

## REPORT AL RIENTRO DELL'ESPERIENZA DI SCAMBIO - A.A. -

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### Testo

Without doubt this experience is one of the best trip in my life so far, I will never forget the memories when I stay in Japan.

I would like to start from beginning. I was arrived in Japan at Narita airport on September 16th 2018. Tsukuba university will organize bus to pick up the exchange student on the same day. But if you are traveling with your family or friends, you will not be able to enjoy this service, but you can choose the bus which also can send you directly to the center bus station of Tsukuba.

Honestly, Tsukuba is not a big city. In addition to the University of Tsukuba, there are many scientific research institutions located there. There is a Tsukuba University cycle bus at the bus stop in the city center that can take you to all parts of the school. Your dormitory will be located at ICHINOYA area in Tsukuba, it's a little bit far from your laboratory but it's really quiet. And there are two convenient stores where you can buy some food and snacks. If you are a quiet person you will be really enjoying there. And also it would be better to buy a bike when you stay in Tsukuba city. It will make your life more convenient.

About the course, you will have a big book of all courses you can choose whatever you want inside, even you are a master student you also can choose bachelor student course if you want. But here is one thing almost all of the bachelor student course will be taught in Japanese. For the Japanese, you have to get to the Japanese class every day. It's compulsory. But don't worry it would be fun, and you will make a lot of new friends. Actually those things when you arrived in Japan your research classmates will help you. Feel free to ask them if you meet some problem.

About the living cost I think the average price in supermarkets or restaurants is similar to Milan. But the transportation fee and telephone fee is a little bit expensive. My situation is every month I spent about 100,000 yen (only food, clothes and gym) I am not a saving person..so it depends.

About the Japanese life, as a Chinese I am more familiar with Asian culture, city environment and life style mode. Here I want to talk about some experience in Japan which brings me different feelings from China.

Japanese are really really polite, there are three sentences you must have to keep it in your mind it will be really important to you.

'SU MI MA SEN'(EXCUSE ME)

'A RI GA DOU'(THANK YOU)

'O NE GA I SHI MA SU'(PLEASE)

Japanese food actually is sweeter than I thought. I could not get used to it at first month when I stay in Japan, but now I get used to it totally and really like it. By the way BBQ restaurant and IZAKAYA are two places you absolutely should not miss. Here is one thing should be mentioned, as a student in Japan most of time you do not have enough time to enjoy your lunch in canteen or restaurant, the lunch time break is short. At noon, there will be temporary stalls selling bread on the first floor of each classroom building. You only have time to buy a bread or some prepared lunch which be sold in supermarket.

If you are western you definitely will experience a very strong culture shock, but I think that's the most exciting and funing part, right ?

At last, I would like to say thank to my professor, LEE sensei. She just like my mom, she will listen patiently when I shared my journey, she always gave me life advice, and she invited me to the gym and work out together with her. Every time we go to the academic conference with her, she always tell others proudly ' those are my students'. She will also often take us to eat delicious food. The reason why I am most reluctant to leave Japan is probably to leave such a good teacher. And also I feel really thank you to my tutor Sammy, who are from the same place with me, it's really a destiny to meet her. And also 'Almighty Wikipedia' Eiji and Marita who has a super bright and bubbly personality. We have had a very very good time together. I will never stop to miss them!!

Finally I would like to say:

Enjoy your Japanese life!! I bet you will not regret!!!

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Autorizzo al trattamento dei miei dati personali ai sensi del Decreto Legislativo n. 196/03 da parte del Politecnico di Milano.

Firma CHEN HUIJIN