

Voice of the International Students

VIS

医学研究科
国際連携室だより

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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。

STUDENT STORY At my graduation



Delnur Anwar (China)

耳鼻咽喉科・頭頸部外科学分野
2016年6月修了

I was 12 years old when I first came to Sapporo. Ever since, I had never forgotten this beautiful city. 13 years later, I got the chance to come back, and then spent 6 unforgettable years in Sapporo.

My study in Hokkaido University is truly a long story. It started in November 2010 when I entered school of medicine of Hokkaido University as a research student. First winter was with endless snow and home sick, but I could get through thanks to Japanese and international

friends I made in Japanese classes in Hokkaido University. Next July I got married. My husband and I decided to study together in Hokudai. It wasn't easy for us as self-support students. We had to work hard to support our life and study at the same time, but I feel our life in Japan really started there.

In 2012 I started PhD course. It was completely different from my undergraduate study in China. There were no weekends or holidays, I had to keep doing experiments repeatedly, reading scientific articles, and working for our life. On June 17th 2015 our son was born when my study was at the very crucial time, because it was the final year of my PhD. Only studying itself was difficult, raising a baby at the same time was even harder for both of us. I could never graduate without the support and encouragement of my supervisors, my teachers and all my dearest friends. Most importantly, the great nursery I got for my son saved my life.

I have seen many changes of Hokudai and Sapporo. New school buildings, new faces. Every new semester I welcomed many new friends, but there were sad moments to say goodbye when they leave. I respect and admire the young people who go abroad for study because I believe every one of them

have to overcome many difficulties during the study. I experienced a single international student, a foreign couple and a foreign family.

And I got a lot of great Japanese and international friends who have the same or different experiences. I learned a lot from them.

Looking back, those 6 years seem quite short, but at the same time quite long. I can remember every single day full of happiness and achievements. I was a little girl when I first came to Japan, now I am a mother, a wife and also a researcher. I experienced such great changes of myself during my stay in Japan, and that is the most important part of my life.



WELCOME EXCHANGE STUDENTS

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

Students from From Li Ka Shing Faculty of Medicine, University of Hong Kong with (left-to-right) vice-Dean Yoshioka, Dean Kasahara and Assist. Prof. Murakami



Lor Cheuk Yin

受入診療科：整形外科、第一内科

Overall, this exchange program is well organized, comprehensive and impressive. Doctors in different departments tailor-made a schedule to cater for my progress and expectation. The hospitality of teachers and students here gave me a lot of great memories in Hokkaido.



Lam Yi Ngar Lydia

受入診療科：産科、消化器外科Ⅱ

Lam Yi Ngar Lydia (middle) with Department of Gastroenterological Surgery II

medical knowledge such as diagnostic skills, prenatal screening technologies, I also learned how to show genuine care and support to patients and to build up a trusting doctor-patient relationship through effective communication. Also, I met a lot of very welcoming and helpful Year 5 medical students. They would always include me in their conversations and make me feel at home. I enjoyed having lessons and practicals with them and we always spent time outside class having meals together. They would always lend me a hand and would actively translate for me. I could have a taste of what Japanese university life is like.

I also enjoyed at the gastrointestinal surgery ward a lot. I was very nervous when I first arrived at this ward as I had not learnt anything about surgery in my own university yet. Yet, the doctors are all very patient and kind and would always repeatedly demonstrate different suturing and ligation to me. Over my two weeks attachment, I have gained a lot of new knowledge regarding suturing and

ligation and even had the experience of performing esophageal anastomosis on pig's esophagus together with other Year 5 medical students. I also had the chance to try using the endoscope. I understood how hard it is to become a surgeon and the hard work behind the skillful techniques they each possess. I could also observe 3 very eye-opening surgeries – esophageal cancer, pancreatic cancer resection surgeries and total gastrectomy. Through them, I not only have a more concrete idea of the procedures and execution of surgeries, but also the persistence and concentration surgeons need to possess.

Overall, I have enjoyed my one-month attachment very much. Not only have I gained a lot more understanding and knowledge on two medical specialties, I have also met a lot of helpful doctors and medical students that have welcomed me very warmly, willingly offer me help. I really appreciate the opportunity to join the exchange programme and would hope to visit the university again in the near future.

The Hokkaido University exchange programme was an extremely rewarding, enriching and eye-opening experience.

At the obstetrics ward, I was fortunate enough to be able to witness the birth of over 10 precious lives – through both natural vaginal delivery and caesarean sections. All the doctors are very helpful and friendly and willing to teach me despite language barriers. Through their teachings, I not only gained

LET'S CHALLENGE INTERNSHIP ABROAD

Experience in cutting edge of global health — World Health Organization —

I experienced a lot of amazing things through the internship at World Health Organization in Geneva, Switzerland. I stayed there for 7 weeks and in the weekends I would travel beyond Switzerland to other countries like France and Italy.

I remember my first day at WHO where I was relieved by the warm welcome by other interns and staffs, and then was taught global nutrition targets and the role of WHO in nutrition field from my supervisor in the Nutrition Policy and Scientific Advice Unit. This unit's work includes monitoring and analyzing nutrition policy, providing guidance on inter-sectoral nutrition policies and development of policy implementation tools. My work was mostly reading over 100 nutrition policies from around the globe and extracting key data from them. I learned nutrition problems that each country was facing and what they were tackling. I also helped on preparing for the 2nd Nutrition Global Monitoring Framework.

