

[Experiences other than the study]

Homestay was the second largest experience in this internship because I have spent almost all the time with the host family except for the time I was studying at university. The budget support by HWIP is limited up to 5000 Yen/day and you have to cover accommodation, food, transportation, Internet access, etc. (Airplane fare is individually covered). Particularly, you should be careful because price in Australia is twice to three times higher than Japan. The price used to be almost the same, but after the Sydney Olympics the price has continued increasing because of inflation. I heard a shared house is the cheapest way for exchange students to stay abroad, but I also heard one month is too short for that use and many exchange students firstly do homestay and when they get accustomed to life there they shift to homestay. Thus, I used this website (<https://kaigai-bbs.com/aus/thread/rent/>) to find a host family. I found a family of three, whose father is Australian, mother is Japanese, and a son is half of them and studying at the University of Sydney. The family was really kind to me. I could eat any fruits, breads or even Natto(納豆) for breakfast. and they also provided me with delicious dinner. They had a huge equipment to cook Aussie beef or flesh fishes (e.g. salmon, trout) the father caught at a river! Also on holidays, they kindly took me to some sightseeing places and shopping malls. There's nothing you can do but trust to luck until your homestay begins about whether you can find a good host family or not. For example, I heard there are some families who provides different dishes between the family and exchange students or who push weird rules on the students.

I noticed some different points between Australia (Sydney) and Japan. Firstly, nationality of the students in the University of Sydney were much more diverse than those in Japan. Although there's not that much difference in ranks between the University of Sydney and Osaka university, I thought the cultural diversity will definitely help to cultivate students who can play active roles in the future globalized society. The gap in diversity is, however, difficult to fill. Indeed, Japanese unique culture such as traditions, foods or animes are attracting much attention all over the world. However, Japanese language is making it difficult for foreigners to come, study, and work in Japan, whereas English is the native language in Australia. Since we cannot change our native language, and our government doesn't have much budget, the only way I think to invite foreigners is changing the education system to improve English level in Japan. This is because Japanese people in average are said to have quite low English skills when compared with countries whose first language is not English. Another possible way is continuing to inform foreigners of Japanese attractiveness with the help of Internet services or SNS. YouTubers named "Rachel&Jun" is a good example that informs Japanese attractiveness to the world. They are couple of Japanese guy and American girl, and their channel have millions of subscribers and their videos are also viewed millions of times.

Another difference I noticed was that there were too many Chinese students in the university of Sydney. On one occasion, I was doing some tasks at a library in the university, and when I looked around, I was surprised because all the students surrounding me were Chinese. From viewpoints of economy, it was said as good that Chinese people come and live in Australia because they drop enormous amount of money. On the other hand, the host family said the increase of Chinese people is affecting the atmosphere or life style in Sydney. The son of the host family also said he sometimes has difficulty in working with them at school because of cultural difference.

I also thought that we Japanese should incorporate the interactive styles of lectures in the University of Sydney. In Sydney, and maybe in most western developed countries, lecturers and students, and students themselves interacts with each other. Students who cannot have and say their own opinion are given bad evaluation in their culture. Whereas in Japan, as far as I know, most lectures in elementary, junior-high, high schools and universities are one direction. Lecturers teaches something from the platform and students just listen to them. Even thinking outside box is sometimes prevented and student just have to follow mechanical style of thinking (This situation is recently regarded as a problem and becoming controversial on the Internet). Of course, this is not the only cause, but this certainly affects the results of creating adults who are not competitive, who cannot have and say their own opinion in a discussion. Those adults will not be able to play active parts in globalized society, where many people actively have their ideas and remark their thoughts. I am worried about this situation and this issue has to be tackled as soon as possible.

