

2025 Global FLP(Faculty Linkage
Program) London Internship
Activity Report

〈Instructor〉

Rie Hamaguchi: A London-based executive of a real estate and international finance consulting company.

〈Participants〉

- Takumi Saito : Department of Philosophy, Faculty of Letters.
- Taisei Ko : Department of International Economics, Faculty of Economics.
- Kim Dong-ha : Faculty of Global Management.
- Ayana Sakurai : Faculty of Global Management.

〈People Who Supported Us〉

- Mr. Shibui : Graduate of the Faculty of Global Management; first-generation Specialized Internship participant.
- Ms. Natsukawa : Graduate of the Faculty of Global Management; completed a master's degree at UCL.
- Mr. Takazawa : Exchange student at King's College London.

〈Schedule〉

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					31 Arrival	1 10:00-20:00 Internship
2 10:00-12:00 Orientation 14:00-20:00 Internship	3 10:00-15:00 Internship 19:00-21:00 Toastmasters	4 10:00-20:30 Internship	5 13:00-20:00 Internship	6 9:00-15:00 Internship	7	8 15:30-18:00 Internship
9 10:00-18:00 Internship 19:00-21:30 Toastmasters	10 10:00-21:30 Internship	11 10:00-23:00 Internship	12 10:00-18:00 Internship 19:00-21:30 Toastmasters	13 9:30-17:00 Internship	14 11:00-13:00 Internship	15
16 10:00-18:00 Internship	17 8:30-21:30 Internship	18 10:00-17:30 Internship	19 10:00-20:00 Internship	20 10:00-23:00 Internship	21	22
23 Departure						

〈Cost Overview〉

Item	UK (£)	JP (¥)	Notes
Round-trip airfare		246,590	JAL direct flight
Airbnb accommodation (23 nights)		279,000	Split among 4 people
Internship expenses	246	52,190	Event participation fees, meals, etc.
Local transportation		30,000	Bus, subway, Uber
Food (eating out)		125,000	
Total		729,780	

Calculated at approximately £1 = ¥210. This table shows the cost per person.

Sunday, February 1

- Ms. Aizawa: President of Bird Hills Golf Centre, a golf course in London.
- Mr. Terashima: CEO of TMC WORLDNETWORK LTD.
- Mr. Nobuta: Principal of the Japanese School in the UK.

Today, through an introduction from Ms. Hamaguchi, we visited Bird Hills Golf Centre, the golf course operated by Ms. Aizawa. During the visit, Ms. Hamaguchi gave us a lecture on “team effort,” through which we learned about the impact and importance of producing results as a team by making use of one another’s strengths, rather than relying solely on individual abilities.

- Facility Tour

Through the tour of the facility, we learned that new technologies, such as mobile ordering and a golf-ball retrieval machine, had been introduced to differentiate the course from other golf courses in the area.

From these initiatives, we learned the importance of continuously viewing the bigger picture, recognizing changes in the times, and continuing to take on challenges flexibly.

- Meal at the Restaurant

For lunch, we had Sunday roast, a traditional British dish. In addition to beef, turkey, and pork, mushrooms, English mustard, cranberry sauce, and other items were served buffet-style, giving us an opportunity to experience the local culture.

As it was also the first day of the internship, we ate while discussing the background to our participation and our attitude toward the weeks ahead.

Through these conversations over the meal, I came to understand how a proactive attitude toward taking on challenges and an eagerness to learn can positively influence one’s career.

- Lecture on Team Effort

Through a documentary about Shohei Ohtani and Ms. Hamaguchi’s own experiences, we learned in the lecture on team effort that teamwork is a standard in global business and indispensable for achieving significant results. Based on the lecture, we also shared the goal of acting with an awareness not only of our own achievements but also of how we can contribute to those around us.

- Discussion with the Presidents

Through the three speakers' stories, we learned about their shared perspectives on leadership and organizational management. What particularly impressed me was the idea that a leader is not someone who simply gives one-sided instructions, but rather someone who adjusts their approach according to each member's characteristics and circumstances and draws out their initiative.

They also shared the view that in an organization, rather than relying solely on hierarchical relationships, having everyone act proactively with a sense of responsibility strengthens the team as a whole.

