

Voice of the International Students

VIS

医学研究科
国際連携室だより

June 2016
(Vol.16)

What is VIS ?

The International Relations Office of the Faculty of Medicine issues VIS to send out the live messages from International Students of Graduate School and School of Medicine and promote the exchange of intercultural information. We hope VIS helps to cultivate intercultural communications and boost international exchanges.

VIS の発行の目的は、医学研究科・医学部の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です。

VIS 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うえで役に立つことを望んでいます。

WELCOME EXCHANGE STUDENT from University of Iceland



Anna Maria Toma (Iceland)

受入診療科：精神科

I am a 3rd year medical student at the University of Iceland and came to Hokkaido University to work at my B.S. thesis paper for 10 weeks. Two years ago I came with my father to visit our relatives in Sapporo and one day we took a walk around the Hokkaido University Campus. I fell immediately in love with this place and all the nature surrounding the old and magnificent buildings. In February my dream of coming Hokkaido University as an exchange student came true.

Through my whole stay at the University I felt like I was at home. The people working at the Psychiatry Department were very nice to me, helped me in need, gave me advice on how I should write the thesis paper and they made sure I felt like I was part of the team. It was also very meaningful experience to see a glimpse of how interesting child and adolescent psychiatry is. I also got chance to have a presentation about Iceland for medical students. I was happy and surprised how they were interested in the little frozen island I

come from.

Before I left Iceland, I was quite scared and overwhelmed of living in Sapporo by myself and to work at my B.S. thesis paper without having any of my classmates near me for support. Now I can't believe that my time in Sapporo has ended. The stay was so nice, nurturing and most importantly, great fun! I got to know a lot of new people and made new friends. If anyone is in doubt of becoming an exchange student here at Hokkaido University, I say give it a try. You will most likely have the greatest time here! And to the medical students thinking of becoming exchange students in Iceland, I say the exactly the same thing! I will never forget the time that I spent here and I hope to be here again in near future.

WELCOME EXCHANGE STUDENTS From Mahidol University, Thailand

Students from Mahidol University with Vice-dean Yoshioka (left) and Dean Kasahara (right)



Kontee Wongseree

受入診療科：消化器外科Ⅱ

Kontee Wongseree (middle of front row) with Department of Gastroenterological Surgery II

It's such a great memory that I won't forget. I wanted to have more time to learn. It was my good experience to learn all from you about your medical aspect, your hospital management, even about your culture, food and many things. It's one of the best time in my life here. I had got friendship

that you gave to me. Although some of student and teachers couldn't use English well, they tried to talk with me and teach me.

Thanks to the good opportunities that I met you, and thank you for taking great care for me.

I came here not expecting much because I think there will be some language barrier between us. But all of you already proved that I was wrong. I really appreciate everything that the GI Surgery I team has done for me. I had the most wonderful, meaningful and exciting time scrubbing in, observing and, sometimes, helped the team during the operations.

Especially, Yoshida-san, who always takes care of me, translates Japanese for me and teaches me many things.

Besides from the life in Hospital, Sapporo is a beautiful and safe city, even though the weather was very cold (for me). It was also my first time to see the snowfalls from the sky. Very impressive that I had to stop doing anything to watch it falls slowly.

Hence, it was my precious 2 weeks here in Hokkaido University Hospital. These memories and friendship from all of you will be forever in my mind, thank you.



Nattamon Sampattanavorachai

受入診療科：消化器外科Ⅰ



Chirath Chiravichitchai

受入診療科：消化器内科

I would be glad if my feedback will be helpful. There is one thing that I have to say about my dormitory, Hokkaido University International House Fushimi. It's too far from the Hokkaido University Hospital and that made me have to wake up so early and the transpor-

tation took my time about an hour every morning.

But other things were great and I had a good experience from this university. Every professor gave me a warm welcome and I very much appreciate for that.

