



From Nepal to Tokyo: My Story as an ADB JSP Scholar at Tokyo Tech

I vividly remember August 9, 2022—the day I received the email from ADB JSP confirming my selection. It was one of the best days of my life, marking the moment when my dream of pursuing a master's degree in Japan became a reality. Receiving one of the most prestigious scholarships was not only an honor but a life-changing experience.

The early days were filled with immense joy, excitement, and a sense of adventure, as well as the challenges of adapting to a new country. Everything was new—new friends, a new environment, and a new life to embrace.

One of the most remarkable aspects of my experience has been the lab culture in Japan, which has greatly enriched my campus life and educational experience. It is incredibly supportive, ensuring that international students never feel isolated. Labmates celebrate your success and stand by you during challenging times, while Japanese friends are always ready to lend a helping hand. This has made my transition smoother and more enriching than I could have imagined. Also, the help and support from ADB-JSP staff on campus made everything easier.



- ▶ During my two years as an ADB-JSP scholar at the Tokyo Institute of Technology, I not only sharpened my research skills but also had the privilege of meeting incredible people, immersing myself in new cultures, and adapting to a completely different environment. These two years at Tokyo Tech have been the most valuable in terms of knowledge, experiences gained, and broadening of my vision and thinking. Tokyo Tech has given me a new perspective on life, study and research.
- ▶ Through various programs offered by ADB-JSP, I had the chance to connect with fellow scholars from diverse universities and backgrounds. These interactions enriched my academic and personal journey, offering me insights from across the globe.



Tokyo Tech has provided me with a fresh outlook, significantly broadening my horizons in both academic and professional realms.

I will return to Nepal with a heart full of cherished memories of Japan, committed to contributing to the development of my country. Japan and ADB-JSP will always hold a special place in the deepest corner of my heart.

