

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 of Medicine 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。

Experiences in Sapporo



About 3 years ago, I came to Sapporo with my 2-year old son to stay with my husband, who was a PhD student at Hokkaido University. A few months later, I got a wonderful opportunity to study in Master's Program of Hokkaido University Graduate School of Medicine and I was extremely happy. I was a little worried initially as I did not understand Japanese language, but, with the help of supportive teachers, I realized that the difference in language does not affect my education.

Hokkaido University is very supportive of international students. I am very thankful to my teachers and Hokkaido University for the

knowledge and skills that I got acquired. Besides the student life, living in Sapporo was simply beautiful as Sapporo itself is a beautiful, clean, peaceful and safe city. Snowy winter was a completely new experience for me, and I loved it. Every season has a beauty of its own and I was fascinated the most by the colourful autumn in Sapporo. As a mother, I appreciate the child care system in Japan because my son is always happy to go to the day care centre. Studying in Hokkaido University while staying with my family is the best part of my life in Sapporo.

Karki Thapa Sarita (Nepal)

**Master's Student, Department of Cellular Pharmacology
Hokkaido University Graduate School of Medicine**

所属分野：細胞薬理学分野

Precious Experience



It is really lucky for me to be a Hokudaisei. I came to Hokudai without knowing what true research was, what I would do and which area I should enter for my research, even wondering whether research really suits me.

After spending 5+ years here and many trial-and-error experiences, now I think I know something about research and I really enjoy doing it. More importantly, I know what I will pursue in the forthcoming years. I think this is the most precious gain here I got.

So I would like to take this opportunity to

thank all those who have guided, advised, and helped me and those who have spent the good old days with me. Also, the people in Hokkaido are kind and friendly, the view is beautiful, and the food is delicious. I do believe I will miss Hokkaido.



Chen Chong (China)

PhD Student, Department of Psychiatry,
Hokkaido University Graduate School of Medicine

所属分野：精神医学分野

5 years memory in Hokudai



I came to Hokudai in 2011 and at that time, I could not speak Japanese at all, but all members in professor Seya's Lab were very kind to me.

They taught me many experiment skills, and in the spare time they invited me to go to the Izakaya to show me what Japanese life is. My life in Hokudai is very fulfilled, in daytime I do the experiments, and in the evening I usually go to the gym to do some sports such as training and swimming, since the winter of Sapporo is so long and we do not have too many chances to do sports outside. However, the snow of Sapporo is so beautiful that makes everything quiet and peaceful including my heart.

During these 5 years, I have earned not only doctoral degree but also have learnt the Japanese spirit which is devoted to their work and never give up. I am so honored to be a student of Hokudai and I am sure the student life here will be my precious memory in the rest of my life.



Deng Mengyao (China)

PhD Student, Department of Microbiology and Immunology,
Hokkaido University Graduate School of Medicine

所属分野：免疫学分野

The Beautiful Hokkaido



With my wife

Mahmoud Khamis Mahmoud Aly (Egypt)

PhD Student, Division of RNA Biofunction,
Hokkaido University Graduate School of Medicine

所属分野：RNA 生体機能分野

After winning MEXT PhD fellowship, it wasn't easy for me to decide where to go in Japan because Japan has more than 650 Universities. Since I like nature so much, Hokkaido University, as the most beautiful University all over Japan and one of the best 7 Universities in Japan, was the right decision. My wife and I enjoy our new life in Hokkaido very much. Every weekend we have a plan to visit a new place in Hokkaido.

As a Muslim in Hokkaido, I don't face any difficulties in my daily life; the Mosque is less than 5 minutes walking from Hokkaido University so it is easy for me to do my prayers during work in Lab. Also I can easily

find halal food in Sapporo. So I didn't take too much time to adapt to my new life in Japan.

I like my lab very much especially lab members with whom I feel as if I'm within my Japanese family. They always help me to know, learn and experience Japanese culture, Japanese language and even Japanese food.

As a part of cultural exchange, my wife and I held a small Egyptian food party with my outstanding lab members. It was an amazing day and everybody was so happy.



