1. Applying Human Ethic Committee (HEC) permission.
   I personally recommend any future students who plan to do experiment during their internship to apply the HEC permission as early as possible, if they need a permission to do their experiments.

In my internship, web information about the application period was about 2 weeks. However, it took me 6 weeks to get the permission. One of the reason was that there was a University vacation during my application and the committee members were not able to review my application on time. The other reason was that after I updated my original application based on the committee’s feedback, there were a large number of applications at the time I resubmitting my application. The review of my application was therefore delayed by another week due to the large number of applications the committee had to review.

2. The HIT Lab.
   The major research areas in Human Interface Technology (HIT) lab were about argument reality and virtual reality researches. It was inspiring to be able to have a close look at other research disciplines. And it was a fun experience to play some of the VR games and take part in lab’s AR experiments.

The other interesting thing was that one of the HIT Lab Phd graduate had made a start-up company with his advisor. The start-up company now is attached to the HIT Lab. The company also hired some of HIT Lab’s own PhD students. I was able to talk with those Phd students and watch their daily life. The company’s current business activities are to provide on-demand AR/VR development service. One of the challenges the company facing right now is it lack the manpower to build its own product. As most the company members are either PhD students or Postdoc students, they have to keep their academic researches alongside with the company business. Being a PhD student who also running a start-up might be as hard as I originally thought. Both the researches and the business needs high demands of time and energy of those students. The pressure to keep things going are quite large. However, those students seemed to enjoy a balanced life. They often organize various activities such as seeing the newest movies or having get-together dinners. It was very fun and inspiring to make friends with them.

3. New Zealand
   New Zealand is located in the south part of the globe, which means it has the opposite seasons as Japan. Therefore, while Japan is at its summer from July to August, New Zealand is at its winter. The weather was unexpected cold during the night, and many times the temperature could fall below 0 degree centigrade. It is recommended to be fully prepared for the cold weather (bring enough winter clothes, gloves and hat) in New Zealand if any students plan to go their during Japan’s summer time.

The other thing is that the meat, especially the lamb meat are quite cheap comparing to the price in Japan. Although the quality of the beef in NZ is no match to that in Japan, they are very cheap and comes with all parts that fit for all kinds of cooking e.g. bone meat. It bone, steak, bullly with skin etc. I rarely be able to find that many kinds of meat in supermarkets in Japan, but those were quite common in NZ supermarkets. I would highly recommend anyone who going to NZ for a long-time stay rent an apartment with good kitchen and enjoying cooking all kinds of meat. Especially, a kitchen with a full kit.