インターンシップ体験記 (海外インターンシップの場合は英語で記入)

[What I studied through the internship]

Under the supervision of Dr. Ehsan Sakhaee, I conducted HWIP overseas internship in the University of Sydney for one month in September, 2017. He is in charge of the undergraduate leadership program at the Faculty of Engineering & IT and lecturer in the Project Management Program at the University of Sydney. He has close relation to HWIP as he has held Young Research Leader's Workshop in our program three times so far, and he also arranged overseas training camps at the University of Sydney for us twice. It was when I attended the overseas training camp last March that I met him for the first time.

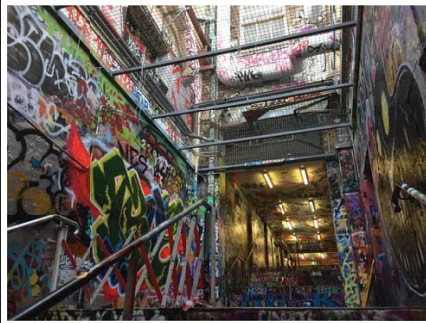
There are several reasons why I asked him to accept me as an internship student. First of all, I personally felt closeness with him because he used to work as a researcher in the same laboratory as me, Murata laboratory, and he changed his direction after he engaged in research in information networking field, just like I am planning to find a job as an *intrapreneur* that is not directly related to my current research. Secondly, though I'm aspiring to work as an *intrapreneur*, I hadn't had enough understanding on leadership and project management. So, I thought his knowledges and experiences would surely help me construct my future career path. Thirdly, I couldn't forget the greatly hearted hospitality we received from him when I attended HWIP training camp last March at Sydney. I was at first wondering because if I apply to him for internship, the topic I would work on was completely different from what I'm doing in my laboratory, and it was unusual when compared with internships other HWIP students do. However, Prof. Murata's word triggered me to try: "How about having an internship under Dr. Sakhaee? (Sakhaee 先生のところでインターンやったらええんちゃうん)"

Through this internship, I learned many important skills: how to effectively communicate with others, how to deal with cultural difference, how to increase motivation, how to manage stress or time, how to perceive myself, others, and situation, and so on. Other than above those, however, I realized that there were two important fundamental notions that I hadn't noticed ever. The first one is that human factor should underlie everything about leadership and management. For example, no matter how good you are at planning a marketing strategy, you can never make a good team and become a good leader if you lack skills on human factors, such as awareness of others' emotion. Your team members are human, not robots. Rather, those minor techniques are just complements of leading and managing others. The second one is knowing thyself, that is, self-management. Those who aspire to become a leader are usually impatient to lead others and tries to make a big change before leading oneself. However, a leader who cannot manage his/her emotions effectively is not able to retain composed in difficult situations, and will escape the situation and react irrationally.

I also investigated why the greatest leaders in the history, such as Gandhi, Mother Teresa, or Martin Luther King, Jr, could made a great success as a leader. The essence of their success seen in common was stubbornness: extremely strong will to realize their dream. On the other hand, leadership is not necessarily about changing the world or making a big innovation. You've already knowingly/unknowingly made a significant change on your family, friends, or even those you don't know, and led them to a better life. Those findings broaden my perspective on leadership, and let me realize what I'm lacking and what I can do to become a leader.

After I finished the internship and came back to Japan, I've kept in touch with him to keep his latest work updated and continue developing skills and understandings of what I have learnt in Australia. All the knowledges I have acquired through this internship are nothing that can be mastered in such a short period. I am still in the phase of developing self-management skills through meditation, reflection and practices. And then, I will continue farther so that I can adopt the skills and understandings into my daily life without thinking in my head, but just as a natural behavior that comes from my heart, to become a genuine leader.

It was really great to know the essential parts of leadership and management at this time of my life. That will definitely be useful when working teams or organizations, and even when creating my life. I do also think all HWIP students should know things like what I have learnt in Australia as well, because their understanding on leadership is still on a superficial level whereas the purpose of HWIP is to foster global leaders that leads the world to a better place.



Wall-paintings in Sydney uni.



Sunset at Parramatta river
(near my host family's house)



Blue Moutains (world heritage)



Bondi Beach



Sakhaee-sensei and me