

## Text Guide to be an Exchange student of IPLA-(International program of Liberal Art)



Hello Internet user and fellow junior TNI student. I'm Phanupong (Nu:u) senior TNI student and Exchange student of Tohoku university(IPLA). Once you're here that's mean you have decided to have a great new adventure and experience of your life. For those who doesn't understand what is exchange program like or

what should I do to be an exchange student or whatever. Just relax and I'll guide and share my experience of IPLA program of Tohoku to you. Now let's begin.

### Preparation

I assumed that you have passed all of the requirement to begin with. First you have to gone through ton and tons of report why you want to go why the university have to accept you but it's not really the main concern. The thing that might concern you is "Is it expensive?" "Is there a scholarship?" "I have no Japanese language skill!", etc. I'm afraid I have to say there's no scholarship for IPLA program due to some certain problem occur in the past. But don't worried you have various opportunities to gain the precious money to afford the daily life; I forget to mention that you doesn't have to pay any educational fee anyway;



For the Japanese language, just told them that you start form zero Japanese skill that's totally fine they'll place you right to the beginner class. That's quite fun to start learning with a lot of people from various countries; I'm about N2 so I'm in higher level class and it's a little bit more intense compared to normal Japanese class in TNI (non-BJ student). If you do have Japanese language skill you have to take a placement test via university site.

Now it's seem a bit overwhelming but the thing is that the Tohoku university will send you detail information via e-mail about what you have to do step by step so don't worried too much about the preparing things to become an exchange student of Tohoku university. All you need it to frequently check e-mail inbox.

During preparing process they will have you choose the dorm to live in during exchange program personally I recommended university house sanjo 2 or the newest international house sanjo 2 because the dorm is not far from university usually take 30 min by walk or 10 min by bus. Shared bathroom shared kitchen individual room overall I rated 9 out of 10. One more thing about the room, bedding rental, you need to rent for bedding and also internet as well.

Once you have pass all test and those require to be an exchange student at Tohoku University. You will receive the document via local mail service those are important document for long term VISA. Once you received it please go to the embassy and issue the thing called zairyu card 在留カード (resident card) as fast as possible because there's a case that zairyu card cannot be issue (rarely happen) but still aware of those situation. After you receive zairyu card now it's time to packing your suitcase and get ready to be an exchange student.

### **Flight to Japan**



If you're going alone like me don't worried it's surprisingly easy to book your ticket and take a flight nowadays. It usually took 8-10 hours from Bangkok to Sendai, direct flight is quite expensive though, You may have to considered to take 1-2 stop weather Narita or Sapporo or whatever it's available at that moment. Be sure to book your flight prior to your schedule.

Once you arrived at Sendai international airport there's direct connect to the train head to Sendai station (center point as same as BTS siam station) Now the adventure begin.

### **Dormitory**

You need to head to your dorm at the exact date given or otherwise they won't let you into the dorm so plan your flight schedule carefully. Once you arrived at the dorm there're some document require you to sign, watch the VDO about "How to live your life in dorm" and registering internet WIFI service.

\*nice warm welcome and welcoming party from dorm mate.

## Room (University House sanjo 2)



Once you received your key card now you can go to your room setting up your room password and such (actually no need you know why? Because it's Japan) Anyway safety first.

Simple design, 1 study table 1 wardrobe + air condition

## Transportation

Bus number 899 and 999 are your bread and butter if you don't know how to go back to your dorm or getting lost in the middle of the city try to look for these bus then took a ride to Tohoku fukushidai mae(東北福祉大前), That's it. For further detail I'll leave my contract at the end of my text guide I can speak (TH/EN/JP) so feel free to make a contract.



## Orientation

You have around 1-2 weeks before your course orientation.

First orientation is mandatory don't be late :) they will tell you how to apply for courses what is "must do" or "Don't do" during the course there're certain rules you have to follow and violate those rule can be lead to sending you back to Thailand.

## Courses

Several courses are mandatory for IPLA student such as Japanese language according to your level and some international relation or those kind of things. Its change every year so don't expect what you want to learn too much.(But Japanese language is always be there for you ☺) Most of the courses are easy don't worried about it.(Except intensive Japanese)

## IPLANet

IPLANet is a group of people that willingly to help you pass through IPLA program and organize the meeting event each month (alcohol included) Its not mandatory to attend those event by the way but If you're party person I recommended it.

## Field trip

Mandatory event occur once each semester change each year so nothing to say about it

During my time this event take me to the tsunami site and saw a lot of people adapt the way of life according to the tsunami last few years. It's kind of a sad story to hear that people are still struggling due to tsunami. Overall it is fun and enjoyable event!



## **Camp Fire**



One of the IPLA event during my stay. In the picture is our group's curry.

## **Part time job**

During your stay you can ask for permission to work as a part time job if you can't find one. Just ask professor for help they will help you find the job or offering you a job. (There're several companies send request directly to the professor for recruiting part time member) minimum wage is 800 yen. Around 230 THB per hour (Super Awesome!)

## **Your life in Sendai**

Pretty much better than Bangkok in my opinion. There're bunch of convenient store around you. There're snow but during winter is not too cold. Several minor earthquake occur trough out the year to shake your head a bit. Annoying rain fall all day long. Once you know where to go to the place you like eg. Izakaya, restaurant, department store, grocery store etc. It's time where you feel you don't want to go back to home country.

Honorable mention to Yodobashi camera department store. They have Thai language announcement .



## **Finally, what you will get from IPLA**

Obviously language, not only Japanese language but also English language because most of the course are conduct in English. This program gives you courage to speak whatever you want open your mind criticize the thing for being better and the true meaning of kaizen.



**Writer's note:** This article might not 100% grammatical correct, sorry about that.

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Thank you Good luck Have fun