in your mind, if you don't speak it, you won't get anything across to the other person. It is important to listen to what others have to say, but I realized that if you don't try to let people know you as much as you do, you won't be able to connect with the rest of the world. Therefore, I thought that I could connect myself to the world by speaking up actively without fear of making mistakes.

### 5. Changing my own mindset

Through my time in the UK, I have gained a deeper understanding of myself. Living in the UK surrounded by foreigners, and of course, most of the members who participated in GPUK with me had never met each other before, so I thought about many things every day in an environment that was completely unfamiliar to me. Just as I was able to deepen my understanding of both the UK and Japan by comparing them, I was able to learn more about myself by comparing myself to others. I realized that everything I have, such as my family, my environment and my past experiences, are not taken for granted, but are special assets that only I have in the world. I used to worry about my differences from other people, but I have learnt that my differences are my individuality and need to be protected. I felt that the

UK is more open than Japan and that people live freely while respecting their individuality. I want to live my life valuing my own individuality and respecting the individuality of others.

#### 6. Summary and prospects

As I have mentioned, through my activities with GPUK I have learnt that knowing the world leads to knowing yourself and that many experiences in the world will develop a person. Through GPUK I have learnt that history and culture are connected to our lives today, so in the future I want to broaden my horizons by taking an interest in the history and culture of Japan and other countries. I would also like to have various experiences not only in Japan but also in the world.

## 報告 20

Yuka Takemoto

Nineteen days in the UK that I will remember for the rest of my life

My reasons for joining GPUK are based on my future dreams. The first and main reason is my future dream: to become an acupuncturist who understands the emotional pain of people around the world. In this context, I wanted to actually interact with many people on the world scene and gain experience in a world I didn't know. I decided that now that I am a student, I would like to experience the world with my own eyes and broaden my horizons in my studies, various activities and interpersonal relationships. I would like to describe what I really learnt there.

There are many things I experienced during my first time studying at GPUK. One of these was my homestay. My family was the first very kind family to pick me up. On the first night, my father, who doesn't usually cook, spent lots of time cooking me a spicy curry. The 19 days with my family started from there and became an invaluable memory through mealtimes. First of all, the British rice, which is famously unpalatable, was really simply seasoned. Spice, salt, savory. And that simplicity was not tasteless, it tasted of the ingredients. My father, who made spicy curries, was a genius at making ice cream. He would gather the ingredients from fruit. Everywhere you look on a daily basis, you see fruit popping up, or a teacher biting straight into an apple without cutting it during a break in class. Everywhere I turned I could feel the ingredients. I could feel the taste of the ingredients. Also, each piece of tableware and cooking utensils was wonderful. In Japan, we often buy small things at convenient 100 yen shops. But in Japan, people tend to buy only small things at convenient 100 yen shops, such as wooden or ceramic plates. I could feel their careful way of life. Besides that, I have learnt from this experience to cherish every single thing. I think that the time that we take for granted, eating a meal, became the time that I was able to feel the most away from home experience during my time at GPUK. Not only was I impressed by the food I was eating for the first time, but I also learnt how to cherish every single thing in a dish that makes the most of its ingredients. Watching Dad take fruit and make ice cream. The way mum cherishes not only the tableware but also the cooking utensils. Through this, I was able to feel and learn about this family way of life in a few days. I also learnt to cherish the in time. The story of looking forward to breakfast and dinner together every day and promising to have time to eat dinner. Politics, which was difficult to understand and all I could do was nod my head. The mornings when I would face the television, struggling to understand the news, even though I was too sleepy to think straight. All of these times always passed so quickly, but I was very excited by each moment. This feeling gave me a sense of the importance of time.

The second learning experience was my time with the Japanese Society. At the University of Reading, there is a group called the Japanese Society that teaches about Japan. I fell in love with all the members of this Japanese Society. Every Thursday after school, there was a time for interaction between Soka University students and Japanese Society members. We started with self-introductions and talked about many things there. On holidays, we went out to a town called Hungerford and toured antique shops. After school we had dinner together. We bought souvenirs. During that time, I respected the local members of the group for their spirit. Some were studying Japanese with notebooks in their hands, others would cut down on the time when they didn't have classes to come and see me. Some do their best to show me around the UK. And as I got to know them better, I found out that the students understood me best. What they like, what they want to do and what appeals to them. Due to that, I have learnt a great deal of appreciation and compassion for the people I have come into contact with through my encounters with the Japanese Society

members. I also learnt about passion. They treat every person equally and support them to the best of their ability. I learn to be curious about everything. The way he understands himself best and brings out the best of his personality. Here I could feel the passion for life.

I learnt two things from what I felt at the time. First, how meaningful it is to learn.

The reason is simple. I am not very good at English. But the local students were also struggling to learn Japanese, which they were not used to. If we focus only on languages, there were people who could speak more than three languages on their own. Here, there was passion and hope for learning. Up to now, I have focused on various activities and interactions with other people. There are many experiences that have come from this experience, but I have seen how wonderful it is to learn so much that I really want to develop the ability to study all the way through. Secondly, the importance of facing oneself. When I was a student in Japan, I lived a conventional life and lost sight of what I wanted to do, even though I had something I wanted to do. Not many people have dreams. You have to do this, people who live that way are right, etc. I felt a bit uncomfortable in life, especially after encountering bullying from my friends in high school. Local students know themselves best and take care of those around them.

I thought I had my own axis, what I wanted to do and what I was aiming for. But it was different from that. I have a natural capacity for action and belief. I thought this great belief was directly connected to their desire to learn and their curiosity. I really wanted to be a person who could face myself straight and live honestly, who cared about my surroundings. To achieve this, this experience made me determined to face myself more and find out what only I can do. The third learning experience was the classes at the University of Reading and the daily life. At the University of Reading, I had lectures every day from morning to evening. The content was business from British English and British culture. As it was my first time studying abroad, I was very nervous.

But I really enjoyed the class format. First, for an ice-breaker, we had a conversation while passing around a piece of paper with questions written on it. From there, we took classes with different content depending on the day. One of the most memorable lessons was an emotional class where we learn emotionally by watching an inspiring animation.

First, pairs are made. Then they watch a video with no dialogue for a few minutes, just images and music, and explain it in English to the pair. This was a very innovative way of learning English. I was also very impressed by the teachers' straightforward approach with the students. They believed in the potential of the students and supported them everywhere. I wanted to become such an adult. On a day-to-day basis, I had many experiences of the wonderful mind of the British people. First, when I landed at London airport for the first time, people of all skin colors were happy to see their loved ones again, with balloons. I was happy! It was like a drama to see them expressing their emotions to the fullest. There were also events that made me feel the wonderful spirit of the British people. When I was on the escalator, I didn't know which side to stand on and ended up standing on the sidewalk. Then, from behind, I was told to excuse myself and when I apologized, she said, Lovely Pretty Girl. It was a minor incident, but I was very touched by the way he wrapped me up in spite of my mistake.

I really like the expression which is often used by the British. The lady who used this kind of expression to a Japanese person she met for the first time, rather than a thing, was very beautiful and it enriched my heart. I learnt two things from this experience. One of them is diversity. Not only from the fact that people of many different nationalities were staying there, but also from the behavior of the local people, who were open-minded and accepting of any culture. This is diversity, a very ideal form of human beings being able to spend time as they are. I learnt about diversity not only in terms of things, but also in terms of the mind. Secondly, I learnt about the greatness of language. A person's life can be changed by the

words spoken to them, no matter who they are. I think I felt the wonder of English with all my senses, as well as the lack of English language skills I felt during my study abroad. The UK is low context, but each word has a powerful meaning and you can feel the feelings. And I came to love the English language, which gives me a positive feeling. I would like to make an effort to get to know many of these wonderful languages and get closer to my future dreams.

These 19 days are memories I will never forget. It was my first time living abroad and I gained many possibilities in my life. From these possibilities, I was able to decide to further strengthen my abilities in order to realize my dream since I was a child of becoming an acupuncturist who can be close to people around the world. I was able to decide to further strengthen my abilities to realize my dream of becoming an acupuncturist who is close to people all over the world. I was able to turn what I had vaguely envisioned into a conviction. I would like to express my gratitude to my parents, seniors, classmates and everyone around me who supported me through this learning experience. I will make the most of this experience, which I felt with my whole being, and grow into a person who can repay you all.

## 報告 21

Yuka Sakama

### Many things I learned while studying abroad

This report describes what I learned when I went to study abroad at GPUK. There are three important things I learned when I went to study abroad. The first is the importance of body language, the second is the importance of communication, and the third is the importance of being flexible in the situation. I have written in this order, and I will write about the changes that have occurred by going to study abroad through these three things I learned.

The first thing I learned about body language is that, until now, it would be difficult to go abroad if you didn't have perfect English, and I thought that it would be difficult to communicate what I was saying, which was one of my worries before going abroad to study. I didn't achieve any success in English, and I rarely got good marks in English tests, so I was just worried about myself. However, when I went to study abroad in the UK and lived there, although there was a language barrier, I didn't feel that it was that heavy. I think the reason for this is that our understanding of each other's cultures has deepened. Just as we learn English to talk to people from other countries and learn it so that we can use it in practical skills, foreign countries also try to understand Japan and Japanese people, try to learn Japanese, and try to communicate with each other using that halting Japanese and English. If you can't communicate, then that's exactly why you should use body language with each other. Even if you don't understand the words, if you have the will and the action to communicate, there is a way to communicate. Even though I'm not very good at English, I was able to express my opinions by exaggerating and expressing them through my actions, so I learned again the importance of body language to communicate beyond words.

The second thing is the importance of interaction. I think that the important thing about learning English is to just speak and memorize words. There are three main opportunities for exchange at the study abroad destination. The first is daily conversation with the host family, The second is English conversation in classes at the university where you are studying abroad, and the third is interaction with the members of the Japanese Society, which is a university club. In daily conversations with the families of my homestay, I learned how annoying it is not to be able to communicate. Since we had conversations every day, I was cautious when communicating, especially about important matter. If you don't communicate well in the conversation about what you're going to do that day and what time you'll be back, you may make the other person worry, and if you can't confirm the necessary information, you'll be in trouble. However, as we lived together every day, I began to feel more motivated to work harder on my English and I felt something different from this time when I first arrived. In the classes held at the second university where I studied abroad, it was the first time for me to take all the classes in English, so I was full of anxious about whether I would be able to listen and understand the lessons. During taking the class, I felt that the style of education overseas is how much you can convey and share your opinions with others, because the content of the class is not so much about teaching, rather it is about interacting and sharing what each person feels through exchange. And as I shared my opinions in class, I felt that my desire to convey grew. Being able to know my opinions and receive their opinions, and to receive the opinions of others and express my own opinions in response to those opinions means that I understand what each other is talking about, so when I was able to convey the English I spoke, it was a moment when I realized how much fun it is to speak in English, and I wanted to improve my communication skills that I had never had before. In the third interaction with the members of the Japanese Society, I communicated in English with students who like Japan, but it was the first time I had a conversation in English with students of the same age, so I was worried about whether I would be able to convey it well, but of

course the club members can understand Japanese to some extent, so if you get stuck on words, they helped me in Japanese, and through this kind of exchange, I realized the importance of sharing stories across languages, and I felt that this is what it means to communicate across cultural boundaries. These three things are how I learned the importance of interaction.

The third is the importance of being able to respond flexibly on the spot. The English I had learned so far had only a certain amount of answers to questions, but at my study abroad destination, I couldn't understand as I expected, and the conversation was conducted in English and at a high speed, so I was not given time to think because I listened to the question and thought about the question I was asked. Even when I was asked to speak, I was so frustrated that I often neglected to answer the conversation. However, as I spent more time with him, I steadily became able to listen and answer questions in English. I felt that the trigger for this was living with a host family and interacting with the members of the Japanese Society. This is because when I was living with my host family, I couldn't come up with the words I wanted to express in the conversations, and I sometimes got stuck. At that time, my host family tried to talk to me in a language that I could understand, and I was happy that they wanted to talk to me. Even though he was trying to talk, I was frustrated that I couldn't express myself well in words, and my will to keep up with the conversation became stronger, so I took a step back and talked until now. When I was conscious of being actively involved in the conversation and tried to enjoy the conversation while being aware of the conversation answers that were appropriate to the situation, I felt that I was able to respond to the conversation by understanding that the conversation was being conveyed well because I was talking and responding to my conversation. In the interaction with the members of the Japanese Society, I was involved only once a week during the three weeks of studying abroad, but I feel that it was a very deep involvement and an opportunity for me to grow. We talked in a group to communicate, but the conversation became constrained and it was difficult to expand it. However, the members were careful to ask questions that were easy to answer, so I was able to have a conversation to some extent, but I regretted that I could not have a conversation that I could continue. In respond to that tried to understand what I was talking about and listen to it before answering, as well as being aware of answers that would connect with the story, and I think that I was able to understand the conversation and as a result of that my English listening ability improved considerably. These two things were the ones that made me learn the importance of being flexible. It's coming. Based on these three things I learned, I was able to encounter multiple cultures through studying abroad at GPUK, and I felt that my English skills improved a little, and I felt that my will to do my best to further improve those skills became stronger. Until now, I had given up trying to learn from myself because I had just heard English and couldn't express myself well, perhaps because it was not my own language. However, when I went to study abroad, I learned that I had much more ability to communicate in English than I thought, and that it was overwhelmingly easier to speak and me able to speak the same language when conversing with each other, and I felt that this experience was one of the things that I will not regret in my life. These are the things that I have grown from studying abroad, and many of the things that I have learned.

