

Voice of the International Students

VIS

医学研究院
国際連携部門だより

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What is VIS ?

The International Relations Division of the Faculty of Medicine issues VIS to send out the live messages from International Students of Graduate School of Medicine, Graduate School of Biomedical Science, and School of Medicine, and to 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、医学院・医理工学院・医学部医学科の学生の生の声を発信することと、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立つことを望みます。

CONGRATULATIONS ON GRADUATION

Educating the mind without educating the heart is no education at all



Lokupathirage Sithumini Madubashini Wimalasiri (Sri Lanka)

2019年9月 修士課程修了
所属：病原微生物学教室
Department of Microbiology and
Infectious Diseases
在籍期間：2017年10月1日—
2019年9月30日

The great philosopher Aristotle said, "Educating the mind without educating the heart is no education at all". This simple sentence explains my career at Hokkaido University (HU) because it helped me to find confidence by getting out of my comfort zone, overcome my fears, and begin the journey to discover and accomplish what I wanted to do with my life.

When I first entered to Japan, I was full of doubts and fears surrounded by unknown people and environment. The peaceful environment of HU gave me the strength to pursue my goals and dreams. After meeting with professors of my Laboratory, all my doubts went away because they treated me as a new-born family member in their big family. Even though, I have known the above-mentioned words of Aristotle for a while, that is where I realized the deep meaning of it. My second family in Japan, made me realize that there are no limits to what I can accomplish when I know who I am and have faith in what I

can do.

I really like the vision of students from different countries gathering in coldest place in Japan to study, to establish network connections and to explore the rest of the world together.

Unlike the beautiful environment of HU, I had to put a great deal of painstaking effort through course work, seminar, international conferences, publications etc. Furthermore, HU gave us the opportunity to participate for extra-curricular activities such as Nitobe School, where we can pour our energy into unforgettable memories. My sincere gratitude goes to all my professors including my supervisor for their continuous support and encouragement throughout my career. Also, my career was made possible through the financial support received by Japanese Government MEXT scholarship program. Last but not least, I would like to thank my family and friends for all their support for the successful completion of my master's course at HU.

CONGRATULATIONS ON GRADUATION

I may continue my research abroad



Kim Wooyoung (Korea)

2019年3月 博士課程修了

所属：整形外科学教室

Department of Orthopedic Surgery

在籍期間：2015年4月1日—2019年3月31日

It is very surprising that 6 years have already passed since I came in Hokkaido. As a veterinarian, I started my carrier in Rakuno Gakuen University and didn't expect I would enter a Ph.D. program at Hokkaido University at that time. Even I don't know what made me walk the road to orthopedic research; past experience of a combat medic at the army, or veterinary orthopedic cases? No matter what it was, now I feel very pleased because I succeeded in finishing my doctoral course without a financial problem thanks to scholarship granted by Japanese government and was able to have various and valuable experiences that I would hardly do in my home country. During 4 year doctoral course, I had to spend busy and rather hard days performing experiences, visiting academic conferences, writing papers, etc. However, I don't want to stop these works at all because Ph.D. just proves I am qualified to perform researches, doesn't prove I am a proficient researcher and there still remains to be solved in my research field. I may continue my research abroad. However, it may be impossible to forget what I have done and what happened to me forever.

I am very thankful to all my supervisors, laboratory members and Hokkaido University for my research achievements and the successful completion of Ph.D. degree. I hope that what I have achieved here leads me into the greater success in the future.

This was the happiest day in my life

After completing my Masters from Department of Cellular and Molecular Pharmacology, I started my PhD studies in the Department of Cell Physiology under the supervision of Prof. Yusuke Ohba. With his excellent guidance and supervision, I was able to successfully complete my PhD. I am really grateful to all the members of Department of Cell Physiology for their enormous support and guidance during my PhD studies.

I really had a wonderful time during my studies at medical school. I spent 8 years in Sapporo and I had started my academic career one year after my arrival to Sapporo. All of my seven years at medical school were so nice and memorable.

