

*Voice of the International Students*

# VIS

医学研究科  
国際連携室だより

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## What is VIS ?

The International Relations Office of the Faculty of Medicine issues a newsletter "VIS" to send out the live messages from our International Students and to promote the exchange of cultural information from different countries. We hope this letter helps to cultivate Intercultural Communications and put international exchanges into action.

このニュースレターの発行の目的は、留学生の生の声を外に出すことと、異文化間の情報交換を促進することにあります。このニュースレターが異文化間のコミュニケーションを養い、国際交流を実行していく上で役に立つことを望んでいます。

## Experience in Hokkaido University



**Bijeta Nepal** (Nepal)  
Master's Student, Hokkaido University  
Graduate School of Medicine

I have really enjoyed my time at Hokkaido University. Hokkaido University provided me with an excellent academic atmosphere for my research and study. I feel very fortunate that I was able to study under the guidance of Professors and staff who were extremely friendly and understanding. I have been greatly benefited from their broad knowledge and expertise. Their support always motivated me to do my best, and I was able to complete my master's successfully.

I am also happy that I had an opportunity to experience Japanese life. Kind and helpful people I have met, beautiful places I have visited, unique Japanese culture I have experienced, also delicious Japanese foods I have had made my life in Japan special and amazing.

Belief, knowledge and skills that I have obtained at Hokkaido University will definitely help my future career. The time I spent in Japan will remain in my memories forever. It was one of the best experiences of my life!



## I can find my food in Japan



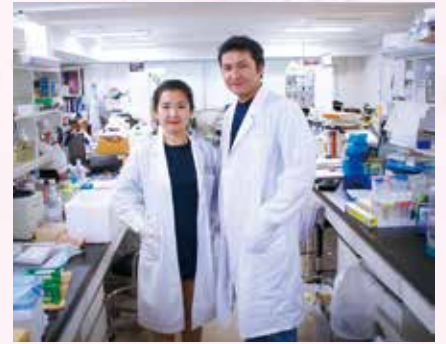
**Alijan Kader** (China, Uyghur)  
PhD Student, Hokkaido University  
Graduate School of Medicine

This is my fourth year in Japan. Here I am living in a total different culture from which I was born into. There are a lot of difficulties I have to face here.

First of all, as a Muslim, I need to eat halal food as much as I can. This was not a problem in my hometown of Urumqi city but in here I have to ask about the ingredients every single time when I go shopping or eating outside. Every time I ask, they respect me, and they always try their best to find the answer and explain to me clearly and patiently. Some of them even start to learn about halal food by themselves to support our Muslim people. This kind of spirit of Japanese people is touching me every time.

I know that the Japanese government is making a great effort to support Muslim

people. Through these four years of experience, I believe they can make it, and I will keep enjoying my life in Japan.



## The Land of the rising sun...Nihon



**Dorcas A. Annan** (Ghana)  
PhD Student, Hokkaido University  
Graduate School of Medicine

A journey from a tropical country like Ghana to a temperate one presents one with a lot of surprising experiences and delightful confusions. Life in the tropics involves having the sun as one's companion almost every day. Therefore, it was a significant disappointment to arrive in Japan to a cold April with a dull and cloudy sky which continued for two consecutive months.

However, many weeks on, to my utter amazement and confusion, I was woken from sleep one morning by streams of sun rays pouring down my windows. Their intensity implied that the day was far gone and I was probably very late for my first lecture—but a quick look at the clock showed that it was only 4:30 am. Really!

What a relief and a beautiful sight to behold.

At that moment, I remembered the

meaning of "Nihon" as I read many months ago: *'the land of the rising sun'*. Indeed, here in Sapporo, Japan, the sun rises early with so much beauty than I can ever remember; and regardless of the rising time it slowly sets late in the evening.

I would always look forward to the rising of the sun because whenever it shows up, it gives off bright rays that lights up the sky and cheers my day. Even in winter, when it comes for a visit, its brilliance is impeccable!



