

Stepping Into the Unknown: Preparing for Your Exchange

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A New Environment to Embrace

Preparing for an exchange semester at Hosei University means getting ready for an environment where **many aspects of daily life**, including academic structures, social norms, and routines, **may differ from what you are used to**. While this can seem challenging at first, it is also what makes the experience so valuable.



Your Built-In Support System

One of the most helpful resources upon arrival is the **university's buddy system**. Exchange students are typically paired with a local student who can support them with administrative tasks, such as visiting the city office, and assist with translation. Beyond that, **buddies are genuinely interested in building friendships** and learning about different cultures. Reaching out early can make settling into life in Tokyo much easier.

Understanding Daily Customs

It is also useful to familiarize yourself with **basic Japanese customs** before departure. Simple habits like walking on the left side, understanding common greetings, and being aware of everyday etiquette can help **reduce culture shock** and make daily interactions smoother.

Mindset Matters Most

Ultimately, the most important preparation is **your mindset**. Being open-minded, curious, and proactive will shape your entire experience. **Make an effort** to meet new people, ask questions, and participate actively in both academic and social settings. Exploring your neighborhood and trying new things will help you make the most of your time abroad. With the right preparation and attitude, your time at Hosei University can become an enriching and unforgettable chapter.