With lab members

Exchange Program at Hokkaido University



With Dr. Murakami, in Dept.
of Gastroenterological Surgery II

Ting Yi-Cheng (Taiwan)

Final (7th) Year Medical Student,
Taipei Medical University

受入診療科：小児科学分野、
消化器外科学分野 II

I thank everyone who helped make this exchange program possible. I attended the Department of Pediatrics for the first two weeks, rotated through all the divisions, and saw a lot of rare cases in both in-patients and out-patients. Doctors were really nice and explained a lot of knowledge to me in English. I'm also grateful that the doctors let me participate in the case presentation in the grand round with medical students of Hokkaido University, without leaving me out like a foreign student.

For the last two weeks, I attended the Department of Gastroenterological Surgery II. I always love practical things. We had a lot of surgical skills trainings, such as basic/continuous suture, anastomosis techniques, and endoscopic surgery

techniques. I also learned a lot of reconstruction methods.

On weekdays, I had a great time checking out the city of Sapporo. I joined doctors' and students' dinner parties at izakaya and had very nice yakiniku. On weekends, I travelled to Hakodate and Otaru by train. I really love the extraordinary sceneries of Hokkaido!

Without this exchange program, I would still be thinking of milk, chocolate, and snow when I hear the word "Hokkaido", but now, it means much more to me. I lived in the city of Sapporo for one whole month, not long but enough to make friends and be familiar with its surroundings that sometimes made me almost forget I was in a foreign country.

I am really glad I got this very special opportunity to travel and study in Hokkaido. I will remember all the great memories of beautiful autumn in Hokkaido!

Feel the Differences in Hong Kong



In front of the Queen Mary Hospital

Shigenari Watanabe (Japan) Final (6th) Year Student, Hokkaido University School of Medicine

I studied at Li Ka Shing Faculty of Medicine, Hong Kong University for 4 weeks in September 2015. I mainly studied at the department of paediatric surgery in Queen Mary Hospital. Operations were performed almost every day. Various diseases were treated from lung diseases to urinary diseases, and doctors were actively introducing new technologies into the fields of paediatrics.

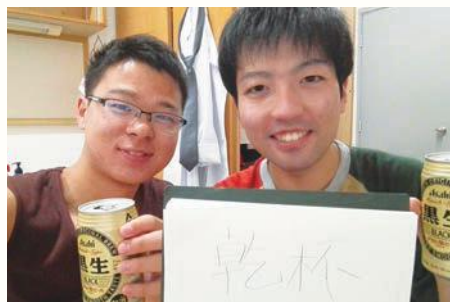
When I attended the interactive lecture with local medical students, I felt that local

students had much more clinical based knowledges and were more eager to study medicine than Japanese students. During the lecture, doctors keep asking questions to students about different diagnosis, image findings, physical examination, treatment, and medication. Discussion was very active and students never said "I don't know". I was wondering why local medical students had a keen clinical sense and were accustomed to arguing with doctors. One student explained that they have 5 years to finish the medical course, and start bed-side-teaching from the 3rd year. And, surprisingly, they have OSCE every year from the freshman year. Although first OSCE is simple, its level goes up year by year, and high level clinical competence is demanded at the final year. I told local students that I had only one OSCE so far and, would only need to pass paper examinations for graduation. They were surprised and said, "That is very good."

I also found interesting facts about languages. Medical students in Hong Kong

speak Cantonese in daily conversation, but have studied science in English in elementary or high school and study medicine only in English. Therefore, they are very fluent in English. My roommate from Beijing said that he could understand only 1% of Cantonese. I was surprised to learn that there is a great difference between Chinese used in Beijing and Chinese used in Hong Kong. There was a Chinese Malaysian student who could speak Chinese, Cantonese, English, and Malay. He could speak English best, and couldn't read Malay which is the first language of Malaysia. This language culture shock interested me a lot. In Japan, we study all subjects in Japanese. This may be a good thing, because we can understand easily and deeply everything without a second language.

Through these experiences, I felt many differences about medicine, education, culture and so on. It's a great fun to experience the different world from Japan.



乾杯 with my roommate from Peking University



Cafeteria of the hospital with local students

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