# GP カナダ

# 参加者紹介

G P カナダ参加者  
小町 奈保子

## GP カナダ概要

日程：2024 年 8 月 1 日～8 月 19 日

参加者：1 名

訪問場所：ビクトリア大学（カナダ）

概要：ビクトリア大学の経営学夏季短期プログラムで、20 日間の集中講座に参加し、経営管理論やビジネスコミュニケーションを学んだ。また、放課後や週末などに、現地の学生や世界中から参加している留学生と交流を行った。

### 受講科目

Module 1:  
Business Communications

Module 2:  
Business Management  
Entrepreneurship  
Service Management  
International Business

## 報告 22

Naoko Omachi  
GP Canada

### Lessons from Studying Abroad in Canada

From the beginning of my university life, I dreamed of studying and living in a foreign country. I believed that spending time abroad would help me grow as a person and learn things that I couldn't experience in Japan. I also thought it would be a big step for me to understand the world better. Among many countries, I chose Canada for my study abroad program.

One reason I picked Canada was that I wanted to know how much I liked being in a different country. While I was curious about studying abroad, I wasn't sure if it was the right choice for me. I also wanted to see how well my English would work in a real-life situation. Even though I had studied English for many years in school, I had never used it in a place where it was the main language.

Canada's multicultural society was another reason for my choice. Canada is known for being a country where people from different cultures and backgrounds live together. I thought this would be a great chance to meet people from around the world and learn about new ideas and ways of life. At the same time, I was a little nervous about living in a new environment. To see if I could handle life in a foreign country, I decided to start with a short-term program before try a longer program.

When I arrived in Canada, I found that life there was very different from life in Japan. I stayed in Victoria, a beautiful city known for its nature and history. The streets were lined with green parks and old buildings, which made the city look very charming. However, I also noticed things that surprised me. While the main streets were busy and full of life, the backstreets showed another side of the city. There, I saw many homeless people and people using marijuana, which was something I had never seen in Japan.

These scenes shocked me at first, but they also made me think about the different sides of society. In Japan, homelessness is not very visible, and marijuana is illegal, so I had never thought deeply about these issues. Seeing these things in Canada helped me understand that every country has its own problems and that it is important to think about how we can solve them.

Victoria was also a place where I could experience Canada's cultural diversity. I met people from many countries, such as Korea, China, and the UK. I was impressed by how people with different traditions and ways of thinking lived together and respected each other. This experience helped me look at things from different angles and question some of the ideas I had grown up with.

I also noticed big differences between life in Japan and life in Canada. For example, Japan has very good public transportation and clean streets, and it feels safe to walk around. In Canada, I sometimes felt that things were not as convenient or organized. However, I also saw that people in Canada were very relaxed and friendly. They helped each other and didn't seem as rushed as people in Japan often do. This made me realize how much I value the safety and order in Japan, but it also taught me to appreciate the kindness and sense of community in Canada.

The classes I took in Canada were very different from what I was used to in Japan. They focused on hands-on learning, and we often worked on projects in groups. One of the most memorable projects was analyzing a local business. My team visited a store, collected information, and gave a presentation about what we learned.

For the project, we looked at the store's strengths and compared it to other businesses. We also thought about how the store was connected to the local community. For

example, one store had special escalators for shopping carts, which made it easier for customers to shop. This small detail showed how the store cared about its customers' needs. Through this project, I learned a lot about how businesses try to improve their services and work with their communities.

Giving presentations was another important part of the classes. At first, I was very nervous about speaking in English in front of others. I worried about making mistakes or not being able to express myself clearly. However, after practicing many times, I became more confident. By the end of the program, I was able to share my ideas clearly and answer questions during presentations. This experience helped me improve not only my English but also my communication and teamwork skills.

Outside of class, I spent a lot of time with my classmates, who came from different countries. We often went out for meals or visited local tourist spots together. These moments gave me the chance to learn more about their cultures and also to practice my English in a natural way.

At first, I found it hard to join conversations in English. I sometimes felt shy or worried that I wouldn't understand what others were saying. But my friends were very supportive and encouraged me to keep trying. They also taught me slang and casual phrases, which made our conversations more fun. Over time, I became more comfortable speaking English and started to enjoy it.

I also joined field trips that helped me learn about Canada's history and culture. One trip was to a famous museum in Victoria, where I learned about the country's past and the traditions of Indigenous peoples. This made me think about the differences and similarities between Canada and Japan. It also showed me how important it is to respect and preserve the cultures and histories of all people.

One of the best things about my time in Canada was the friendships I made. Even after returning to Japan, I have stayed in touch with the friends I met there. For example, one friend from China visited Japan, and we had a great time catching up and sharing memories of our time in Canada. These international friendships are very special to me, and they remind me of how valuable it is to connect with people from other countries.

Since coming back to Japan, I have tried to use what I learned in Canada to improve myself. I often join events with international students at my university so that I can practice speaking English and learn about their cultures. My goal is to keep improving my English and to better understand people from different backgrounds.

In the future, I hope to use the skills and knowledge I gained during my study abroad experience in my career. I want to work in a way that allows me to communicate with people from around the world and help solve global problems.

Studying in Canada changed my life in many ways. It taught me to appreciate different cultures, to step out of my comfort zone, and to see the world in a more open-minded way. These lessons will stay with me forever, and they have given me the courage to face new challenges. I am very thankful for my time in Canada and excited to see how I can grow even more in the future.

# グローバル ビジネススクール 留学

# 参加者紹介

ビクトリア大学ビジネススクール留学  
上栗弘明

ジュネーブ経営大学院交換留学  
藤本凜子  
徳川 皓太

レンヌ大学ビジネススクール交換留学  
中川 あゆみ  
古澤 裕美  
道下 由香  
下崎 みゆき  
宮川 美麗

ホーチミン市経済大学ビジネススクール交換留学（2023 年度）  
小林優斗  
宮本伸幸  
清野花香

ホーチミン市経済大学ビジネススクール交換留学（2024 年度）  
西ノ原 龍馬  
寒河江 春太  
柳澤 蓮

# ビクトリア大学 ビジネススクール留学

報告 23  
上栗弘明  
GP 帰国報告レポート



留学先：カナダ・ビクトリア大学（ブリティッシュ・コロンビア州）

留学期間：2023 年 9 月—2024 年 4 月（2 セメスター）

留学形態：派遣留学（Visiting Student）

氏名：上栗弘明（2021 年入学）

ゼミナール：吉元浩二経営学部長（経営戦略論）・ゼミ 4 期生

現地で履修した授業（いずれも 1 コマ 90 分授業＊2 コマ／週＊13 週）：

Strategic Management

Legal Issues In Management

Business Analysis

Entrepreneurship & Small Business for the Non-Specialist

Introduction to Canadian Business

International Environment of Business

創大でお気に入りの授業：

生産管理論（営）

国際経営論（営）

マネジメント・サイエンス（営）

証券市場論（営）

ミクロ経済学中級（済）

ファイナンス論（済）

行動経済学入門（済）

水法演習（法）

英語翻訳論（文）

座右の銘：

この世に客に来たと思えば何の苦もなし。  
朝夕の食事は、うまからずとも誉めて食うべし。  
元来、客の身なれば好き嫌いは申されまい。

「大人になってからではなく、大学生の時にしか経験できない留学が、きっとあるよ」  
当時私が1年生の時に、先輩に伝えられたこの言葉が深く刺さった。

創大入学後、グローバル・シティズンシップ・プログラム（GCP）12期生として英語学習に打ち込み始めた。私が大学受験の時に最も好きな科目の一つであったことと、国際交流を深めることの楽しさに惹かれたことが、語学学習の大きなモチベーションとなった。

しかし、取り立てて学生生活のうちに留学に行くことは想定しておらず、むしろ学内で勉強に専念しようと腹を決めていた。その顛れとして、創大内で自身の興味が赴くままにありったけの授業を履修したので、シラバスのどのような部分を読めば良いか、どのポイントを押さえれば面白い授業かどうか、といった「目利き」ができるようになった。上の「創大でお気に入りの授業」に挙げた経営学部（営）の授業は、全て渡航前に履修をしている。これらの授業に対して一所懸命に取り組んだ結果、ビクトリア大学のビジネススクールでの講義の際、自信を持って発言をしたり、ディスカッションに参加したりすることができた。もちろん GCP を通して培った英語力がベースにあったことは間違いないが、その上で、経営学部の授業内容を丁寧に理解することを意識していたことが、現地で高い成績を取れた事にもつながったと確信している。

特に印象深い授業である、「Strategic Management」の Sudhir Nair 教授は、その講義の中で、「君たち経営学部生は、この戦略論のような“お肉”的な授業のほかに、“サラダ”として、経済学もしっかりと学びなさい」と仰っていた。そもそも経営学の歴史というのは、経済学理論に裏打ちされて発展してきたものが大半である。おそらくこの観点から、教授は経済学を学ぶ重要性を指摘していたのだと思われた。そこで私は帰国後すぐに、ミクロ・マクロの中級レベルや、ファイナンス論、行動経済学、環境経済学など合計 18 単位を履修した。

もちろん、今まで学んできた経営学のすべての内容が、これら経済学の理解と一貫通貫したわけではない。だが、隣接する学問分野として、同時に学ぶことの意義を強く感じられたことは、貴重な経験である。大学卒業後も、経営学と経済学の架け橋である「ビジネス・エコノミクス」や「産業組織論」などの分野を学び続けてゆきたい。

教育は、その投資に対するリターンを測ることが難しい。中長期的な視野を持ち、じっくりと腰を据えて学び、自身を陶冶していくことが求められる。今回の留学経験は、ここに記した履修の他にも、異文化交流や、カナダの自然・文化への理解など、様々なストーリーがあった。このことを心に大切に留めて、この先も生きてゆきたい。

# ジュネーブ経営大学院

## 交換留学

**報告24**  
**藤本凜子**  
**GPスイス 報告書**

**1. はじめに**

GPスイス1期生として、HEG-Geneveジュネーブ経営大学院に交換留学をしておりました、経営学部経営学科51期の藤本凜子です。私は、「これまで身につけてきた英語力を活かして最先端の経営学を学びたい」「現地学生や各国からの留学生と一緒に学び、異文化理解を深めたい」との思いからこの留学への挑戦を決意しました。このレポートでは、GPスイスの主な概要や留学中に得た学びを書かせていただきました。

**2. 留学概要**

留学先：HEG-Geneve スイスジュネーブ経営大学院  
渡航期間：2024年2月13日～6月30日  
居住先：アパート（一人部屋）

**3. 居住先**

HEGには学校直属の寮がなかったため、各々で滞在先を探す必要がありました。私は、たまたま現地の国際課の方を通じて現地学生から部屋を貸していただくことができましたが、比較的安価かつ好条件な物件はすぐに埋まってしまっていた印象なので、早め早めに手配することを強くお勧めします。私が貸していただいていたアパートは、キッチンやシャワーも自室内に含まれたStudioタイプの部屋で、滞在中は何の不自由もなく快適に生活することができました。ジュネーブ内にある学校に通う学生のみが居住しており、その中でHEGに通う学生は私を含め5名ほどでした。市内には、ジュネーブ大学の留学生が多く滞在する共同生活型の住宅もいくつかあり、それらはキッチンやシャワー、ランドリーなどを共有する形で住民同士での交流も活発な印象でした。自分に合った生活スタイルや、共有スペースの有無、家賃などを考慮した上で最適な家探しができると思います。

**4. 授業**

－ 授業名・履修登録について

HEGは、Leading the organization、Social entrepreneurship and sustainable management、Marketing principlesに加えて、French class（フランス語）の授業を履修していました。渡航前、履修登録する段階では上記に加えて他にも2つほど授業を履修しようと考えていましたが、オリエンテーションや初週の授業に数回参加してみた上で、難易度や課題の量、授業が行われる時間帯など様々な状況を考慮して、授業の数を調整しました。結果的には、授業数を減らしたことで一つ一つの授業の予習復習、またテスト対策も十分に行うことができたため、個人的には良い選択だったと感じています。個人差があると思うので、履修登録の段階では多めに選択しておいて、後から取り消す形を取ることをお勧めします。

－ 授業のレベル感・感想

全ての授業に共通して言えることは、創大での授業よりもレベルが高く、学士を修了しているクラスメイトたちと授業を受けていました。そのため、授業についていくためには予習が欠かせず、一つの授業につき2～3時間の予習を毎日行っていました。また、ク

ラス内では留学生よりも現地学生の割合が圧倒的に多く、日常会話はフランス語で行われることがほとんどでした。そのため授業外でのクラスメイトとのコミュニケーションにかなり苦戦した記憶があります。あくまで授業は英語で行われるので、フランス語は必須ではないですが話せるに越したことはないと感じました。

#### - French classについて

フランス語の授業は大きく3つのレベルに分かれており、Nativeレベル、False beginner（中級）、True beginner（初級）の中からクラスを選べました。私を含め、ヨーロッパ圏外からの留学生は基本的にこちらのTrue beginnerコースを受講していました。

週に一回2時間ほどのクラスで、基本的な文法から発音の練習まで幅広く教わりました。テストは、筆記とスピーキングの2形態で、筆記試験では活用形や単語、英文からフランス語に訳す問題、簡単な長文読解などが出題されました。スピーキングテストでは、授業内で学んだ表現方法や単語を用いて、提示されたトピックについて簡単な会話のキャッチボールを行うような形でした。

ジュネーブは、国際都市として有名ではありますが、思っている以上に英語が伝わらないシーンが多くありました。「郷に入っては郷に従え」というように、留学期間中ジュネーブで生活していく身として、最低限フランス語を話せるようになることは一つの礼儀だと思いました。

