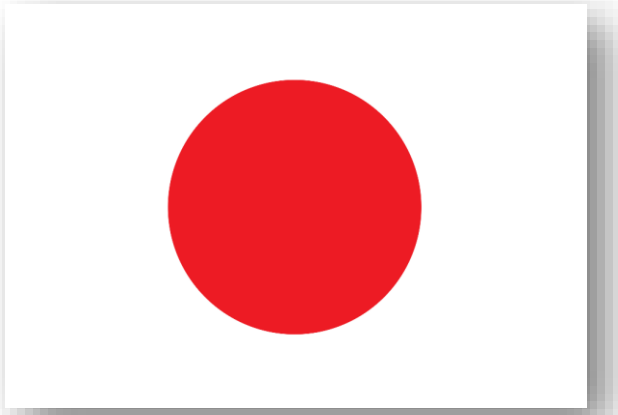




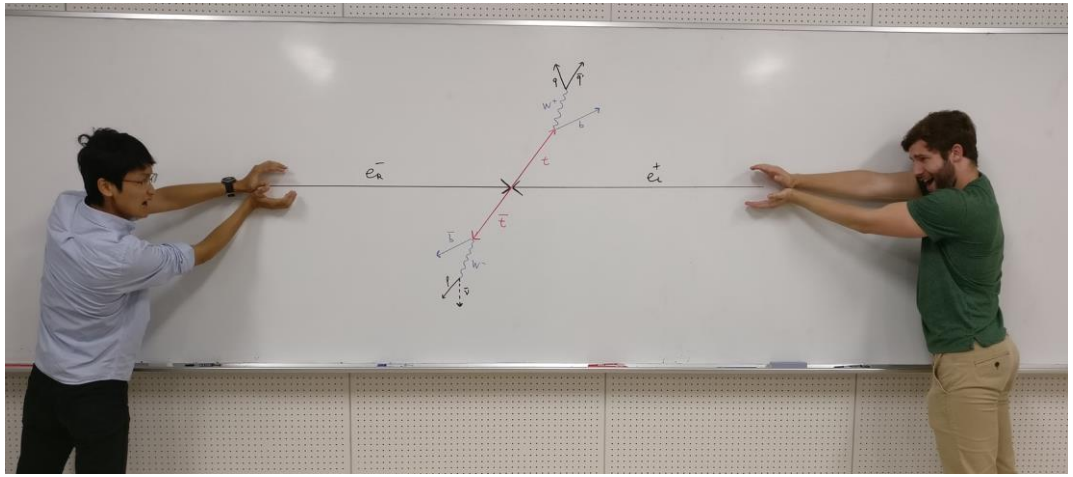




Perspective of French students

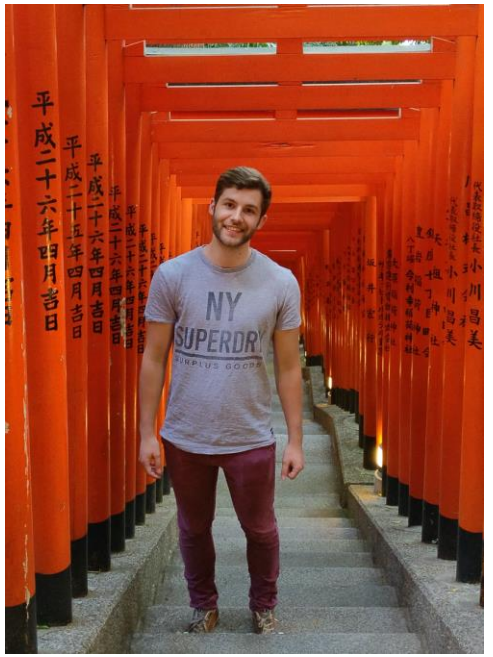
- Victor LOHEZIC (victor.lohezic@gmail.com)
- Eloïse MESTRE (eloise.mestre@u-psud.fr)

Introduction



Who am I ?

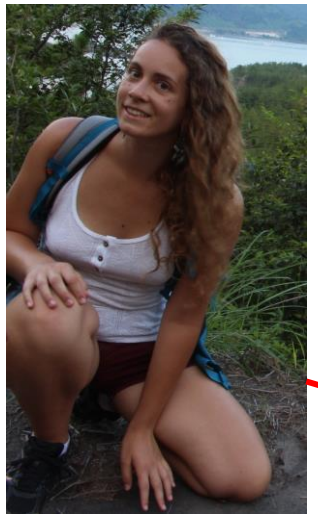
- L3/M1 Magistère of Fundamental Physics (Orsay)
  - ➢ 3 Months internship in Sendai
- M2 NPAC (Orsay)
- PhD in particle physics (CMS group/IRFU/CEA Saclay)



Why do I wanted to go to Japan ?

- Studied Japanese for 3 years in high school
- Very curious about Japanese culture and Japanese way of life
- Very good relation relations with researchers offering the internship
- Internship in the ILC (International Linear Collider) framework and the ILC should be built in Japan
- Particle Physics is an international field, an experience abroad is a bonus

Introduction





Who am I ?