Our son was borne while I was a Masters course student. I could continue my PhD while raising my son too. He used to go to nursery school in Sapporo. My husband also helped and encouraged me during my Masters and PhD studies. My parents traveled all the way from Nepal to join my PhD graduation ceremony that was held on September 25, 2019 and also to celebrate my academic achievements. This was the happiest day in my



Prabha Nepal (Nepal)

2019年9月 博士課程修了

所属：細胞生理学教室

Department of Cell Physiology

在籍期間：2015年4月1日—2019年9月30日

life. I could not have completed my PhD without the support of my supervisors, family, friends, and lab members. In addition to the academic achievement, I also got the opportunity to learn the culture and social life in Japan during my eight-year stay in Sapporo. I am confident enough that I can apply the skills and knowledge I gained during my Masters and PhD trainings at Hokkaido University back in my home country Nepal.

WELCOME EXCHANGE STUDENTS

From National Taiwan University, Taiwan



Yi Chin Vun

受入教室：形成外科学教室、皮膚科学教室
Department of Plastic
and Reconstructive Surgery, Department of
Dermatology
実習期間：2019年8月19日—9月13日

It was my first time in Japan. Being nervous for not speaking Japanese and totally new to the environment, I was relieved when a 4th year medical student, Rino helped me to settle down on the night I arrived. During the first days in Hokkaido, the details provided in previous thoughtful emails was also a big help. Getting used to life in Hokkaido was easier than expected, as everyone here was helpful and polite.

Dr. Maeda was my supervisor in the Department of Plastic and Reconstructive Surgery. He was a kind and patient mentor, translating every case into English for me. I got to observe various surgeries I have never seen during my previous rotation in Taiwan, such as cleft lip and cleft palate surgery and also some rare cases such as cranial bone malformation, which you could feel warm brain tissue beneath the scalp. Most of all, Dr. Maeda even arranged for me to practice

microsurgery on a silicon tube!

In the Department of Dermatology, Dr. Nomura, a joyous and warm professor, introduced me to the big family. Different professors and residents took turns to guide me in the ward, outpatient department and operation theatre, and I got to see some severe malignant cases, such as lymphoma, which were rare in my own hospital. The largest difference is the Japanese dermatologists emphasize a lot on pathology, and they even have a CPC every week to discuss about the pathological diagnoses.

In a nutshell, I had a fruitful 4 weeks in Hokkaido University, and it was really hard to part with the people and lifestyle which I have been getting fonder and fonder with.

Thanks again to all the doctors, medical students and staff, I am eternally grateful for the opportunity to do my clinical attachment in this wonderful place.

From Charles University, Czech Republic –FOUR WEEKS OF JOY–

I spent four weeks at Hokkaido University doing my summer elective and it was a wonderful four weeks. Each member of the staff, from International department to both Department of Neurosurgery and Department of Neurology, was amazingly helpful and ready to take care of our every need to ensure that we felt welcomed during our whole stay.

I was a bit afraid of the language barrier before coming as I could not imagine how am I going to participate in the daily schedule without the possibility to speak to the patients. However soon after my arrival I realized it would not be a problem at all as doctors translated everything important for us and were always ready to explain whatever we asked. At both departments I also had special lessons made just for students, so that we never get bored and use our time efficiently.

The microvascular surgery classes at the neurosurgery department's special training device remain one of my most important learning experiences and I feel really blessed to be able to undergo this unique educational concept.

