

留学先国名 : イギリス

留学先学校名 : Royal Holloway, University of London

留学期間 : 平成 27 年 9 月 21 日～ 平成 31 年 6 月 10 日

ロンドン大学ロイヤルホロウェイ校でファウンデーション・コースと大学 1 年目が終了し、早くも二年生になり、一層、身が引き締まります。ファウンデーション・コースに比べて、一年生の授業は格段と難しくなり、他の生徒がほとんどネイティブスピーカーの中で自分の意見を述べたりすることがとてもタフで、挑戦することがたくさんあった年でした。毎週渡されるリーディングリストも難しい英語で書かれてあったりして、始めは慣れなかったものの、一緒に頑張れる仲間を見つけ、日を過ごすごとに自分の成長も感じ取れる、とても充実した一年であったと思います。2 年目ではもっと自分の能力を伸ばせるように精一杯頑張ります。

4ヶ月の長い夏休みでは、母校で英語を子供達に教え、「留学フェロースhip」のメンターとして、そして「日英学生会議」のオーガナイザーとして活動をしていました。留学フェロースhipとは、日本の地方高校生に海外留学をもっと身近に感じてもらうという活動をしている学生団体です。なぜ海外留学を決意したのか、そして実際に今どう感じているのかなどを現役高校生に伝えることができました。

そして去年に引き続き、「日英学生会議」に参加し、今年は、コンテンツリーダーとして、日本とイギリスから熱心な大学生を集め、お互いの国の「移民」について問題と解決策について 1 週間に亘り討論をするプログラムに深く関わりました。会議の 3ヶ月前から始まる事前学習の内容、そして会議中のプログラム、また IOM(国際移住機関)と東京大学からセミナーリーダーとして招待をし、とても活気溢れる討論の場を設けることができたと思っています。現在は、11 月にオックスフォードで、2 月にロンドンで‘Ideathon’という日英学生会議のプロモーションイベントを開催する予定で、その準備に追われています。

また、留学フェロースhipと読売新聞から、私の大学生活についてコラムを書く機会をいただきましたので、参考に添付します。

Challenging My Inferiority Complex

By Ayaka Naota (University of London)

This column features reports by Japanese students currently studying overseas on their lives on and off campus.

My time at Royal Holloway, University of London, has been enriching. It has given me the confidence to hold my own and accept others. Connecting with people from all over the world is a real opportunity for me to widen my perspective and leads to a more open world.

When I was thirteen, I moved to Cambridge in England for one year. Being in a completely foreign environment for the first time, I felt incompetent at school for not being able to talk with friends nor in classes. This experience prompted a sense of inferiority around foreign people, which grew inside me. So, I decided to study abroad to confront my difficulties and get over my negative thoughts of cultural differences and loss of confidence.

I chose Royal Holloway for several reasons: beautiful campus, diverse communities and, most of all, high academic satisfaction. My major is Politics and International Relations (PIR), in which new topics and research are always being produced. The PIR society offers open lectures weekly for both professors and students to share research and perspectives. What I really like about this is that students can freely ask questions and debate with professors without any hesitation, as if they were at the same level.

Even though I have my own ideas, I used to hesitate to speak up because I was afraid of making mistakes, which is fatal for politics students as we have debates on a daily basis. Therefore, such academic events greatly help me in gaining knowledge and practicing speaking in front of people whether my English is correct or not.

Also, I became friends with lovely people who taught me to accept myself. We gossiped, studied and discussed a lot. The more we spent time together the more they made me forget that I had my inferiority complex and feel comfortable without faking it. One of my friends once told me that she likes the way that I do not try to hide any of the differences in culture and perspectives between Europe and Japan. Now, I do not have any hesitation to speak up, nor am I



Ayaka Naota, right, with her friends

Courtesy of Ayaka Naota

negative about being different.

Stepping out of my comfort zone can be a hardship and often requires a lot of effort. But I always find some clues along the way that help me achieve my goal, which is to be confident of who I am. It is such a pleasure to be a part of Royal Holloway as it encourages me to have confidence and accept myself through confronting many difficulties.



The next installment will appear xxx xx.

University of London

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