

Voice of the International Students

VIS

医学研究院
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、医学研究院・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。

WELCOME EXCHANGE STUDENTS

From Kyungpook National University, South Korea



Jaeheon Kim

受入診療科：精神医学分野
Jaeheon Kim (second right) with
Department of Psychiatry

It was my honor to participate in clinical clerkship at Department of Psychiatry, Hokkaido University Hospital. All staffs in Department of Psychiatry are extremely enthusiastic in patient-centered care, medical education, and clinical research. It was very impressive that medical students of Hokkaido University are

also actively participating in their clinical clerkship with plenty of discussion with their supervisors and watching video lectures about clinical medicine in their free time in hospital. I could feel how much they dedicate to medical care.

I was able to participate bed side learning in Department of Psychiatry as a student doctor. On the first week of my bed side learning, I could conduct a psychiatric interview together with three 5th year medical students in Hokkaido University. It was a great chance to perform a psychiatric mental status examination and evaluate core symptoms of schizophrenia. Since professor gave us a feedback for this case and the medical record written by us, I can deepen my clinical understanding of schizophrenia. On the last week of my bed

side learning, I went to psychiatric ward and conducted psychiatric interview every day with a hospitalized patient of bipolar disorder. Through writing progress note of the patient every day, I could experience how bipolar disorder stabilized with medication and psychotherapy. Moreover, I could have a chance to use Hamilton Rating Scale for Depression, Montgomery-Asberg Depression Rating Scale, and Young Mania Rating Scale for the patient to evaluate the severity of current mood episode as a member of medical team in Department of Psychiatry.

It was very lucky to take clinical attachment in Hokkaido University Hospital. I feel really grateful to all staffs in Department of Psychiatry and looking forward to meet them again.

WELCOME EXCHANGE STUDENTS

From Taipei Medical University, Taiwan



Tzeng Huan Yuan

受入診療科：
免疫・代謝内科学分野、血液内科学分野
Tzeng Huan Yuan (second left) with
Department of Hematology

In my 2015 summer vacation, I had a bicycle trip around Hokkaido. Since then, I found that Hokkaido is a wonderland full of

nature, and deeply fell in love with it. Therefore, I chose Hokkaido University for my medical student exchange program, to experience the feeling of working in such a wonderful place. During my 4 weeks stay, I have met many enthusiastic professors and doctors. Although there were always full of tasks to do, they enjoyed soaking in the work and the clinical research. They often discussed with each others about the management for the patients, and even joined the international clinical trials to try the therapy on the cutting edge. They were also willing to teach the students like me, even in their busy hour. In my opinion, every doctor here was a great model for the students to learn from.

I also met many 4th and 5th grade students here. They were very friendly and willing to chat with me in English. Thanks for them, I wasn't lonely at all during free time, and was able to experience many kinds of Japanese culture and food. All those things really became unforgettable memories for my last year as a student.

In order to remember all the emotion in Hokkaido, I wish to improve my Japanese, and go back to Hokkaido University again if I could. I can't wait to meet the friends here again, and interact with each other in even natural way by using their own language!



Lai Chun Yu

受入診療科：
皮膚科学分野、小児科学分野
Lai Chun Yu (left) with
Department of Pediatrics

With the blessing, I turned the paths that lead home, from all of you in Hokkaido University. The snowflakes may cover my footprints, but it couldn't hide the pace I made here.

Although I was so frightened by the unknown environment the day before I checked in, it turned out to be a fantastic journey and memories which I will always preciously keep in my mind. I participated in Dermatology department and Pediatrics department during

my stay in Hokkaido University Hospital. It's definitely an exclusive experience for me. I have seen so many rare cases, joined many out-patient clinic and followed many doctors who taught me with patients. In such a different hospital, everything is new for me and triggered my motivation to learn deeper and broadened my eye view.

The most impressive activity was the "International Hour." My classmate and I set "Walk as far as you can" as our topic to share our own experience. Since I am a "hypertalkative" person, it's absolutely an exciting chance for me to deliver a speech to the local and international medical students there. And I was really happy to step to the front and be shared. I mentioned the lyrics of "Try Everything – Shakira" which said "Birds don't just fly they fall down and get up". This sentence encouraged me a lot to overcome whatever difficulties which may challenge me, so I wished I could inspire some others with it.

With the days came by, it's the time to bid farewell to friends I made here and also to the attractive city – Sapporo. I will never regret to

apply for this elective program and nor will I forget all the beautiful memories here.



