



ASPIRE FORUM 2025

Student Workshop

Reports

(Total 4 participants)

①

報告事項

① 留学先(参加プログラムおよび受入れ機関)の概略

Overview of the program and the host university/organization abroad

ASPIRE League is a consortium of leading science and technology universities in Asia, comprising the Hong Kong University of Science and Technology (HKUST), Korea Advanced Institute of Science and Technology (KAIST), Nanyang Technological University (NTU), Tsinghua University, and Science Tokyo.

The program is called ASPIRE Forum 2025 Student Workshop – HKUST Entrepreneurship Bootcamp. And the theme is Advancing Health & Medicine through AI & Technology. This workshop offers a fantastic opportunity for personal and academic development through discussions and interaction with fellow students from world-leading science and technology universities.

The host university is HKUST. HKUST is currently in the process of establishing a medical school, which I suspect is one of the reasons this year's theme was set as "Advancing Health & Medicine through AI & Technology".

② 留学前の準備

Pre-departure preparation

留学情報の入手方法、専門分野・語学の準備方法、留学先の研究室に所属した場合は、留学先大学の指導教員との準備、ビザ取得方法、住居の探し方など。

How did you obtain information relevant to your study abroad, such as how to acquire a visa, how to find accommodation, how to find a host supervisor at the university, how to prepare for study abroad in terms of field of study, language study. etc.?

I learned about the ASPIRE Forum 2025 Student Workshop from an email sent by the International Division. Because this year's theme, AI + Medicine, aligns closely with my research, I registered as soon as I received the notice. The workshop was hosted by HKUST in Hong Kong, where both English and Mandarin are widely used, so communication was seamless. Many nationalities enjoy visa-free entry, and Chinese citizens can conveniently use Hong Kong's seven-day visa-free transit policy. Moreover, the program arranged accommodation in HKUST's student dormitories for the entire stay, sparing us the effort of finding housing on our own.

③ 留学中の勉学・研究

Academic activities during study abroad: courses, research, etc.

履修した授業、研究内容等についての感想。留学中に行った課外活動(観光やスポーツ等)

がある場合は、併せて記入してください。

Describe your classes and research (if relevant) abroad. If you participated in any extracurricular activities, such as sightseeing, sports, etc., please describe those experiences as well.

Program Schedule

Time	Day 1 (6 July, Sun)	Day 2 (7 July, Mon)	Day 3 (8 July, Tue)	Day 3 (9 July, Wed)	Day 4 (10 July, Thurs)	Day 5 (11 July, Fri)	Day 7 (12 July, Sat)	
8:00 - 9:00	Check-in (HKUST Hall V)		Site Visit to 1U Jockey Club Geronteck-X Lab	Business Model Workshop (Art hall)	Pitching Workshop (Art hall)	Team Working Time (Art hall)	Check-out (HKUST Hall V)	
09:00-09:30		Welcoming (Art hall)				Team Working Time (Art hall)		Team Working Time (Art hall)
09:30-10:00				Ice-breaking Activity & Groupings (Art hall)				
10:00-10:30								
10:30-11:00								
11:00-11:30								
11:30-12:00								
12:00-12:30								
12:30-13:00		Welcome Lunch (Art hall)	Lunch (Art hall)	Lunch	Lunch	Lunch (Art Hall)		
13:00-13:30								
13:30-14:00								
14:00-14:30		Introduction of Entrepreneurship and HK Startup Ecosystem (Art hall)	Define Your Need Statement (Art hall)	Startup Simulator (Art hall)	Startups sharing and Mentoring (Art hall)	Visit to HKSTP		
14:30-15:00		Design Thinking Workshop (Art hall)						Ideate and Prototype Your Solutions (Art hall)
15:00-15:30			HKCS Sharing (Art Hall)		Team Working Time (Art hall)			
15:30-16:00								
16:00-16:30								
16:30-17:00								
17:00-17:30								
17:30-18:00	Healthcare innovation overview (Art hall)	Team Working Time (Art hall)	Team Working Time (Art hall)					
18:00-21:30						Dinner @ Ferry		

The above table shows the program schedule, which consists of a 7-day schedule, including workshops, site visits, and networking events. Because the program combined the HKUST Entrepreneurship Bootcamp and the ASPIRE Forum 2025 Student Workshop, it included a significant emphasis on entrepreneurship. It aims to provide a comprehensive introduction of the entrepreneurship ecosystem in Hong Kong.

We had the opportunity to learn from industry experts and successful entrepreneurs who shared their experiences and insights on starting and growing businesses. We learned about the latest developments in innovation and technology in Hong Kong and gained valuable insights into the entrepreneurship ecosystem. Through the program, we also put our learning into work.

