



Instructions for JASSO Monthly Report

JASSO Scholarship recipients are required to submit a monthly report along with several photos from their experiences. Please note that the submitted reports and photos may be used on the university's official website, printed materials, or social media platforms.



The Purpose of your Report

To promote more international students to study at Saitama University and to encourage more Japanese students to study abroad, we would appreciate your honest reflections. Please share your thoughts openly and your report does not need to be overly promotional.



Submission Instructions

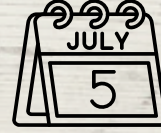
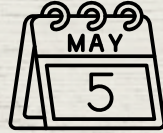
Write your report and upload photos through this [form](#).

Submission Form



Due Date

5th of every month



Report Guidelines

- Write about **100 words in English or 200 characters in Japanese**.
- Share your experiences, feelings, and what you discovered.
- Reports that are too short or appear to be AI-generated will be returned for resubmission.
- Make sure your report reflects your own thoughts and personal experiences.



Photo Submission Guidelines

- Submit 2-5 pictures from your exchange experience.
- Do not include other people in the photos.
- Do not include copyrighted material such as anime characters or trademarked images.



Themes

	2025 FALL STEPS	2026 SPRING STEPS
APR	Comparing My Country and Japan	N/A
MAY	What SU Students Should Know Before Studying at My Home University	
JUN	Classes at Saitama University	
JUL	International Exchange Experience at SU	



Ideas to Include in your Report

April-Comparing your Country and Japan

- Culture shocks that you encountered
- Daily life, lifestyle, communication styles, traditions, festivals and more!
- How this experience influenced you

May-What SU Students Should Know Before Studying at My Home University

- What would be your advice for SU students if they were to study in your university
- What is the difference compared to SU?
- What is a popular cafeteria food and how much?
- Popular events for exchange students if there's any

June-Classes at Saitama University

- What is your favorite class at SU?
- How is the teaching style different compared to back home?
- What did you learn in your class

July-International Exchange Experience at SU

- Event or club activities that you participated
- Your feelings after participation and what you have learned from it

For any inquiries, please email: inbound@gr.saitama-u.ac.jp