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

The double degree program was a great opportunity to engage in research. The master's degree has a limited number of classes, freeing a lot of time for research. The laboratory environment helps to focus on the desired topic by granting access to necessary equipment. However, in my personal experience, the Japanese education system is more focused on research than the French. It was more difficult to adapt to the environment as I had no prior experience in research compared to Japanese student starting during bachelor's degree.

I think that the program is perfect in terms of organization and the improvement to be made would be by improving the information regarding the choice of the lab, especially helping with getting in contact with labs. In my case I could not find all the contact details for the labs that I would have liked to join.

## 2 . Living in Sendai: Experience and Advice

### a. Advice upon arrival

The food and expense are roughly the same as in France, or even slightly cheaper. An important tip for arrival would be that the commutation pass can be very interesting to get. And that living in an apartment outside the campus is more expensive and complex than just living in the university dorm. It can be nice as a comfort, but it must be considered deeply.

About the living accessories, everything can be find in downtown, rather in Daiso, Donki, or Aeon. A lot of other places can be found for shopping, but can be find easily with time.

### b. Cost of life

It is very difficult to estimate the monthly cost as it depends on the expense made. I would say that a month in the dorm + the necessary expenses is roughly 100 000 yen/month including 45000yen/month.

As I am now living in an apartment outside of the dormitory, my monthly expenses is roughly:

Rent (including water) + Electricity + Gas + Internet

42000 + 3000 – 17000 + 3000 – 7000 + 4000 = 52000 – 70000 yen/month (more in winter)

As a matter of comparison, this apartment is in Kawauchi, 15 min walk from Aobayama campus, 31m2 with no furniture.

### c. Leisure

I'd recommand to visit region around Sendai including Miyagi and Yamagata. Also with a good level of Japanese, join club/circle can be a very nice experience. Else there are a lot of international groups to do activity with.



### 3 . Career paths

I plan to continue by doing a Ph.D. in France in order to fulfill my goal of becoming professor.