 <p style="text-align: center;">Lecture</p>	 <p style="text-align: center;">Lecture</p>
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Site visit



Start-up simulation game



Final presentation



Award



HKUST campus view



Victoria Harbour view

④ 留学を終えて、自分自身の成長を実感したエピソード

Episode in which you experienced personal growth or development

他国の学生等との交流、海外における勉学・研究等の学校生活や日常生活を経験して、自身の成長を実感したことと思います。留学前に立てていた目標に対する達成度や苦労話など、何でも結構ですので、自身の成長を実感した中で一番記憶に残っているエピソードを記入して下さい。

Indicate the episode in which you most strongly felt your personal growth, i.e., through study, research, cross-cultural experiences, activities, daily life and so on.

My greatest takeaway from this workshop was developing an entrepreneurial mindset. Each team was required to propose an innovative product and deliver a pitch. As engineering

students, we initially focused too heavily on technical features and functionality, neglecting the marketing side. Fortunately, our team was composed of students from different countries and disciplines, including a Hong Kong part-time MBA student. By approaching the presentation from multiple perspectives, we refined it so that our product was supported not only by solid technology but also by well-considered commercial and market strategies. In the end, we earned the Silver Award.

⑤ 留学費用

Study abroad expenses

渡航費、生活費、住居費、保険料、奨学金の有無など。

Indicate travel expenses, living expenses, accommodation fees, insurance fees, and whether or not you received a scholarship, etc.

Expense	Amount
Flight	-50,000
Insurance	-3,000
Accommodation	/ (Covered by HKUST)
Food	/ (Covered by HKUST)
Others (Personal expenses)	-35,000
Scholarship	+90,000
Total	+2,000

⑥ 留学先での住居

Accommodation at the destination

寮の有無、申し込み方法、ルームメイト、その他。

Indicate whether or not your host university had a dormitory, the application process, reflections on your roommates, etc.

HKUST provided the dormitories, with two participants assigned to each room; both the rooms and roommates were arranged in advance.

⑦ 留学先での語学状況

Language at the destination

例えば、授業、研究には〇〇語が必須だが、生活は〇〇語を利用。留学前の TOEFL 等語学試験は、〇〇だったが、十分であった(最初の数週間は苦労した)など。

Indicate how you experienced the language environment at your destination, i.e., the language required for research activities, language(s) used in daily life, etc. and if you felt your language skills were sufficient.

The entire program was conducted in English, and English was sufficient for daily life. Since the workshop took place in Hong Kong, being able to speak Mandarin or Cantonese was definitely an added advantage.

⑧ 単位認定(互換)

Recognition of credits which you took at the university

留学中に取得した単位の認定(互換)を Science Tokyo で行ったか(行う予定か)。

Indicate if you were able to / are planning to transfer credits you earned during study abroad.

Unavailable.

⑨ 留学経験を今後、どのように活かしたいか

How do you make use of your study abroad experience in your future life?

This workshop was immensely valuable to me, above all because it underscored the importance of coupling technology with business. While deep technical exploration is essential in research, being able to package that technology and tell a compelling story is just as crucial. Looking ahead to a career in industry, I intend to draw on the design thinking, business, modeling, and pitching skills I gained here, together with my own technical expertise, to advance the practical deployment and commercialization of my research.

⑩ 留学先で困ったこと(もしあれば)

Indicate trouble or issues (if any) you experienced during study abroad

I ran into one small problem: my roommate and I both forgot to bring a power adapter, so we couldn't charge our phones or laptops. After asking around, we managed to borrow an extra adapter from another participant.

⑪ 留学を希望する後輩へアドバイス

Advice to other students

Student days fly by, so when an opportunity appears, seize it without hesitation. Every experience, good or bad, will prove useful at some point in the future.

②

報告事項

① 留学先(参加プログラムおよび受入れ機関)の概略

Overview of the program and the host university/organization abroad

I participated in the HKUST ASPIRE Entrepreneurship Bootcamp 2025, a one-week intensive international program hosted by The Hong Kong University of Science and Technology (HKUST). The bootcamp gathered students from various universities across Asia and beyond to engage in startup ideation, team building, business model development, and pitching. The program included site visits, lectures, mentoring sessions, and hands-on group projects, culminating in a final pitch judged by experts.

② 留学前の準備

Pre-departure preparation

留学情報の入手方法、専門分野・語学の準備方法、留学先の研究室に所属した場合は、留学先大学の指導教員との準備、ビザ取得方法、住居の探し方など。

How did you obtain information relevant to your study abroad, such as how to acquire a visa, how to find accommodation, how to find a host supervisor at the university, how to prepare for study abroad in terms of field of study, language study. etc.?

Information about the program was shared via Slack channel by the international division of Science Tokyo and the ASPIRE League announcements. As this was a short-term program, no visa was required for Indonesia passport holders. But if you do need a visa, please prepare it in advance and provide documents as complete as possible. Accommodation was arranged by the host university at HKUST Hall V.

To prepare myself, I reviewed basic startup development concepts in English and also familiarized myself with recent innovations in healthcare and technology, which aligned with the program theme. Moreover I also prepare a name card with my contact information and LinkedIn profile to connect with people during the program.

③ 留学中の勉学・研究

Academic activities during study abroad: courses, research, etc.

