

*Voice of the International Students*

# VIS

医学研究院  
国際連携部門だより

June 2020  
(Vol.28)

## 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・医学部医学科の留学生の生の声を発信すること、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



### Qingjie Fu (China)

2020年3月 博士課程修了  
所属：消化器内科学教室  
Department of Gastroenterology  
and Hepatology  
在籍期間：2016年4月1日—  
2020年3月31日

### To be brave

**T**ime flies that I can't believe I had graduated while I still remember the first time I arrived at Hokkaido University four and a half years ago. I appreciate my supervisors and all staff in my department, by whom I was well taken care of. I had a delightful time and completed my subject smoothly thanks to their assistance.

Nowadays, studying abroad is quite a common thing, but for some people, it is challenging to decide on going abroad, because of a lot of concerns. To me, I am very grateful for this overseas study experience, and it will be an essential part of my life. Not only have I learned advanced technology and bright ideas, but also it enriched my life and made me more calmly facing challenges. Admittedly, life was a little bit difficult at first, and when I first came to Japan in the fall of 2015, whenever a convenience store clerk asked me if I needed chopsticks or if I needed to heat a bento, I always said, "no, thank you." It's not that I didn't need these services, but that I didn't understand what they're talking about. I studied Japanese while learning how to do research later in the university, and I quickly adapted to this life. Although I swamped myself every day, my life was well fulfilled.

Looking back now, if I worried about too many things, such as language incompatibility, cultural conflicts, or research pressures, when I was planning to study abroad, I guarantee that I would dispel this intention of going abroad. And there is no doubt that I would lose a chance to know a different world, and I would not know these ambitious friends now. Probably, I should thank myself for not overthinking.

Taro Sugimura once said, "Please jump out of the place where you can remain silent and not be attacked." Young friends, if you have a dream, then chase bravely. Indeed, difficulties will undoubtedly exist, but challenges and opportunities coexist, as do hardships and hopes. At the best age, why don't you try your best to make a breakthrough, just like Dr. Clark said, "Boys, be ambitious."

# WELCOME EXCHANGE STUDENTS

## From Mahidol University, Thailand

実習期間：2019年4月1日—4月26日

### Chonnikarn Sutthiaphirak (left)

受入教室：眼科学教室、  
放射線医学教室  
Department of Ophthalmology,  
Department of Radiation Medicine

### Siriporn Aroonratsamechot (middle left)

受入教室：小児科学教室、  
循環病態内科学教室  
Department of Pediatrics, Department  
of Cardiovascular Medicine



### Nattanon Limsapjaroen (middle right)

受入教室：免疫・代謝内科学教室、  
放射線医学教室  
Department of Rheumatology,  
Endocrinology and Nephrology,  
Department of Radiation Medicine

### Panrinth Srisungworn (right)

受入教室：形成外科学教室、  
放射線医学教室  
Department of Plastic and  
Reconstructive Surgery, Department of  
Radiation Medicine

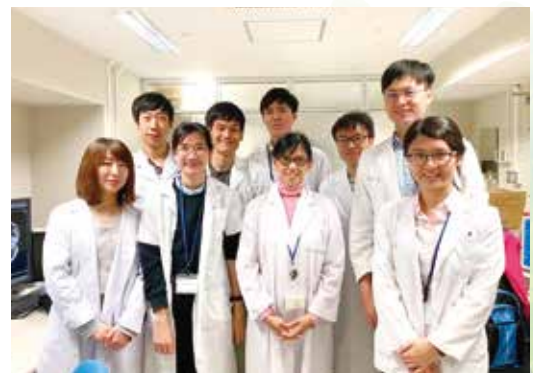
**B**oys, be ambitious! It was a motto painted on the wall in Hokkaido University Museum. I was wondered how a short phrase represents the whole University. On the first day, I was warmly welcomed by the staff. I swore to myself to do my best in all three departments. My first week was department of Neonatology. I had never been in NICU until then so It was my first time seeing so many congenital diseases and preterm babies. I was also allowed to observe in a C-section operation. The operation was very interesting for me because I had never seen the operation before. I do not know how to explain the feeling when the little angel was born to the mother whose face was tinged with the most beautiful smile. The first week passed in the blink of an eye. Before I realized, I had already enjoyed studying pediatric cardiology during the second week. I felt like I was a part of the class because I had chances to discuss cases with Japanese students. I could say that we work hard but play harder. The latter half then arrived. A world of Cardiology was magical. I was lucky to take part in the mitral clip procedure.