Furthermore, we learned that there is no single correct form of leadership and that it is important to adapt one's leadership style flexibly according to the situation.



Monday, February 2

- Schedule Briefing in the Living Room

At the flat where we were staying, we shared the schedule for the three-week internship. In addition to understanding the specific activities, we were instructed on the importance of acting not as students, but with the mindset of new employees working under Ms. Hamaguchi.

There were also occasions when we were suddenly asked to give speeches, making us realize that the ability to respond flexibly is required in a real-world professional setting.

- Rotary London Club Lunch

Today's lunch was held at a Rotary London club attended by people active on the front lines of their fields, including Oxford University professors, architects, graphic designers, and doctors. Each of us was given an opportunity to interact with them, including introducing ourselves and exchanging business cards.

In the two speeches, what impressed me was not only the "content" concerning children with eye diseases, but also the "speech techniques": they maintained eye contact with each member of the audience for about 1–2 seconds, used hand gestures to add emphasis, and skillfully controlled the speed and tempo of their speech.

During the Q&A, there was a moment when we experienced firsthand the earlier lesson that "if you are still thinking, it is already too late," and we felt the importance of acting quickly. We were also given a special opportunity to ask questions and gained diverse perspectives on social contribution, including participating in programs that teach children at schools in Africa and India as an ordinary student rather than a millionaire.

When taking photos, greeting people, and exchanging business cards with those at the venue, I received much encouragement through advice in response to my questions, such as "That was a good question" and "It is enough to start with small actions that help people close to you. There is no need to make it more complicated than that."

- Feedback Meeting at City Livery Club

Ms. Hamaguchi pointed out the importance of proactiveness and speed of action. I once again recognized the importance of acting first rather than hesitating when an opportunity presents itself.

I also identified as a challenge the need to organize the key points of my ideas and communicate them concisely.

Furthermore, from the discussion that personal value, rather than one's title, is emphasized in business settings, I learned the importance of building high-quality relationships within the limited opportunities we have to meet people.

- Wine Tasting Networking

At the wine tasting, I was able to encounter diverse values and experiences through interacting with participants and listening to speeches.

Ms. Hamaguchi also taught us basic etiquette for formal occasions, including the manners of saying goodbye when leaving, such as warmly telling the host, “I had a great time today. Let’s meet again.”

Tuesday, February 3

- Morning Meeting

We held a meeting and lunch at a café within the IoD, to which Ms. Hamaguchi belongs. It is a place where approximately 20,000 business owners are members, and being able to spend time in a space that is normally restricted to outsiders was itself a valuable experience.

- Toastmasters

Toastmasters is a nonprofit organization with branches around the world that teaches public speaking and leadership, and its events consist of two parts: prepared speeches and table topics (impromptu speeches).

In the session where we were given random, impromptu topics and asked to speak for 1–2 minutes, I realized that speakers need strong expressive and organizational skills. I was particularly impressed by the confidence with which people communicated even within a limited amount of time, and I felt that I needed to develop the ability to speak up without hesitation in any situation.



Wednesday, February 4

- Mr.Neville Smith: Has a British father and Japanese mother. A nomadic entrepreneur who travels around the world and is a mentee of Ms. Hamaguchi.
- Mr.Abz: Neville's mentee and a student at the University of Westminster.
- Ms.Ai Shimohama: Works in Investor Relations (IR), connecting newly listed Japanese companies with European investors.
- Mr.Andrew Lambert: *Institute of Directors* International Trade Group Chairman.

That morning, Ms. Hamaguchi contacted us to inform us that the meeting time had been changed from 10:00 to 10:30.

She later explained that, in line with her philosophy, she had contacted us in the morning because she did not want to keep the participants waiting, even though we were only internship students.

- Mr.Neville Smith's Talk

He said that his interest in business from an early age led him to start online sales at a time when no one else had yet attempted it. While still a student, he handled everything from

sourcing to sales himself and achieved a high profit margin. Based on that experience, he spoke about “the importance of words that move customers” and “the ability to identify what is selling now through market research.” His message, “Life is limited. Believe in yourself, make the impossible possible, and live your dream now!” left a particularly strong impression on me.