Lai Chun Yu (second left, back) with Department of Pediatrics



Lai Chun Yu (right) with Hokkaido University students and other exchange students

WELCOME EXCHANGE STUDENTS

From Gyeongsang National University, South Korea

All the days I had spent in Hokkaido University Hospital were perfect. The chance to meet the Hokkaido University members was THE BEST during my elective period. Special thanks to Dr. Manabu Murakami, Dr. Matsushima, Doctors of Department of Rheumatology, Konomi, Yuta, Yukiko, and Ayame! My experience was undoubtedly enjoyable and unforgettable because of the hospitality and friendliness shown by the staff and students. I'm a student of Gyeongsang National School of Medicine, South Korea. This was the first exchange program between our school and Hokkaido University. I really hope this relationship will last forever. I joined the Department of Neurology in my first week. Dr. Matsushima arranged a great

schedule including outpatients, neuroradiology conference, neurological exam and inpatient warding. Next week, I took part in Department of Rheumatology. Although I cannot speak Japanese fluently, all doctors and students would not mind helping me interpret the meaning every moment. The most precious memory would be welcome party held by doctors, and farewell party held by Yuta, Yukiko, and Ayame. I cannot forget this great feeling forever. I already miss them so much. Overall, I have great moment In Hokkaido University hospital. Two weeks was too short for me. Every time, I felt that time flies like an arrow. Actually, I have traveled around the world many times: London, Paris, Sydney, Sapporo and so on. Among



Hyungjoo Hwang

受入診療科 :
神経内科学分野、免疫・代謝内科学分野
Hyungjoo Hwang (left) with Department of Rheumatology, Endocrinology and Nephrology

them, Sapporo is definitely the best! I really appreciate the opportunity to take part in international program and hope to visit the Hokkaido University again in the near future.

I chose overseas medical practice for 2 weeks in Hokkaido University. The first week was at the Acute and Critical Care Medicine department, which consists of emergency rooms and ICU. It was a slightly different system from Korea where emergency rooms and ICU are separated. Unlike Korea, emergency room was not very busy and doctors spent a lot of time treating 1 patient. It was very impressive that doctors were very careful not to get contaminated when they perform surgical procedures in the emergency room and many medical staff (about 3 doctors and 3 nurses) were taking care when the patient went down to CT. I spent most of my time in the emergency room and sometimes I had a medical practice in ICU. There was a lecture every day. Also, I experienced night shift that I had never done in Korea. It was a valuable experience. The second week was at the Orthopedic Surgery department. All the professors and doctors taught me very kindly about every patient and it was very impressive that the doctors introduced the students to the patients who were assigned directly to the

students. There were opportunities to observe the outpatient treatment, which was markedly different from the Korean university hospital. Unlike Korea where the outpatient treatment was very short, it took more than 15 minutes to treat 1 patient and 'Raport' between the patient and the doctor was particularly impressive. The patients really respect the doctors and doctors also respect patients and listen attentively to their voices. It seemed to me that doctors and patients worked together for a cure that I could see in the textbook.

There also were opportunities to participate in operation. Before I came, I was curious about how different Japanese operation room and system are from those of Korea, but there was no difference except their own gowns and hats. However, the atmosphere of operation room was very soft and free compared to Korea. Though it was a short period of 2 weeks, it was a great opportunity to experience the Japanese medicine culture and the system. The first thing I was impressed was the kindness of the doctors. Although communication was not smooth, they always



Yoonsoo Chae

受入診療科 :
救急医学分野、整形外科科学分野
Yoonsoo Chae (right) with Dr. Murakami at International Relations Office

explained kindly to me and tried to teach me more. Also, they gave me a lot of practical training opportunities as same with Japanese medical students. The second thing I was impressed was patients' attitude toward doctors. Patients really respect doctors and also pay respect to student doctors and treat them as doctors. I thank all Hokkaido University members who gave me unforgettable experience for 2 weeks. I miss Hokkaido University a lot.

WELCOME EXCHANGE STUDENTS

From University of Eastern Finland, Finland



Lauri Saramies (middle, front) at 45th International Hour where he made a presentation

Hello!
I'm a 6th year medical student and I'm studying in the University of Eastern Finland. I spent autumn semester in the University of Hokkaido as an exchange student.

I chose University of Hokkaido since our universities just concluded an agreement about exchange studies. I was the first medical student from my university to start a longer period of exchange in Hokudai and I was pretty excited about it. Japan is known about high technology and research in medical field. The reason I wanted to study abroad at least for a short period is that I wanted to understand different kind of policies and ways of living, working and culture. That is something, I feel, not

possible to truly understand without experiencing it yourself.

I'm writing this letter from my home couch back in Finland. When I look back to my exchange period I feel that it was really exciting to live in Sapporo and to study in Hokkaido University. The staff was really helpful and nice. Overall people working in the hospital were very positive towards students and I felt most of the people were taking the education aspect really seriously. The way of doing and treating differ a lot between our countries but I feel the goal is still the same to give the patients longer and higher quality life. I really miss your hospitality and especially Japanese food. I

hope I can taste it one day again!

I really recommend everyone to try studying abroad. It opens and widens your way of thinking. It will build your self-esteem and gives your unique opportunities to learn about yourself and teaches you to manage in any kind of situation. I think that becomes something really useful, no matter where you want to aim in the future.

I want to welcome you all to Finland to experience really different kind of life. Many thanks to the staff in the Office of International Affairs. Special thanks to Hiro and Mayu! Thank you for accepting me in Hokkaido University.

Lauri Saramies

受入診療科：消化器外科学分野Ⅰ、
消化器外科学分野Ⅱ、放射線医学分野、
腎泌尿器外科学分野、整形外科学分野、
脳神経外科学分野



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