Other than the desk works, there were lunch seminars every week where you could learn about different health topics from different departments like young marriage in Africa or the problems of hearing loss in children. Also every day was World SOMETHING'S Day (World Health Day, World Women's day etc.) and it was great to think about cutting edge problems lying in the global health field. I also met many talented interns from around the world. Some of them were doctors but most of them were from different backgrounds like health management, pharmacy, and epidemiology. It was my first experience to talk to someone from Israel or Iran, who were so nice and smart. I enjoyed sharing opinions with other interns about health issues and international problems related to countries' history. We would hang out after work or in weekends and share many stories of ourselves.

I was so obsessed working in WHO, and thought that to work there means to take part in a small step towards a peaceful and sustainable world. I learned more than I had expected. I felt WHO is an



Yuriko Terada

5th Year Student, Hokkaido University School of Medicine
Yuriko Terada (third from the right) at WHO

organization which worked closely with countries' ministry level. I am now looking forward to work in the local level but I am determined to pursue my career in the global health field and help people who lacks in medical access with deep insight.



Ms. Terada reported her internship experience at Study Abroad Seminar at School of Medicine.

Every body welcome

第6回 留学体験セミナー

2016 6月28日(火) 12:00~

医学部中棟5階 5-1セミナー室

CHANGE THE IMAGE OF GLOBAL HEALTH
~WHOでの体験を通して~ (英語/日本語)

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発表後に留学に関する情報交換ができます。軽食付きです。
参加希望者は6/20(月)までに国際連携室にご連絡ください。
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LET'S STUDY ABROAD

Precious time in Taiwan — Taipei Medical University —

I have experienced clinical clerkship at Taipei Medical University (TMU) Hospital for 4 weeks with other 4 students from Hokkaido University. It was a great opportunity to learn not only about medical issues but also cultural differences between Taiwan and Japan.

I joined the Department of Metabolism and Endocrinology for the first two weeks, and saw a lot of patients mainly at outpatient department. I was surprised by the number of outpatients they see, which was about 80 every morning. All conversations are in Chinese which I couldn't understand but sometimes doctors took time from their busy schedule to teach me about the diseases and medical systems in Taiwan.

Secondly, I joined the Department of Rheumatology, Immunology, and Allergy for a week. I had a chance to listen to presentations by TMU students. They gave presentations in Chinese but the slides were written in English.

In Taiwan, lectures are given in Chinese not in English but they use English medical terms and English is commonly used in medical settings such as writing clinical charts and giving presentations. I think this is great because it makes them easier to read academic books and papers in English. In Japan there are few opportunities for us to use English practically.

For the last week, I joined the Department of Hematology and Oncology. All the doctors taught me a lot of things. They chose some diseases which are also common in Japan and gave tutorials to us.

The most impressive thing in Taiwan was that people were really nice and kind to us. We were helped not only by Taiwanese friends but also by strangers in every situation. Taiwanese people are very friendly, easygoing, and open-minded. My friends took us out for lunch, dinner, and sightseeing. Thanks to them, I could learn Taiwanese culture deeper and enjoyed life there. I truly feel grateful to all the

people I met.

I strongly recommend this exchange program to my juniors who want to go abroad, improve English, and experience medicine overseas. You can also make precious friends.

Overall, this experience was worth a lot to me. I really appreciate this opportunity to go to Taiwan as an exchange student.



5 Hokudai students with local students
(Maiko Kusumi: front middle)

Maiko Kusumi

Final (6th) Year Student

Hokkaido University School of Medicine

My elective in Singapore — National University of Singapore —



Rikiya Kameno

Final (6th) Year Student

Hokkaido University School of Medicine

It was a wonderful, amazing experience to spend four weeks of clinical training at the National University of Singapore in Special Clinical Electives Programme. The programme has many options including learning in off-campus hospitals. I chose a neuroradiology programme of National Neuroscience Institution in Tan Tock Seng Hospital. In the elective, I learned the basis of reading images like CT/MRI of the brain/spine from medical officers and specialist registrars. During one

month, I could improve my skill to write simple radiology reports.

Some students may place little value to go overseas for clinical training. Indeed, Japan is the country with advanced medical technology and education. The idea that I could have acquired the same skill at home is understandable. However, what I learned was not only medical knowledge but a lot more.

Cultural difference is the one. I recall the first day arriving at the Changi Airport. I was very surprised to see various people working together there. Singapore is composed of three major ethnic groups and the other minor groups: 74% Chinese, 13% indigenous Malay and 9% Indian background. There are also some originating in Europe, who are called Eurasian. In spite of being in a melting pot, they all have peaceful lives and think they are the same Singaporean. They grow up in the same public housing and in the same education system. Racial segregation or discrimination is not seen in employment, job advancement or marriage. Singaporeans call it

"harmony" of their society. Doing medicine in Singapore means to take care of those multi-cultural people.

What makes people unite is the language. The government designated English as the main language after its independence from Malaysia, because it was necessary for such a small country to survive in the world. This change was very successful. Singapore has been producing outstanding talents until now.

It also made NUS come out top in Asia's university ranking. There is, of course, a bad side as well such as increase of migrant workers and consequent concerns about domestic unemployment rate and condition of public safety. In any of those cases, Singapore gives a good example when we think of globalization.

There are many more reasons you are encouraged to study abroad. But I would say "seeing is believing". If you have the opportunity, do not hesitate to jump into an unknown world; otherwise you will fall behind the times.