WELCOME EXCHANGE STUDENTS

From Li Ka Shing Faculty of Medicine, University of Hong Kong

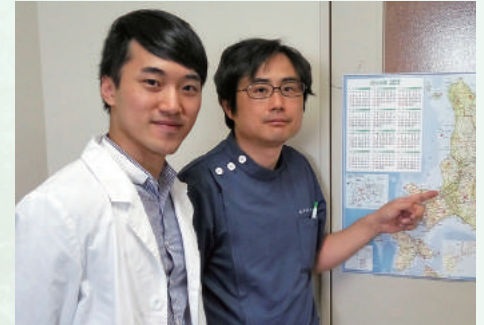
Students from Li Ka Shing Faculty of Medicine, University of Hong Kong with Vice-dean Yoshioka (left) and Dean Kasahara (right)



It was really lucky for me to have a chance to be one of the Hokudaisei, even only for one month. I truly thank everyone here who helped me through this exchange period. Doctors and local students are kind and considerate indeed. Although my Japanese is not competent, they would not mind helping me translate the content during lectures or conference. I am also very grateful that I could practice simulated laparoscopic suture and had a try of nasopharyngoscope.

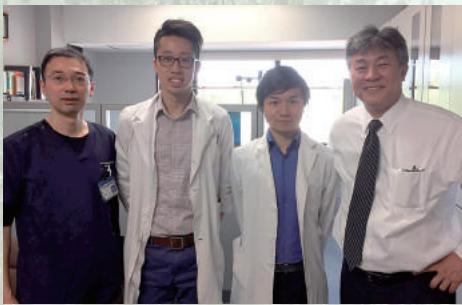
The most unforgettable experience would be

the welcome and farewell parties held by doctors and students. Doctors and medical students are like good friends and get along very well. This kind of relationship is precious. The friends I made here also guided me around in Hokkaido, not only confined to Sapporo but also Otaru and Asahikawa, etc. One month passed so fast. I wish I could stay here for a longer period and I highly recommend overseas students to come to Hokudai.



Ng Chung Hin, Joey

受入診療科：消化器外科Ⅱ、耳鼻咽喉科
Ng Chung Hin, Joey (left)



Lau Jeremy Hugh Yen-hey

受入診療科：消化器外科Ⅰ、耳鼻咽喉科

Lau Jeremy Hugh Yen-hey (second right) and Tony Pak Lun Yuen (second left) with Department of Gastroenterological Surgery I

The aim of this program was to enhance my medical knowledge and understand different medical systems.

There were practical hands-on sessions that allowed us to work with our hands on mice and models. As teaching sessions, there were different lectures including audiogram, phonetics, allergy and otolaryngeal examinations. During the round session, doctors there guided us on how to interpret the blood tests, X-rays, CT findings. Apart from them, I have presented cases in professor

round in front of the head of department, doctors, nurses and students.

All is definitely an unforgettable experience and I am grateful to everyone in the departments, medical school and hospital for spending their time and effort on this fruitful special study module for us. I highly recommend medical students to consider Hokkaido University Hospital as an option of oversea clinical special study module. You will surely enjoy the people, place and learning experience here.

Experience during five weeks in Hokkaido University has been thoroughly enjoyable and eye-opening.

I think the biggest difference between the medical teaching in my university (the University of Hong Kong) and Hokkaido University is in the relationship between the doctors and students. Here at Hokkaido University, the relationship is much closer and more at ease, as opposed to the more traditional "instructor-student" relationship at my university. I feel this way of teaching and learning is much better for students, as we would be more encouraged to ask questions

and engage in everyday hospital activities.

Since English is not widely used here, it was sometimes difficult to communicate with some students and doctors. But fortunately, I still remember some Japanese from high school times, and the fact that they were eager to try to translate for me helped a lot too. What started as a simple question usually ended up with an answer consisting mainly of animated gesturing and a mix of broken Japanese and English. But that was part of the experience, and certainly worth looking back on with a smile in the future.



