

Reports by TMDU Overseas Students

International students from Asia, Africa, the Middle East, North America, Latin America and just about everywhere else in the world are studying at TMDU.

What are they studying?

What are their aspirations?

International students currently at TMDU report on their life here.

here has taught me to be motivated, organized, and timely. Pursuing a doctorate will better prepare me for life in the real world and lead to my career choices to work as a global public health leader. My vision is to contribute my knowledge and experience to improve health-related quality of life and well-being for all people worldwide. I will always be proud of studying at TMDU for the opportunity it has given me to develop myself and secure a successful future.



Entrance Ceremony for the Graduate Schools of TMDU, 2018



Delivering presentation at the 78th JSPH conference



Afghanistan

Dr. Sharifullah Alemi

3rd year graduate student

Department of Global Health Entrepreneurship,
Graduate School of Medical and Dental Sciences

My Academic Journey in Tokyo

My life in Tokyo started with a warm welcome from Tokyo Medical and Dental University (TMDU). Starting graduate school in a different country was a big step towards fulfilling my dream of pursuing a doctorate at one of the world's top-ranking universities. After working for several years at the Afghanistan Ministry of Public Health, the transition from working life to student life seemed difficult. However, I felt ready to cope with the change and was very passionate about attending TMDU because it provides students the opportunities to engage in cutting-edge scientific research. The department faculty and seniors are collaborative and approachable, enabling me to make substantial progress in my studies.

I have devoted my time to performing quality research, learning, and development at TMDU, and these efforts have yielded great academic results. I have had the opportunity to attend the Public Health Medicine track courses, educational seminars, and lectures and conduct research in the department. My research interest areas center around maternal health, non-communicable diseases, and COVID-19. I am currently a research member of the collaborative implementation science project focused on preventing and controlling non-communicable diseases among schoolteachers in Kabul, Afghanistan. Our research article on the influence of male participation in reproductive healthcare utilization was published in a peer-reviewed journal during my second year, which is a significant scholarly achievement for me as a first author. I became a member of the Japanese Society of Public Health

(JSPH), a prestigious platform for public health professionals and researchers. I was honored to present our research work on "rural-urban disparities in receiving antenatal care" at the 78th annual conference of JSPH held in Kochi in 2019. In the following year, I attended the 79th virtual conference of JSPH convened in Kyoto and presented our scientific article on "Non-communicable disease risk factor profiles among Afghan female schoolteachers." These conferences helped me learn more about the latest research and build academic networks.

In addition to academic pursuits, the university offers extracurricular learning opportunities to experience Japanese culture, attendance at out-of-campus events, and active engagement in academic circles. I have recently been elected as the President of the Afghanistan Student Association in Japan for the 2020/21 term, which will help me connect with Afghan students and expand my perspective, allowing me to play a role in cooperative Afghan-Japan relations. At the 2002 Tokyo Conference on Afghanistan, the Government of Japan pledged to take concrete measures to support Afghanistan's reconstruction process in various areas, including education, medicine, and healthcare. Contributing to these commitments, TMDU was the first university in Japan to accept a graduate student from Afghanistan in the medical field in 2003, playing a vital role in fostering friendly relations.

Living conditions are of a high standard in Japan. Life in Japan has been enjoyable for my family and me, and we have benefited from the rich culture and values of the Japanese people. Living



Malaysia

ESTHER NG FENG YING

3rd year graduate student

Department of Oral Radiation Oncology
Graduate School of Medical and Dental Sciences

My Memorable Experiences in TMDU

My name is Esther and I am from Malaysia. I graduated from King's College London (KCL), United Kingdom, and lived there for just over 6 years when I decided to move back to East Asia. I had heard about Tokyo Medical and Dental University (TMDU) from my tutor Dr. Foxtan during my undergraduate studies at KCL. Dr. Foxtan completed his PhD studies here in TMDU many years ago and told me that he had had a wonderful experience here in Japan. Hence, I decided to follow in his footsteps and applied to further my studies here at TMDU. I was also extremely lucky to be given a MEXT scholarship to help support me during my studies here.

I am now a 3rd year student in the Department of Oral Radiation Oncology. It is terrifying how quickly time flies by. The research was very challenging for me especially in the beginning because during my undergraduate studies at KCL, we focused mostly on practical and clinical dentistry. Everything was very new and unfamiliar to me. I had so much to learn then and still a lot more to learn now, but fortunately, my professor and colleagues have been extremely helpful and patient. They were also very friendly and caring, which really helped me in settling down and adjusting to my new life in Japan.

Besides research, I have also taken part in a few other interesting courses offered to foreign students in TMDU, such as "Japanese Literature and History" and a Japanese language evening course. In the former course, I learned about and discussed Japanese history and literature with other students; in the latter, I managed to improve my Japanese language skills while making new friends from different countries.

One of my most memorable experiences at TMDU was going on a field trip to Hakone with my fellow Japanese language course mates as part of the course. We learned about and visited historical structures such as Odawara Castle and Hakone Sekisho. We also experienced staying overnight in a ryokan and enjoyed traditional Japanese meals. It was an eye-opening and wonderful trip.

Another memorable experience for me, surprisingly, was the orientation program for new students during my first month of enrolment in TMDU. Even though there was nothing extraordinary about the orientation program, it was a highlight for me since I was able to meet new people that I have managed to become and remain good friends with even today.

I do not really have a solid plan concerning my future career path at the moment, but I do hope to be able to work in a position where I will be able to do research and also practice clinical dentistry at the same time.

The future is always uncertain and 2020 may not have been the best year for everyone but let's keep moving forward and keep doing what we love!



Group photo of students from TMDU Japanese Language Course on Hakone Field Trip 2020.



View of Mount Fuji from Lake Ashinoko, Hakone.