履修した授業、研究内容等についての感想。留学中に行った課外活動(観光やスポーツ等)がある場合は、併せて記入してください。

Describe your classes and research (if relevant) abroad. If you participated in any extracurricular activities, such as sightseeing, sports, etc., please describe those experiences as well.

From Day 2 to Day 6, the program at HKUST was packed with intensive workshops, lectures, group discussions, and hands-on startup building activities. The academic content was structured to simulate the entrepreneurial journey, from ideation to final pitching, in a condensed and practical format. Below is a breakdown of the academic activities:

Day 2 (July 7) – Kickoff and Design Thinking

The second day marked the official start of the program. We were welcomed with an opening ceremony and participated in interactive ice-breaking activities, which helped build connections among participants from various countries.

One of the key highlights was a session introducing the startup ecosystem in Hong Kong. I was especially impressed by how robust and well-supported the ecosystem is, not only by private sectors but also by the Hong Kong government. At HKUST, the entrepreneurial spirit is integrated into the entire university culture, not limited to business or economics students, but open to students from all disciplines. We learned that several unicorn startups have originated from HKUST, and that the university actively invests significant resources each year to support student-led innovation through competitions, incubation programs, and funding opportunities. And I also amazed that all the programs are in English, so it also push the student to use English as well.

In the afternoon, we participated in a Design Thinking Workshop, where we learned how to approach problem-solving from a user-centered perspective. This session introduced us to methods for empathizing with users, defining problem statements, and ideating potential solutions, forming the foundation for our team projects.

Day 3 (July 8) – Field Visit and Ideation

We visited the Lingnan University Jockey Club Gerontech-X Lab, where we observed real-life applications of assistive technologies and elder care solutions. This exposure helped us identify pressing issues related to elderly, which was one of the program's target focus areas.

In the afternoon, we were divided into international teams. Our team members came from Hong Kong, Singapore, Korea, Japan, China, and the Netherlands. We discussed various societal issues related to elderly and children and decided to focus on elderly care. I proposed the idea of a smart insole that detects early signs of dementia based on gait analysis, and I was honored when the team chose to develop this idea further.

Day 4 (July 9) – Business Model Development & Simulation

We attended a Business Model Workshop, where we learned to structure our ideas using tools

like the Business Model Canvas and value proposition frameworks. This helped us define our product features, customer segments, key partners, and revenue streams.

In the afternoon, we participated in a Startup Simulation Game, where we practiced strategic decision-making as startup founders, simulating scenarios around funding, hiring, and product development under constraints.

Day 5 (July 10) – ASPIRE League Forum & Mentoring

On Day 5, we attended the ASPIRE League Forum, a key highlight of the program. During this session, professors from member universities of the ASPIRE League gave insightful talks about their institutions and shared current research activities in diverse fields, including science, engineering, and innovation. I gained a deeper understanding of the academic strengths and research directions of top universities in the ASPIRE League. It was a valuable opportunity to not only learn about cutting-edge research but also explore potential collaboration and study opportunities in the future.

In the afternoon, we moved into the mentoring session, where our team received direct feedback from startup mentors, university faculty, and business professionals. They helped us refine our business model, improve the clarity of our problem-solution statement, and strengthen our pitch narrative. Their suggestions were highly practical and motivating.

After the mentoring, our team dedicated the rest of the day to polishing our presentation and finalizing our pitch deck. I continued supporting the team as a coordinator, helping assign roles and ensure smooth collaboration. It was a challenging day, but the guidance from the mentors and the support of my team made it incredibly productive and rewarding.

Day 6 (July 11) – Final Pitch & Site Visit

The final day of academic activities was the final pitch presentation. Our team presented our solution, a smart insole designed to detect early signs of dementia in elderly individuals and promote independence and social engagement, to a panel of judges consisting of professors. We were thrilled to be awarded the Silver Award, a recognition that validated our innovation, teamwork, and determination throughout the week.

In the afternoon, we visited the Hong Kong Science and Technology Parks (HKSTP), one of the leading innovation hubs in the region. The moment I arrived, I was struck by how huge and sophisticated the building was, it truly embodied the spirit of innovation. The startup atmosphere was palpable, with dynamic spaces designed to foster creativity, collaboration, and growth. One of the most memorable aspects was the sea view from the building, which created a refreshing and inspiring environment that made me imagine what it would be like to work there. The visit

provided an in-depth look into how startups in Hong Kong are supported through infrastructure, mentorship, funding programs, and incubation. It helped us connect the lessons from our workshops to real-world entrepreneurial pathways and deepened my motivation to one day see my own startup thrive in a similarly vibrant ecosystem.

To close the program, we were treated to a farewell dinner by the ferry, overlooking the stunning Hong Kong skyline. This was one of the most memorable and heartwarming parts of the program. During the dinner, I had the chance to chat with several speakers, including Professor Steve Ahn, who generously shared insights from his entrepreneurial and academic journey. We also connected afterward, which I truly appreciate. Engaging with speakers in an informal setting allowed me to ask questions, receive encouragement, and better understand how to navigate both the academic and startup worlds.

