

# STEPS Students Report

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This spring from April 10<sup>th</sup> to May 7<sup>th</sup>, 2017 I was participating in Students and Researchers Exchange Program in Sciences (STEPS) and studied for one month at the International Project laboratory, Department of Civil Engineering, The University of Tokyo.

My research was devoted to study phenomenon of psychological comfort in subway. Today the issue of psychological comfort is an extremely important topic, especially in the application to residents of the large cities and metropolises. Also for many years underground transportation has remained a subject of discussion and criticism. The background of my research has come from the question if there are any possible ways to study and solve those problems. So I decided to carry out a survey where I could compare two different subway systems (Tokyo and Moscow).

In studying phenomenon of psychological comfort it was vital to identify and describe the factors that determine this kind of state and to determine the significance of each condition. I clearly understood that one month was hardly enough to get some important scientific results for my topic. Because of the short duration of my stay and under the guidance of my host Professor Hironori Kato the organization of educational process for me was planned in a special way. I was more independent from the organization of educational time according to the objectives of the trip and my research interests.

At first, my main activity was observing people and their behavior in subway and interviewing people who often use subway. With the help of Kato-sensei, I tried to identify the factors of psychological comfort in the subway. After that I made two almost identical questionnaires (for Moscow citizens in Russian and for Tokyo citizens in Japanese) in order to compare significance of the factors among representatives of Russian and Japanese culture who are using underground transport. The obtained answers allowed me to make hierarchies of factors of the comfort in Tokyo and Moscow subway.

This survey was my first research project in my life. Therefore, a lot of improvements should be made. An experience itself was quite important for me in order to carry out other researches from now.

International Project laboratory is a great laboratory for interns and exchange students. The host side prepared absolutely everything to ensure a comfortable arrival and adaptation. There were

no difficulties in the interaction with other students and teachers. During my stay Kato-sensei was always willing to give me a piece of advice and feedback, which I really appreciate. Moreover, not only members of the laboratory but also other students had always time to help me and answer all the questions.

I am very grateful to The University of Tokyo and Lomonosov Moscow State University, especially to all working community of the STEPS program, for this opportunity and such incredible experience. I had a chance to study at the best university in Japan, where I have developed myself academically and professionally and met very nice and kind people who are truly professionals in their fields.