- L3/M1 Magistère of Fundamental Physics (Orsay)
  - ➢ 3 Months internship in Sendai
- M2 Agrégation (Montrouge) : achiement of the agrégation
- M2 Physique des pasmas et de la fusion (PPF) (Paris-Saclay)
- PhD in plasma physics, plasma medicine (GREMI, Orléans)

Why do I wanted to go to Japan ?

Culture





Go out of my comfort zone





Food



Learn a new language

ILC reaserch

What you need to know before going :





Housing

- The sooner you start looking for a room, the better
- Residences for international students are frequent near Universities and inexpensive

Language

- In academia, no problem to communicate in English but outside it is more difficult
- Life is easier if you learn how to read Hiragana and Katakana
- Even better if you have time to learn a bit of Japanese

Money/Currency

- Cash is the usual way of paying
- Withdrawing money is not free
- Prepare some cash before going for your first expenses

Other

- No VISA needed if you stay less than 90 days
- A lot of offers are available to get a temporary SIM card with data
- You will need an adaptor for electrical plugs

Once in Japan



- Internship realised in Sendai, within the High Energy Accelerator Experiments group of Tohoku University



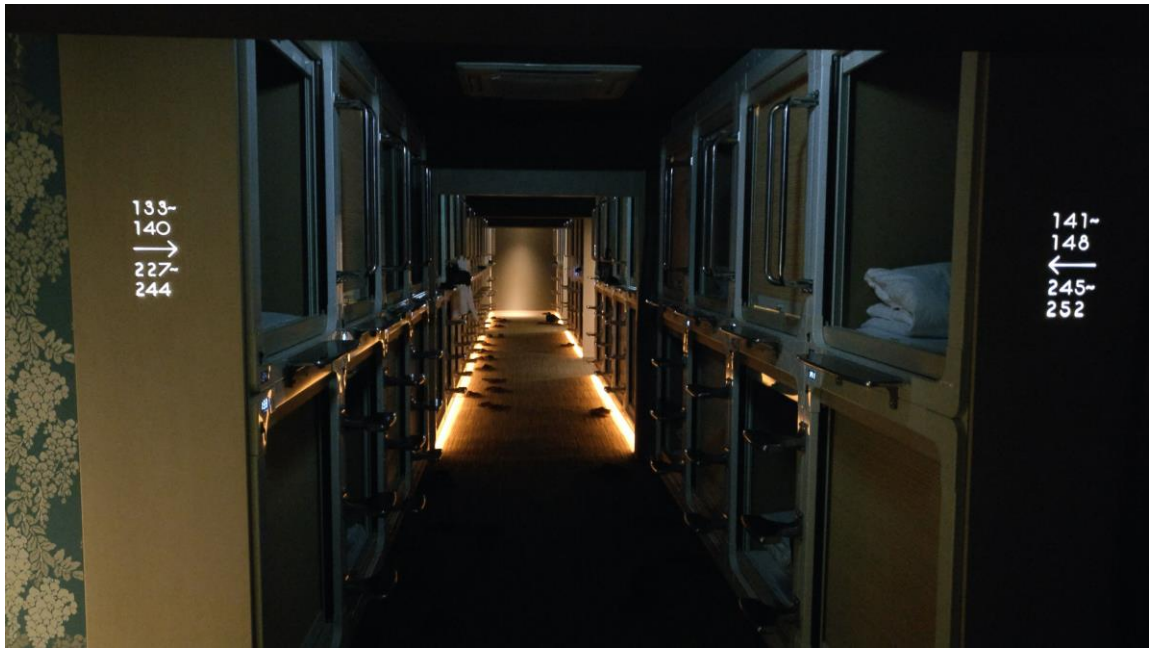


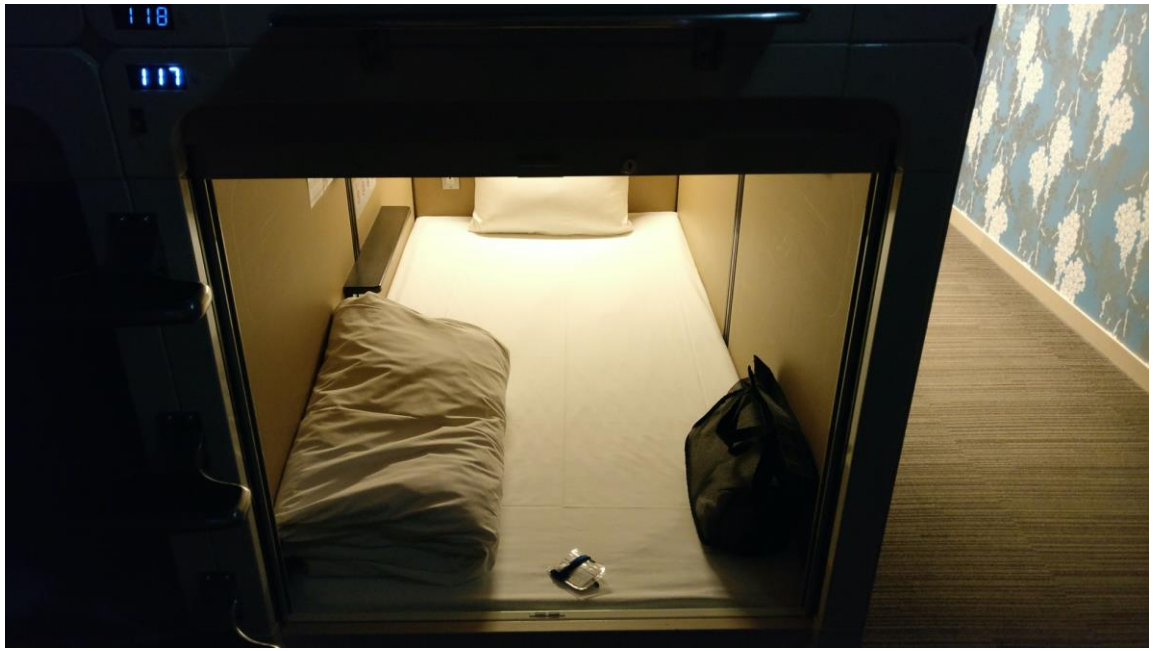
- Typical Japanese work day :
  - Same office hours
  - No shoes !
  - Few professors
    Some assistant professors
    Lots of students
  - Restaurants are very common and cheaper
  - If you have international meeting it will probably be late in your time zone 😴

Once in Japan



- What nobody told me about :
  - Lab accessible any time
