

*Voice of the International Students*

# VIS

医学研究科  
国際連携室だより

(December 2012  
Vol. 8)

## What is VIS ?

The International Relations Office of the Faculty of Medicine issues a newsletter "VIS" to send out a live message 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. (quoted from VIS Vol. 1)

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、異なる国の文化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なる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。(VIS Vol.1 より転載)

## International Hour: Jamaica

インターナショナル・アワー：ジャマイカ編



### Kerise Lyttle

PhD student, Hokkaido University  
Graduate School of Medicine  
(Jamaica)

I recently had the opportunity to introduce my country, Jamaica, at the International Hour. As Jamaica is celebrating its 50th year of independence from British colonial rule, I decided to highlight not just present day Jamaica, but also some history regarding Jamaica's development since gaining independence and its growth as a young country.

I spoke on the multicultural identity of the Jamaican people, as well as the history, food, language and customs. Jamaica's world famous music; reggae and dancehall, which are very popular here in Japan, were

mentioned. In addition, I had a chance to preview what awaited the world during the 2012 Olympics in London: Jamaican athletes taking the world by storm. The attentive audience was keen to know why Jamaican runners are so fast. That is a secret I cannot disclose.

Thank you all for your participation and let's meet again at another International Hour.



## I love Japan!

日本、大好き！



### Amir Shojaei

PhD student, Hokkaido University  
Graduate School of Engineering  
(Iran)

Living and studying in Japan has been an amazing life experience for me. Having stayed in foreign countries and having travelled to many places, I can say I have never appreciated any society as much as I do that of Japan. For many years I have been interested in Japanese culture, the unique way of thinking and the way of living. I am particularly interested in modern Japanese architecture. Having studied urban planning and design, I value the Japanese appreciation for every aspect of their surroundings; from the largest scale to the finest detail. I also respect the effort the Japanese make for perfection in every task and at every level.

During my stay in Japan I have travelled to any towns and cities; from Rishiri Island in the north to Nagasaki in the south. I always enjoy going to different restaurants. I try a variety of Japanese foods when I have time. I also have a great interest in Enka folk music and Japanese pop music.

私は世界各国を旅し住んでみて、日本が大好きになりました。日本人独特な考え方や生活方法に興味をもっています。とくに日本の近代建築には興味があって、都市計画を勉強するうちに日本人の周囲への心配りに感心しました。完全に向かって努力するのも素晴らしいと思います。これまで日本各地を回りいろいろな日本の食べ物を楽しみました。私は演歌と歌謡曲にも大変興味があります。

## Calligraphy Classes

書道教室



### News from International Relations Office

As part of our aim to increase international exchange, the International Relations Office of the Faculty of Medicine has introduced calligraphy classes for all interested Japanese and international students. The instructor is a master calligrapher and a member of the Hokkaido Calligraphy Association, with over 40 years of experience. Come and practice Japanese calligraphy in a relaxing, multicultural atmosphere!

Both English and Japanese will be spoken. For further details, please contact the International Relations Office at the following e-mail address:

[relation@med.hokudai.ac.jp](mailto:relation@med.hokudai.ac.jp)

国際連携室では 10 月に書道教室を開きました。書道師範に来ていただき、楽しい雰囲気なかで、留学生が書道を学びました。書道教室はこれからも何回か開く予定です。興味のある方はEメールでご連絡ください。



## Summer BBQ party with a difference!

普通じゃなかった夏バーベキュー・パーティー



### Chukwunonso Nzelu

PhD student, Hokkaido University  
Graduate School of Veterinary Medicine  
(Nigeria)

A typical barbecue party is all about having fun outdoors while grilling meat and vegetables over charcoal. However, the BBQ last summer came with a major difference: it offered me an opportunity as a foreign student to have mutual interaction with friends, and especially Japanese students. I realized at that time the influence it had on typically shy Japanese students to open up to foreigners. I could see their passion to socialize and share their ideas.

The party brought students from various academic, cultural and continental divides together and I was able to find answers to my questions regarding their cultures and experiences in Japan.

It was a great moment for me to see people smiling at each other, taking pictures, sharing their thoughts and making new friends. I enjoyed the party so much that I wished the day could have been extended.

It was a great BBQ party. A greater one is coming soon, see you then!

BBQ パーティーは戸外で肉と野菜を炭火で焼いて食べて楽しむのが主ですが、今回参加した BBQ パーティーは違っていました。そこではみんなが笑顔で向き合って、一緒に写真を撮って、考えを交換し、友達になりました。パーティーは楽しくて、もっと日が長かったらと思いました。次の会ではぜひ貴方とお会いしましょう。

## Our International Experiences

インターナショナル・アワーへの参加を通して



### Sachiko Karino Gyota Fukami Hiroka Kudo Misako Kon

As senior students at the School of Nursing of Sapporo City University, we rarely have a chance to meet students from other schools, and especially from other countries. Dr. Takano, a member of the International Relations Office, who teaches us Anatomical Physiology, introduced the international events at Hokkaido University and invited us to participate. It was very exciting for us to attend events such as the International Hour, a barbecue and the Year-End Party. We learned the joy of knowing and experiencing other cultures through interesting presentations and exotic foods. We also learned the importance of making an effort to understand and interact with others, even if a language barrier exists.

Next year, after graduation each of us will start our career in nursing at different hospitals. We may have less opportunity to attend international events at Hokkaido University. However, we will treasure the memories and the experiences we had forever. Our international experiences in these years will be of value in communicating with anyone as we make our way in life.

国際連携室の高野先生が札幌市立大学看護学部の非常勤講師をされている縁で北海道大学医学研究科のインターナショナル・アワーに参加して、さまざまな国の方とお話をさせていただきました。相手を理解しようとしてお話しすれば、言葉は十分に通じなくても友達になれることを学びました。

## Communication café at the Hokudai Festival

### 国際交流カフェの試み



#### Rikiya Kameno

Medical student, Hokkaido University  
School of Medicine  
(Japan)

For many students, the Hokudai Festival is the biggest event at Hokkaido University. At the last festival, members of the International Relations Office and students of Hokkaido University School of Medicine joined forces to operate a food stall. I acted as a volunteer liaison between the two groups.

The location was in a big open space next to the Medical Library. During the festival many people came and enjoyed delicious foods like Jamaican jerk chicken and pineapple cake, as well as Blue Mountain coffee and tropical juices to drink. The customers could also sit at tables and have a chat with international students. It was a wonderful opportunity for both the international students and the people who came to the Hokudai Festival. I hope the food stall becomes a permanent part of this annual event.

年に一度の大きなイベント、北大祭。2012年には、国際連携室と医学生が協力して、医学展の出店企画として、ジャマイカンフードや飲み物を販売しました。試みとして、北大の留学生とお客さんが話せるテーブルを用意しました。この試みは、普段あまり会う機会のない札幌市民と留学生を結ぶ意味でも非常に有意義なものだったと思います。次回の北大祭でも、このような機会を設けられたらよいなと思っています。



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