私は、フランス語の事前学習をほとんど全く行わずに渡航してしまったため、このフランス語の授業での学習に加えて、1日2時間程度のフランス語の勉強を続けていました。スイスに着いた日は挨拶とお礼しか言えないレベルでしたが、帰国前にはスーパーでの買い物や店員さんとの簡単な会話はこなせるまでになりました。是非、出発前にしっかりとフランス語を勉強しておくことをお勧めします。

### 5. 授業外

#### - Erasmus trip

HEGの留学生をサポートしてくれる学生組織の主催で行われた、スイス国内旅行に参加しました。2泊3日で、Interlaken、Iseltwald、Gruyeresなどスイスを代表するアルプスの大自然やチョコレート工場の見学、隣国ドイツにあるテーマパークEuropa Parkなど第充実の旅行を経験することができました。



Erasmus tripにて



インターラーケンにて



#### - 交流イベント

主に金曜日の夜に、ゲーム大会やビアポン、チーズフォンデュパーティーなど交流の場

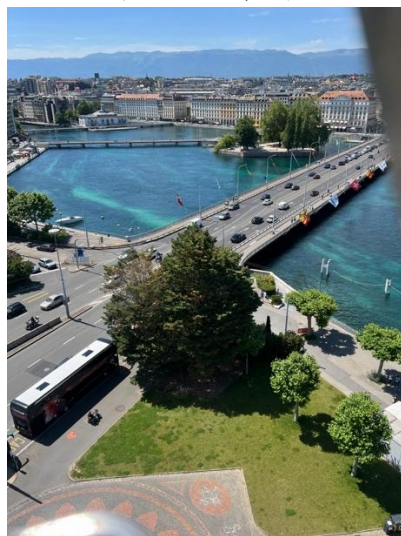
が開かれていました。参加者は主に留学生で、この場を通して交流を深めることができました。日本では経験したことのないヨーロッパ留学ならではの空気感を楽しむことができました。

## 6. 手続き等

渡航前から帰国まで、申請しなければいけない書類や手続きが多くあり、かなり苦戦しました。GPスイスは、私の代からスタートしたGPプログラムであったことから事前情報や先輩方の経験談等がなく、全て手探りで行ったため最新の情報は更新されている可能性があります。特に大変だったのは、滞在許可証の申請です。申請のステップが多く、直接現地の移民局や郵便局に足を運ぶ必要があったので、滞在許可証が手元に来るまでにかかなり時間を要しました。詳しい手続き手順や必要書類については別途まとめておりますので、もしHEGへの留学を希望している方がいらっしゃれば、冒頭に記載したアドレスまでお気軽にご連絡ください。

## 7. 最後に

日本人が全くいない環境で過ごした5ヶ月間は、自身を鍛える期間になったとともに、将来につながる新たな興味関心や、日本にいた頃には気づけなかった自分の強みに気付いたり、何事にも物怖じせずに飛び込んでチャレンジできるマインドを得ることができました。実際に留学を経験させていただいた今、留学は必ず大きな価値をもたらしてくれるものであり、自分の原点になると断言できます。もし少しでも留学にご興味があれば、是非そのチャンスを掴み、挑戦していただきたいです。最後に、この留学に参加するにあたって準備段階から帰国後まで親身に寄り添ってくださった教職員の皆様、また現地で縁してくださった全ての方々へ、創価大学からの交換留学生として貴重な経験をさせてくださり本当にありがとうございました。



ジュネーブの街並み



友人の寮にてホームパーティー

報告 25  
徳川皓太  
GP 報告書

1. 自己紹介

留学先：スイス連邦, ジュネーブ経営大学院 (Haute Ecole de Gestion de Genève)

留学期間：2024 年 9 月～2025 年 1 月

居住先：一軒家の一部屋を間借り

スイス・ジュネーブの HEG に 5 カ月間の留学をしていた、経営学部 52 期の徳川皓太です。HEG では、社会で実務経験を積んだ比較的若い先生方が多いため、フレッシュで実用的な学びをすることが出来ます。もし、この報告書に書いていないようなことや疑問点等あれば、いつでも連絡お待ちしております。

2. ジュネーブについて

ご存じのとおり、ジュネーブには多数の国際機関が本部を設置しており、「平和の首都」とも呼ばれています。もし国際機関に興味があれば、HEG からの紹介等はないので、自らホームページなどで訪問する機会がないか情報収集をすることをお勧めします。物価は全体的に高く、物によっては日本の 2~3 倍ほどです。

1CHF (スイスフラン) = 172 円程度だとして、

水 1.5L : 1CHF

パン : 1~2CHF

パスタ 500g : 3~4CHF

HEG の学食 : 10~15CHF

ビッグマック : 7.8CHF

カフェでのコーヒー : 5CHF~

外食: 20CHF~

保険 : 四半期で 170CHF 等です。

私は諸事情で利用しませんでした。La Farce という、学生を対象に日用品や食料を配ってくれる団体があり、登録料も 20CHF でかなり格安なので、それを使って節約してもいいかもしれません。

住居について、ジュネーブの住宅事情はかなりひっ迫していて、学生向けの寮などは本当にすぐに埋まってしまうため、ジュネーブへの留学が決定した直後から家探しを始めるこ

とを強くお勧めします。私は、遅くから家探しを始めたため詐欺業者に引っかかり、到着してしばらくはホテル生活を余儀なくされました。

交通に関しては、路面電車とバス網が発達していて、**24 歳以下**であれば無料で乗車することが出来ます。

行政に関して、入国時にビザ等は必要ありませんが、**90 日以上**滞在する場合は必要書類を移民局に郵送で提出する必要があります。一度、**e メール**で提出したのですが、**VISA** なしで滞在できる **90 日**を超えても返事がなく、危うく不法滞在になりかけたので、郵送でのやり取りを強くお勧めします。また、日本で加入する海外旅行保険のほかに、スイス独自の保険に加入する必要があります。

街の雰囲気としては、ヨーロッパ特有の建築と都市化された現代風の建築が混ざりあい、湖や山など自然も豊かで、人も穏やかでゆったりとした時間が流れている印象です。真夜中に治安が悪めの地区にさえ行かなければ、安全面も保証されています。スイスらしい雪山と草原などはありませんでしたが、素敵な場所には違いありません。

### 3. 授業

全体の所感として、創価大学より専門的で実務的な内容を、学んですぐグループワークで実践できる授業が多く、何らかの分野の専門性を英語で磨きたい人にとっては最適の環境かもしれないと思います。ただ、裏を返せば一つ一つの授業がおしなべて専門的なので、広く浅く学びたい人にとっては、学ぶモチベーションを保つのが難しいかもしれません。

私は **Fall Semester Package 2** から、**7 コマ**（1つ履修取り消しをして途中から **6 コマ**）を履修していました。クラスによって、**1 時間 45 分**、**2 時間 45 分**、**3 時間 45 分**と長さはバラバラでしたが、どの授業も **1 時間ごと**に **10 分程度**の休憩があり、集中力を保ったまま授業を受けることが出来ます。履修したい授業を **HEG** に提出すれば、**HEG** 側が時間割を決定してくれ、早くて朝 **8:15** から、遅くて夜 **21:30** まで授業があります。ただ、前述のとおり **HEG** が時間割を決定するため、授業と授業の間に数時間の空き時間が空くこともなくはありません。留学生によっては **10 コマ程度**ある **Package** の授業をすべて履修している方もいましたが、後述の通りグループワークが多いため、自分自身のキャパシティと相談しながら履修する授業の数を決めた方がいいかもしれません。

授業は基本的に少人数で行われ、教授と学生のコミュニケーションは創価大学より多かった印象です。ただ、スイス人の学生・留学生ともに、授業中に小声で喋ったりゲームをしたりしていて、学生の質がすごく高いというわけではありませんでした。

### ①Global HR Management 1時間 45分

カナダ出身の若い女性の教授による講義型の授業です。先生は HR に関する知識・経験が豊富で、話も上手く頻繁に生徒を当てる上、授業内のワークも時々あったので、刺激的で退屈しませんでした。セメスターを通してのグループワークとして、先生が割り当てた HR 業界のトピックについてニュース風の映像を作る課題がありました。締め切りは 11 月ごろです。中間テストは選択式の問題と、それまで学んだ知識を基に記述でのケーススタディがあり、期末テストは選択式のみです。創価大学での人的資源管理論の授業や、HR の領域に興味があれば、ぜひ履修をおすすめしたい授業です。

### ②International Relations 1時間 45分

バングラデシュ出身の先生による講義型の授業です。授業中の話し合い等はなくただ先生の話聞くのがメインでしたが、先生の IR に関する深い知識と情熱に、学生が惹き込まれていた印象です。先生が「現代の世界情勢を歴史の観点から紐解き、“なぜ”を繰り返して理解する授業だ。」と繰り返し仰っていました。第一次世界大戦以降の歴史から、紛争や様々な主義主張をカバーしています。セメスターを通してのグループワークとして、先生が割り当てた国際情勢に関するトピックについて、レポートとプレゼンをする課題が 12 月ごろにありました。テストはありません。ジュネーブの地で国際情勢を学ぶことの意義は間違いなくあるかと思います。

### ③French for Non-Native Speakers 1時間 45分

留学生は必修の授業で、フランス語の習熟度によってクラスが 4 段階に分かれており、私は一番下のレベルのクラスを履修していました。会話文を基にフランス語の名詞や動詞、その活用を学ぶ授業で、よく生徒を当てる先生だったので楽しく授業を受けることが出来ました。課題は特にありません。中間テストでは筆記試験が、期末テストでは筆記と口頭試験がありました。ジュネーブでは英語もだいたい通じますが基本はフランス語なので、便利なフレーズをいくつか学べます。

### ④Marketing Research Fundamentals 2時間 45分

フランス訛りが強い英語を喋られる先生でした。セメスターを通してのグループワークとして、Gen Z と何かのトピックをかけ合わせたテーマについて実際にアンケートを作成・集計し、そのデータを分析して分かった事実を期末にクラスで発表しました。授業の前半は、そのグループワークに必要な分析スキルについての講義で、後半は各グループでそれを実際に使ってみるという、学んだことが即実践できる授業でした。ただ、Fundamentals と言っている割にちゃんとした統計学の知識や Excel での分析が出てくるので、留学前に創価大学で Marketing research 系の授業を取っておくと、学びが広がるかもしれません。

期末テストは選択式で、統計学や分析についての知識が全般的に問われます。

#### ⑤Financing and Valuation 1時間45分

講義型の授業でした。この授業は、よく使う建物の **Bâtiment B** ではなく、隣の **Bâtiment C** で行われていました。企業内の財務に関することも学びましたが、主に銀行や投資家目線で企業の財務をどのように評価するか、を取り扱っていた印象です。金融や会計系の授業を留学前に創価大学で履修しておく、と、内容が理解しやすくなると思います。必須ではないグループワークと、全員対象で選択式の中間・期末テストがありました。

#### ⑥Communication for Sustainable Change 3時間45分

これは流行りの環境・サステナビリティ系の授業では無く、組織などを巻き込んで新しい企画や変革を起こしたいときに、どう組織とコミュニケーションを取ればその変革が浸透して受け入れられていくようになるか、という内容の授業です。企画職や起業家精神等に興味がある人におすすめです。授業は経験豊富な先生によるワークを交えた講義の回と、現在も現場の第一線で働くゲストのレクチャーの回がありました。時間割上は3時間45分の授業ですが、実際はもう少し早く終わっていました。セメスターを通してのグループワークとして、**HEG** で何か一つ変革を起こすとしたら、どのようなテーマ・問題点をどのようにして学生や職員に認知させ、彼らの行動を実際に変革させていくか、を考えプランを立案するところまで行いました。実際にそのプランが行われることはないものの、学生や職員の方にアンケート・インタビュー等を行い、本格的に変革案をプレゼンしました。その他、成績に直結するミニワークを授業中に行うこともありました。個人的に創価大学では見たことがないような、実用的で面白く起業家精神がくすぐられる授業です。

#### ⑦Business Agility for Digital Transformation 3時間45分

途中で履修取り消したため正確ではないかもしれませんが、**DX** について学ぶというよりは、会社や従業員は迫りくる **DX** に対してどうすればよりアジャイルになれるか、という授業だった印象です。経験豊富な先生が二人いて、交代交代で授業をしていました。時々ゲストレクチャーがあり、**AI** 開発をしている企業の方が講義をされていました。授業内のグループワークのレベルが非常に高く、**DX** の導入に関する非常に難しい状況の解決策を即席のグループで考え、発表するというワークが何度かありました。また詳細は分かりませんが、セメスターを通してのグループワークも別であったようです。

#### 4. 他の学生との交流

他の留学生との交流の機会は、**The International Club** という組織が企画するイベントでの出会いが大きかったです。セメスターに数度イベントが企画され、**welcome party** からアペロといわれる軽食を食べながらの交流会、学期末には他の街への旅行も有料でしたがあり

ました。その他、ジュネーブの学生が住む寮に入ることが出来れば、出会いは多いかと思います。

ローカルの学生との交流の機会は限られており、授業でのグループワーク程度しかなかった印象です。個人的な感想ですが、スイス人は日本人と同じように、数人のグループで固まって行動し、みずから留学生に話しかけに行くということはあまりありません。ただ、留学生側から話しかけると比較的優しく会話をしてくれます。また、大学の入り口前で輪になってタバコをよく吸っており、そこに入れば一気に距離も縮まるかと思います。

## 5. 旅行について

ジュネーブはヨーロッパの中心部に位置していて国際空港もあるため、他のヨーロッパ諸国への旅行がとてもしやすいです。また、空路以外でシェンゲン協定加盟国へ行くときには、パスポートなしで国境を渡ることができます。