- Mr.Abz's Talk on AI

He is engaged in practical projects using AI tools and told us how to use the latest AI tools, such as HeyGen and NotebookLM. Despite being our age, his confidence in presenting on a field he was interested in motivated us as well.

- Lunch

We all had lunch with Mr.Neville and Mr.Abz. During the Q&A session at lunch, I asked one person too many questions, leaving too little time for them to eat. From this incident, Ms. Hamaguchi pointed out the importance of being aware of the people around us.

- Ms.Ai Shimohama's Talk

She told us that she began her career as a sports photographer, worked in a variety of professions, and eventually moved into her current career in IR.

In her talk, she emphasized the importance of “building relationships of trust,” explaining that small efforts accumulated day by day create trust. She also said that being able to understand and communicate one’s cultural roots can be a strength in international settings, and we felt that we too wanted to become able to express ourselves through Japanese culture.



- Mr. Andrew Lambert's Talk

In the limited time before the event began, he spoke about the importance of trust in business, saying that “trade is built on trust rather than price.” As he posed various questions to the students, he advised us to “have the courage to say YES at an early stage,” which I would like to keep in mind.



- IoD Networking Event

We were given an opportunity to interact with business owners belonging to the IoD, and each of us approached and spoke with a variety of people. They shared the visions they were pursuing and the social issues they wanted to solve, which helped us gain a clearer understanding of business in the UK.

- Feedback Meeting

Since everyone was tired from the consecutive activities each day since arriving in London, we held the meeting early and then finished for the day. It was a day when we were able to experience the breadth of Ms. Hamaguchi's network and how busy an executive's work can be. Rather than avoiding conversations with students, British business leaders spoke to us about business as equals and shared the visions they held as executives. This was an important lesson for us as we prepare to enter the working world.

Thursday, February 5

- Ms.Louise: Born in Hong Kong and living in London. Has experience working for international trading and digital marketing companies.
- Ms.Lon: A graphic designer from Hong Kong living in London.

Today, with the cooperation of Mr.Sha Ahmad from the King's College administration, Mr.Shibui, Ms.Natsukawa, Mr.Takazawa, and many others, we were able to use a campus at King's College London and hear talks about life from Ms.Lon and Ms.Louise.

- Ms.Louise

From her experience working in both trading and marketing, she taught us the importance of having different perspectives in each field. Looking back on her life, she also taught us the importance of being open-minded, taking on new challenges, and viewing things from a positive perspective.



- Ms.Lon

She taught us that, in life, it is important for both sides to consciously pursue win-win-win relationships and to live with passion. She also explained that careers and lives do not necessarily unfold according to the plans we initially draw, but are continually updated through learning. This was an insightful idea for us as we build our careers.



- Tate Modern Museum

The museum of modern and contemporary art along the River Thames opened in 2000 and displays works by artists such as Picasso and Dalí. Since most of the interns do not usually visit modern art museums, the various exhibits felt fresh and unfamiliar. As Ms.Lon explained the works, we also learned about the freedom of modern art: one may focus closely on even a single work that captures their attention, and if nothing appeals to them, they are free to move on to the next work.

- Dinner and Feedback Meeting

While having dinner at a tonkotsu ramen restaurant that Ms.Louise had reserved, we reflected on our individual actions that day. We shared the importance of valuing passion even in small things, not comparing ourselves with others, and being honest enough to show our true selves to those around us.

Friday, February 6

- IoD Leaders Meeting

At the flat where we were staying, we had the opportunity to observe Ms. Hamaguchi's meeting together with Ms.Natsukawa.

Through this observation, I strongly felt that the weight of responsibility for plans and matters discussed in a meeting was clearly different from that in a student setting.

I also experienced the difference that professional experience makes in the ability to listen deeply to others while naturally speaking up when one has an opinion. It was a valuable experience that made me think deeply once again about how communication should work not merely as discussion, but as a means of moving real business forward.