BONUS

Day 7 - The unexpected day

At the last day staying in Hong Kong, I had another memorable experience when one of my teammates from Hong Kong invited me to join a diffuser-making workshop at her store. Together with Ana, my friend from Science Tokyo, we spent time blending different fragrance oils to create our own personalized diffuser. It was my first time doing this kind of activity, and I truly enjoyed the creative process of mixing various scents into a fragrance that felt uniquely mine. Beyond just a fun experience, it was a warm and meaningful way to close the program, deepening our friendships and creating memories that I will always cherish. Participating in this program not only expanded my knowledge but also strengthened my passion and motivation to pursue my startup journey with even more heart and purpose.

④ 留学を終えて、自分自身の成長を実感したエピソード

Episode in which you experienced personal growth or development

他国の学生等との交流、海外における勉学・研究等の学校生活や日常生活を経験して、自身の成長を実感したことと思います。留学前に立てていた目標に対する達成度や苦労話など、何でも結構ですので、自身の成長を実感した中で一番記憶に残っているエピソードを記入して下さい。

Indicate the episode in which you most strongly felt your personal growth, i.e., through study, research, cross-cultural experiences, activities, daily life and so on.

For me it is a bit hard to choose because I felt that each episode has lessons to be learned. But the most exciting experience is when working a diverse team with different ideas and cultural backgrounds. At first, it was challenging to reach a consensus, but I learned to listen actively, ensure everyone felt heard, and encourage quieter teammates to speak up. Through this

experience, I realized that leadership is not about control, but about facilitating collaboration and empowering others. It was especially meaningful that my idea was chosen and recognized with an award, which boosted my confidence as a future entrepreneur.

⑤ 留学費用

Study abroad expenses

渡航費、生活費、住居費、保険料、奨学金の有無など。

Indicate travel expenses, living expenses, accommodation fees, insurance fees, and whether or not you received a scholarship, etc.

Travel expenses: Flight ticket were booked by myself (JPY 47.000 two-way) and local transport(around JPY 8.000)

Accommodation: Provided by the host institution (HKUST)

Daily expenses: Paid personally (personal things, transportation, etc.)

Insurance: Bought after filling and submitting Study Abroad and Overseas Travel in RakRak

Scholarship: Yes. I received support through the Science Tokyo Fund Scholarship

⑥ 留学先での住居

Accommodation at the destination

寮の有無、申し込み方法、ルームメイト、その他。

Indicate whether or not your host university had a dormitory, the application process, reflections on your roommates, etc.

I stayed at HKUST Hall V, a student dormitory arranged by the host university. The accommodation was relatively convenient and comfortable. I shared the space with other program participants, which enhanced the bonding experience and allowed for late-night teamwork and cultural exchange.

⑦ 留学先での語学状況

Language at the destination

例えば、授業、研究には○○語が必須だが、生活は○○語を利用。留学前の TOEFL 等語学試験は、○○だったが、十分であった(最初の数週間は苦労した)など。

Indicate how you experienced the language environment at your destination, i.e., the language required for research activities, language(s) used in daily life, etc. and if you felt your language skills were sufficient.

The entire program was conducted in English, including all workshops, team activities, and final presentations. English was also used for daily communication among participants. While I felt mostly confident with my language skills, I did face some challenges during ordering food (but I am so glad that I have local student as my room-mate and team-mate). However, the experience significantly improved my confidence in using English for professional collaboration.

⑧ 単位認定(互換)

Recognition of credits which you took at the university

留学中に取得した単位の認定(互換)を Science Tokyo で行ったか(行う予定か)。

Indicate if you were able to / are planning to transfer credits you earned during study abroad.

As the program was non-credit, no academic credits were transferred to my current degree program.

⑨ 留学経験を今後、どのように活かしたいか

How do you make use of your study abroad experience in your future life?

This experience has greatly reinforced my passion for innovation and problem-solving. I plan to apply what I learned to further develop my MikroMama platform, a social-impact startup focusing on gut microbiome awareness and health among Indonesian families. The program gave me clarity on how to turn ideas into action, and the international exposure helped me understand how to build solutions with global relevance.

⑩ 留学先で困ったこと(もしあれば)

Indicate trouble or issues (if any) you experienced during study abroad

There were no major issues during the program. However, the fast pace and tight schedule were sometimes exhausting. Balancing teamwork, workshops, and preparation for the pitch within a few days was challenging, but ultimately rewarding.

⑪ 留学を希望する後輩へアドバイス

Advice to other students

If you are considering a short-term study abroad program like this one, I wholeheartedly encourage you to step out of your comfort zone. Say yes to new challenges. Be open to collaborating with people from different countries and backgrounds, and don not hesitate to share

your ideas, even if you feel unsure at first. You will be surprised at how much you can grow when you allow yourself to try, speak up, and contribute. Programs like these are not just about academic learning; they are also powerful opportunities to build confidence, leadership skills, global friendships, and real-world insight.

