

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 United Arab Emirates (UAE) University, United Arab Emirates



Sahar Al Mansoori (front)

受入研修科：病原微生物学教室、法医学教室
Department of Microbiology and Infectious Diseases, Department of Forensic Medicine

My stay here in Hokkaido University was more than I had ever hoped for. I had the pleasure of spending 4 weeks here in this university as a summer research

student at the Microbiology and Infectious Diseases Department and Forensic Medicine Department; 2 weeks respectively. In both laboratories, I met unbelievably friendly and supportive staff and students who truly helped me grow to my full potential in just this short period of time. Other than my campus life, the city of Sapporo was a true pleasure to stay in, with its lively streets full of events, delicious cuisine in every corner and the peaceful sanctuaries of nature you find scattered around the city like hidden gems. It is safe to say that by the end of the program, I truly felt like I did not want to leave.

During my stay, I managed to improve on my laboratory skills eg. ELISA, IFA, RT-PCR, etc. in the Microbiology Department, and also to familiarize myself with how a forensic autopsy is performed and to get an introduc-

tion to post mortem CT in the Forensic Medicine Department. To my surprise, throughout most of my stay I was allowed to perform hands-on practical work in both departments with proper supervision. Also, it was astonishing how patient the people I encountered were, especially when introducing me to new techniques and ideas as well as when they always managed to provide me with enlightening answers to my occasional naïve questions!

Overall, I believe this program truly was an unbelievable and fantastic experience that I wholeheartedly believe is owed to all the faculty members, students and the international relations office at Hokkaido University that accommodated my stay. Without a doubt, I would recommend anyone who is interested to join this wonderful program to do so in a heartbeat!

WELCOME EXCHANGE STUDENTS

From Cambridge University, the United Kingdom



Sebastian Tullie (right)

受入診療科：免疫・代謝内科学教室、
循環病態内科学教室

Department of Rheumatology,
Endocrinology and Nephrology
Department of Cardiovascular
Medicine

Spending a month medical elective at Hokudai was an incredibly valuable experience. This month consisted of two placements of equal length in Rheumatology and Cardiology. All doctors, medical professionals and staff I came into contact with were welcoming and accommodating throughout my stay, ensuring I not only understood everything (despite the language barrier) but also that I was able to enhance my medical knowledge further. In particular, the

international office staff were incredibly helpful, throughout both the application process and once I arrived in Sapporo. And more widely, Hokkaido also provided numerous opportunities to embrace life away from the hospital, something I think is essential when travelling to a country with such much to discover culturally. I highly recommend Hokkaido University as a place to visit, stay, and study, and encourage anyone considering a medical elective in Japan to apply here.

presenting at the
InternationalHour



with exchange students
from UAE University

From University of Malaya, Malaysia

Greetings from Malaysia! It was a wonderful experience here in the University of Hokkaido, and I was pampered throughout my 4-weeks elective period.

I was one of the rarer breed, deciding to choose public health and health policy for my exchange. I was worried at first, curious as to what I would learn in the next few weeks. My worries were proven to be unnecessary.

For the first 2 weeks in the department of public health, the schedule was spectacular

and very carefully designed. I have seen and learnt the medical system of Japan that most probably won't have a chance to experience. I got to see the true Japanese spirit in action, when the lecturers and guides from site visits tried their best to interact with me in a language they are very uncomfortable with. Their effort was commendable and has earned my utmost respect.

The next 2 weeks was exceptional as well. I was given the privilege to piggyback on an international workshop done by the department of health policy. With participants from multiple countries, I was able to communicate, discuss and most importantly, establish networking with many young professionals who are booming in their field. The short period with them had expanded my perception and understanding in viewing the health system from a community, country and global level. I was truly grateful for the wonderful experience.



Cheow Wen Hao (middle)

受入診療科：公衆衛生学教室、
医療政策評価学教室

Department of Public Health, Department
of Health Care Policy

I could give paragraphs after paragraphs of how excited, satisfied, grateful and elated I am for the wonderful experience, but I will just express all these feelings with a giant thank you to everyone that had showed their care and kindness to me.