- Self-Introduction Training

Since we were to have many opportunities to introduce ourselves during the internship, we were given time to practice self-introductions. Recording ourselves allowed us to objectively review our speeches and served as training to establish the core content of our introductions. Although the time limit was about 1–2 minutes, when we actually spoke, it felt much longer than expected. Through this exercise, we were also able to learn from one another, so going forward I would like to give persuasive self-introductions while maintaining a good tempo and naturally varying the emphasis of my words.

In the afternoon, we moved to another location and continued the internship at the British Museum.

- The British Museum



During lunch, Ms. Hamaguchi and Ms. Natsukawa gave us advice on seeing musicals, which was very helpful. After finishing our meal, we toured the museum, but unfortunately the Japanese Galleries were closed to visitors. The Egyptian Galleries contained many exhibits, including mummies, and I was overwhelmed by the mysterious sight. I even found myself briefly wondering, with a slightly unusual curiosity, what it would be like to lie inside a mummy's coffin someday.

After visiting the Egyptian Galleries, Ms. Hamaguchi had a meeting to attend, so from that point onward we were free to explore individually.

While viewing Persian artifacts in the museum, I was approached for an interview by a group of four men in their twenties from the area. I gladly accepted, thinking it would be an interesting episode to include in the report, but they asked the profound question, "What are the advantages and disadvantages that our generation will bring to society in the future?" The moment I heard the question, I thought that value is relative and that even among people of the same age, the meaning of growth must differ depending on the stage of life. I began to wonder whether it is appropriate to generalize about such a vast group as "our generation." Amid the struggle I had also felt during the morning's self-introduction—that I did not even fully understand myself ("Who I am")—I felt there were limits to discussing an entire generation.

However, it was difficult to explain all of these complex inner reflections in English on the spot, so, considering the efficiency of communication, I chose a practical answer: "The gap between people who use AI appropriately and those who do not will widen socially," and ended the interview.

After the interview, I was deeply prompted to think about the "mismatch in communication" that occurs when the weight of the question posed by the other person does not match the

weight of the answer I gave. I realized firsthand that an answer focused only on efficiency, without adequately conveying one's true inner intentions, can ultimately create a gap in communication.

Afterward, I moved to the first floor to see both the replica and original of the Rosetta Stone, as well as the statue of Ramesses II. Later, as I passed a statue of Venus, I noticed a woman sitting on a chair sketching the sculpture. She was completely undistracted by the eyes of those around her and was absorbed solely in the subject and her sketchbook, which made a strong impression on me. More than the magnificent ancient artifacts filling the museum, her "quiet immersion" in drawing what was directly in front of her became the most memorable scene of my visit to the British Museum.



- Sherlock Holmes Pub

After leaving the British Museum, several members of the group had dinner at the Sherlock Holmes Pub. The pub had a great atmosphere, and on the second floor there was a recreation of Holmes's room.

In the lively pub, Mr. Gary and his friend at the next table spoke to us. He was a musician who performed at a nearby pub and also told us about London. The two had visited Tokyo

before, so we talked about memories and music. We exchanged Instagram accounts and even took commemorative photos together, once again giving me a sense of how interesting the pub as a social space can be.

Monday, February 9

- Mr. Watanabe: Director of the London Office of the Japan Agency for Medical Development.
- Dr. Kodama: A plastic surgeon studying in London.
- Ms. Hilary: Ms. Hamaguchi's speech mentor.

In the morning, we met Ms. Hamaguchi in the hotel lobby. The hotel we used for today's meeting was made available to us free of charge through her negotiation. I was once again amazed by the negotiating skills Ms. Hamaguchi has developed over many years as a diplomat and through her business experience.

- Talks by Mr. Watanabe and Dr. Kodama

We heard from the two speakers about the role of the Japan Agency for Medical Development in London, their paths to studying in the UK, and challenges facing Japan's healthcare industry. What particularly impressed me was the issue of young doctors leaving the field. In the current plastic surgery industry, there is a practice known as "Chokubi (Direct to Aesthetic)," in which doctors choose a career in cosmetic surgery immediately after passing the national medical licensing examination. Doctors trained with substantial public funding may move into cosmetic surgery, where even young doctors can earn high salaries, due to issues such as insufficient pay, ultimately contributing to a shortage of plastic surgeons. Dr. Kodama is currently exploring possible solutions through his studies in the UK, and I was impressed by the breadth of his perspective.