国内旅行や、フランスやイタリアの近場であれば、高速バスも便利です。国内旅行には鉄道も便利ですが、料金体系が複雑なので、早めにサイトから確認しておくのが得策です。

## 6. まとめ

個人的な留学体験としては、前述のとおり不動産詐欺に遭ったり、ビザ関係のトラブルに巻き込まれたり、その他体調を崩したり、実家でも難があったりと、かなりハードな期間になりましたが、すべてを一人で乗り越えていく中で、精神面で大きく成長できたと感じています。また、今だから言語化できますが、私は「留学に行く」だけで、ある種「正解」だと思っていた節があり、本当に自分の興味をただひたすらに追い求めるような留学のプランを立てていませんでした。創大にいる留学に行く周りの友達の日や、親からの期待など、そういうものを一切排した時に、自分が本当にやりたいことは何なのか、何のためにジュネーブに行くのか、を深く考えておくことをおすすめします。

また、概してジュネーブは素敵な環境です。少々物価が高すぎるのは否めませんが、一度打ち解けると優しい人が多く、気候も穏やかで、景色も美しく、留学先として申し分ないかと思います。

この GP ジュネーブに参加するのは私で 2 人目ですが、これからも長く続くプログラムになっていくことを祈っています。

# レンヌ大学ビジネススクール 交換留学

## 報告 26

中川あゆみ

### レンヌ大学 IGR-IAE 交換留学 成果報告

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2. 留学概要
3. 困難だったこと
4. まとめ

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#### 1. はじめに

レンヌ大学 IGR-IAE に交換留学をしておりました、経営学部 51 期の中川あゆみです。私は ① 多角的な視点で学びを深め、専門性を磨くこと、② 語学力を向上させ、異文化に触れることで視野を広げること の 2 つの目的を持ち、このプログラムに参加しました。

#### 2. 留学概要

期間：2024 年 9 月 2 日 ～ 2024 年 12 月 31 日

留学先：レンヌ大学 IGR-IAE

居住形態：学生寮

##### a) 授業

Human Resource Management (HRM)

内容：

1 コマ 3 時間の授業が計 5 回あり、3 人の担当講師が交代で授業を担当しました。基本的に座学が中心でしたが、グループワークの時間もあり、各国から集まった MBA 取得を目指す学生と交流できたことは貴重な経験となりました。

特に印象に残っているのは、人材管理に関する長期戦略計画の立案に取り組んだことです。生産計画や従業員のスキル構成を考慮しながら、組織の人材戦略をどのように設計すべきかについて議論しました。退職率や昇進、離職率といった実際のデータを基に分析を行い、実務的な視点から学びを

得ることができました。

課題：5人1組のグループでレポート作成

テスト：なし

#### b) 寮生活

寮の敷地は広く、複数の棟がありました。私が住んでいた棟は、1フロア約40名が入居し、各フロアに共有のキッチンがありました。部屋には冷蔵庫、収納スペース、ヒーター、トイレ、シャワーが完備され、ランドリーも寮内にありました。

滞在中に2度の断水、夜中の火災報知器の誤作動、ヒーターの不具合など小さなトラブルもありましたが、総じて快適な環境でした。特に、キッチンで料理をしている時に知り合ったフランス人の友人とは、フランスの料理や文化など色んなことを話していくうちに仲よくなり、一緒にスーパーへ行くこともありました。帰国後も



寮からの景色



寮のメンバーと作った料理

連絡を取り合うほどの関係を築くことができました。

#### c) 言語

基本的に英語でのやりとりが多いですが、レンヌは都会すぎず田舎すぎない街です。そのためパリのような大きな観光都市と比較すると、レストランやスーパーで英語が通じないこともたまにありました。そういった場面ではフ

ランス語できちんと挨拶をすることで、皆さん快く接客をしてくれ、フランスの挨拶文化の重要性を実感しました。

d) その他

大学では週に数回、一人暮らしをする学生や留学生向けに食料を無料で配布してくれる支援がありました。受け取れるものの内容としては、野菜や果物、ヨーグルト、乾燥パスタ、牛乳、卵など豊富です。他にも衛生用品やお皿などの支給もあり、経済的負担を少しでも軽くできる点でこの支援はとても助かりました。

3. 困難だったこと

最も苦労したのは手続きの多さです。

渡航前のビザ申請や寮の手続きは英語やフランス語で行う必要があり、非常に時間がかかりました。GP 留学をする友人と情報を共有しながら準備を進めましたが、寮の手続きについてはフランスのバカンスの影響で完了しないまま渡仏し、到着後に部屋の割り当てが決まっていないというトラブルに直面しました。

幸い、すでに部屋を持っていた友人がいたため、自分の鍵を受け取るまでその部屋に滞在することができました。

4. 気づき

a) フランス人は自国の歴史に詳しい

留学中、現地の人と仲良くなり、レンヌの街を案内してもらう機会がありました。その際、訪れた公園や教会の歴史、フランスの文化が形成されるまでの背景などを詳しく説明してくれました。また、寮で仲良くなった友人も、移民問題や地域ごとの違いについて歴史をたどりながら話してくれたため、フランスについてより深く理解することができました。

b) バイリンガルやトリリンガルの多さ

レンヌはフランス国内で特別有名な都市ではなく、観光客もそれほど多くない印象でしたが、フランス語と英語を話せる学生が多くいました。さらに、ヨーロッパ圏の言語を複数話せる人もおり、多言語を使いこなすことが当たり前のように感じられました。このような環境の中で、自身の語学力向上を

強く意識するようになり、英語を積極的に使う機会を増やす努力をしました。

c) 仕事よりも生活重視

レンヌでは、日本と比べてお店の営業時間が短く、日曜日はほとんどの店が閉まっていることから、プライベートを大切にする文化が根付いていると感じました。また、スーパーでは買い物をする男性と女性の比率がほぼ半々であり、家事や生活においても男女が均等に役割を担っている印象を受け、仕事よりも生活を重視する姿勢がうかがえました。

4. まとめ

留学に向けた手続きは、すべてが大変で多くの労力を要し、また生活に馴染むまでには時間がかかりましたが、日本から一緒に来た大学の友人たちの支えや、レンヌの街の過ごしやすさもあり、最終的には現地での生活は想像以上に楽しいものでした。

フランスには多種多様な人種が存在し、それに伴い食文化やファッション、生活様式も、さまざまなニーズに応じて発展しています。

日本でしか暮らしたことのない私にとって、価値観だけでなく、日常のあらゆる場面で「違い」が当たり前存在する環境は非常に刺激的であり、自分の固定観念を見直す機会となりました。

また、海外での生活にはトラブルがつきものだということを実感し、その経験を通じて柔軟性を養うことができたと感じています。

私はこの留学を通じて、世界の広さを知ることで日本の課題を見つめ直すと同時に、日本の良さにも改めて気づくことができました。それは、現地や旅行先で出会った人々が日本の素晴らしさを熱く語ってくれたこと、そして実際に海外で生活する中で、日本の環境が決して当たり前ではないと痛感したことによるものです。今後はこの経験を活かし、自分の姿を通して日本の魅力を世界に発信できる人を目指します。

最後に、この留学を支えてくださった大学関係者、レンヌ大学の教授陣、そして友人たちに心から感謝申し上げます。



レンヌの街並み

報告 27  
古澤裕美  
レンヌ IGR-IAE 経営大学院 GP レポート

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1. はじめに

始めまして。2024 年度でレンヌ IGR-IAE 経営大学院に 1 セメスター、交換留学をしておりました、経営学部 51 期の古澤裕美と申します。本レポートでは、本プログラムを選んだ理由から、留学前の準備、留学先での生活、留学後の心境をありのまま書かせていただきました。本留学を通して、良かったこと、大変だったこと、悔しかったこと、沢山ありましたが、結論から申し上げますと、本当に参加して良かったです。

2. 自己紹介と本留学の動機

改めまして、51 期の古澤裕美と申します。私は、入学時から留学に行きたいという目標がありました。経営学部の授業を受ける中で経営戦略や人的資源管理、マーケティングに強く興味を持ち、留学に行くならこの分野への学びを深められる場所がいいと考えていました。加えて個人的にメンタルヘルスケアについて興味を持っており、実際に現地にいて、生活しながら学びたいと考え、この分野に対する研究や取り組みをいち早く始めた欧州への留学を志望していました。この条件に当てはまったのが今回留学したレンヌのプログラムでした。

3. 留学の概要

滞在地域：フランス・ブルターニュ地方・レンヌ

留学先：レンヌ第 1 大学 経営大学院（IGR-IAE Rennes Graduate School of Management - University of Rennes 1）

滞在先：寮

滞在期間：9 月頭～1 月中旬

費用：70 万円（航空費＋生活費）※月 8 万円の JASSO 奨学金含む



#### 4. 留学前の準備

留学前の主な準備について、学業面と手続き面の2つの観点からお伝えします。

##### ▶学業面

まず、語学力についてです。選考の際の基準スコアがあるかとは思いますが、プログラム合格後も気を抜かず、渡航までに出来るだけ英語力を上げておくことをおすすめします。これは、当たり前準備だとは思いますが、私自身準備したつもりでも、渡航後授業の中で言いたいことが言えず悔しい思いをしたり、現地の友人とコミュニケーションでつまづいたりすることがありました。英語力がなければ学べるものも学べません。渡航までに話す練習と授業を理解するため語彙力をできるだけ増やしておきましょう。私は渡航前、独り言英語で英語でのアウトプットを毎日行っていました。基準スコアに満足するのではなく、渡航後の自分のためにも日々語学学習に励むことを強くお勧めします。フランス語においては、最低限の挨拶、お店で使える簡単なフランス語を勉強しておくといいと思います。英語で通じないことはありませんが、フランス語しか話せない方ももちろんいらっしゃいます。また、特にフランスでは現地の言葉で挨拶することは最低限のマナーです。留学先で、フランス語の授業を初級レベルから受けることができ、簡単な日常会話を身につけることができます。

##### ▶手続き面

必要な手続きは主に以下が挙げられます。（※その他細かな手続きが伴います。）

- ・パスポート取得（未取得の方）
- ・IGR-IAE への入学手続き（ポータルサイトへの登録、ここで入寮希望申請を行う）
- ・フランス学生ポータルサイト <https://messervices.etudiant.gouv.fr/> 登録
- ・寮の申請関連（保険の加入、VISALE の登録）
- ・フランス長期学生 VISA 取得

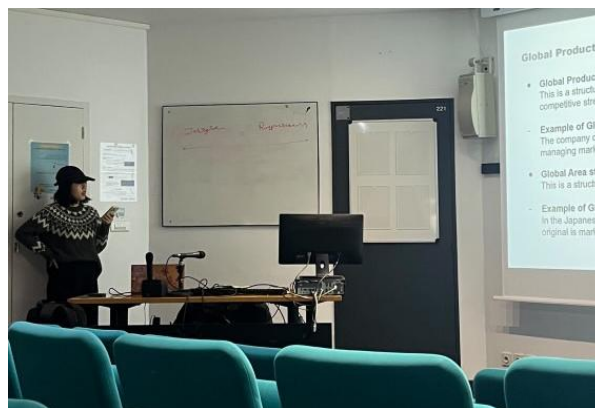
大前提として、フランスは7月中旬からバカンスに入るため、ほとんど連絡がとれません。手続き関連は4月から始めた記憶ですが、結局すべて落ち着いたのは8月中旬でした。同じプログラムに参加するメンバー、先輩に聞くなどして疑問点は早めに解消していました。私は寮の申請が通ったため、指示に従って取り組みましたが、保険の加入や鍵の受け取り申請など、ややこしい手続きが多く渡航前に最後まで手続きが終わらず、到着後スムーズに入居ができませんでした。こうならないよう、早めに取り掛かることをお勧めします。

#### 5. 授業

入学手続きを終えると履修登録の案内が送られてきます。私がとったものは Human Resources Management、International Management、New topics in Marketing、Leadership、Cours de français の5つです。

### ▶Human Resources Management

創価大学で人的資源管理の授業を履修しており、とても興味深い分野であったため、履修しました。セメスターを通して授業の回数が比較的多く、講義は3人の教授が日によって担当を分けて講義を行う形でした。座学ベースでしたが、授業内では学生から活発に発言をし、そこから内容が広がっていくことも多くあり、この授業のメインアクターは学生であると言えるのださる教授もいて、自分の意見をしっかりというフランスらしい授業スタイルを体験することができました。HRMと一口にいっても、理論は幅広く存在し、様々な観点から学ぶことができました。最終課題は、HRMの中でもHuman Managementの導入についてグループで学びを深めレポートを作成するというものでした。



### ▶International Management

国際経営について、様々な国や企業の事例を用いて学んでいくという内容でした。ここ数年のM&AやFDIの事例や傾向についてのレクチャーを受け、様々な形態やこれらが行われる理由、また多国間で円滑に経営を進めるために必要な観点など、詳しく学ぶことができ、興味深い内容が多かったです。中間課題は授業内容の要約レポート、最終課題は、6~7人のグループで学んできた理論とそれぞれの国の事例を掛け合わせてプレゼンテーションを行うというものでした。(写真はプレゼン当日の様子。)

### ▶New topics in Marketing

この授業では、最近トレンドとなっているテーマとマーケティングの理論を掛け合わせ事例を用いながら学ぶといった内容でした。留学生向けの授業で人数も多すぎず、会話形式で発言がしやすい授業でした。近年多くの企業を取り入れているサステナブルへの取り組みについて、マーケティングの観点から学び、サステナブルなマーケティングとは何か、実際に行われている取り組みは本当に環境にいいのか、といった観点で近年のトレンドや傾向について知ることができました。後半では、コンテンツマーケティングについて学び、最終課題では企業が行うようなマーケティング戦略を考え、実際にコンテンツを考えるといったものでかなり実践的で面白かったです。最終課題は20分間のペアでのプレゼンテーションでした。

