

Host University: Anna University

Duration: December 7, 2023, to December 17, 2023

## **1.What I learned in terms of training and language at the host university**

### University

- I engaged in facility tours, laboratory visits, and discussions. I had the opportunity to interact with professors and students from various fields, exposing me to cutting-edge research.

### Language

- Rather than being conscious of speaking correctly, it was more crucial to express myself with many words. Although I had reservations and shyness about speaking English, through the training, I became more willing to actively engage in communication.
- I initially struggled, but as time passed, I learned expressions used by natives and could smoothly communicate by using them.

## **2.What I learned about the lifestyle, culture, and society of the host country**

- Experiencing a completely different lifestyle from Japan, such as entering temples barefoot, eating with hands, frequent power outages, and constant honking of horns, was eye-opening. Witnessing and experiencing the local "normal" was a valuable and enlightening lesson. Everyone I met in India was very kind, and despite the unfamiliar living environment, I was able to enjoy the program.
- Most Indians skillfully eat dishes like curry and biryani using only their right hand. Learning to eat with hands, taught on the first day, was surprisingly challenging. However, it became convenient once accustomed. When visiting Hindu temples, it's necessary to remove shoes, and some places prohibit bringing in smartphones and cameras. It's advisable to follow these rules.

## **3.For students who are thinking of participating in next year's program**

- This program was my first overseas trip. Despite facing many unfamiliar things and occasionally feeling negative or experiencing health issues, I am glad I participated. The host university provided a variety of plans, allowing me to have fulfilling days. Since it is a valuable opportunity, I highly recommend participating.
- The cultural differences between Japan and India are significant, making it a valuable learning experience. The local people are very kind, and you can have an enjoyable time.

While there may be concerns about hygiene and food, I encourage students to have the courage and challenge themselves to study in India. It will undoubtedly become a lifelong memory and prove beneficial for the future.