It was a technique for improving symptoms of patients with mitral regurgitation. Although it was an exhausted 6-hour operation time, I could not deny that it was a golden opportunity. There were more than 30 doctors in the room to witness the success. I have gained not only medical knowledge but also many Japanese words. There were much more things. I could not tell it all in here. Can you remember how I was doubted in the 3-word motto? "Boys, be ambitious!" Now I know that this short but profound phrase is not only a motto but it is also the way of life of the people here. It is waiting for you to proof. (Siriporn)



**M**y experience at Hokkaido University was very pleasurable. My first impressions were kindness and helpfulness of staffs at Department of Endocrinology and Nephrology and Department of Radiation Medicine.

Even if I sometimes could not understand their instruction, they always tried to repeatedly explain it until I figured it out. Medical students in Hokkaido University also were very friendly. They persuaded me to observe some medical procedure and have lectures with them and translated some Japanese words for me. I spent my first two weeks in at Department of Endocrinology. My activities were briefing and ward round, observe some loading tests, outpatient department was very good too. I studied many MRI brain case study with Professor Khin Khin Tha and had many interesting lectured with medical students. The staffs in this department were very generous. They taught me how to use some education program and fixed some problems. Lastly, I would like to thank Hokkaido University for this elective program. It was my precious time and memories that will make me become better doctor in the future. (Nattanon)



# WELCOME EXCHANGE STUDENTS

## From Nanyang Technological University, Singapore

I spent a total of 6 weeks attached to Hokkaido University Hospital and it was an amazing 6 weeks indeed. Everyone I've met has been so nice to me, going out of their way to make me feel welcomed to the team. Even though I cannot speak Japanese well, they tried their best to explain to me what was going on in English so as to keep me included. I really appreciated the planning of my placement schedules as it meant I was kept occupied and really got to see how things work here in the University Hospital. I am thankful for being afforded very kind and caring mentors in each of my 3 placements! Additionally, it really helped that a Hokkaido University Student was present to help me find my way around on my first day and we even had a group dinner with a few other exchange students and local students! I made a few good friends through this and I'm hopeful that we will keep in contact!

Overall, I think I will look back fondly on my experience here in Hokkaido University and I urged whoever is considering to give it a go and experience life in Sapporo.

Here is a picture of the Red Crowned Crane, Tancho, an icon of Japan. (Hong Wei)



### Candice Wan Ting Loh (middle left)

受入教室：形成外科学教室  
Department of Plastic and Reconstructive Surgery  
実習期間：2019年8月19日—8月30日

### Hong Wei Yap (right)

受入教室：救急医学教室、神経内科学教室、  
循環病態内科学教室  
Department of Acute and Critical Care Medicine,  
Department of Neurology, Department of  
Cardiovascular Medicine  
実習期間：2019年8月19日—9月27日



### Hsuan-Jen Wang (left)

受入教室：消化器内科学教室、免疫・代謝内科学教室  
Department of Gastroenterology and Hepatology,  
Department of Rheumatology, Endocrinology and  
Nephrology  
実習期間：2019年10月15日—11月8日

### Yih-Shiaw Chen (right)

受入教室：消化器内科学教室、耳鼻咽喉科・  
頭頸部外科学教室  
Department of Gastroenterology and Hepatology,  
Department of Otolaryngology-Head and Neck Surgery  
実習期間：2019年10月15日—11月8日

## From National Yang Ming University, Taiwan

First of all, I have to appreciate all the doctors, staffs, and students I met at Hokkaido University Hospital, Center for Medical Education and International Relations, and my dormitory, International House Kita 8 East. With your help and care, I really had an unforgettable memory at Sapporo, the fascinating city of Hokkaido.

