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Do you think the program and the educational environment helped promote your research?



I think this program helped me discover the world of research. At my home university, students generally don't have any research activities. I had the opportunity at Tohoku University to learn how to efficiently read a paper, how to design experiments, and how to publish my papers.

Supervision in Japan is a bit different than what I expected. Professors generally assume that if you don't say anything, you are doing fine and know what you have to do. In the beginning, I was a bit lost and used to wait for instructions from my supervisor. I recommend to the new students to talk a lot to their supervisor, specifically at the beginning when they need to decide on a topic. Don't hesitate to ask for help. Being proactive in your research and asking for supervision can make you win a lot of time.

Living in Sendai : Experience and Advice

Currently, life in Japan is cheaper than usual as the value of the yen is falling. Compared to France, eating outside is very cheap but transportation fees are much higher. I spent 170,000Yens on average per month:



- Housing - 42,000¥
- Transportation - 40,000¥
- Food - 40,000¥
- Phone - 2,500¥
- Leisure Activities - 35,500¥
- Shopping - 10,000¥

But please be aware that this is just an average, and it depends a lot on what you like to do (specifically when traveling during the holidays).

In my case, I travel from time to time, but I spend quite a lot during my holidays.



Suggestions and/or criticisms for space of improvement

Compared to France, there are a lot of opportunities to do a small job in Japan (specifically at the University). So, I recommend you, when you get your student visa at the airport, to ask for the work authorization as well.

I struggled a lot when I arrived with communication. My Japanese was not so good at that time, and I could do much on my own. Courses at Kawauchi are very intensive and not so good for long-term learning. I highly recommend learning the basics of Japanese before coming.



Career Paths

In my case, I struggled a lot between choosing to pursue a Ph.D. at Tohoku University or not, and I finally decided to start a VIE program (<https://mon-vie-via.businessfrance.fr/en>) in Europe next Semester. However, I will keep working in my lab until June as a part-time researcher.