- Ms.Hilary's Talk

Ms.Hilary gave us insightful thoughts on how to think and communicate in business, building on studies in scientific fields such as physics, mathematics, and chemistry. The “ability to speak” is extremely important in business, and people are required to communicate what they want to say concisely and clearly within a limited amount of time. Her point that even highly specialized content is meaningless if it cannot be conveyed to the other person stayed strongly with me.

She also discussed the importance of putting one’s thoughts down on paper when thinking about something. Rather than thinking only in one’s head, writing helps organize thoughts and makes them clearer. This was consistent with an idea I had previously heard from Ms. Hamaguchi, and I once again experienced its effectiveness.



- Toastmasters

Today we participated in a different Toastmasters meeting from the previous one. This time, all of the interns participated in Table Topics, and perhaps because the self-introduction practice from the other day had helped, we managed to complete the task despite being nervous. We would like to apply the advice from the organizers, as well as the points for improvement identified from the recordings, to give better performances at the next Toastmasters meeting.

Tuesday, February 10

- Mr.Matsutani: Director of the London Office of the Council of Local Authorities for International Relations (CLAIR).

- Mr.Matsutani's Talk

We heard about the systems of local government in Japan and the UK and the practical aspects of international cooperation.

CLAIR, whose purpose is to communicate the credibility of Japanese local governments overseas and build international cooperative relationships, is operated jointly by the Ministry of Internal Affairs and Communications, the Ministry of Education, Culture, Sports, Science and Technology, and the Ministry of Foreign Affairs. Staff members are dispatched from local governments across Japan and from the Ministry of Internal Affairs and Communications to work there for two-year terms.

Japanese local governments are engaged in “comprehensive administration,” covering a wide range of fields such as nursing care and agriculture, and therefore require a high level of policy-making capability. In contrast, in the UK, administration is divided by field, making its structure very different from Japan's. For this reason, it was emphasized that it is important to understand the context of the other country and share and exchange information accordingly. What impressed me was the idea that what is required is not simply English ability, but an attitude of considering “what is beneficial to the other person.”

London and Tokyo share the common challenge of communicating how they can be presented as attractive global cities, but discussions can fail to align because of differences in authority and agendas. We also learned that prior research and an appropriate moderator to connect the Q&A session are indispensable for deepening discussions.

Through Mr.Matsutani's comments that gaining trust is rewarding, as well as through this visit, I deeply realized that the foundation of international policy cooperation is not merely comparing Japan and the UK, but rather “understanding context.”



- Feedback Meeting

Since we arrived early at the venue for the evening event, we used the spare time to review everything we had done that day so far. Ms. Hamaguchi pointed out that each person's awareness of being part of a team and the team's cohesion were insufficient. I felt the need to think not about each person demonstrating their abilities separately, but about what abilities I could demonstrate within group activities and how I could contribute to the team. I learned that this way of thinking is very important when working in a company or organization, and that how one expresses one's value within a team will become an important basis on which one is evaluated throughout one's future life.

- International Trading Network 'What's wrong with Africa'

About 20 people with diverse backgrounds, including people involved in international business and former diplomats, gathered to discuss how the City of London, whose GDP growth has stagnated, could find opportunities in Africa—particularly Nigeria, whose population is expected to become the second-largest after India by 2050 and whose market is viewed as promising.

They discussed the need to improve educational standards and the need to strengthen governance in local governments. It was also said that, from the perspective of the City of London, it is important to actively invest in African countries, accepting the risks and taking a long-term perspective rather than a short-term view of five years or so.



Wednesday, February 11

- Ms.Yua Kanai: Graduate of Chuo University's Faculty of Law, Department of International Corporate Relations Law; currently working for The GR Company in the UK.
- Ms. Risa Ohashi: Asahi Beer UK Brand Ambassador.

- Ms.Kanai's Talk

She taught us not only about her own career but also about what is important when entering the working world. We learned the importance of finding a place where we can work with motivation while maintaining a physical and mental condition we are comfortable with, as

well as three things working adults should keep in mind: punctuality, not lying, and awareness of deadlines.



First, we moved to a café in Sloane Square and held a meeting to review what had gone well and what needed improvement so far that day.