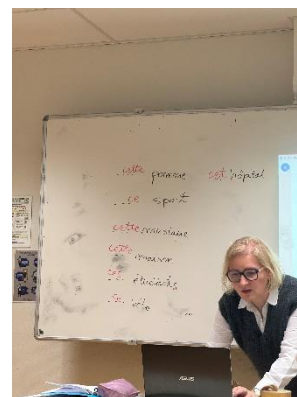
### ▶Leadership

リーダー（主にマネジメント職）が円滑にチーム、組織の運営を行っていく際に必要な

スキルや考え方を学ぶ授業でした。モチベーション管理や効果的なコミュニケーションの方法、人の心理的特性、変化を受け入れる過程、意見の相違からどういい討論にもっていくかなど、理論を用いながら学びました。とても興味深い内容が多く、実践的なワークも取り入れられていて、とても楽しかったです。個人的にグループワークや発言など、授業内で一番話す時間が多かった気がしています。実際に働いた経験のあるメンバーが多くいる中でのチャレンジングな環境でしたが、これからの社会人生活において重要なことも学べたため、とても良い時間でした。最終課題は学んだことの要約と感想を書く **Essay** でした。

### ▶Cours de français

フランス語の授業は、IGR-IAE ではなく **CIFRE** という語学学校で受けていました。私は渡航前の 5 か月ほどフランス語を自主学習していましたが、基礎からしっかりと学びなおしたいと考えていたため、初級を希望しました。英語で言うアルファベットの正しい発音の仕方から学ぶことができ、発音に全く自信がなかった私にとってとてもいい選択だったと思っています。先生はもちろんフランス語しか話されない方でしたが、とても優しく、毎授業楽しく学ぶことができました。中間と期末で、筆記と会話のテストがあります。



## 6. 生活

寮生活、クラブ、友人づくり、授業外の学び、旅行の観点でレンヌでの生活についてまとめます。

### ▶寮生活

私は、大学から電車で 15 分ほどの **Beaulieu Universite** という駅にある寮に住んでいました。部屋には、シャワーとトイレがついており、キッチンも共用でした。共用キッチンでは各国から集まった留学生、また他地域から学びに来ているフランス人と多く出会い、友人が多くできたのもこの場所でした。郷土料理のシェア、日本語勉強中のフランス人と仲良くなるなど、寮生活はとても充実していました。火災報知器の誤作動や水道のメンテナンスが急に入り水が出なくなるなどハプニングはありましたが、帰国した今では思い出です。

近辺にはバスで 10 分、徒歩で 20 分ほどの場所にショッピングモールがあり、そこにある大型スーパー「**Intermarche**」でよく買い物していました。



### ▶クラブ

大学でのウェルカムデーなどのイベントでもらう資料や説明で紹介されると思いますが、留学生もクラブに参加できます。申し込みが先着順のため、入りたい方は早めのアクションをお勧めします。大学問わず周辺の大学生ならだれでも無料で参加できるクラブで**20種類以上**あります。私は創大でもダンスサークルに所属していたため、**HIPHOP** のダンスクラブに入りました。講師の方



から基礎を教えてもらい、振りおろしをしてもらい、最終的には一曲をみんなで完成させました。コミュニケーションはすべてフランス語で苦戦したものの、友人を作り英語に翻訳してもらうなど協力をしてもらい、なんとかついていくことが出来ました。本当に優しい友人に沢山出逢い、言語の違いを超えて、ダンスを楽しむことが出来ました。孤立を感じる瞬間ももちろんありましたが、自分から行動を起こすことの大切さを知ることができ、また二人で遊びに行くような友人を作ることができました。

### ▶友人づくり

はじめは現地で友人ができるのか不安に思っていたましたが、自ら積極的に挨拶し、話しかけることで短い期間でしたが本当に多くの素敵な友人と出会うことができました。寮生活や授業、クラブ、また日本語授業クラスでのボランティアでの出会いが主なきっかけでした。**IGR-IAE**で行われている日本語授業と一緒に参加し日本語を教えるボランティアを何度かしていたのですが、そこである程度日本語が話せるフランス人と多く出会い、一緒に出かけたり、お昼ご飯を一緒に食べたりする仲になり、課題で分からないことがあった際も助けてくれていました。彼女たちが日本に留学する際に会う約束もしています。積極的にアクションを起こして良かったなと思っています。(写真には載せきれないほど多くの友人ができました。)



### ▶授業外での学び

私は、経営学に加え、欧州のメンタルヘルスケアやワークスタイルに興味を持ち、授業で学んだことを発展させて関連する論文を読み、また個人的に友人に積極的に質問するなどしていました。**HRM** や **Leadership** の授業で関連したことを学んだ際、深ぼって質問してみたり、友人と互いの文化について語り合う中で、働き方や就職活動について比較してみたり、情報収集を行っていました。結果的に、その背景には教育のスタイルに違いがあったり、働き方への考え方が根本的に違ったりと日本との大きな違いを感じました。これ

は私が卒論で書く予定のテーマにも活用できる内容であるため、この留学で得た人脈をここで終わらせずヒアリングを継続し、さらに学びを深める予定です。

#### ▶旅行

ヨーロッパは、国同士の距離が近く、高速バスや学生割引を上手く使えば安く旅行できるため、留学中は行きたい国や地域を絞って、フランス内や周辺の国に旅行しました。また大学主催の小旅行も先着順ですが破格で参加できます。これを利用して **Saint-Malo**、**Dinan** などブルターニュ地方の観光地に旅行できました。友人と一緒に回ることができ、新しい友人との出逢いや自力で行くことが難しい場所に訪れることもできたため、申し込んでおいてよかったです。また、自分で計画を立てて旅行に行く際、主に使ったのは **FlixBus**、**BlaBlaCar**、**Keolis** といった高速バスです。時間はかかりますが、フランス内だけでなく、ヨーロッパ内を低価格で移動できます。早めに予約すると安いため、**TGV**（日本でいう新幹線）も利用していました。観光の際の注意点として、貴重品は服の下に仕込むなど肌身離さず身につけておいてください。本当に痛い目を見るので絶対です。日本のような治安の良さはどの地域に行ってもない、と思っておくくらいでいいと思います。スリ対策、寒さ対策などしっかり準備しておくと思えます。最後に、フランス内の美術館、博物館は学生証を見せると留学生でも無料になります。その他観光地も無料、または割引価格であることが多いため持っていくと良いと思います。



（左から、友人とのロンドン観光、ボルドーのブルス広場とその前で撮った 1 枚。他にも創大のメンバーと様々な場所へ旅行に行きました。）

#### 7. その他（節約ポイント：食料の無料配布、学食、携帯の契約、Caf）

円安であることや外食などが高いことが理由で私はできるだけ自炊をするようにしていました。その中で助かっていたサービスが、レンヌ第二大学で行われていた食料の無料配布です。これも、ウェルカムデーの時などに情報が共有されると思いますが、インスタグラムの@epifreerennes というアカウントでも情報発信されているので確認してみてください。賞味期限の近い肉や冷蔵商品、長期間保存がきく缶詰め、野菜やフルーツなど毎週配布されています。持ち帰る量は決まっていますが、とてもありがたくよく利用していました。また、大学近辺に2つ学食があるのですが、3.5€でお腹いっぱいになる量のランチを食べることができます。スーパーで買うのもいいですが、コスパが良いのでこちらもよく利用していました。



携帯は Free という現地の会社の eSim を契約して使っていました。他にも安い sim はあると思いますが、200G まで使えて 11.99€でお得だと思います。データ容量を気にせず、デザリングして外で課題をすることもできて便利でした。



Caf はフランス政府が出す補償金ですが、手続きが複雑でまた必要な書類も多く大変です。申請してから振り込まれるまでが長く、今の時点で私も振り込まれていません。アポステイーユつきの戸籍謄本は日本での準備が必要です。また現地銀行口座情報が必要なため、到着後早めに取り掛かることをお勧めします。

## 8. おわりに

この留学を通して、学びたかった内容をしっかり学び切ることができ、様々な人と出逢い繋がり、自分の世界を広げ、そして次のステージに向けた新たな目標を得ることができたかけがえのない時間でした。留学は良くも悪くも自分の行動次第で、学べる量も、友人との出逢いも、得る体験も変わっていくと思います。しかし、この留学プログラムではその環境がしっかりと用意されています。どう生かすか、どういう姿勢で授業に挑むかは自分次第です。今思えば、もっと授業の予習が出来たかもしれない、日本の文化やフランスの文化をもっと深めておくべきだった、もっと友人の誘いにのればよかったなど後悔は少なからずありますが、トライ&エラーを繰り返しながら行動したからこそこう思っているという自信もあります。また、渡航前に「この授業を受けきり、こういうことを身につけたい、友人にこういった質問を投げかけて日本との違いを知りたい」など達成したい項目を書いていました。どんなに授業が難しく感じても、友人との会話につまずいても、その目標たちが勇気となって行動に起こせたと思います。良ければ実践してみてください。準備の段階から、フランスの洗礼を受け、くじけそうになるかもしれませんが、終わってみればまたすぐレンヌに行きたい！と思うほど、とても充実した毎日だったと感じています。このレポートをここまで読んでくださったあなたの留學生活の大成功と、大成長を祈っています。

最後になりましたが、この留学をサポートしてくださった波多野先生、経営学部事務室の方々、IGR-IAE の先生方、かけがえのない友人たち、一緒に参加した創大メンバーに心

から感謝申し上げます。

報告 28  
道下由香  
GP レポート

## 1. 自己紹介

はじめまして。創価大学経営学部経営学科 4 年の道下由香と申します。レンヌ大学第一大学 IGR-IAE に交換留学をさせていただきました。この交換留学には、①自身がこれまで学んできたことがどれだけのレベルなのかを試したい②日本ではないヨーロッパ・フランス視点での経営学、マネジメントを学びたい③多国籍国家であるフランスで多様な価値観に触れたい、という思いで参加しました。このような貴重な機会をいただけたことに心より感謝しております。

## 2. 留学概要

期間：9 月 2 日～1 月 21 日（授業は 12 月末に終了）

留学先：IGR-IAE, (レンヌ第二大学)

居住地：寮 (CROUS)

## 3. 授業

### ① Human Resource Management

9 月末から始まり 11 月まで授業がありました。日本の大学のように曜日や時限で決まっているわけではなく、初めに配られるスケジュールに基づいて授業が行われました。大体は一コマ 3 時間ほどで行われていました。日によって教授が変わり、全く違う内容を学ぶことができて興味深かったです。どの教授にも共通して、全員が発言する機会があったり、グループで行う活動が多かったりと自主性が求められる印象でした。

テストはなく、期末にグループで一つの Essay を提出することが課題でした。

HRM だけではなく、Humane management, People management, Humanistic management などと比較しながら、企業が何を目指すべきなのか、課題はどこに発生するのかなど様々な視点から HRM の重要性を学ぶことができたと感じています。

### ② French (Beginner class)

この授業はレンヌ第二大学で行われる授業です。IGR-IAE 側の配慮で受けることができる授業なので、履修や事前テストなど見落とさないよう要注意です。授業はバカンス期間を除いて、週に 2 回、18:15~20:15 行われていました。

事前テストの結果に応じてクラス分けが行われ、私のクラスは初心者レベルで、受講生は約 15 名でした。授業内容はアルファベットの読み方、数字の数え方、自己紹介、基礎文法と、徐々にレベルアップしていく構成でした。講師は授業中、基本的にフランス語のみを

使用するため、最初は戸惑うかもしれません。しかし、授業が進むにつれて、講師の言っていることが徐々に理解できるようになり、達成感を感じられました。クラスには留学生だけでなく、社会人の方もおり、様々なバックグラウンドを持つ人々と交流できる良い機会となりました。

試験は中間と期末の2回でした。リスニングとリーディング、ライティングの3つで構成されていました。授業で使う教材は講師に一任されているので、授業内容や試験形式も講師によって変わると思います。

#### 4. 授業外

##### ① 寮生活

滞在した寮は、鍵付きの個室で、シャワー、トイレ、冷蔵庫が完備されており、プライベートがしっかりと確保された快適な環境でした。キッチンのみ共有でしたが、留学生だけでなくフランス人の学生も多く住んでいたため、フランス語を教えてもらう機会にも恵まれました。今回の GP レンヌ派遣では、私たち日本人学生 5 人が同じ寮に滞在しました。初対面のメンバーもいましたが、すぐに打ち解け、協力し合いながら楽しく生活を送ることができました。友人たちが近くにいる安心感は大きく、一緒に買い物に行ったり、料理をしたり、大学へ通ったり、部屋で映画鑑賞をしたりと、充実した日々を過ごしました。入寮当初は、書類提出済みにもかかわらず、承認が遅れて部屋に入れないメンバーもあり、少しトラブルもありました。翌日には無事に部屋に入れましたが、寮や VISA 申請、履修登録などの手続きは余裕をもって、漏れなく完了させることを強くお勧めします。

##### ② 旅行

今回が初めての海外渡航で、日本しか知らなかった私にとって、フランスでの生活はすべてが新鮮な驚きの連続でした。さらに旅行を通して、自分の知らない世界がまだまだ広がっていることを実感しました。フランス国内では、モン・サン・ミ歇尔、パリ、マルセイユ、サン・マロ、ストラスブール、コルマルなどを訪れました。また、ビザなしで渡航可能な EU 圏内も旅行し、ドイツのミュンヘン、イタリアのヴェネツィア、ミラノ、フィレンツェ、スペインのバルセロナなどにも足を運びました。