To make the most of the experience, I recommend reviewing some basic knowledge related to your field, and practicing communication in English, especially if you are not used to discussing ideas in a group setting. But most importantly, and this is my personal tip, **empty your glass in each session**. Go into every workshop, lecture, or discussion with an open heart and an open mind. No matter your background or how much you think you already know, you will always learn something new if you allow yourself to truly listen.

And do not be afraid to ask questions. Whether it is during a lecture, a mentoring session, or even over dinner, engaging with the speakers, professors, and peers will enrich your experience and create lasting connections. Some of the most meaningful moments during my time in the program began with a simple question. One of the most touching parts of my experience was receiving a heartwarming letter from a friend from Hong Kong, who told me she felt inspired by how I always had the courage to ask questions openly. That message reminded me that sometimes, just by being brave and curious, we can encourage others to do the same.

Be curious, be humble, and most of all - enjoy the journey!

Glimpse of the memories



Above: Learning from the expert speakers.



Above: The day of site visit to LU Jockey Club Gerontech-X Lab. I tried a device which can detect physical and emotional health.



Above: Visit to the Hong Kong Science and Technology Parks (HKSTP)



Above: The pitching day. My team got Silver Award for the startup idea and pitch.



Above: Enjoying our moments on the ferry.



Above: My teammate, Marina, invited me to join a diffuser making workshop. I asked Ana to also join me. We had a fantastic experience before leaving Hong Kong!

③

報告事項

① 留学先(参加プログラムおよび受入れ機関)の概略

Overview of the program and the host university/organization abroad

The ASPIRE Workshop 2025 was held at the Hong Kong University of Science and Technology (HKUST), and combined an intensive entrepreneurship bootcamp with academic discussions under the theme “Advancing Health and Medicine through AI & Technology.” This year’s program brought together students not only from ASPIRE League member universities but also from TU Delft, AEARU (Association of East Asian Research Universities), and AUA (Asian Universities Alliance). The diversity of participating institutions enriched the experience, allowing for a wide range of perspectives and interdisciplinary collaboration.

The program was designed to encourage interdisciplinary learning, cultural exchange, and collaborative problem-solving. Most of the activities helped participants understand the startup process, from ideation to pitching. Throughout the week, I participated in various activities including workshops, group discussions, student presentations, keynote lectures from academic experts, and a site visit. HKUST, as the host university, provided an excellent environment to explore both entrepreneurial and academic insights, as well as real-world innovation.



Picture 1. The participants

② 留学前の準備

Pre-departure preparation

留学情報の入手方法、専門分野・語学の準備方法、留学先の研究室に所属した場合は、留学先大学の指導教員との準備、ビザ取得方法、住居の探し方など。

How did you obtain information relevant to your study abroad, such as how to acquire a visa, how to find accommodation, how to find a host supervisor at the university, how to prepare for study abroad in terms of field of study, language study, etc.?

I obtained most of the information related to the program through official emails and the Science Tokyo website. Regarding the visa, as an Indonesian passport holder, I did not need to apply for a visa to enter Hong Kong, which made the travel process simpler.

The administrative staff at Science Tokyo also provided helpful support. They shared important

updates through Slack, and we submitted the required documents using the RakrakWFII system. In addition, a WhatsApp group managed by HKUST staff was created for all participants. This group was very useful for sharing practical information, such as airport pickup times, directions to HKUST from the airport, and preparation tips before departure.

For travel arrangements, I booked my airplane ticket by myself and also purchased overseas travel insurance as instructed.

③ 留学中の勉学・研究

Academic activities during study abroad: courses, research, etc.

履修した授業、研究内容等についての感想。留学中に行った課外活動（観光やスポーツ等）がある場合は、併せて記入してください。

Describe your classes and research (if relevant) abroad. If you participated in any extracurricular activities, such as sightseeing, sports, etc., please describe those experiences as well.

During the program, I did not attend formal courses, but I participated in a week-long program combining entrepreneurship bootcamp and academic sessions under the theme “Advancing Health and Medicine through AI & Technology.” The program began with an introductory workshop and group formation. From the first day, we started daily group discussions where we collaborated with students from different academic and cultural backgrounds.



Picture 2. My teammates during group discussions

On the second day, we visited Lingnan University and learned about gerontechnology, which inspired us to think about real-world healthcare needs for the elderly.



Picture 3. Gerontechnology

Following that, we joined a series of workshops including design thinking, business model

creation, startup simulation, and pitching practice. We even learned about entrepreneurship through interactive business games, which made the learning process fun and engaging. One of the key components was developing a user-centered solution for a healthcare problem. My team focused on creating a technology and AI-based solution to support people with dementia. This process helped me build skills in critical thinking, interdisciplinary collaboration, and communication.

On the fourth day, we attended the ASPIRE Forum, where professors and researchers presented their work in the fields of health, medicine, and AI. It was inspiring to see how academic research connects to practical innovation, and it made me reflect on how my materials engineering background could also contribute to such fields.