## Bedside Learning in England

I participated in a training program in Southampton General Hospital in March 2014, funded by Japanese Medical Educational Foundation (JMEF). Through this precious experience, I am confident that my motivation and determination will enable me to be what I want to be in the future.

Patients in England were generous. Though I often failed to make myself understood by my poor English, they always tried to understand me and accepted my physical examination.

In Oncology department, doctors establish confidential relationships with patients to have them take chemical treatments with severe adverse effects. English patients remain steadfast about how to spend the rest of their time, and are

well prepared to hear how much time is left for them. It was surprising that doctors and patients talked about such serious topics in cordial conversations. Prof. Ottensmeier told me, it's not true that doctors encourage patients, but patients always encourage doctors.

In Cardiology department, Dr. Cowburn and Dr. Frett allowed me do anything I wanted to do. I wanted to do physical examinations as many as possible, and did most of physical examinations I did in England in Cardiology department. I thank doctors for their favor.

In Dermatology department, Prof. Eugene and Dr. Lai, who improved the dermatological scene in the world, showed me not only their surgeries and outpatient clinic but also the latest research laboratory. I passionately



**Hajime Senjo (Japan)**  
6th Year Medical Student  
Hokkaido University School of Medicine

want to be a doctor like them.

I cannot tell how sad I was to leave but I will definitely go back to England in the near future!

## Medical English Workshop at Hawaii Tokai International College

Just one email changed my summer vacation unexpectedly. I received it on April 30, from Japan and North America Medical Exchange Foundation (JANAMEF) who would welcome students to study medical English in Hawaii for a week with a scholarship. It seemed so interesting but so difficult because only 5 students would be selected. In the motivation letter, I wrote that medical students should learn how to discuss with doctors in English, I was eager to study abroad, and this seminar would be the first step for that challenge. On June 27, I received the acceptance letter!

The first day was August 12. I got tense before arrival, but everyone made me feel as if we had been known with each other for a long time. Schedule was full. The class lasted from 8:30am to 9:00pm. We learned how to give case presentations, how

to communicate with patients, and how to confront the ethical problems.

The last class was a medical examination by interview and case presentation. Local medical students joined as simulated patients, and answered to our questions about their medical cases. Combining information, we made case presentations and gave these presentations in front of the doctors working in Hawaii. It was my first time to piece together information for case presentations. I tried to get any hints to make better presentations. It seemed like a very short period of time to learn, but was fruitful! Three intensive classes made my case presentations better and more solid.

I thank JANAMEF and all who helped me complete this workshop. I hope students of Hokkaido University join this workshop in the future!



**Mio Shibata (Japan)**  
5th Year Medical Student  
Hokkaido University  
School of Medicine

## Egyptian Cultural Day



### Wessam Mohamed Ahmed (Egypt)

Master's Student, Hokkaido University  
Graduate School of Medicine

When I came to Japan, I realized that there were many cultural differences between Egypt and Japan. As a new student, I was frequently asked from Japanese friends about the Egyptian traditions, what food do we eat? How does the Egyptian daily life look like? That's why I wanted to show some of our culture.

Hokkaido University is a nice place for making communications and cultural exchanges. It has many foreign students, a friendly atmosphere and is filled with activities. Therefore it was easy to mingle and talk with my friends to take a step.

We, the Egyptian Student Committee in Sapporo, decided to organize "Egyptian Day" to express our culture, habits, clothes, music and food. For this event, we invited the Egyptian cultural attaché, a lot of Japanese professors, Japanese and foreign students and friends. On that day, we had two presentations, one about the Egyptian

historical and touristic places, and the other about the Egyptian traditions, habits and education. For that day, we prepared various Egyptian food items. In addition, we prepared traditional clothes for those who want to try and enjoy the magic of Pharaohs! We had friendly conversations with many Japanese guests, and took many memorial photos with our friends. Finally, the day was full of fun and the atmosphere was wonderful!



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