

Voice of the International Students

VIS

医学研究院
国際連携室だより

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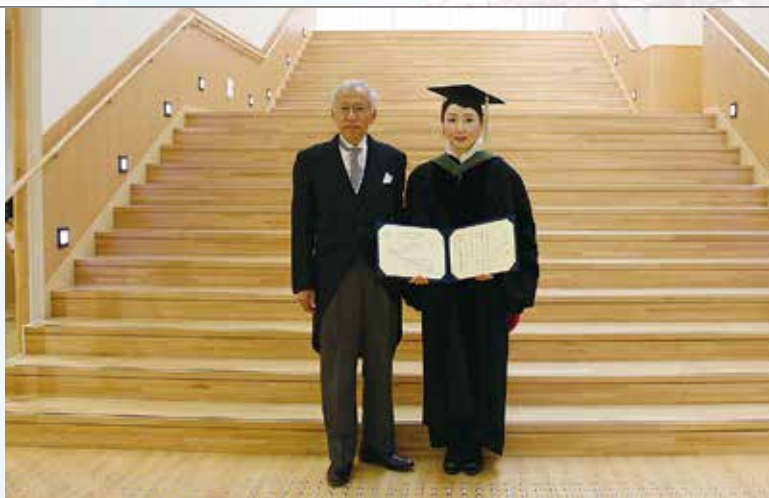
What is VIS ?

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。

CONGRATULATIONS ON GRADUATION

With all my thanks



Khaltar Amartuvshin (Mongolia)
Department of Health Care Policy

所属分野：医療政策評価学（公衆衛生）
2017年3月博士課程終了

I am Amartuvshin from Mongolia.
I was self-supported graduate student and living with my family (husband and three sons). My doctoral course in Hokkaido University started in 2010. The Department of Global Health and Epidemiology (now Department of Health Care Policy) was a warm big family. The student life in Hokkaido University was very long and until finished, it was not easy. The beginning of my PhD course and very busy days started at the same time. I had to work for supporting by myself and sons and more than three. Many times I was almost giving up such as with difficulties of child caring, part time work and academic course. With many things at once, all of my laborious efforts made me change my thinking, grow up and get stronger day by day. It would not have been possible to finish PhD course without the help and support of kind people around me; my supervisors, parents, family, friends and all my colleagues and staff members for their advice, supervision and continuous encouragement.

As a final note, I experienced not only academic life but also a busy but meaningful social life during the stay in Japan. I would like to sincerely thank the Hokkaido University. It was great opportunity for me and my family.

Japan is a great team



Ailijiang Kadeer (China)
Institute for Genetic Medicine
Division of Stem Cell Biology

所属分野：遺伝子病制御研究所 幹細胞生物学分野
2017年3月博士課程終了



In my childhood, watching Japanese anime and drama was part of my happy precious memories. "Saint Seiya" and "Slam Dunk" were my favorite. Those different stories had the similar core contents in which success represents an excellent teamwork. Each team person does their best for the team and finally reaches the goal. Japan is a developed country, and Japanese TV shows partially reflect Japanese culture. Since then I had a big interest in the Japanese society.

Finally in 2011, I got a chance to come to Japan. Before entering Hokkaido University, I had my first part time job in a Japanese restaurant. The rule was very strict there, but people were making their great efforts to be part of the team. A Japanese staff taught me a lot of Japanese customs, starting from saying "ohayo gozaimasu" "shitsureishimasu" and so on. I remember I was confused, because I could not distinguish the slight differences between similar words like "sumimasen" and "gomennasai". As time passed by, I gradually understood Japanese cultures and started to like them.

After entering Hokkaido University as a doctoral student, I was educated under the supervision of my research advisor. After one season, I was able to do experiments independently, and then I started my own research project. Getting a positive result and writing academic paper was not easy. Besides countless experiments, I had to read many related articles and frequently discuss with my advisors. Most importantly my lab mates were very friendly and helped me a lot. We had lab meetings every two weeks in which we ask many questions about presented data and give or are given many advices or suggestions for the project which were very helpful for all of us. To achieve worldwide effective academic research articles, we also collaborated with many other labs from same or different universities including research center and pharmaceutical companies.

Except research, people love the lab as their own home. Each person in our lab has his/her own task like doing daily or weekly duty, organizing party or sport games and so on.

I was a medical doctor in China before I came to Japan, and I was always hoping that I could be a great doctor and cure my cancer patients. Through these years' studies, I witnessed such team work not for self-interest but also for development of Japanese society in all fields. Now I am graduating and also starting my new journey as a well-trained team worker to create my own team.

Thank you team Japan! And I will love you forever.

The place of my dreams



Tan Chengbo (China)
Department of Neurosurgery

所属分野：脳神経外科学分野
2017年3月博士課程終了



After graduating from a university in China, I decided to widen my international horizons, and improve my knowledge of medical technology at Hokkaido University. Now, I am researching into regeneration therapy for central nervous system diseases by using bone marrow stromal cells.

This year I have graduated and gotten the PhD degree. Looking back, when I first come in Japan, everything seemed at once familiar and strange. In this beautiful country, I found the similar culture and similar faces. Japanese people are very polite and kind for helping foreigners. Nevertheless, the living expense is quite expensive. Price of commodity is much higher than China. It means that I have to plan payment carefully. I deeply feel that it is not easy to start a new life under a foreign sky. I had to learn how to live and solve problems by myself. Furthermore, the life of medical students is different from other students. Because medicine is known for a large number of courses and heavy experiments. We don't have weekends, to say nothing of having summer and winter holidays.

Compared with other foreign students, I am very lucky. Because I chose a good school, and had a lot of great teachers and friends. I could never graduate without their support and encouragement. They taught me how to do experiments, how

to write articles and how to be a researcher. With their help, I published articles, got scholarship and had my own research funds. My life became more colorful and comfortable.

Hokkaido University has a long history and is well known for abundant teaching resources, excellent academic atmosphere, and the home of numerous outstanding talented staff. It is an honor for me to study here. Here is the place of my dreams, like the

numberless stars in the sky, and of dreamers who have the faith and the will to make dreams come true.

I have graduated now and my life will start a new chapter. I will be a doctor and I will do my best to return society and help the patients who suffer from pain.

Oh!! I can't believe



Shimaa Said Abdrabou (Egypt)
Department of Pediatrics

所属分野：小児科学分野
2017年3月修士課程終了
2017年4月博士課程入学

Oh!! I can't believe that 4 years have already passed since I came to Japan with my husband, a PhD student at Hokkaido University and my kids (Login and Ahmed). Time is passing very quickly. During these years, I really got great experience about Japanese people; how they are kind and helpful and their daily life. Also my lovely little daughter (Lena) was born.

As I'm interested in the medical system in Japan, I started as a researcher student for few months then enrolled as master course student in Hokkaido University. Day by day, I became more experienced in patients' diagnosis and detecting of pathophysiological causes of many diseases. Really, research field is very interesting and amazing especially when you are working with talented, clever and hardworking doctors. My idea about patient's treatment has been totally changed!!

Thanks to my supervisor and my husband's supervisor who gave me that great chance to enroll at Hokkaido University, I'm really feeling lucky to belong to that team.

Being a mother of three kids and studying at the same time is a little bit hard, but my husband helped and supported me all the time although he is also self-support student and we had to work part time to support our life, but I did it and he too will graduate soon.

I thought our journey in Japan will end and stop soon, but at the same time it seems it's not yet started!!... Believing in Hokkaido will be my gate to the world!!!



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