- Ms.Ohashi's Talk

She spoke about her work as a Brand Ambassador in the UK, differences between workplace environments in Japan and the UK, and her path to an overseas assignment. She explained that in the UK and Europe, where beer has a long tradition, the company uses strategies different from those in Japan, such as catchphrases and sponsorship agreements. She also explained that working in the UK after having experience working in Japan involves major differences in work styles and the attitudes expected. We learned that, even from the first year, it is important to actively shape one's career without shrinking back because one is a newcomer—for example, by analyzing “what I want to do at this company,” communicating it to one's supervisor, and actively participating in internal training before eventually taking on an overseas assignment.

- Orchestra Performance

Ms.Petra, whom we met at the City Livery Club the other day, invited us to an orchestra concert, and we visited Cadogan Hall. The Young Musicians Symphony Orchestra

performed masterpieces by Sibelius, Elgar, and others, giving us a glimpse of London as a city of the arts. During the intermission, the orchestra leader said that “the situation of classical music in the UK is difficult. Successive governments have not made sufficient efforts to protect it, so it is supported by ordinary citizens,” which impressed me. I learned that even the UK, where I had felt classical arts were better protected than in Japan, is facing difficulties.

Thursday, February 12

- Mr.Balu: From Malaysia; has lived in London for 25 years.
- Mr.Mark Yansen: A Toastmasters speaker from an area of London with low educational standards.

Today we started at the Victoria and Albert Museum, and until the meeting each of us worked on our individual tasks.

- Mr.Balu’s Talk

At the museum, we heard about Mr.Balu’s background and philosophy. He grew up in a very modest family in Malaysia and had a difficult childhood in which he had to help at his mother’s shop without even receiving a satisfactory primary education. Hearing about his background and philosophy, I was impressed that, despite having no local connections or foundation to rely on, he never gave up on his goals and still maintains a habit of studying until late every night so that he does not fall behind the trends in his industry.

He argued that the true measure of ability is being able to explain complex knowledge in words that anyone can understand, and emphasized the humble attitude that, regardless of position, all people are equal and ordinary.

At a time when some of the interns were struggling to communicate complex thoughts in simple language, Mr.Balu’s advice also gave us an opportunity to reflect deeply on ourselves.



- Mr. Mark Yansen

He told us about his past: despite growing up in an environment with limited opportunities and experiencing repeated dismissals from jobs, he positively transformed his life after entering university. Comparing life to a roller coaster, he emphasized that resilience—the ability to get back up no matter what adversity one faces—is at the core of success. Not all of the interns could embrace Mark's disciplined lifestyle, but it once again made us appreciate how extraordinary and remarkable he is.

- Toastmasters

With Valentine's Day approaching, the theme this time was "Love." Since one of the interns' graduation thesis topics was "What is love?", that person was given the first opportunity to speak. By maintaining their own pace and communicating the content slowly but surely, they received a big round of applause from the audience.

This time, Mr. Shibui and Ms. Natsukawa gave presentations, and listening to each other's speeches gave us an opportunity to reflect on our own speeches as well.

- Feedback Meeting

As this marked the midpoint of the three-week internship, in addition to individual feedback, we received concise feedback from the guest speakers we had met so far. They identified such factors as our approach to asking questions, whether we showed consideration for others, and how attentive we were to what was happening around us as evaluation criteria. We learned what kinds of questions we should ask and the importance of continuously

improving ourselves and taking an interest in a variety of fields. It was a valuable experience to hear the perspectives of people with experience as business owners and managers.

Friday, February 13

- Mr.Lawrence: Entrepreneur; MBA student at Cambridge Judge Business School.

- Meeting at Open Ealing

At the venue, we listened to two guest speakers while having breakfast. Because everything was in English and the speakers discussed topics at a business level, it was a meeting that was difficult to follow and made us aware of our insufficient English skills. The talks also touched on social and community contribution and the state of mental health in the UK, which was highly educational.

- Mr.Lawrence's Talk

I was deeply impressed by his attitude and drive: he had entered diverse fields such as aviation, fashion, and manufacturing, and each time he continued to place himself in environments where he could develop himself. His attitude of "putting everything I want to do into action" and his determination not to stop challenging himself in academia were particularly impressive.

