

What I Learned from Studying Abroad at Griffith University

A.K

During the 9-night, 10-day trip to Australia, I was able to learn a lot of things through classes in addition to Australian culture.

In terms of culture, I noticed two main things.

The first is that they clearly separate their time and work and balance it. Many shops opened early in the morning and closed at 3 o'clock or 4 o'clock at the latest. Even on weekdays, there were many people running along the sea in the afternoon and surfing in the sea. In this way, I was able to recognize a lifestyle of being active early in the morning, finishing work in the afternoon, and valuing my own time at home and elsewhere.

The second is that we live in harmony with nature. Australia, especially the Gold Coast, is surrounded by the sea and many people enjoyed marine sports. Also, when I worked for an NGO as a volunteer, I could see how they enjoyed finding, observing, and returning rare marine creatures to their original places. In addition, there were many people who ran and walked. In this way, I was able to recognize that we are not artificial, but that we are playing and living in harmony with nature.

As mentioned in the above two points, I would like to be able to experience and make discoveries that I can hardly feel in Japan, and I would like to do what I can incorporate into my life even after returning to Japan. For example, for nature that is difficult to feel in Tokyo, you can try to live while feeling the four seasons, such as cherry blossom viewing according to the seasons or playing in the sea and mountains in summer. I believe that this will allow us to be more proactive in our efforts to preserve nature. Also, with regard to work-life balance, I came to want to work in a way that allows me to decide how to work by myself, rather than a work style that depends on work itself. Of course, I would like to focus on work and personal growth during the learning period, but once I have acquired a certain level of work, I would like to be able to incorporate work into my lifestyle. The differences in the classes were interactive and there was a lot of discussion. This may be due to the small number of students, but I think that the fact that there are many students who can express their opinions firmly made it possible.

On my days off, I went to the protected area and saw wild kangaroos and koalas, and I recognize that it is precisely because of existence of such a protected area why sustainable development must be done while protecting nature and animals. In this way, I often feel and think about it both through my daily activities and through training activities, and I would like to make best use of these findings in the future. I appreciate this opportunity to learn a lot from this two-

week training. It was only two weeks, but I wanted to acquire knowledge and language skills about economics and management in the rest of my university life, and to be able to express my opinions in both Japanese and English.

