

Voice of the International Students

# VIS

医学研究科  
国際連携室だより

May 2012  
(Vol. 7)

## 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: an event for all by all!

インターナショナル・アワー：皆のための皆によるイベント



### Houman GOUDARZI

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

About two years ago, International Hour was just an idea, the creative and interesting idea by Takano Sensei, I was sure it will be a successful plan; as its first speaker, during these years, I've seen it's getting better and better. In last November, I had a speech about Iran (old Persia) for second time; I really enjoyed that presentation and could communicate with different people, reminding me for knowing new cultures, it's not necessary to travel around the world. I think reason of International Hour success is because of several factors: knowing and getting insight about various countries,

with all of cultures in warm atmosphere and participant-friendly organization, so don't hesitate to contact us for presenting about your country!

温かい雰囲気の中かで文化交流ができて、発表者に友好的なインターナショナル・アワーであなたも発表してみませんか。



## Hokkaido: a peep into my experience

北海道：わたしの経験から一言二言



### Niyi SUNMONU

PhD student, Hokkaido University  
Graduate School of Environmental Science  
until March (Nigeria).

*M*y first 'interaction' with Japan was at the Embassy of Japan in Nigeria. So, I got a very good impression of and about the country, and that Hokkaido is the coldest region in Japan.

But when I arrived at the New-Chitose Airport, I thought "this is not cold!" Little did I know that it was the air-conditioner at work! I later fell in love with fresh snow. Unfortunately, because of my knee conditions, I could not enjoy skiing.

Coming to Hokkaido University afforded me the opportunity to meet people from different parts of the world including Japan, and to study and understand their cultures, language, beliefs, etc. which is my favorite

pastime. Sometimes it can be frustrating for foreign students here because of different cultural backgrounds but patience, understanding and learning about others' culture can help to improve the situation.

Summarily, I had a worthwhile experience in Hokkaido.

北大では日本を含めた世界中の人と知り合って、かれらの文化・言語・信念などを理解したのは大変よい経験でした。留学生は文化の違いからくる欲求不満に陥ることが時にはあるでしょう。しかし、忍耐をもってほかの文化を理解すると、それまでの事態は好転します。総じて、北大では価値ある経験をしました。

## NEWS: we will have a website in the near future!

国際連携室ホームページ準備中です！



Hiroko TAKANO (Japan)  
Anton LENNIKOV (Russia)  
Roshan MAHABIR (Trinidad and Tobago)  
Houman GOUDARZI (Iran)  
Muhammad BAGHDADI (Syria)

*T*he International Relations Office has been working persistently with the purpose to help international students and to promote international exchanges. This time, we have decided to launch a homepage to strengthen relations with the current international students and to make connections with alumni as well as to help the overseas students who are interested in this university.

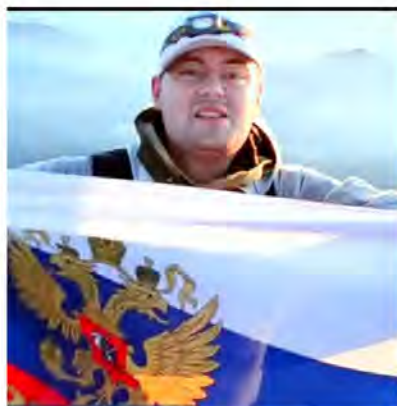
Although, this homepage will mainly provide necessary information to the international students of this medical faculty, it will be a useful resource for the international students of other faculties.

This is an English homepage and it's designed to access most up-to-date information, such as posting regular announcements from the Graduate School of Medicine, circulating update information of our regular programs like International Hours, Barbecue parties, New Year party etc.

