

Internship Experience Report (If you participated in an overseas internship, describe your internship experience in English.)

I worked as a visiting scholar at Cornell University's Design and Augmented Intelligence Lab (DAIL) for over three months. I sincerely thank Professor Kalantari for giving me this invaluable opportunity and HWIP for providing financial support. I would like to share some of my experiences here.

### ➤ Preparation

**“Don’t procrastinate, take action as soon as possible.”**

#### 1. Contact

First, I confirmed that I wanted to conduct application research related to Virtual Reality. Then, I created a list by referring to content on websites like Google Scholar. Finally, I compared the options one by one, narrowing them down to 3-5 labs, and contacted the professors of these labs.

#### 2. Document

When contacting professors, I sent a pre-prepared CV along with the email. The communication process took about two weeks. Around 2-3 weeks later, I received the DS-2019 form. Preparing other documents required for the visa application took approximately one month, and I waited about one week for the visa interview. It’s important to prepare well for the interview and I didn’t receive the visa immediately but had to wait around three weeks before it was issued.

#### 3. Housing

Since I have some friends studying at Cornell University, I was able to find some short-term rental options through their connections. Some universities might offer dormitory accommodations, or using Airbnb could be a good option as well.

### ➤ Purpose and Outcome

**“Independently initiating a research project and obtaining approval.”**

I have experience serving as the principal investigator for several research projects, but the project in DAIL has brought a new type of pressure. While advancing the planning and proposal, I had to persuade people with differing perspectives and defend the significance and direction of the project on my own. This process, especially under the demand of a short timeframe, was quite burdensome. However, it strengthened my ability to clearly convey my ideas and the value of my research to others, ultimately resulting in the approval of the research plan I proposed. The self-reliance I developed through this experience will undoubtedly prove valuable in my future research activities and career.

**“Expanding personal networks and collaborating with the international research community.”**

During my time at Cornell University, I visited several research labs on campus and built new personal networks. These networks serve as valuable resources for fostering collaboration across different disciplines and cultures, enabling the integration of new perspectives and ideas. They also provide a solid foundation for initiating new international collaborative research projects.

### ➤ Achievements and Areas for Improvement

In addition to improving my research capabilities and expanding my network, my greatest achievement was the improvement in my English-speaking ability. However, at the beginning, I was hesitant to express my opinions because I was self-conscious about my pronunciation and expression—just as I had been when I first arrived in Japan. As I gradually felt more psychologically safe, I began to share my thoughts and engage in deeper discussions with the members. To improve oral English, it is essential to express one’s ideas boldly, and this is an area where I still need to grow.

## Internship Experience Report (continued from the previous page)

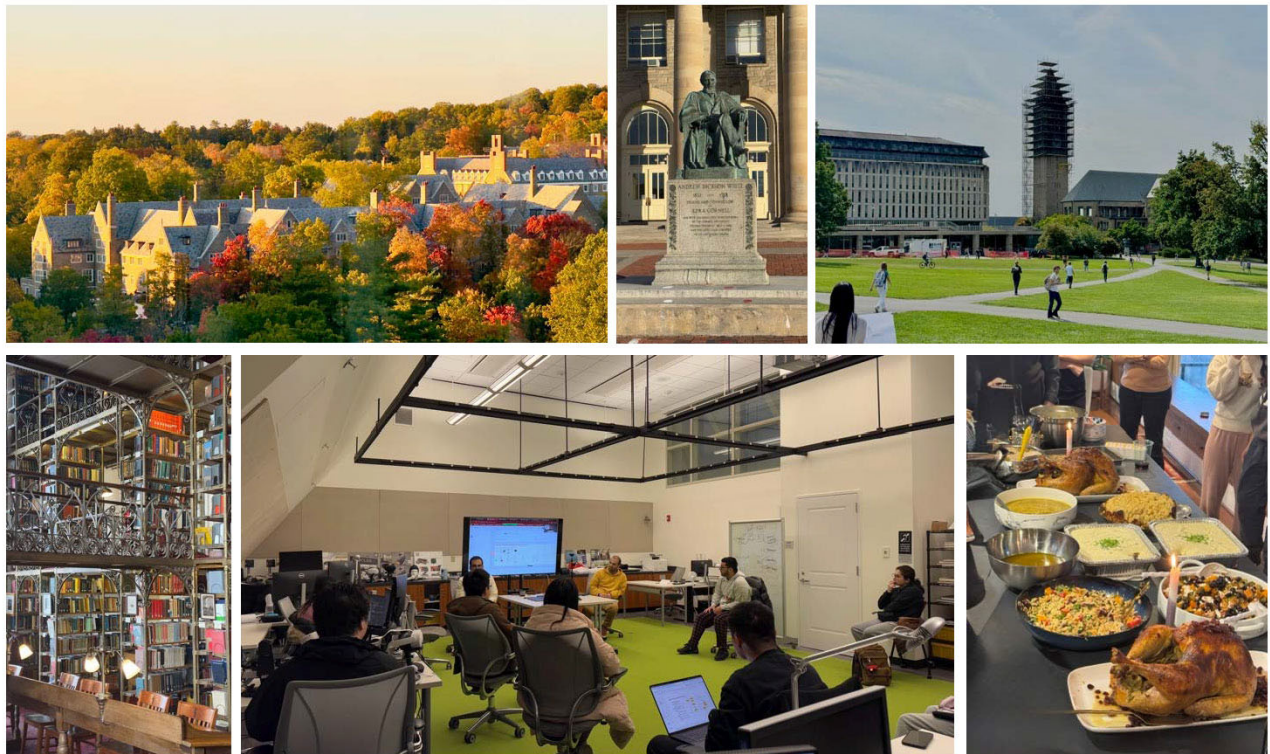
➤ **Insights Gained from Working in a Different Field**

**“It is important to align terminology and understanding in collaborative research.”**

The DAIL and my lab at Osaka University both focus on the field of Virtual Reality, but while DAIL emphasizes applied research, my lab primarily engages in fundamental research. After several discussions with members of DAIL, I realized that the terminology and key points of focus in our research differ. This experience made me acutely aware of the importance of first aligning the definitions and understanding of terms when discussing with other researchers in the future. Differences in the interpretation of words can lead to miscommunication and cause discrepancies in the direction of discussions.

➤ **My Daily Life at Cornell University**

This was my first time visiting the United States and my second experience studying abroad. Before arriving, I was concerned about safety due to crime reports I had seen online. However, after reaching Ithaca, the city where Cornell University is located, I found it to be a peaceful and safe place. I could even walk outside alone at midnight without worry. What impressed me the most was the warm welcome and support I received from the members of DAIL. Their kindness and assistance helped me quickly adapt to the environment and start my work without delay. During my three months there, I went to the lab almost every weekday and participated in weekly lab meetings. This experience also allowed me to observe the differences between the educational systems in the United States and Japan. As a temporary staff member, I enjoyed certain benefits, such as discounts at the dining hall and free bus rides. On weekends, I often spent time with friends, going on picnics, enjoying delicious food, and playing games. Since Ithaca is a small city and far from major metropolitan areas, I only visited New York City during the Thanksgiving holiday. These three months were an incredibly valuable experience for me, both personally and professionally, and I am deeply grateful for the opportunity.



**Sincerely appreciate the support from Professor Kalantari and the members in DAIL!**