元々出不精だった私が、1 年前の自分では想像もできなかったほどの行動力と好奇心が身についたことは今回の留学で得た大きな成果の一つです。



ドイツ、ミュンヘンにて



イタリア、フィレンツェにて



フランス、ストラスブールにて



スペイン、バルセロナにて

## 5.感想

今回の留学は、私にとってかけがえのない経験となりました。新たな視点での学び、素敵な人々との出会い、美しい街並み、美味しい食事、そして日本とは異なる文化。これらの経験を通して私は多くのことを学び、成長することができました。フランスでの生活を通して、日本との違いを肌で感じ、今まで当たり前だと思っていたことがそうではなかったことに気づかされました。自分が常識やマナーだと思っていたことが、実はマイノリティ

であったり、時には気を使わせてしまう場面もあり、自分の考え方を見直す場面が何度もありました。

外から日本を見ることで、初めて日本の良さや課題に気づかされたように思います。生まれ育った環境のありがたさを改めて実感するとともに、今まで気づかなかった日本の姿を知ることができました。例えば日本の丁寧なサービスや治安の良さは、海外に出て初めてその素晴らしさに気づきました。一方で、同調圧力の強さや多様性への寛容さなど、改善すべき点も見えてきました。

留学生活で、年齢や出身地、人種、宗教、価値観も考え方も違う人々と多く関わるなかで、対話の重要性をひしひしと感じました。考え方が違うからもう無理と線を引くのではなく、理解しようとする姿勢を諦めてはいけないと痛感しました。これまで私は狭く深くの人間関係を築き、気の許した友人と過ごす日々を送っていました。もちろん同じ考えの人というのは心地良いですが、線引きをせずにもっと人と関わっていきたいと思うようになりました。この留学を通して、私は自分の殻を破り、多様な価値観を受け入れることの大切さを学びました。そして、これからも積極的に人と関わり、互いを理解し尊重し合えるような人間関係を築いていきたいと思っています。

多くの方に支えていただき、無事終わることができました。この留学で沢山の学びと経験をさせていただき、このような機会をいただけたことに本当に感謝しています。留学で得た経験や知識を活かし、これからの人生を豊かにしていきます。本当にありがとうございました。

報告 29  
下崎みゆき  
GP 報告書

1. 自己紹介

2024 年度にレンヌ大学第一大学 IGR-IAE に交換留学をしておりました、経営学部 51 期の下崎みゆきと申します。レンヌ大学への留学目的としては、レンヌ大学で HR を中心に専門性を学び、現地でフランスの文化や人々と交流したいという憧れです。

2. 留学概要

期間：2024 年 9 月 3 日～2025 年 1 月 1 日

留学先：IGR-IAE Rennes Graduate School of Management

居住形態：大学寮

費用：約 80 万円（渡航費 20 万円、家賃 4,5 万円/月、生活費 4 万円/月 等）

※個人差あり

3. 留学準備

春先から留学先のコーディネーターの方と連携を取り、個人情報登録、履修登録、入寮希望などの手続きを行いました。同時に、渡仏に向けた航空券の手配、長期学生ビザの申請、必要書類の用意を進めました。特に、ビザは申請書類の用意から取得まで時間を要する上、バカンス（休暇）期間は連絡が取れないため早めに行動することをおすすめします。また、入寮の手続きでは、全ての書類が承認された後鍵の受け取り予約ができます。未確認が続く場合は、メールにて連絡してください。全体的に準備段階で苦戦したため、渡仏まで時間に余裕が持てるよう準備できると良いと思います。

4. 勉強面

セメスター1 では 15 科目の中から選択できます。私は Human Resources Management、Leadership、French as Foreign Language を履修しました。ビジネス科目を履修する学生は、レベルが高いため勉学のモチベーションに繋がりました。全体的に、授業自体は少なかったため他に履修するのもよかったと思います。

① Human Resources Management

期間：9 月下旬から 12 月上旬(曜日や時間はさまざま)。

内容：人的資源に関連する内容で授業ごとに異なる。人的資源の定義や実践講義、グループワーク、ディスカッションで学ぶ。授業内で意見交換を活発的に行い、出身国の企業や働き方についてディスカッションを行った。

感想：70 人程度参加する授業ではありながらも、学生が持つ疑問はその場で質問をし、教授も学生に考えるように質問を投げかける対話が印象的でした。実践問題を解く授業もあ

り、授業ごとに内容が異なるため幅広く学ぶことができました。

試験：レポート（グループ）

## ② Leadership

期間：10月下旬 基本朝8時から12時

内容：短期の集中講義で、リーダーシップとは何か、バイアスや人間の潜在的な意識を含めて学ぶことができます。講義の範囲は広く、座学だけでなくグループワークアクティビティやグループワークもあります。特に、「Worldview work」という円を作り教授の質問に対して Yes No で答えるアクティビティでは、相手を知る第一歩として学びを深められます。

感想：リーダーシップだけでなく人の持つ背景から学ぶことができ、発言しやすい雰囲気作りが意識されていました。また、学生同士での交流や経験を共有することで積極的に発言できる環境が整っていてとても充実した授業でした。

試験：レポート

## ③ French as Foreign Language

期間：9月下旬から12月中旬

IGR-IAEではなく、CIREFE(Universite Rennes 2)という語学学校でフランス語の授業を受けました。

内容：年齢層の幅が広く1クラス15人程度。各々に合わせたレベルでフランス語を学ぶ。初級からB2まであり、座学中心。稀にペアで会話の練習などあり。

感想：先生はクラスメイトの理解を確認しながら進めていくため、わからないことをすぐに質問ができるような雰囲気でした。クラスのメンバーは活発的で仲が良く、授業内だけでなく授業外で集まることも数回ありました。授業最終回では、各々が持ち寄った物を食べながらパーティーをして楽しめました。

試験：小テスト2回

## 5. 生活面

レンヌで生活する上で不便な点は一切ありませんでした。ただし、日曜日はスーパーやお店が閉まるため注意が必要です。日曜日の食料や日用品は、土曜までに調達しました。

## ① 大学寮

大学寮は Campus de Beaulieu でレンヌの東に位置しています。最寄り駅から徒歩5分、最寄りのバス停から徒歩2分と非常に便利でした。部屋には、シャワーとトイレがついており、キッチンのみ共同で使用していました。キッチンは、24時間使用可能で電子レンジとオーブンがあります。洗濯は、共同のコインランドリーを使用していました。乾燥機もあり、不便に感じることは一切ありませんでした。

## ② 買い物、主要駅

大学寮から最も近いスーパーは **intermarché** で、バスで約 5 分です。広いスーパーなため、安価で必要なものはほとんど揃いました。水道水は飲めますが、基本的に軟水を購入していました。

「**Gare**」駅：パリなどを行き来する時使う駅です。

「**Saint-Anne**」駅：観光や買い物に行くときに頻繁に利用していました。

毎週土曜日の午前、リス広場にてマルシェが開催されています。野菜、肉、魚、ブルターニュ地方の名産品など、新鮮な食材を購入できました。また、キッチンカーのクレープとガレットはとても美味しいです。

## ③ 交通

レンヌ市内の移動は **KorriGo** という定期券 (25.2€/月) を使用していました。

パリなどへ行く際は、特急列車またはバスを利用します。特急列車は、**TGV** という新幹線のようなもので、パリまで最短 1 時間半で到着します。バスは、**FlixBus** または **BlaBlaCar** があり、パリまでは 4 時間半ほどかかります。しかし、**TGV** と比較して移動時間は長いですが、かなり安く利用できました。

## 6. 交流

現地で出会った多くの人と交流することができました。まず、**IGR** の学生です。**IGR** では、将来日本で働くために日本語を学ぶ学生がいます。彼らはとても親切で、一緒に出掛けたり、ブルターニュ地方の歴史などを教えてくれました。また、寮で同じフロアのフランス人とも仲良くなりました。彼らとは、夜ご飯を一緒にご飯を食べたり、夜遅くまで話が尽きませんでした。レンヌならではの同世代の学生と多く関わりました。次にブルターニュジャポン協会のおしゃべりクラブです。毎週土曜日午後 4 時半から午後

7 時まで、日本に興味のあるフランス人が集い、日本語とフランス語で交流できます。現地のだけでなく、レンヌに住む日本人も参加しているため、情報交換することができました。

ブルターニュジャポン協会

<https://www.bretagne-japon.fr/%E6%97%A5%E6%9C%AC%E4%BA%BA/>

フランス語のクラス



レンヌの街並み



## 7. まとめ

今回の留学では、ビジネス科目を始めとして多くの学びを得ることができました。初めての留学は、渡仏前の準備段階から苦戦することもありました。しかし、同期や現地の人に助けてもらいながら充実した留学生活を送ることができました。レンヌの生活を通して、渡仏以前より人を大切にし、尊重する重要性を身に染みて感じます。これらの経験はレンヌ大学の留学でしか経験できないものでした。自分の学びと感謝に関わる人に行動で示し、これからも成長していきます。今回のレンヌ留学に際しご支援いただきました経営学部の先生方・事務室の方々、大好きな同期や友達、フランス創友会の皆様に感謝してもしきれません。本当にありがとうございました。

## 報告 30

宮川美麗

### レンヌ第一大学 IGR-IAE 交換留学 レポート

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2. 授業
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5. まとめ

#### 1. はじめに

2024 年度にレンヌ大学第一大学 IGR-IAE に交換留学をしておりました、経営学部経営学科 51 期の宮川美麗と申します。私は、創価大学で受けた HRM の講義が強く印象に残っており、IGR-IAE でも HRM の講義が受けられること、また、フランス人の“人生のために働く”という働き方への考え方に興味があり留学を希望しました。慣れない環境で、困難だったことも少なくはありませんでしたが、現地の方の助けや、他の留学メンバーの支えのおかげでより充実した留学になったと思います。

#### 2. 授業について

私は留学中に主に 4 つの授業を履修していました。授業によっては、留学生が多いクラスや、修士課程を取得しようとしている学生が多いクラスなど、雰囲気もクラスによって異なり、英語力や専門的な知識が多く問われるクラスなど、レベルの高い環境に身を置くことでいい刺激になったと感じました。

#### I . Human Resource Management

期間：10 月～12 月上旬まで

概要：一番生徒数も多く人気の授業でした。三人の教授が順番に講義の担当を行い、教授によってグループワークや課題の有無が異なりました。前半半分は創価大学の HRM の講義と内容が似ており、HRM の概要について学びました。後半になるにつれ、計算式や数値でマネジメント戦略を考えるなど、より実践的で複雑な内容になっていきました。

評価：12 月上旬に期末レポート（4~5 人のグループで）1000~1500 Word を提出

感想：それぞれ国籍が異なる教授によって講義が進められていくので、HRM の捉え方や活用の仕方が教授によって変わり、より多角的な視点から学びを深められるきっかけになったと思います。後半の実践的な授業では、社会経験のある生徒と共にグループで課題に取り組みました。みんな課題解決までの道筋を立てるのが早く、視野も広く、話し合いについていくので精一杯でしたが、とても

いい刺激を受けたと思います。

## II. Leadership management

期間：10月後半に一週間詰め込み授業

概要：“リーダーシップとは何か”という概念から学び始める講義でした。自身がリーダーになる時、またリーダーを育成する時にどのようなアプローチを取るべきなのかを学びました。心理学的要素に基づいてマネジメントを考える授業で、アクティブラーニングも多かったです。

評価：11月中旬に個人でレポート提出

感想：毎回の授業でアウトプットの時間があったため、授業の内容も頭に入りやすいと感じました。グループワークも多く、実際に自身がリーダー的な位置に就いたときに、どのようなアプローチを取るのかを具体的にイメージすることができたと思います。

## III. New topic marketing

期間：10月中旬～12月上旬まで

概要：マーケティングについて、企業と顧客の両方の角度からその在り方を考える授業です。マーケティングの基礎知識を学ぶことから始まり、最終は持続可能なマーケティング戦略について、各々企業を研究しました。クラスは少人数でしたが、理解できないところがあれば、教授にすぐ質問できるいい雰囲気でした。

評価：授業の最終日にプレゼン発表

感想：講義は、ヨーロッパ周辺の中小企業のマーケティング方法も取り上げており、日本やアジアの企業とは異なる戦略について、創価大学の授業では学べなかった内容を学ぶことができました。プレゼン発表では、自国の企業のサステイナブルな戦略について研究し発表することで、日本企業についても深く知ることができたと思います。

## IV. フランス語

期間：10月～12月まで

概要：生徒のレベルに合わせてクラスを振り分けてくれるので、自身のペースでしっかりとレベルを上げることができると思います。週2回の授業で、すべての授業が終わった後の18過ぎから開始でした。どのクラスも5技能（聞く、話す、読む、書く、対話する）を均等に練習し学べると思います。

評価：11月に中間（口頭&筆記）、12月に期末（口頭&筆記）テスト

感想：週に2回しか授業がないので、毎回の復習に時間をかけることでより早く身につくと思います。今までずっと英語ばかり勉強してきたので、まったく新しい言語を一から学ぶことが楽しく、また脳のリフレッシュにもなりました。講義

以外の日常生活で、フランス語が聞き取れるようになったり、短い会話ができるようになった時に勉強の成果を感じることができ嬉しかったです。

### 3. 授業外で活動

授業外では、同じ寮の人たちと一緒に晩御飯を食べたり、遊びに出かけました。寮には、フランス人だけでなく、世界から来ている同じ留学生もいたため、いろんな国の人たちと関わることで嬉しかったです。

↓フランス語の授業終わりにワインを飲み



↑寮のみんなで晩御飯



また、この機会にヨーロッパ圏をたくさん訪れたいと思い、隙間時間を見つけて旅行に行っていました。ヨーロッパ圏では学割が適用される場面が多かったため、工夫して楽しみました。同じヨーロッパ圏でも、人や街の雰囲気は異なり、それぞれの文化や、芸術、歴史を実際に見て、肌で感じることで充実した時間になりました。