Picture 4. ASPIRE Forum 2025

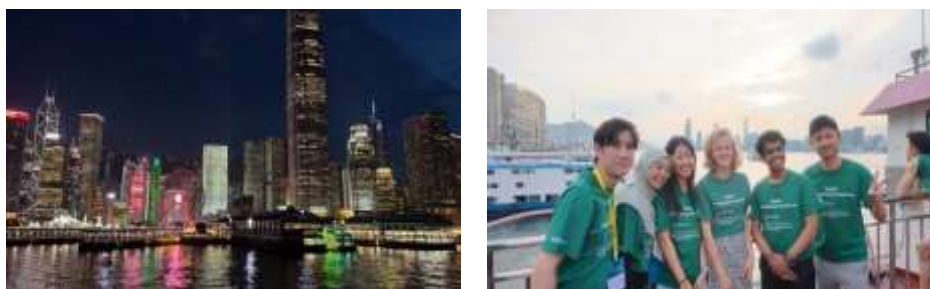
On the final day, we gave our group presentations, pitching our startup idea to a panel. In the afternoon, we visited innovation labs and startup hubs in Hong Kong, which gave me a closer look at how advanced technology and entrepreneurship are evolving in the region, especially in the healthcare sector.



Picture 5. Group presentation and Science Tokyo representatives

As part of extracurricular activities, this was my first time visiting Hong Kong, and I enjoyed exploring the city. I also had a meaningful cultural exchange with my roommate from the

Netherlands. We often talked about life and education in Japan, Indonesia, and the Netherlands. The program ended with a dinner on a ferry, enjoying the beautiful night view of the Hong Kong skyline, an unforgettable way to close the program.



Picture 6. Dinner on a ferry

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Episode in which you experienced personal growth or development

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Indicate the episode in which you most strongly felt your personal growth, i.e., through study, research, cross-cultural experiences, activities, daily life and so on.

The most memorable moment of personal growth was during the group project. My team members came from different fields: business, computer science, and life sciences, and I learned to work beyond my comfort zone. We were also from different countries and cultures, including Hong Kong, Korea, the Netherlands, India, Singapore, and Indonesia. Working with people from such diverse academic and cultural backgrounds challenged me to adapt my communication style, be more open-minded, and consider different ways of thinking. As a materials engineering student, I'm used to working on lab-based research, but in this program, I had to develop ideas quickly, contribute actively in group discussions, and help turn abstract concepts into a startup proposal. This experience greatly improved my confidence in communication and teamwork, and made me realize the true value of interdisciplinary and cross-cultural collaboration.

⑤ 留学費用

Study abroad expenses

渡航費、生活費、住居費、保険料、奨学金の有無など。

Indicate travel expenses, living expenses, accommodation fees, insurance fees, and whether or not you received a scholarship, etc.

For this program, I booked a round-trip flight with HK Express, which cost approximately 45,000 yen. I also purchased travel insurance for about 3,000 yen and an eSIM for internet access,

which cost 1,000 yen.

Accommodation was provided free of charge by HKUST, as participants stayed in on-campus dormitories. Meals (breakfast, lunch, and dinner) were also fully covered by the host university throughout the program.

Although the program offered free transportation between the airport and HKUST, I arranged my own travel. My total personal expenses, including local transportation within the city, meals outside HKUST, and souvenirs, came to approximately 15,000 yen.

I was awarded the Science Tokyo Fund Scholarship, which covers 90,000 yen and will be received after the program.

⑥ 留学先での住居

Accommodation at the destination

寮の有無、申し込み方法、ルームメイト、その他。

Indicate whether or not your host university had a dormitory, the application process, reflections on your roommates, etc.

HKUST arranged on-campus dormitory accommodation (Hall V). The room was shared, and my roommate was a student from the Netherlands. We had many conversations about school and life in different countries. Staying in the dorm made it easier to interact with other participants and adjust quickly to the new environment. No application was needed, housing was arranged directly through the program.

⑦ 留学先での語学状況

Language at the destination

例えば、授業、研究には〇〇語が必須だが、生活は〇〇語を利用。留学前の TOEFL 等語学試験は、〇〇だったが、十分であった(最初の数週間は苦労した)など。

Indicate how you experienced the language environment at your destination, i.e., the language required for research activities, language(s) used in daily life, etc. and if you felt your language skills were sufficient.

The entire program was conducted in English, including all workshops, lectures, and group discussions. Daily communication with participants and staff was also in English.

⑧ 単位認定(互換)

Recognition of credits which you took at the university

留学中に取得した単位の認定(互換)を Science Tokyo で行ったか(行う予定か)。

Indicate if you were able to / are planning to transfer credits you earned during study abroad.

None.

⑨ 留学経験を今後、どのように活かしたいか

How do you make use of your study abroad experience in your future life?

This experience taught me the value of working across disciplines and cultures. I hope to apply this in future research collaborations, especially in projects that combine materials science with health and sustainability. I also want to be more active in international and interdisciplinary programs, and to encourage collaboration between researchers from different backgrounds

⑩ 留学先で困ったこと(もしあれば)

Indicate trouble or issues (if any) you experienced during study abroad

One small challenge I faced was finding halal food during the program. However, the organizers were very considerate and provided vegetarian meals, which helped accommodate my dietary needs. I appreciated their support and flexibility throughout the program

⑪ 留学を希望する後輩へアドバイス

Advice to other students

Don't hesitate to join even if the program is outside your field. I joined as a materials engineering student, and I still learned a lot about health, technology, and entrepreneurship. Be open to new experiences and conversations, you can learn as much from your peers as from the lectures. Also, prepare well before departure by joining the group chats, reading the materials, and being ready to step out of your comfort zone.

