

*Voice of the International Students*

# VIS

医学研究科  
国際連携室だより

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(Vol. 9)

## 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)

## The International Hour: Guyana, Land of Many Waters

ガイアナ：水域が多い国



**Devon DUBLIN**

PhD student, Hokkaido University  
Graduate School of Environmental Science  
(Guyana)

The International Hour, hosted by the International Relations Office of the Faculty of Medicine is an informative and interactive get-together at which people from various nationalities can share information about themselves and their countries. A recent presentation was given about the only English speaking country in South America: Guyana, not to be confused with Ghana or Guinea.

Guyana, meaning "land of many waters" comes from the language of the Guyana's indigenous peoples who are held in high esteem. A strong connection can be made

between the natural way of life of these people and the Japanese concept of "Satoyama" which promotes a healthy relationship between people and nature. This demonstrates the bond between distant and diverse cultures.



## Precious Summer

貴重な夏



### Diah Wasis WULANDARI

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

Having the chance to live in Hokkaido, with its four distinctive seasons, is truly a blessing. Coming from a tropical country, Indonesia, which has a hot, humid tropical climate all year round, I didn't appreciate the sun and summer the way I do now.

In my home country, most women do their best to avoid the heat and sunlight. It is common to see people using umbrellas on bright sunny days in order to stay cooler and out of the sun. I was also a person like that; preferring to be in air-conditioned areas all the time, instead of "enjoying" the sun.

However, after living here in Hokkaido for a few years and experiencing very short

summers, I have come to appreciate the sun with much delight. I appreciate it even more during winter, when I can feel the sunlight helping to elevate my mood. Now, I even find great enjoyment in sunbathing, something I avoided in the past. I have also developed an interest in being outside in the sun gardening and watching the seeds spring to life.

熱帯のインドネシアからきて 2, 3 年たちました。北海道のとても短い夏を経験して太陽の有難さがわかりました。前は避けていた太陽に当たることに今は大きな喜びを感じています。戸外で行う園芸にも興味を持ち始めました。

## First Time Parents in Sapporo

札幌で初めて子どもをもった感想



### Remel A. SALMINGO

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

When my wife and I became parents for the first time, we thought that the process of giving birth to a child outside our native country of the Phillipines would be very difficult. However, we were proven wrong, because the child support system in Sapporo is excellent. It included help in all stages: prenatal, birth and postnatal. Medical professionals conduct seminars for expectant parents on various matters including childbirth procedures and what parents should expect during the birth. What is also nice about the system is that both parents are required to do practical training in the hospital on how to take care of the newborn baby. Everything from

taking a bath, changing diapers, and many other aspects of baby care were covered. An English medical interpreter group at the hospital is also always ready to assist people from other countries with the Japanese paperwork and official procedures. So, for us, parenting in Sapporo turned out to be much easier than we had anticipated, and in fact was a pleasant surprise!

異国で子どもを初めて持つというのは大変と思っていましたが、札幌の支援体制は優秀でした。医療のプロが、赤ちゃんの世話の仕方を両親に教えてくれますし、病院には外国人のために英語で医療の説明し、事務手続きをしてくれる人たちがいます。

## To Hokkaido ... With Love

愛する北海道 …へ



### Muhammad BAGHDADI

PhD student, Hokkaido University

Graduate School of Medicine

(Syria)

I came to Japan five years ago, to join a cancer research team and enjoy the beautiful nature of Hokkaido. It may sound like a long time, but it went by very quickly. I still remember being so impressed by the first, beautiful snowfall in Sapporo; as well as the amusement of scientific research. Winter can also be cold and strict, and I came to realize that science is also difficult and strict. However, like a coat against the cold weather, the help and patience of my supervisor helped me overcome many difficulties. Finally, I could publish a report concerning my research about a new application for antibodies in cancer therapy which will give great hope to many cancer patients.

Studying at Hokkaido University was a great experience that I will never forget and I will be proud of for the rest of my life. I have received help and kindness from many Japanese people during my stay, and I will always be thankful. Love to Hokkaido University and Japan!

北海道大学にきて、次第に研究の厳しさがわかりました。しかし指導教官に多くの困難を乗り越えるのを助けていただき、多くの癌患者に希望をもたらす抗体の癌治療への新しい応用法に関する論文を書くことができました。北海道大学で学べたことはこれからの私の人生の誇りです。多くの日本人の方々にお世話になりました。これからも感謝していくでしょう。

## Opening of International Relations Office Website

国際連携室のウェブサイトオープン



### News from International Relations Office

We have recently opened our website with regular updates on our activities & events such as International Hour. Please visit our homepage where you can view photos of our activities and post comments with your feedback.

<http://kokusai.med.hokudai.ac.jp/>

Our success depends on YOU! We will continue to work hard to offer you exciting events and activities for the academic year 2013. We truly appreciate your continued support and active participation.

国際連携室のウェブサイト（上記 URL）ができました！イベントのお知らせや、役に立つ情報、写真などを掲載していきます

ので、どうぞ見いらしてください。ご意見・ご感想もお寄せください。歓迎します。

国際連携室の活動の成否は参加して下さる皆様方に委ねられています。2013年度もスタッフ一同（写真）力をあわせて楽しい企画を実行していきますので、参加をよろしくお願いします。



## Savouring 2012 Year-End Party

年末の会は面白い



### Chidi ONAH

PhD student, Hokkaido University  
Graduate School of Law  
(Nigeria)

The 2012 International Year-End Party stands out as my first opportunity to meet people from diverse nationalities. For the first time in my life, I was able to meet persons from countries I had only heard about; allowing me to learn first hand of their particular cultures, economics, geographies and politics. These people have become my best of friends at Hokkaido University. To me, it is the friendships cultivated at this yearly event which are the essence and the unique selling point of this party.

The 2012 International Year-End Party was a very worthwhile experience, which I will continue to cherish. The Japanese food I ate for the first time is something I have come to love, and the people I met have continued to be an inspiration.

Furthermore, their backgrounds and shared experiences continually remind me of how uniquely endowed we are in our diverse ways.

2012年の国際交流年末の会は、私が日本に来てさまざまな国籍の人たちに出会う最初の機会でした。名前だけしか知らない国から来た人たちから直接、彼らの国の文化・経済・地理・政治のことを聞くことができました。ここで出会った人たちはいま北海道大学における最高の友達になっています。この会の本質でかつセールスポイントであるのは、ここで培われる友好関係だと思えます。この年末の会への参加はとても価値ある経験でした。この会で初めて食べた日本食は私の好物になりましたし、出会った人たちは私にずっと必要な人たちです。さらに、いろいろな国の人たちがそれぞれもつ文化的背景や語った経験は、私たちには多様なやり方があるのだということに常に私に思い出させてくれます。



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