↓ドイツのノイシュバンシュタイン城を見に行った時



↑イタリアのベネチア



### 4. 困難だったこと

インフラが日本より整備されていないことで、困難だった場面が多かったです。水道が予告もなく止まったり、夜になると Wi-Fi が繋がらなくなったり、パリ市内でもエスカレーターやエレベーターがない駅がほとんどなのでキャリーケースを持って長い階段を上り下りするなど、日本の便利さをとても感じました。

しかしこれも醍醐味だと思い、不便さをみんなで楽しんでいました。

また、11月を過ぎたころから、ヨーロッパはどこも天気が不安定になります。天気予報は当てにならなくなるので、旅行や出かける日は慎重に決めることをお勧めします。

## 5. まとめ

レンヌの街自体にアジア人が少なかったためか、カフェや道端でよく“どこから来たの？”と聞かれ“日本から来た！”と答えると“日本！！私日本大好き！日本に行ってみたいんだよね！”と言ってくれ、そこから会話が弾み仲良くなることもありました。

レンヌはパリから2時間弱かかる田舎町でしたが、人がとても温かくて、治安もとても良く、とても大好きな街になりました。

また、授業では、同じ経営学でも創価大学の授業では学べなかった観点から知識を広げることができました。そして、授業内外に、たくさんの国籍の人々と関わり、お互いの背景を語り合うことで、それぞれ持っている価値観の違いを感じ、相手への理解を広げ、自己を追求することもでき、日本についても今までよりさらに深く考えるきっかけになったと思います。これほど多くの国籍の人々と関われる機会は日本では得られなかったと思います。とても貴重な経験になりました。

**ホーチミン市経済大学  
ビジネススクール交換留学  
(2023 年度)**

報告 31  
小林優斗  
GP 成果＊告書

このベトナム留学を通じて私は、日本では経験できなかった出来事に触れ、多くの学びを得ることができました。ここでは、留学を通して得た学びを2つ紹介します

### ベトナムの現状

ベトナムは活気がよく若者がたくさんいます。私のいたホーチミンは日本と似ていて、多くの高層ビルが建設中でした。それだけでなく地下鉄、レストラン、チェーン店などが多く建設されていました。加えて、交通量の多さにも非常に驚き、最初は歩道を渡るのが怖かったです。ホーチミンにいるベトナム人はオープンな方が多く、初対面の外国人にも気さくに話しかけていました。こう

いったことから私はベトナムの経済発展の勢いを肌で感じることができました。また、ベトナム人はとても親切で私がカフェや大学に PC の充電器を置き忘れたら、すぐに探すのを手伝ってくれたり、私が Wi-Fi を使えなくて目的地に向かえなくなってしまったときに同じ授業を履修しているクラスメイトがバイクで送ってくれたりしたこともありました。本当に自分はたくさんトラブルがあったのですがそのたびに、誰かが助けてくれました。このことから、もし誰かが困っているとき、それが誰であろうが関係なく手を差し伸べてくれるのがベトナム人の人柄の良さであることを学びました。

### 人と人とのつながりの大切さ

ホーチミン市経済大学での授業は、創価大学での講義形式とは大きく異なり、毎週グループワークが中心でした。最初の授業でグループ分けが行われたとき、一人の学生が私を誘ってくれたことから、新しい人間関係が始まりました。留学生である私を自然に受け入れ、声をかけてくれたその行動には驚き、同時にとても嬉しかったです。もし自分が彼らの立場だったら、同じように自然に誘うことは難しかったかもしれません。ISB の学生たちはフレンドリーで英語も堪能でした。私より3歳年下の1年生ですら、流暢に英語を話し、そのレベルの高さに大きな刺激を受けました。私は2セメスターで1年、2年、3年それぞれのクラスに参加しました。2年生と3年生のクラスでは偶然にも日本語を話せる学生がいて、親切にも私をグループに招待してくれました。最初は、自分の消極的な性格から、クラスの皆とうまく馴染めるのか不安を感じていました。しかし、彼らや先生の温かいサ

ポートのおかげで最後までやり切ることができました。1 セメスター目は言葉の壁に苦労し、ストレスも感じましたが、2 セメスター目には言葉が聞き取れるようになりました。また、3 年生のクラスで 1 セメスター目と 2 セメスター目を通じて、同じグループだった彼らは私にとって大切な存在です。私は普段はあまり話さないのですが、彼らと一緒にいるだけで、ただその場の雰囲気を楽しむことができ、授業と一緒に受けるだけで幸せを感じられるようになりました。授業の休憩中には一緒に食べ物を買に行こうと誘ってくれたり、授業後に食事を楽しんだり、映画鑑賞やカラオケ、誕生日パーティーなど、どの時間も楽しい思い出となりました。彼らと過ごす時間は心の支えであり、日本では感じたことのない温かさを感じ、より親密な関係になることができました。留学前は、彼らとこんな関係を築けるとは思いませんでした。予想外の出会いこそが留学の魅力なんだと感じました。今でも時々彼らとは連絡を取っています。私の滞在先は 1 階がカフェになっているアパートで、授業帰りに時々抹茶ラテを飲んでリラックスしたり課題をやったりしました。オーナーやスタッフの皆も親切で、体調を崩した際には、看病してもらったりしました。彼らの支えのおかげで私は安心して過ごすことができました。特にオーナーさんには感謝しかありません。初日には空港まで迎えに来てくださったり、時にはベトナム料理をごちそうしてくれました。また、クリスマスパーティーや新年の祝い、さらにはバーでのサプライズ誕生日ケーキなど、家族以外では経験したことのない温かいお祝いもしてくれました。いまでもオーナーさんやスタッフとは時々連絡を取っています。また、お客さんとして泊まりに来るさまざまな国からの旅行者やバックパッカーたちとも交流が生まれ、世界の広さを実感しました。

ほかの国から来た留学生との交流では、スイス、ドイツ、フィンランド、スウェーデン、イタリアなど、さまざまな国からの交換留学生たちとも関わる機会がありました。彼らはとてもフレンドリーで、私をよく食事や飲み会に誘ってくれました。一緒にベトナム料理を楽しんだり、高層マンションのテラスでピザを食べたりと、異文化交流を深める時間はとても充実していました。彼らの国について教えてもらう中で、自分も日本の文化や食べ物を紹介し、互いの理解を深めることができました。

一緒に留学した日本人の 2 人も心強い存在でした。留学前から知っていた彼らと一緒にに行ったことはとても嬉しかったです。ベトナムでは、メコン川ツアーやカフェ巡りを楽しんだり、夜には時々語り合っって悩みを共有したりと、互いを深く知ることができました。加えて、授業で自分がわからないことがあった時はいつも助けてくれました。また、彼らの行動力には刺激を受けました。一人はインターンやアルバイト、もう一人は動画制作や T シャツ販売に挑戦しており、自分にはない積極性に劣等感を抱くこともありました。しか

し、それがきっかけで私も 90 か所以上のカフェ巡りやボランティア活動、英語日記、朝の運動などに挑戦するようになりました。特に、自分が変わったと感じたのは「外に出る楽しさ」を知ったことです。出発前や留学直後は一人で出歩くのが怖く、家にこもりがちでしたが、今では外出を楽しめるようになりました。

私の留学生活は、素敵な人との出会いがたくさんあった楽しい時間でした。現地で出会った学生や教授たち、ほかの国からの交換留学生たち、アパートスタッフの方々やオーナーさん、そして一緒に留学した仲間のおかげで、本当に充実した毎日を送ることができました。本来海外に行くなら、自分から出会いの機会を作りに行くことが大切だと教えられたのですが、正直自分にはそれができなかったです。それでも、気が付けば自分が自然な形で出会った人達が自分にとっていい人たちでした。本当に自分は出会いの縁に恵まれているなど、ベトナムにいたときに何度も思いました。この経験を通して、いろいろなことを学び、自分の考え方や感じ方が広がりました。また、家族や友達、そして自分を支えてくれた人たちへの感謝の気持ちがもっと大きくなりました。ベトナムで過ごしている間、両親に「留学させてくれてありがとう」という気持ちが何度もわいてきました。もちろん、楽しいことばかりではなく、つらいことや失敗もたくさんありました。でも、それらすべての経験が自分を成長させてくれたと思います。この 8 か月間の留学生活は、私にとって人生で一番楽しくて価値のある時間でした。出会った人たちや体験したことは、これからの人生でずっと大切なものになると思います。このベトナムで得た経験を今後の活動に生かしていきたいと思います。留学させてくれた両親、波多野先生、経営学部事務室の芦谷さん、そして関わってくれたすべての人たちに心から感謝しています。



Nobuyuki Miyamoto  
Hard Experiences Lead to Great Growth

-Challenges and Growth During My Study Abroad in Vietnam-

1. Why did I decided to study in Vietnam

I decided to study abroad in Vietnam for eight months because I wanted to experience the country's rapid economic growth firsthand and bring that knowledge back to Japan. I aimed to challenge myself in a new cultural environment and gain valuable experiences for my future.

2. The Biggest Challenge: Language Barrier and Isolation

At my host university, I was the only international student in a class of 40. However, my TOEIC score was 150 to 200 points lower than the class average, making it difficult to communicate in English. During my first group work, I struggled to express my opinions clearly, often feeling isolated.

To overcome this challenge, I woke up at 6 AM every morning and studied English for two hours. I improved my reading skills through textbooks and practiced speaking using generative AI tools. Despite my efforts, I did not see immediate results and continued to struggle in class. The frustration and sense of powerlessness I experienced were unlike anything I had faced before, and at one point, I nearly gave up.

3. How I overcome my struggles

I refused to let my study abroad experience end in failure. To stay motivated, I started writing down my thoughts and feelings on an A4-sized sheet of paper every day. This habit helped me reflect on my progress and realize the importance of focusing on what I could do instead of feeling overwhelmed by my limitations.

By the fourth month, I became more confident in group discussions and could actively contribute. My TOEIC score also improved by 155 points, reaching a final score of 885.

4. Using Technology to Lead My Team to Success

For the final project, I worked in a team with local students to complete a report. To maximize our team's performance, I independently developed two AI-powered tools. One was the Logical Structure Assessment Tool, which automatically identified inconsistencies and missing points in the text, helping us improve the logical flow of our writing. The other was the Format Evaluation Tool, which checked whether the report followed the required format,

ensuring consistency and a professional appearance. These tools significantly enhanced the quality of our report, and as a result, our team received the highest rating, an “S” grade, out of eight teams.

#### 5. A New Perspective and a Sense of Mission

Vietnamese students were highly motivated to succeed in society and worked hard every day. Seeing their dedication made me realize the contrast with many Japanese students, who often view work negatively and consider university as the “last period of freedom” in their lives.

This experience reinforced my belief that Japan needs to improve its working environment and increase productivity. I want to promote IT adoption in small and medium-sized enterprises, helping them achieve higher efficiency with limited time. By doing so, I hope to create a society where people can work with enthusiasm and optimism, ultimately contributing to Japan’s overall productivity.

#### 6. For Those Considering Studying Abroad

Studying abroad is an incredible opportunity for personal growth. Facing language barriers, cultural differences, and loneliness can be tough, but overcoming these challenges builds confidence and broadens your perspective.

I personally faced many failures and setbacks, but each one helped me reflect and grow. If you want to challenge yourself and step outside your comfort zone, I strongly encourage you to study abroad. Beyond the hardships, you will find a version of yourself that has grown in ways you never imagined.

報告 33  
清野花香  
GP 成果報告書

国・地域：ベトナム社会主義国 / ホーチミン市  
大学名：ホーチミン市経済大学 (University Economics of Ho Chi Minh city: UEH)  
期間：2023 年 9 月～2024 年 5 月  
(9 月～1 月まで 1 セメスター目、1 月末～5 月まで 2 セメスター目)  
留学年次：大学 3 年

留学先での授業・体験

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1. 授業

|       |                                                                                                 |
|-------|-------------------------------------------------------------------------------------------------|
| クラス人数 | 30～45 人                                                                                         |
| 授業時間  | 1 コマ 180 分                                                                                      |
| 課題形式  | 主に 4～6 人のチームでグループワーク<br>(レポート、プレゼンテーション)                                                        |
| 注意点   | <ul style="list-style-type: none"><li>● 週によって時間割が異なる</li><li>● シラバスは事前に配られることは無いので要確認</li></ul> |

創価大学と大きく異なる点は、毎週の課題に少人数のグループとなって取り組むことです。また、授業の際に先生が質問を投げかけたときに、生徒が積極的に回答したり、手を挙げたりとアクティブな空間が広がっていました。また、履修した科目では基礎をどのように社会に応用していくのかまで学ぶことができました。

2. 現地の学生との交流

グループで取り組む課題が多かったため、クラスメイトと話し合う機会がたくさんありました。最初はディスカッションに入るのをためらいましたが、留学の時間を大切にしようと自分を励まし、徐々に意見を言えるようになり、グループワークへの苦手意識もなくなりました。

3. 授業外での経験

ベトナムの公用語はベトナム語です。そのため、ベトナム語が話せない私は

現地でのコミュニケーションに苦労しました。しかし、UEH の学生たちやイベントで仲良くなった友達が親身になって助けてくれました。Grab というサービスを使い非常に料金で遠いところまで行けたので友達の家遊びに行ったり、いろんなお店に行きました！

## 留学を選定した理由

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きっかけは、大学 2 年次に履修した人間主義経営演習です。大学に入るまで海外経験がなかったですが、漠然と「海外に行きたい！」という思いはありました。そんな時に、授業でベトナムの人間主義経営を調査することになり、日本と比較して 2016 年のエコロジカルフットプリントの高さや環境意識が高い住民が多いという調査をみて、実際に足を運んで見たいと思うようになりました。

