

# My JOYful Experience

Exchange Semester Experience Fall 2025 ~ February 2026

## California State University, Sacramento, U.S.A



My time in Japan was overall enjoyable. The most stressful parts were arriving and settling in and then normal finals stress. I was able to meet lots of wonderful people from many different places and cultural backgrounds. I made friends and got to experience things I never had back home. I visited shrines, temples, hot springs, bathhouses. I wish that I had been able to see more places and gone further across Japan with others, but I'm happy about all the events and locations I was able to travel to. The events shared by the school that I was able to attend were very fun and I wish I was able to attend more of them. I think the most important part of surviving life in such a different place is forming connections with others. Even alone, Japan is a great place to experience many different things. Transport is a little complicated but extremely convenient, I took the local bus at least 50 times. The professors were all very helpful and kind. Overall, outside of the moments of stress or loneliness, I had a wonderful experience here in Japan and the YNU JOY program was a choice I don't regret.