

## 1. Student Life

As a French student, I noticed a high contrast between Japanese and French educational programs. While French universities focus on offering complex and intensive courses, Japanese master's programs allocate more time to research activities. Research was something I hadn't had the opportunity to engage with in France. Hence, the Double Degree (DD) program offered me a unique and enriching experience. It allowed me to gain complementary perspectives and experiences by studying in both France and Japan.

## 2. Living in Sendai: Experience and Advice

Living cost in Sendai is quite similar to France. The key differences lie in the cost of certain items: restaurants are cheaper in Japan, while fruits and vegetables tend to be more expensive. On average, you should budget around 40,000 yen per month for fundamental expenses like food, transportation, and occasional dining out (excluding dormitory costs).

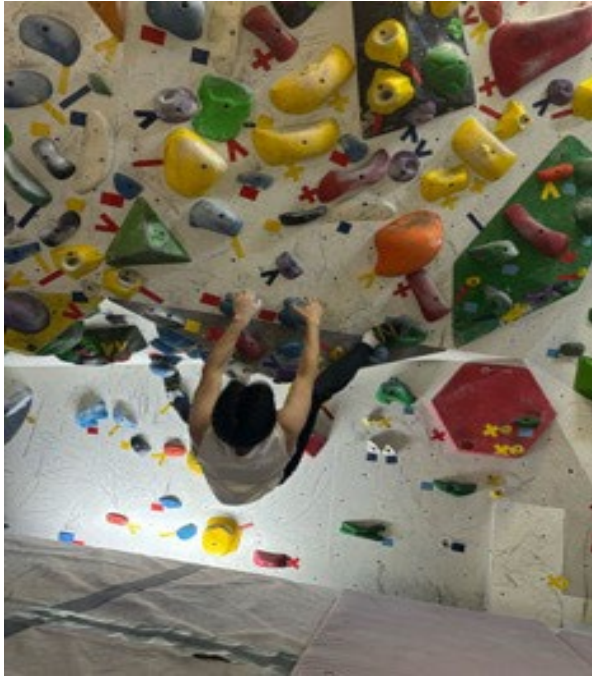
### Dining Options:

- Affordable meals include soba for 400–500 yen or ramen for 900–1,200 yen.
- Other kind of meals usually cost 1000–1,800 yen.
- Many restaurants and izakayas also offer all-you-can-drink courses for 1,000–1,200 yen (excluding food).



**Building Connections:**

When joining a laboratory, you might find few English-speaking peers, and Japanese students can initially be shy about approaching you. I recommend breaking the ice by inviting them to eat or drink together at an izakaya. These casual settings often help them become more talkative and open. Building good relationships with Japanese students is crucial—they can share valuable information about courses and laboratory schedules, which can be challenging to find on your own.





### 3. Career Paths

#### **Professional Careers in Japan:**

If you plan to pursue a professional career in Japan, it's important to note that Japanese students typically start job hunting more than a year in advance. If you begin only a few months before graduating, your options may be very limited. To improve your prospects, start as early as possible and seek advice from Japanese peers who can share their information.

#### **PhD Opportunities:**

If your goal is to pursue a PhD, you'll have more flexibility in terms of timing. During the 1.5 years of your master's program, you can focus on your research and consult your professor about potential PhD opportunities. Tohoku University offers various PhD programs, often with sufficient financial aid to support a student's lifestyle in Sendai for three years. The primary challenge during the application process is assessing your own motivation to commit to three additional years of research. Take your time to reflect before making this decision.