  - 3 months on a futon can be rough
  - Capsule hotels and fancy toilets
  - People went out of their way to help me !





Once in Japan



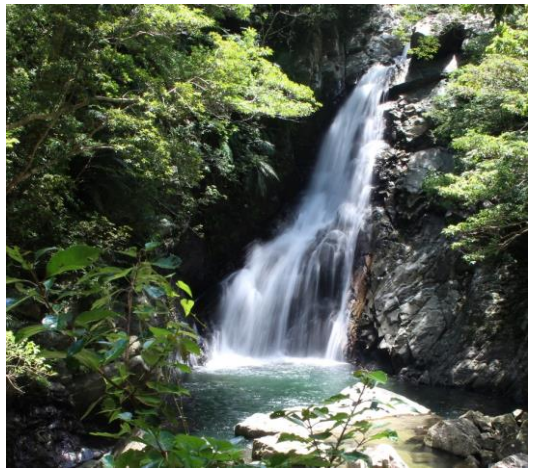
KYUSHU UNIVERSITY









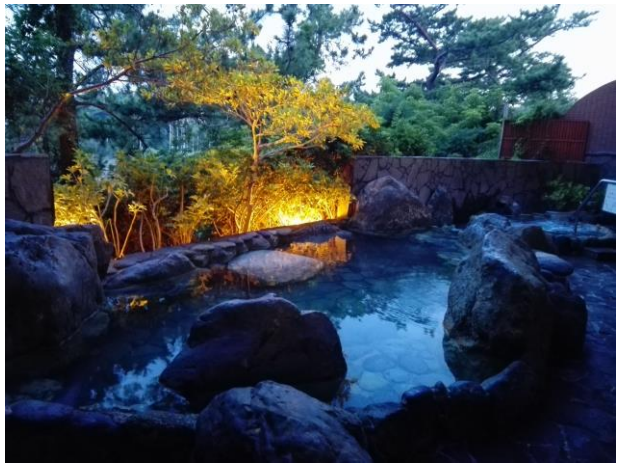




Once in Japan



- What nobody told me about :
  - My Tutor will not a lot be personnaly present and I had to work a lot by myself
  - Between June and July it’s the monsoon period : Typhoon appended
  - AC available everywhere
  - Temples everywhere
  - Bathtub in my room and warm toilets
  - Rooms are cheap and so are the restorant but fruits and vegetables are expensive
  - Going to the spring :
    - it’s cheap and can be mix
    - You can go with your boss
    - tatoo are not accepted
  - Everytime I ask, People went out of their way to help me !



What do we take away from this opportunity ?



- A lot of new knowledges and skills
- New professional contacts and an interesting line in my CV
- An undeniable proof that I can handle myself abroad for 3 months
- New international friends and lots of memories
- Now I know Japan is a country where I could work for some time (e.g for a post-doc) and I definitely wish to go back at some point

What do we take away from this opportunity ?



- I improved my English and learned Japanese
- I am less afraid of what I don’t know, hesitate less and take more initiative
- I learned how to work as a team, even if the communication was not easy
- An interesting line in my CV
- New international friends and lots of memories

Some advice







Dare !



Discover !



Discuss !

Q & A

Thank you for listening !

Please ask any question !
(now or by email)