Thank you!



presenting at the symposium
'Improving Health in Global South
-Perspectives and Agenda-'

WELCOME EXCHANGE STUDENTS

From Ludwig-Maximilians-Universität München, Germany

The reason why I came to Hokkaido University for a 2-week internship in October 2017 was that my thesis supervisor Dr. Nakazawa, a Nephrologist from Sapporo who spent 2 years in Munich for research, invited me to join his department. I really had an amazing time in Sapporo since everyone was extremely kind and willing to help and explain medical issues and the subtle and not so subtle differences between Japan and Germany, in the health care system as well as in culture.

In the nephrology unit I witnessed difficult cases and learned how to cope with them, and in the week in the urology department I saw many different diseases and the very

delicate urological surgeries including a renal transplantation, while enjoying excellent teaching in both departments.

Fortunately, on the weekends I was able to discover the amazing landscapes of Hokkaido, with a trip to Daisetsuzan National Park, a trip to Lake Shikotsu or to the sea. Living in the international students accommodation, it was very easy to get in contact with other students. I could also get a glimpse of Japanese and Sapporo cultural life, visiting a Fighters baseball game, trying out many different restaurants and doing a 10-day trip around Japan after my internship. All in all, I had an amazing time in Sapporo and Japan and I am very grateful for the great teaching

and support I received at Hokkaido University!



Lukas Rath (back right)

受入診療科：免疫・代謝内科学教室、腎泌尿器外科学教室
Department of Rheumatology, Endocrinology and Nephrology, Department of Renal and Genitourinary Surgery

From University of Hong Kong, Hong Kong



Poon Chun To (third right)

受入診療科：耳鼻咽喉科・頭頸部外科学教室、脳神経外科学教室
Department of Otolaryngology-Head and Neck Surgery, Department of Neurosurgery

During the first two weeks of exchange, I joined the Department of Respiratory Medicine. The schedule was excellent with a wide variety of activities, for example, watching bronchoscopy and right-sided cardiac catheterization, participating in ward rounds, departmental conferences and seminars. The doctors were very nice and helpful. I learnt a lot from the doctors, for example, about lung cancers, pulmonary hypertension, interstitial pneumonitis and sarcoidosis. I chatted with them about Hong Kong and Japan too. I also met some sixth-year medical students. They were friendly



Tse Lik Ka Jenny (second left)

受入診療科：消化器内科学教室、小児科学教室
Department of Gastroenterology and Hepatology, Department of Pediatrics

and invited me to lunch. I understood more about the life of Japanese medical students.

I joined the Endocrinology team in the next two weeks. The learning activities were mainly held in the ward. I learnt about the spectrum of inpatient cases in the endocrinology ward and the diagnostic approaches to various endocrine diseases, such as Cushing's syndrome, primary aldosteronism and hypopituitarism. The morning and evening ward rounds helped me a lot in following the progress of patients. The doctors were also very friendly and helpful.



Cheng Yu (right)

受入診療科：呼吸器内科学教室、免疫・代謝内科学教室
Department of Respiratory Medicine, Department of Rheumatology, Endocrinology and Nephrology

During weekends, I spent time traveling in Hokkaido, to places like Maruyama Park, Otaru, Noboribetsu. I enjoyed the beautiful scenery and delicious food a lot. I also joined the annual Yosakoi festival which was highly recommended by doctors and students. The dance performance was full of vitality.

The 4-week exchange in the Hokkaido University was a wonderful experience. I would like to thank all people I met in the university and I hope to visit the Hokkaido University again in the future.

Cheng Yu, Li Ka Shing Faculty of Medicine, University of Hong Kong

WELCOME MEDICAL STUDENTS TO SCHOOL OF MEDICINE, HOKKAIDO UNIVERSITY



Clinical / Research Electives at Hokkaido University

Hokkaido University School of Medicine accepts medical students around the world for clinical or medical electives during each academic year.

Students would take clinical electives at Hokkaido University Hospital which is located next to the School of Medicine.

Our office is dedicated to support student exchange, starting from application process to the completion of the electives, and providing helping hand regarding housing, visa, etc. To our delight, many students say it's one of their most memorable experiences.

Hokkaido University, founded in 1876, is one of the seven Japanese national universities. Its main campus is in the heart of picturesque Sapporo.



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