Tony Pak Lun Yuen

受入診療科：消化器外科Ⅰ、泌尿器科
Tony Pak Lun Yuen (middle of back row)

WELCOME EXCHANGE STUDENTS From National University of Singapore

Students from National University of Singapore with Vice-dean Atsumi (left), Dean Kasahara (center) and Vice-dean Yoshioka (right)



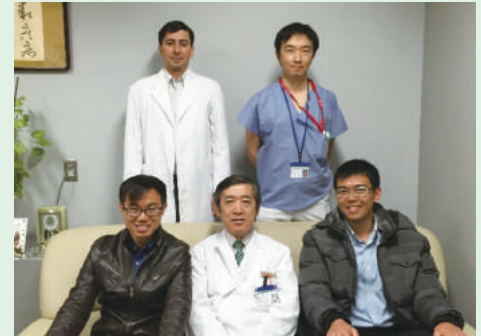
My experience at Hokkaido University was undoubtedly enjoyable and unforgettable. First I would appreciate the effort that doctors put into making time to talk to me despite even having many other commitments in the wards. It was through this that I managed to gain exposure to many new areas and add on to my clinical knowledge. I was able to be exposed to the diseases through radiological findings and findings on physical examination for conditions that I had been less exposed to in Singapore, including lung cancer, cardiac catheterization, pulmonary hypertension and various renal conditions. Tutorials were really informative, including those given by Dr. Ohira on Pulmonary hypertension, cardiac catheterization, and Dr. Kawashima on renal biopsies and dialysis.

Another valuable exposure for me is research. Through various teachings by Dr. Houman, I managed to have a good overview of what is going on in the research field. I could

have experience of handing on the various devices and doing tests while having a tutorial on it at the same time.

In terms of day-to-day ward work, interacting with both doctors and medical students was fun and gave me theoretical and clinical knowledge. Moreover, through these conversations I managed to understand a lot more about the medical system in Japan, make new friends, and get recommendations for everything from food to places to visit. We were also quite fortunate that we managed to catch the annual Hokkaido University festival which was very enjoyable.

All in all, I just want to thank the university and all the staff who have worked hard and made this elective a fun and enjoyable one.



Joshua Liew Tze Leon (left of front row) with members of Department of Medicine II



At the Hokkaido University Festival

Joshua Liew Tze Leon

受入診療科：内科Ⅱ、内科Ⅰ

I had a very enjoyable experience in Hokkaido University. Among many good points about this elective, best aspect for me was the hospitality and friendliness shown by the staff and students.

I started with two weeks of Respiratory Medicine, specifically in the non-lung CA team that handles ILDs, Pulmonary Hypertension and Cardiac Sarcoidosis. Dr. Ohira arranged an excellent schedule that encompassed clinical teaching, research talks, pulmonary function testing, treadmill tests, clinics, ward rounds and other facets of practice in Japan. Together with other doctors e.g. Dr. Houman, Dr. Tsujino helping to translate, I never felt very out of place.

With regards to clinical knowledge, being able to see rare cases like sarcoidosis was helpful too.

The Nephrology team was likewise very welcoming, with less of a fixed schedule. I was thus able to spend more time with the medical students and learn more about life as a medical student in Japan. They were also helpful in translating and explaining cases and modalities of treatment for their patients.

Beyond hospital life, there was ample opportunity to travel on weekends. We had a two-night trip to Lake Toya, day trips to Otaru, Yoichi and Moerenuma Park, and of course the neighborhood Shiroi Koibito factory and Sapporo Beer Factory. In addition, our duration of stay covered two amazing festivals; the Hokkaido University Festival, and the Sapporo Ramen Show. I have no regrets on choosing Hokkaido University for my final elective, and would gladly do so again!



Quek Xin Ern Nathaniel (front left) and Joshua Liew Tze Leon (front right) with 6th year medical students

Quek Xin Ern Nathaniel

受入診療科：内科Ⅰ、内科Ⅱ

Voice of the International Students 医学研究科 国際連携室だより Vol.16
Issued by the International Relations Office, Hokkaido University Graduate School of Medicine

Correspondence to : relation@med.hokudai.ac.jp
Website URL : <http://kokusai.med.hokudai.ac.jp>