## 留学先の感想・気づき

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留学が大学 4 年間の大きな財産となりました。

ホーチミン市に到着した際には、日本の昭和の街並みを見ているような親近感もありながら、成長速度の凄まじさに驚きました。チキンライス屋で繁盛していたお店が 1 か月後にはカフェになっていたり、多くのビルや電車の工事を目の当たりにしたり…。歩いているだけでも様々な刺激を受けました。

また、どこに行ってもベトナム人の方々の優しさに触れることができます。道に迷ったときに教えていただくことや、バスに乗り込むとわざわざ席を譲ってくれるような場面も多々ありました。今回の留学を契機に、「ベトナムの方に恩返しをしたい。」「ベトナムのホーチミン市で働きたい。」という考えにもつながりました。

## 留学を考えている皆さんへメッセージ

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ベトナムの生活を思い浮かべるとき、何を考えますか？留学前の私のイメージは 1976 年の教科書の白黒写真だけでした。多くの人が留学と言えばアメリカ、カナダ、オーストラリア、ヨーロッパなどの英語圏を連想するかもしれませんが、新しい世界を見たい、ベトナムの“今”を感じたいと思う挑戦心あふれる皆さんには、この留学は素晴らしい経験になるでしょう。他の東南アジア諸国と比較してまだビル群は少なく、ローカルな店が並んでいますが、成長すれば日本と似たような街並みが広がるかもしれません。急成長の今しか感じられないベトナムを楽しみ、多くの出会いと刺激を得て、「この選択肢が正解だった」と胸を張って言えるような留学になることを願っています。

ベトナムの生活を思い浮かべたときに、皆さんは何を考えましたか？留学前の私のイメージは、**1976**年にベトナム社会主義共和国が誕生にかかわる教科書の写真です。それも白黒で表現された1枚のみ。それ以降のベトナムを私は知りませんでした。

留学といえばアメリカ、カナダ、オーストラリア、ヨーロッパなどの英語圏を連想する方が多いと思います。

しかし、自分自身で見たことも聞いたこともない新しい世界にいきたい！ベトナムの”今”を直に感じたい！そんな挑戦心あふれる皆さんにこの留学は素晴らしい経験になると思います。他の東南アジア諸国と比較し、まだまだビル群も少なく、街を歩けば背伸びすれば看板が届きそうなローカルなお店がずらりと並んでいるベトナム。

しかし、成長すればどんどん日本と似たような街並みが広がってくるかもしれません。

急成長の今しか感じれないベトナムを味わい、多くの出会いと刺激を得て、

最後に、皆さんが「この選択肢が正解だった」と胸を張って伝えられるような留学になることを心から祈っております。

**ホーチミン市経済大学  
ビジネススクール交換留学  
(2024 年度)**

報告 34  
西ノ原龍馬  
GP ベトナム概要

留学先：ベトナム社会主義国

留学先：ホーチミン市経済大学 (University Economics of Ho Chi Minh city: UEH)

留学期間：2024 年 5 月 21 日～8 月末まで

参加者：1 名

## はじめに

私は、ベトナムのホーチミン市での留學生活を通じて多くの貴重な経験をしました。この留學は、私にとって初めての海外生活であり、異文化との触れ合いがもたらすさまざまな学びを実感することができました。特に、ホーチミンでの生活は、予想以上に刺激的で、新たな価値観や視野を広げることができた時間となりました。ここでは、私が留學中に体験した生活、授業、文化の違い、そして困難をどのように乗り越えたかについてご紹介したいと思います。

## 留學中の生活

私は、渡航後の最初の 1 か月間、ホーチミンの中心部にあるビンタン区のホステルに滞在しました。このホステルは、友人から紹介された場所で、非常におしゃれで居心地の良いカフェが 1 階にありました。カフェには 2 匹の猫と 1 匹の犬がいて、地元の方々や外国人観光客で賑わっていました。ホステルは、1 階のカフェを中心に、2 階から 4 階には長期滞在の方々や数日間だけ滞在する旅行者が頻繁に入れ替わる環境でした。私はここで約 1 か月を過ごしましたが、その期間中に世界各国の留学生や観光客と交流することができ、英語力を向上させるとともに、異なる文化について学ぶ貴重な時間を得ました。特に印象的だったのは、ホステルのスタッフやオーナーとの交流です。現地の大学生 2 人が店員として働いており、彼らと親しくなったことで、ベトナムの生活や文化についても深く知ることができました。また、オーナーさんは非常に親切で、私がホステルを退去した後も食事に誘ってくださり、ホーチミンでの生活をより豊かにする機会を与えてくださいました。このような交流は、ただ観光地を訪れるだけでは得られない、現地の生活に密接に触れることができる貴重な体験でした。その後、私は一人暮らしをする決断をしました。ホステルでの共同生活も楽しいものでしたが、エアコンの温度が合わなかったり、個人的な時間が欲しかったりと、一人で生活することに対する興味が湧きました。一人暮らしの部屋は、現地の日本の大学生から紹介してもらい、すぐに見つけることができました。そこでは、日本の生活と大きく変わらない環境で過ごすことができましたが、オーナーさんが作ってくれるお昼ご飯や洗濯物を手伝ってくれるなど、温かいサポートがありました。さらに、オーナーさんの親戚が 30 人ほど集まるパーティーに招待され、ベトナム人の家族との交流やカラオケを楽しむ機会もあり、異文化を直接体験することができました。

## 授業

私が通っていた学校では、私以外に留学生がいないクラスでした。クラスは私以外はベトナム人の学生でした。授業は約 40 名の学生で構成され、授業形態としては、グループでのディスカッションやプレゼンテーションが頻繁に行われました。最初は英語力が十分でなかったため、授業についていくのがやっとでしたが、ベトナム人のクラスメイトたちはとても親切で、グループ活動では分からない点をわかりやすく説明してくれるなど、大いに助けられました。授業後は、カフェや図書館で勉強をする学生が多く、その勤勉な姿勢に刺激を受けました。ベトナムでは、教育に対する意識が高く、学生たちは非常に真剣に学びに取り組んでいることが感じられました。私もその影響を受け、授業を通じて多くの学びを得ることができました。

## 困難

留学中、特に体調面での困難がありました。到着してから 1 か月間は、毎日のようにお腹を下していました。原因は、ローカルの屋台で食べた料理や、飲み物に入っている氷が原因だったと思います。最初は軽い腹痛程度だったのですが、次第に症状が悪化し、体調不良が続きました。現地の日本人が経営している病院にも通いましたが、なかなか治らず、体調を整えることに非常に苦労しました。それでも、地元の人々からの温かい助けやアドバイスのあり、最終的には回復することができました。また、言語の壁にも直面しました。最初は簡単な会話すらうまくできなかったため、スーパーでの買い物や道を尋ねるだけでも大きな挑戦でした。しかし少しずつコミュニケーション能力が向上し、現地の人々との交流も楽しめるようになりました。

## 文化の違い

ベトナムでの生活を通じて、さまざまな文化の違いに触れることができました。例えば、食文化やマナー、日常生活の細かい部分において、ベトナムと日本には大きな違いがありました。特に驚いたのは、食事をするときのマナーです。ベトナムでは、食事を共にする際、食器を一度にすべてテーブルに並べ、みんなでシェアして食べることが一般的です。この文化は日本とは大きく異なり、最初は戸惑うこともありましたが、次第にこのスタイルに慣れ、楽しい食事の時間を過ごせるようになりました。また、ベトナムの人々は非常に温かく、親切で、家族や友人を大切にする文化が根付いていることを感じました。オーナーさんやホステルのスタッフから受けた歓迎の心は、私の留学生生活をより充実させてくれました。

## 感想

GP 留学を通じて、私は自分自身が成長できたと実感しています。初めての海外経験に不安を感じていた私でしたが、異文化に触れ、さまざまな国の人々と交流することで、世界の多様性を実感し、新たな価値観を得ることができました。また、異なる文化や価値観に触

れることで、自分自身の視野が広がり、今後の人生においてもこの経験を活かしていきたいと強く感じています。ベトナムでの留学生活は、私にとってかけがえのない思い出となりました。この経験を通じて得た学びや人々とのつながりを、大切にしていきたいと思っています。

授業が終わった後、クラスメイトと一緒にベトナム料理を食べに行った時の写真



UEH で開催されたボーリング大会の写真



報告 35  
寒河江春太  
GP 成果報告書

氏名：寒河江 春太  
学部学科：経営学部経営学科 4 年  
留学先：ホーチミン市経済大学  
期間：2024 年 9 月 1 日から 2025 年 1 月 19 日まで

はじめに  
留学での生活  
授業について  
現地の学生や留学生との交流  
留学を通しての学び

はじめに  
ベトナムのホーチミン市経済大学に留学をしておりました、経営学部経営学科 51 期生の寒河江春太です。私がベトナムへの留学を決めた理由は、アジアでも学生の英語のレベルが高く、また今も尚、経済的にも成長し続けるベトナムに関心があったからです。この度の留学を通して、現地の友人と貴重な経験や思い出を作ることができました。私の現地での生活や授業を通して感じたことをここに示します。

#### 留学での生活

まずはじめに具体的な留学のスケジュールと住居についてです。ベトナムへは授業が始まるおよそ 3 週間前に入国し、住居へ移り環境を整えることから始めました。実際に現地についてから必要なものの存在に気づくこともあり、早め行動が大切だと感じました。その後は、大学のオリエンテーションから始まり授業やテストを以下のスケジュールに沿って受講しました。

| 留学スケジュール         | 概要         |
|------------------|------------|
| 2024 年 9 月 1 日   | 入国         |
| 2024 年 9 月 22 日  | オリエンテーション  |
| 2024 年 9 月 25 日～ | 授業開始       |
| 2024 年 10 月 25～  | 中間試験・レポート等 |
| 2024 年 12 月 25～  | 期末試験期間     |
| 2024 年 12 月 26 日 | プログラム終了    |
| 2025 年 1 月 19 日  | 帰国         |

※中間や期末試験等は履修する授業次第で日程が多少前後します。

### 3. 授業について

授業は「Academic English」と「Bank Management」の2コースを受講しました。クラスの規模は1クラス40人～50人程度で、授業は全て英語で行われます。両授業共に、最初の授業で5～6人のグループを作り、そのグループで日々の授業や課題に取り組みます。グループメンバーと長い時間を共に過ごすため、積極的にメンバーとコミュニケーションをとることで次第に打ち解け合い仲良くなれると思います。授業や課題だけでなくクラスメイトと休憩時間の会話も大切にしていたことで、結果的にグループワークを円滑に進めることができました。どちらの授業もグループワーク中心の授業ですが、どちらも期末期間に試験かレポートが科されるため、グループでの活動以外に個人での予習復習が重要でした。また授業も学生のレベルも非常に高いため、授業内で分からないことがあったら、直ぐに担当講師や学生に質問することで授業理解が遅れないように心がけていました。そのため、中間と期末の期間から逆算をした勉強計画を立てることが必須でした。

### 4. 現地の学生や留学生との交流

同プログラムにおいて、私たち日本学生の他にも様々な国の学生が留学していました。私たちが滞在していた時期には、オーストリアやフィンランド、スペインの学生たちが在籍していました。留学生同士は交流はとても盛んで、大学が主催のイベントに参加したり、会食をする機会が多々ありました。各国で頑張っている学生達との交流も大切にしていきたいと考えていたため、留学生との食事や遊びの誘いには可能な限り参加し、授業に関する予定以外の理由で誘いを断らないようにしていました。学生達が現在叶いたい夢や悩みを話し合い、意見を交換することができ、人生においてとても学びのある時間でした。

現地の学生との交流も大切にしました。特に同じクラスの学生達とは授業外においても、積極的に活動を共にしてきました。最初は、話に入るのも難しく、現地の学生同士の会話はベトナム語で行うことも少なくない環境でした。放課後に大学でグループを行い、大きな課題が終わった日の夜はみんなで食事に行ったことなどが印象に残っています。しかし現地の学生と交流における一番の思い出は、授業が終わった後の休みの期間を利用して、学生達とホーチミンの観光名所を巡ったことです。

これらの経験を通して、ベトナムの素晴らしさを現地の方々から学びました。

### 5. ベトナム留学を通して

留学を通して私が1番驚いたことは、学生達の勉強に対する熱意と努力の量でした。授業初日から、明らかに授業に対する姿勢、向き合い方が違うことに驚きました。具体的には、学生から講師への質問の数の多さ、基礎知識を応用して難題をあっさり解いてしまう学生の賢さ、休憩時間での授業に関する意見交換を学生同士で頻繁に行っていました。また、学生達の私に対するホスピタリティ溢れる振る舞いにも感銘を受けました。彼らはクラスで唯一の留学生である私を気にかけてくださり、授業で分からないことや悩みを真剣に相談に乗ってくれました。全体を通して振り返ると、彼らは私にとって居心地の良い環境を作ってくれたように感じました。ベトナム人の優しさに助けられながら、全プログラムを修了し、無事に帰国することができました。帰国後も、また学生の方々に会

いたいと切に願うほどに、ベトナムが好きになりました。ベトナムでの経験は私の人生においての宝です。私も彼らのように日々の勉学に熱意を持って取り組んでいきたいと思うようになり、帰国後の生活を改め、自身の成長を実感しています。ベトナムでの生活を通して学んだ考えや経験を肝に銘じ残りの学生生活だけでなく、卒業後の生活においても日々研鑽を積み、精進して参ります。



グローバル・プログラム **2024** 成果報告書

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