Although I could barely understand Japanese, doctors were still willing to communicate with me in English. They even drew pictures for me in order to explain procedures or surgeries more clearly, even though they were extremely busy. Medical students there were friendly and hardworking as well, which impressed me a lot. It was interesting and a special experience for me to share the commons and differences between Japanese and Taiwanese cultures with them. During my four-week internship, not only did I learn about clinical medicine in the fields of gastroenterology and otolaryngology, I was also deeply touched by the kindness as well as passion from all the colleagues in the hospital.

Additionally, I was lucky that I went to Sapporo in the best season, in which I could enjoy the breathtaking golden ginkgo avenue on campus and beautiful red leaves all around the city; moreover, I even saw the first snow at Sapporo just before I left. It is my great pleasure to visit such top-class university and hospital in one of the most popular and comfortable cities in Japan. It was a wonderful journey, and I hope I can be there again very soon. (Yih-Shiaw)

## WELCOME EXCHANGE STUDENTS



### Claudia Bardoni (middle)

受入教室：形成外科学教室

Department of Plastic and Reconstructive Surgery

実習期間：2019年10月7日-10月18日

### From University of Pavia, Italy

**M**y name is Claudia and I'm a 6th year medical student from Pavia, Italy. I've attended two weeks in the Department of Plastic and Reconstructive Surgery: it has been a wonderful experience! I've followed Professor Maeda, Dr. Hayashi, Dr. Funayama and all the residents in their daily activity. I've really liked Hokkaido University itself, especially for its nature and kind people. It's relaxing to get lost in lunch break under a beautiful tree enjoying the sun and the nature.

My experience at the hospital has been great: I've learnt new pathologies, I've trained for microsurgery and for plastic dermal sutures. I've also attended the operating room every Monday and Friday, learning new techniques and having fun with all the surgeons! I'd love to thank Professor Maeda and all the other doctors for the teachings and for the amazing time spent all together.

I've also attended outpatient clinic, meeting many people and getting involved in the follow-up processes. I've seen many pathologies which are not common in Italy: accessory ear, melanoma, vascular malformations and basal cell carcinoma. I've learnt how to diagnose, treat and follow up all these patients.

I've also enjoyed Sapporo city when I went out with the residents (thank you Marika, Emi, Erica and Riku!!), I had a lot of fun and I've discovered the real Japanese culture. I will remember forever this experience and I will bring to Italy all my new knowledge from Hokkaido University!

### From National Taiwan University, Taiwan

**M**y time in Hokkaido University Hospital was an enriched month. I experienced lots of Japanese foods, traditional culture, Sapporo snow festival, and most importantly the clinical clerkship in Hokkaido University Hospital. In Department of Diagnostic Imaging, I joined the lectures and almost every teacher was willing to explain the knowledge or translate into English, which was very helpful for me to understand the medical knowledge especially in the nuclear medicine and interventional radiology classes.

I also presented sets of images of a case of tuberous sclerosis. I learned a lot about how to approach the image, define the lesion and do the differential diagnosis. In Department of Gastroenterology and Hepatology inflammatory bowel disease group, doctors were very nice to me and try their best to explain the findings in English during the endoscopy examinations. During the ward round, they also explained every patient status to me. In biliary and pancreatic group, all doctors helped me to join the endoscopic retrograde cholangiopancreatography (ERCP) and endoscopic ultrasound (EUS) examinations. I also studied some EUS textbooks on doctors' recommendation, which was very helpful to realize the complicated anatomy via endoscopic probe. The doctors also helped me to join other endoscopy examinations if there was a free time. The doctors of both two groups held welcome parties for me and other classmates. I was touched by their hospitality and friendliness. I had a fulfilled learning experience in Hokkaido University Hospital with such supporting doctors and classmates, and I am very grateful.



### I-Han Chen

受入教室：画像診断学教室、消化器内科学教室

Department of Diagnostic Imaging, Department of Gastroenterology and Hepatology

実習期間：2020年1月14日-2月7日



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