④

報告事項

① 留学先(参加プログラムおよび受入れ機関)の概略

Overview of the program and the host university/organization abroad

ASPIRE FORUM 2025 Student Workshop was a part of The HKUST Entrepreneurship Bootcamp 2025, which was held from July 6 to July 12, 2025. The program gathered students from different universities and programs and aimed to provide a comprehensive introduction to the entrepreneurship ecosystem in Hong Kong.

Over the course of seven days, participants engaged in workshops, site visits, and networking events, offering hands-on exposure to real-world innovation and startup culture. They had the opportunity to learn directly from industry experts and successful entrepreneurs, who shared their experiences and insights on launching and scaling businesses in Hong Kong. The bootcamp also highlighted the latest developments in technology and innovation, providing valuable perspectives on the dynamic entrepreneurial landscape. By the end of the program, participants had gained in-depth knowledge and had the chance to apply their learning in practical settings.

In addition to the Entrepreneurship Bootcamp, ASPIRE students also participated in the ASPIRE FORUM, a symposium jointly organized by several universities to share research and collaborative activities. The theme of the forum was "Advancing Health & Medicine through AI & Technology." Students had the opportunity to present group projects with professors and received insightful feedback.

② 留学前の準備

Pre-departure preparation

留学情報の入手方法、専門分野・語学の準備方法、留学先の研究室に所属した場合は、留学先大学の指導教員との準備、ビザ取得方法、住居の探し方など。

How did you obtain information relevant to your study abroad, such as how to acquire a visa, how to find accommodation, how to find a host supervisor at the university, how to prepare for study abroad in terms of field of study, language study. etc.?

I learned about this program through an email call for participants. The email provided detailed information about the program, including experiences shared by past participants. I found the program interesting and closely related to my research, so I decided to apply.

As I am a Thai citizen and the destination was Hong Kong for a short visit, no visa was required in my case. Accommodation was arranged by the host university, HKUST. However, we were responsible for booking and managing our own flights.

This program was organized in a camp-style format, so there were no requirements to find a supervisor, prepare a specific field of study, or meet language qualifications. However, there was limited information provided on what to prepare for the stay, for example, power adapters, toiletries, personal items, cash cards, and transportation cards. These should be arranged in advance, as the accommodation was in dormitories and the university store had a limited supply of such items.

For those who wish to explore the city, it is also recommended to research country-specific information such as maps, payment methods, useful apps, internet access, locker services, and more.

③ 留学中の勉学・研究

Academic activities during study abroad: courses, research, etc.

履修した授業、研究内容等についての感想。留学中に行った課外活動（観光やスポーツ等）がある場合は、併せて記入してください。

Describe your classes and research (if relevant) abroad. If you participated in any extracurricular activities, such as sightseeing, sports, etc., please describe those experiences as well.

The HKUST Entrepreneurship Bootcamp 2025 offered an intensive, hands-on experience for students interested in innovation, startups, and entrepreneurship. The 7-day camp-style program combined workshops, mentorship, team activities, and real-world exposure to the Hong Kong startup ecosystem.

Day 1 (6 July):

- Arrival and check-in at HKUST
- Campus tour to see the essential locations around campus

Day 2 (7 July):

- Official welcoming session and ice-breaking activities
- Team groupings and a welcome lunch
- Introduction to entrepreneurship and the HK startup ecosystem, Design Thinking Workshop, HK Christian Service (HKCS), and Healthcare innovation overview

Day 3 (8 July):

- Site visit to the LU Jockey Club Gerontech-X Lab
- Learn design thinking with defining need statement and prototyping solutions
- Team working time

Day 4 (9 July):

- Business Model Workshop using business model canvas
- Startup simulator game: BattMan from Lumis Games to understand how to manage startup company
- Team working time

Day 5 (10 July):

- For ASPIRE students, attending ASPIRE Forum 2025 symposium
- Mentorship and startup sharing from health tech startups (DBT Technology Limited and Gense Technology Limited)
- Team working time

Day 6 (11 July):

- Team Presentation & Award Ceremony to showcase participants' efforts
- Site visit at Hong Kong Science and Technology Park (HKSTP)
- Evening dinner at the ferry, offering a networking and cultural experience

- Sightseeing at The Peak and Tram

Day 7 (12 July):

- Check-out and program conclusion
- Sightseeing at Hong Kong Central

④ 留学を終えて、自分自身の成長を実感したエピソード

Episode in which you experienced personal growth or development

他国の学生等との交流、海外における勉学・研究等の学校生活や日常生活を経験して、自身の成長を実感したことと思います。留学前に立てていた目標に対する達成度や苦労話など、何でも結構ですので、自身の成長を実感した中で一番記憶に残っているエピソードを記入して下さい。

Indicate the episode in which you most strongly felt your personal growth, i.e., through study, research, cross-cultural experiences, activities, daily life and so on.