北海道大学医学研究科の国際連携室では、現在、ホームページを立ち上げる準備をしています。使用言語は英語です。医学研究科に軸足をしていますが、北海道大学に在学中の留学生、卒業された留学生、本学に興味を持っている外国の学生に役立つ情報を提供していきたいと思っています。

## The Mt. Fuji

富士登山



### Anton LENNIKOV

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

Mountain Fuji is a famous symbol of Japan. I accomplished my long time dream of climbing it in the August 2011. Reaching the mountain-top is not a very hard work if you are physically fit, but you may feel the effects of thin air and altitude when you're closer to the top of mountain. Appropriate clothing and wearing right shoes are very important for your success. Watching the magnificent views, especially seeing the stars, sunrise and Tokyo night panorama are amazing! So don't forget to bring your camera! During the climbing season (July-August), there are hundreds of other climbers, so it's usual to wait for long time for your turn to climb on the narrow road.

The most track is a lifeless rocky red soil environment and sometimes you may feel bored while climbing. There is a proverb "You're wise to climb Fuji once and a fool to climb it twice", and I think it's fit perfectly with me.

富士山に登るといふ子供の頃の夢を昨年の夏に実現しました。満天の星、日の出、東京の夜景は見事です。

登るのには長い順番待ちがあつて待たなければなりません。登山道は岩だらけの赤土で、途中で飽きるかもしれません。「一度富士山に登るのは賢いが、二度登るのは愚かである」という格言があります。富士登山を経験して、この格言の意味を納得しました。

## Cooking is fun!

お料理をつくるのは楽しい！



### Haruko KUMAMOTO

PhD Student, Hokkaido University  
Graduate School of Medicine,  
Lecturer, Fuji Women's University  
(Japan)

So far, I've cooked four times in the 'International Hour' with my students. Every time we prepared and served HALAL version of various dishes. In choosing menu, we preferred the cuisine of the main speaker of respective 'International Hour'. For me, the happiest moment is to hear from the participants "It's very delicious!" Although I'm not good at English, I can understand their feelings after seeing their happy faces. I will continue to make various kinds of dishes for the participants and I'm looking forward to seeing their happy and smiling faces after meals.

#### 【編集部からのコメント】

隈元晴子さんは藤女子大学栄養学科の先生でもあり、学生さんたちとともに、平成23年10月から、インターナショナル・アワーに引き続いてある国際交流パーティーのお料理を作ってくれています。その労をねぎらうと、「幸せな顔になって食べてもらえることが嬉しくて・・・」と、素敵なお顔を答えてくれました。一緒に料理を作ってくれる藤女子大学の学生さんたち(p.1の左下の写真にHoumanさんと写っている方々)も、この会を「楽しい!」と言ってくださっています。彼女たちの愛情あふれるお料理のおかげで、国際交流はますます滑らかに進みます。

## International Year-End Party 2011

国際交流忘年会



### Anne-Gaelle RENAUD

PhD student, Hokkaido University  
 Graduate School of Economics and  
 Business Administration  
 (France)

The Year End Party last December has been a great occasion to celebrate the holiday season for all foreign students who were far away from their families. There were many people and it was hard to get a chance to meet everyone, but the atmosphere was very warm and friendly. We had a fun time playing with children, making balloons and playing bingo. Also lots of people prepared delicious dishes and brought them for everyone to enjoy. There were different foods from many countries: Japanese, Italian, Brazilian, Bangladeshi, etc. I tried some of them for the very first time.

But the most enjoyable part for me was helping to decorate the room, with tinsels and lights. I was also very surprised that I won a prize in the bingo game, which was my first time. But the best thing was to share the prize with all my friends around.

昨年の12月にあった国際交流忘年会は家族から離れて暮らす留学生にとって素晴らしい会でした。大勢の人が集まって、全部の人と話すことが難しいくらいでした。それでも、温かい友好的な雰囲気に包まれていました。子供たちと遊んだり、風船作りをしたり、ビンゴゲームもありました。多くの参加者がそれぞれのご馳走を持ち寄りました。私が初めて味わう料理もありました。

なんといっても私にとって一番楽しかったのは、部屋の飾りつけを任されたことです。それから、生まれて初めてビンゴゲームに当たって驚きました。賞品の量が多かったので周りの人たちと分けあえたのが、とても良かったです。



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