The last thing I would like to highlight is the personal level at which our



Jana Blazkova (right row, second)

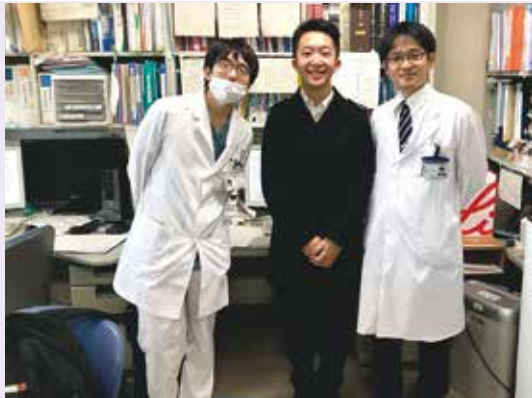
受入教室：脳神経外科学教室、神経内科学教室
Department of Neurosurgery, Department of Neurology
実習期間：2019年8月19日—9月13日

tutors enriched our experience.

While remaining professional, everybody was eager to share the cultural knowledge as well as the medical to help us enjoy not only our time in hospital, but also our weekends and free time in general. Sharing best dining spots, historical remarks and best trip locations all around Hokkaido seemed to be a personal pride to show us how beautiful the Japan can be. And it was.

WELCOME EXCHANGE STUDENTS

From China Medical University, Taiwan



Sheng Jen Chen (middle)

受入教室：免疫・代謝内科学教室、救急医学教室
Department of Rheumatology, Endocrinology and
Nephrology, Department of Acute and Critical Care Medicine
実習期間：2019年10月7日—11月1日

It was my great pleasure to visit Hokkaido University in the most beautiful and romantic season. On my daily path to hospital, I was blessed with savoring the spectacular golden foliage of ginkgo boulevard. In addition to the appealing view in campus, the medical doctors here in Hokkaido University were so friendly and willing to teach us; students. The doctors in Department of Rheumatology, Endocrinology and Nephrology, including Dr. Oku, Dr. Fujieda, Dr. Yoshimura, Dr. Ninagawa, Dr. Sugahara, have taught many knowledge ranging from general internal medicine to rheumatic details. During my second week in Rheumatic Group, I was very lucky to be able to participate in the 47th Annual Meeting of the Japanese Society of Clinical Immunology, located in Sapporo and chaired by the Professor Atsumi of Hokkaido University.

The course in Acute and Critical Care Department was another unique experience. The morning meeting started at 9 am every day, featuring yesterday's new patients and changes in each patient. Although I have learned some Japanese, the content of their Japanese conversation was still quite challenging. Most of the time after the morning meeting was preparing for the possibly upcoming ambulance. On the last day of the Department of Acute and Critical care Medicine, I asked my supervisor if I could perform CSF tapping. As a result, I completed the procedure smoothly under supervision. It was a great memory and opportunity.



Yu Hsiang Hung

受入教室：腎泌尿器外科学教室、脳神経外科学教室
Department of Renal and Genitourinary Surgery,
Department of Neurosurgery
実習期間：2019年10月7日—11月1日

Hokkaido University, what a wondrous place to visit! Not only were the people amiable, but they were enthusiastic about teaching and sharing experience with students. When I was in the Department of Renal and Genitourinary Surgery, my supervisor, Dr. Abe, always asked me if I was accustomed to the pace of the department. Whenever I was free and didn't know what to do next, there was always someone in the office guiding me, even if they were not in charge of my clinical elective. One of the instructors even taught the whole class in English so that I could learn the concept well. It was such a pleasure to work with them. As for my favorite part, the hand-on training interested me the most. In the training, I manipulated the laparoscopic and da Vinci surgical models to perform tasks, such as suturing and laparoscopic cholecystectomy. Although the control was not flexible at times, it was still intriguing for me to catch a fleeting glimpse of the mysterious world of surgery. Apart from that, I also learnt how to insert a foley catheter in the Japanese way, which surprised me because the steps were hardly same as what I learnt in Taiwan. Thanks to Hokkaido University, I had a very wonderful time in these four weeks. Time flies. In the blink of an eye, I have completed my course. How I wish I could stay here for another month! Hopefully the memory will bring me back to this lovely place in the future.



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Correspondence to : relation@med.hokudai.ac.jp

Website URL : <https://edu.med.hokudai.ac.jp/international-relations/>