Throughout the program, I learned many valuable things, especially about entrepreneurship and the skills required to start a business. One of the most impressive parts was gaining insight into the entrepreneurship and startup ecosystem in Hong Kong. I deeply appreciated how the Hong Kong government actively encourages and promotes technological and innovative development, by not only through funding support, but also by providing a well-equipped environment with excellent facilities, professionals, and knowledge resources, such as HKSTP. I was particularly inspired by successful Hong Kong-based startups, such as DJI, which exemplify what is possible through innovation and determination.

Through group work, I improved my communication and leadership skills, especially while collaborating with team members from different countries. This cross-cultural teamwork allowed me to learn about different cultures, embrace new perspectives, and develop a global mindset. I also had the opportunity to share my own knowledge and experiences, which I believe contributed positively to our team collaboration.

Beyond the academic and professional aspects, I grew personally by adapting to a new country and environment. I learned some Cantonese and practiced decision-making.

In the end, this program inspired me to pursue research and work that can make a meaningful impact on society. It strengthened my motivation to create innovations that contribute to the world.

⑤ 留学費用

Study abroad expenses

渡航費、生活費、住居費、保険料、奨学金の有無など。

Indicate travel expenses, living expenses, accommodation fees, insurance fees, and whether or not you received a scholarship, etc.

Expenses and scholarship:

Expenses

• Air Tickets	41,450 JPY	
• Travel Sim Card	1,430 JPY	
• E-payment	1,620 JPY	
• Insurance	2,290 JPY	
• Expense in HK	24,000 JPY	(1306.1 HKD)
• Total	70,900 JPY	

Scholarship received

• Total	90,000 JPY
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Note:

• Accommodation	Free	
• Most of meals	Free	(coupon of 40/60 HKD)

⑥ 留学先での住居

Accommodation at the destination

寮の有無、申し込み方法、ルームメイト、その他。

Indicate whether or not your host university had a dormitory, the application process, reflections on your roommates, etc.

HKUST provided dormitory accommodation for all participants without the requirement for reservation. Each room is for two students from different countries; my roommate was a Chinese student from Tsinghua University, China Mainland. The beds were in a bunk-bed style, and the toilet and bathroom were shared with neighbors outside the room. We stayed together without any issues.

⑦ 留学先での語学状況

Language at the destination

例えば、授業、研究には〇〇語が必須だが、生活は〇〇語を利用。留学前の TOEFL 等語学試験は、〇〇だったが、十分であった(最初の数週間は苦労した)など。

Indicate how you experienced the language environment at your destination, i.e., the language required for research activities, language(s) used in daily life, etc. and if you felt your language skills were sufficient.

English was used as the primary language for all activities in the program. Although we came from different countries, all students communicated effectively in English. During sightseeing and other activities outside the program, most people in Hong Kong speak Cantonese. However, many locals also understood English quite well, so we were able to communicate using simple English without much difficulty.

⑧ 単位認定(互換)

Recognition of credits which you took at the university

留学中に取得した単位の認定(互換)を Science Tokyo で行ったか(行う予定か)。

Indicate if you were able to / are planning to transfer credits you earned during study abroad.

No credit for this participation.

⑨ 留学経験を今後、どのように活かしたいか

How do you make use of your study abroad experience in your future life?

Through this program, I learned many valuable lessons about entrepreneurship and healthcare technology. It gave me a deeper understanding of the current situation and broadened my perspective on the business and innovation. I was particularly inspired by the innovative technologies from Hong Kong which are related to my current research in AI for bio/cheminformatics. As I am also passionate about healthcare and medicine, this program opened up new opportunities for me by connecting me with valuable resources, networks, and international students. I made relationships with many friends from around the world, and we want to stay in touch and explore future opportunities together. This experience strengthened my motivation to advance AI technology in the healthcare and medical fields in Japan and Thailand as well.

⑩ 留学先で困ったこと(もしあれば)

Indicate trouble or issues (if any) you experienced during study abroad

There were only a few issues with the program. Firstly, there was not much information provided by the organizers before the program began. As a result, I was not well prepared in terms of personal items to bring, such as power adapters, toiletries, and an Octopus card. Many other participants also faced the same issue. Additionally, the weather in Hong Kong at that time was very hot, so bringing a portable fan or water bottle would have been helpful. It would be great to have some online orientation from organizer before the program.

⑪ 留学を希望する後輩へアドバイス

Advice to other students

- Prepare both cash and card with enough money
- Confirm the organizers what should prepare and what are available for staying before departure e.g. adapter, clothing, toiletries, etc.
- Get to know many people and exchange some contacts
- Explore sightseeing with friends or by yourself with safety

Photographs



Other references: <https://ec.hkust.edu.hk/news/hkust-entrepreneurship-bootcamp-2025-global-innovation-experience>