



STUDENT MOBILITY SCHEME REPORT

[For participants]

Your experience can help other students when they are planning for their study abroad program. To make sure that prospective students have a chance to learn from your experience, everyone who has participated in the SMS program should complete a Student Mobility Scheme Report.

Upon completion of the form, please submit it to the office which handles the ACUCA SMS at your institution.

Please note that the information will be shared with other students who are interested in the SMS through the website.

Thank you for your cooperation.

[For coordinators]

This report will be posted on the ACUCA Website. We would appreciate it if you could email us the file electronically.

1. Name: Heldiora Pramestika Windaru

2. Home Institution: Name: Petra Christian University Country: Indonesia

3. Host Institution: Kwansei Gakuin University Country: Japan

4. Study Period: from March / 2011 to July / 2011

5. How did you hear about the ACUCA Student Mobility Scheme? _ International
_ Office at your institution, _ ACUCA Website
_ From Fellow Student, _ Others (Please Specify)

Comment:

The staff at International Relation Office introduced me to ACUCA exchange program when I was looking for available exchange programs in my university

6. What did you study and what kind of activities did you take part in while abroad?

I took Japan and East Asian module which let me study a lot of things related to Japanese culture, environment etc. as an exchange student, it was also mandatory to take Japanese class during the exchange program.

7. Was it difficult adjusting to life abroad, and if so what were some of the difficulties?

I find adjusting my life to Japanese way of living wasn't hard since it's kind of similar with the way I live in Indonesia, and I've learned a lot about Japan since I was little. Even though there were a few culture shocks back then, learning new things is always fun to me.

8. What advice would you give to fellow students at ACUCA universities who are thinking of taking part in the Student Mobility Scheme?

I'd advice getting to know the country of destination before the departure, its culture, its people and the most important is its language. It's best to study the basic language up to daily conversation since it'll help in understanding your surrounding more and just in case if you were to find any troubles in the future.

9. Have you been changed in any way by the experience, and if so how?

I find the way I see my country is changed after I participate in the exchange program. I've met many people from all over the world telling me the way they see my country, which is different from the way I see my country. And I'm really grateful that I get to know them, make friends with them and even go sightseeing with wonderful people not only from Japan.

10. How do you feel about other Asian Cultures now?

In my opinion, Asia is very rich in culture, food and language. Even though Asia consists of many, many countries, each country speaks different language, eats different food and has its unique culture from other country. Asian people may look similar but they're not the same. Every country in Asia has its charming point that'd make you want to explore it.

11. Any comments?

Below please attach a more descriptive account (300-400 words) of your experience with the SMS for possible publication to allow others to find out about the ACUCA SMS Program. Include such information as the type of study you did as well as the cultural experiences you had, and any other things you would consider interesting. Photos are welcome.

I'm really grateful that I had the chance to participate in ACUCA exchange program before I graduate from university. Moreover, I felt like my dream came true since I've always wanted to go to Japan. It was definitely the best experience in my life, where I met amazing people from various countries.

I've never lived separated from my family before but I didn't feel lonely at all since I lived with such a wonderful host family. And I was worried about what to do if I ever get into trouble, but the Japanese were so helpful that I was always saved whenever I got into real trouble. Also, the host institution; Kwansei Gakuin University had such a well-established exchange program and I even had 3 Nihongo-partners so I could practice my Japanese conversation with them. Not only for practicing my Japanese, they even took me to several places, it was really fun hanging out with them.

I think Japan is a tourist-friendly country because there are many maps located all over the city, especially in front of the train station so there's a small chance that you'll get lost in Japan unless you can't read a map. Moreover, public transportation is one of the best things that this country ever has. Trains are everywhere so you can go wherever you want to go all by yourself.

Lastly, Japanese food is best eaten in Japan. I didn't know that the Japanese has a high standard of appearance, including the food appearance itself. Almost all the food eaten in the restaurant is always nicely decorated. Not to mention the taste. You'll never want to eat Japanese food in your country after you taste the real Japanese food in Japan, ever again.