We strongly felt that, like Mr.Lawrence, we want to become people who are not afraid of changes in our environment and who continue to actively jump into places where we can grow. We want to maintain an attitude of continually learning, taking on challenges, and expanding our own potential, with the goal of eventually embodying a "career of continuous challenge."

Monday, February 16

- Mr. Patrick: “London’s happiest bus driver,” originally from London.

Today, we participated in a meeting at the flat where we were staying.

- Online Board Meeting of Property & Finance Group, Ms. Hamaguchi’s Company

We learned about the mechanisms of the UK real estate and investment business and the concept of profit from a long-term perspective. In the meeting, the three points of “transparency, honesty, and trust” were identified as important when dealing with investors, and I was reminded that honest information sharing forms the foundation of relationships of trust.

As a Japanese student with little familiarity with the UK real estate market, I asked about “the characteristics of areas and properties that can be expected to generate long-term profits.” We were told that in the short term, the key is to use “planning uplift,” in which land market value rises through planning permission and infrastructure development, while in the long term, it is important to focus on stable income.

- “London’s happiest bus driver” Mr. Patrick

He was born and raised in London to Nigerian parents, but faced difficult circumstances from childhood, was thrown out of his home at 16, and experienced a harsh life. After spending time in prison, he felt that he “needed someone to guide him through life,” and said that meeting Ms. Hamaguchi was the turning point that helped him rebuild his life. From the exchange between Mr. Patrick and Ms. Hamaguchi, we learned the importance not only of asking good questions but also of continuing to think with our own minds.

- Feedback Meeting

In today’s Feedback Meeting, in addition to reflecting individually, we also shared the interns’ strengths and weaknesses and received feedback. We learned how important self-analysis is: it enables us to set goals for the challenges we should work toward each day and understand what abilities we can demonstrate as a team. We also learned that human growth continues regardless of age, and that, in order to promote growth, continually reflecting and reconciling our self-analysis with feedback from others—regardless of one’s situation or position—is a necessary condition for becoming successful.

Tuesday, February 17

- Dr. Vasi Daniel

- Participation in a Global Meeting

We were allowed to participate in Ms. Hamaguchi's regular daily online meeting. We were able to see firsthand what internationally active businesspeople actually do.

- The Postal Museum

The Postal Museum in London is not simply a museum where you look at stamps and mail; it is a facility where visitors can experience the history of the postal service and technological innovation.

In the 15-minute tour aboard the underground postal railway "Mail Rail," one of the highlights of the trip, we actually rode a subway-like railway that operated exclusively for mail delivery from 1927 to 2003, while seeing and experiencing displays of old station signs, work tools, and video presentations.

Through this experience, I realized that postal services were not simply "the job of delivering letters," but a combination of technology and networks and a foundation of social communication for delivering people's thoughts and feelings. I also found the miniature train, which travels through tunnels narrower than those of the Underground, fascinating in terms of its structure and operation.

- Dinner at Dr. Vasi's Home

We were invited to Dr. Vasi's home and gained a valuable learning opportunity through dinner. In the warm hospitality, we received practical guidance on table manners and appropriate behavior as guests, allowing us to understand through experience the importance of etiquette in international settings.

What stayed with me most was the phrase, "The secret to staying positive is not becoming negative." Although it may sound obvious, I deeply realized the importance of viewing difficulties and challenges not simply as problems but as opportunities for growth, as well as the courage to seize opportunities when they arise.



Wednesday, February 18

- Mr. Alex Queen: Founder & CEO at Queen&Co.
- Mr. Hans-Joerg Hinkel: Worked at Mitsubishi Electric for nearly 25 years.

Today as well, with the cooperation of many people, we were able to use a classroom at King's College London for our meeting.

- Mr. Alex Queen's Talk

Alex's talk began with the question, "If you had ¥6 million now, what kind of business would you start?" Everyone gave their own answer. This question naturally led into Alex's own story: he said that his encounter with Aomori was the beginning of today's Queen&Co. Alex's central message to us, I believe, was "choice." By thinking deeply about several questions, each of us had an opportunity to reconsider our own lives.

- Mr.Hans-Joerg Hinkel's Talk

We discussed the diverse industries in which Mitsubishi Electric is involved, while also learning about Hans's attitude toward "work" through questions such as "What is the purpose of sponsorship?" and "What does work mean to Hans?"



- Feedback Meeting

We held a Feedback Meeting covering everything from Dr. Vasi's invitation the previous day through today. The meeting mainly concerned table manners and our words and behavior, and it was also useful for evaluating ourselves during the three-week internship.

Thursday, February 19

- Ms. Mei Sim Lai: President of the Malaysia Society UK. Originally from Malaysia and has lived in London since she was young. Ms. Hamaguchi's mentor.
- Minister/Counsellor at the Embassy of Japan in the UK

Today began with a breakfast buffet at a Malaysian restaurant.

- Ms. Mei Sim Lai's Talk

I was deeply impressed by her drive and perseverance: she moved to the UK alone when she was young and built a foundation for her life there while working hard as a struggling student.

She currently actively works to connect people while planning and hosting many events, and we became increasingly excited about the opportunity to participate as organizers at the event on the final day of the internship.

Seeing how she had carved out her own path through hard work in a foreign country once again made us feel the importance of taking on challenges and taking action.



- Talk by the Minister/Counsellor at the Embassy of Japan in the UK

Drawing on his experience as a diplomat, he spoke about his time stationed in Russia and Japan's position in the current international situation. It was particularly interesting to hear his explanation of the role Japan plays in the international community and the diplomatic means used in that context.

From the perspective of a diplomat who builds relationships between countries, his stories based on firsthand experiences in Russia were highly persuasive and allowed us to understand international issues we normally see in the news from a more realistic perspective.

Through this talk, we deepened our understanding of how Japan conducts diplomacy in the international community and once again felt the importance of diplomacy as a profession.

- Opera Arias and Art Song Concert

At the concert held in the piano hall of Yamaha London, music from various countries, including Italy, Japan, and the UK, was performed, providing us with a very rich musical experience. Although opera and art songs are not something we often have opportunities to experience, hearing the voices live drew us deeply into their power and expressiveness. In particular, we were moved by the singers' vocal power and emotional expression, which resonated throughout the venue. It was also impressive to feel the differences in the cultures and atmospheres of different countries through music.

Friday, February 20

- Mr.Masato Oi: President of Pit-A-Pat; product designer.
- Mr.Noriaki Imai: Founder of NPO DxP.

Today as well, with the cooperation of many people, we were able to use a classroom at King's College London.

- Mr. Oi's Talk

Mr. Oi spoke on the theme of "the ability to think for yourself, act for yourself, and survive in any situation." What stayed with me was "building relationships of trust by accumulating small YES" and "valuing communication that entertains others and creates smiles." I also strongly agreed with his words that "Japanese people are not good at envisioning the future, but solving social issues will become our next strength." I felt that I too want to act without regrets and continue taking on challenges while holding a vision of my own.

- Mr.Noriaki Imai's Talk

We heard about NPO activities and the nature of "sustainable support." Mr.Imai said, "Simply giving things away is not support. It is important to nurture people and create connections." I was also impressed by the story of someone who had received support, went on to work as a nurse, and now gives donations themselves. I was deeply moved by the cycle of support and the strong connections among people who have received support.

I myself also want to become someone who can remain involved in another person's life over the long term and build relationships in which we support one another.

- Malaysian Chinese New Year

On the final day of the internship, we participated in an event called Malaysian Chinese New Year as an opportunity to work from the perspective of organizers. Under the guidance of Ms.Mei Sim Lai, whom we had met earlier, we set up tables, sold raffle tickets, assisted people who needed help, and carried out other practical tasks, giving us an opportunity to put the lessons of these three weeks into practice.



At the beginning of each daily report, I listed the people we met that day, and looking back over the three weeks, I once again feel that we were able to interact with a truly large number of people.

This was an internship I would highly recommend to people who feel they have not yet established a clear personal direction or who want to gain a wide range of experiences.

Once again, all of us interns would like to express our sincere gratitude to everyone who supported and worked with us.