

Re-Inventing Japan Project
大学の世界展開力強化事業

Inter-university Exchange Program toward Medical and Dental Networking
in South-East Asia

東南アジア医療・歯科医療ネットワークの構築を目指した
大学間交流プログラム

TMDU Dental Training Program 2014 Report
TMDU 歯科研修プログラム 2014 報告書



2014 年 10 月 13 日～10 月 26 日



東京医科歯科大学
TOKYO MEDICAL AND DENTAL UNIVERSITY

目次

	ページ
I. 開催概要・・・・・・・・・・・・・・・・・・・・・・・・	2
II. 受入れ学生募集要項・・・・・・・・・・・・・・・・	7
III. オリエンテーション・・・・・・・・・・・・・・・・	9
IV. スクールツアー・・・・・・・・・・・・・・・・・・・・	17
V. 短期研修プログラム・・・・・・・・・・・・・・・・	19
VI. 歯科基礎技術コンテスト・・・・・・・・・・・・	39
V. 参加学生の感想・・・・・・・・・・・・・・・・・・・・	43
VI. 研修風景(写真)・・・・・・・・・・・・・・・・・・・・	91

I. 開催概要

『TMDU 歯科研修プログラム 2014』

研修期間	2014 年 10 月 13 日（月） ～ 10 月 26 日（日）
研修場所	東京医科歯科大学歯学部、東京医科歯科大学歯学部附属病院、東京医科歯科大学大学院、歯科材料企業（株式会社ヨシダ、株式会社ジーシー）
主催	東京医科歯科大学 大学の世界展開力強化事業推進委員会 東京医科歯科大学 国際交流センター

研修目的

- ・日本の歯科保険制度や口腔保健状況を理解する
- ・日本の歯科医療について理解する
- ・日本の歯学教育について理解する
- ・日本の臨床技術や基礎系の技術に触れる機会を得る
- ・参加各大学の学生が英語で研究発表を行う機会を得る
- ・日本の歯科関連企業の最新技術に触れる機会を得る
- ・タイ、インドネシア、ベトナム、日本の4ヶ国の歯学部学生や教員との活動や交流を通して、英語によるコミュニケーション能力を向上させる
- ・日本の歴史、文化、慣習、言語などを理解する

上記の活動を通して学生の国際理解力を向上させ、学生がグローバルな課題に対応できる歯科医療人・歯学教育研究者を目指すための動機づけを行うことが本研修の目的である。

研修先

東京医科歯科大学歯学部
東京医科歯科大学歯学部附属病院
東京医科歯科大学大学院 基礎系・臨床系研究室
株式会社ヨシダ
株式会社ジーシー（GC）

協力企業

株式会社 トミーインターナショナル
株式会社 ワイディーエム（YDM）

参加学生

チュラロンコン大学 歯学部（タイ）：8名
シーナカリンウィロット大学 歯学部（タイ）：6名
インドネシア大学 歯学部（インドネシア）：8名
ホーチミン医科薬科大学 歯学部（ベトナム）：8名
計 30名 （詳細は別紙参照）

引率教職員

チュラロンコン大学 歯学部（タイ）
Dr. Thongchai Vachirarojpisan
シーナカリンウィロット大学 歯学部（タイ）
Dr. Napapa Aimjirakul
インドネシア大学 歯学部（インドネシア）
Dr. Melissa Adiatman
ホーチミン医科薬科大学 歯学部（ベトナム）
Dr. Pham Anh Vu Thuy

宿泊場所

ホテル江戸屋
〒113-0034 東京都文京区湯島 3-20-3
TEL：03-3833-8751
FAX：03-3833-3759
URL：www.hoteledoya.com

当プログラムの運営に係った東京医科歯科大学教職員一覧

吉澤靖之（学長）
田上順次（副学長、教育・学生・国際交流担当）
森山啓司（歯学部長）
川口陽子（健康推進歯学分野教授）
森尾郁子（国際交流センター長）
David Richard Cannell（国際交流センター准教授）
大北葉子（国際交流センター准教授）
米本和弘（国際交流センター助教）
小野田勝次（国際交流センター准教授）
竹原祥子、石田雄之、柴田真希、田中夏希（国際交流センター）

参加学生一覧

チュラロンコン大学歯学部（タイ）

	Name	Grade	Sex
c1	Nanticha Ruangchainicom	6	F
c2	Nutthakarn Ratanasereeprasert	6	F
c3	Panisa Kantukiti	6	F
c4	Pavitra Wutikornwipak	4	F
c5	Kulnipa Punyanirun	4	F
c6	Pawitchaya Phuengchuen	4	F
c7	Arpapat Sansupakorn	4	F
c8	Sansanee Wijarn	4	F

シーナカリンウィロート大学歯学部（タイ）

	Name	Grade	Sex
s1	Napat Bunnag	6	F
s2	Kornkanok Phaitong	6	F
s3	Pailin Sittichoktrakul	6	F
s4	Prima Buranasin	6	F
s5	Pakwan Varapongsittikul	6	F
s6	Sureeporn Smithtismarnchan	6	F

インドネシア大学歯学部（インドネシア）

	Name	Grade	Sex
i1	Muhammad Hafif A. S.	4	M
i2	Anthonius Krishna A. P.	4	M
i3	Arbi Wijaya	4	M
i4	Kurniasari Nur Rahman	4	F
i5	Vivian Wijaya	4	F
i6	Ninis Yekti Wulandari	4	F
i7	Melia	4	F
i8	Afida Luthfi Yuvana	4	F

ホーチミン医科大学歯学部（ベトナム）

	Name	Grade	Sex
v1	Văn Thị Cẩm Tú	6	F
v2	Trần Thị Ngọc Trang	6	F
v3	Nguyễn Hưng Khánh	5	M
v4	Trần Thục Trang	5	F
v5	Nguyễn Lâm Tú Anh	4	F
v6	Nguyễn Thị Lệ Quyên	4	F
v7	Kiều Quốc Thoại	4	M
v8	Đinh Thị Thanh Thủy	4	F

プログラム内容

- i) 開会式、オリエンテーション
- ii) 大学ツアー
- iii) 短期研修プログラム（大学院歯学系基礎分野、臨床分野）
- iv) 歯科企業見学（GC Corporate Center、ヨシダ上野ショールーム）
- v) 国際歯科技術コンテスト（歯型彫刻、矯正ワイヤーベンディング）
- iv) リサーチデイ
- v) IT シミュレーションラーニング
- vi) 国際シンポジウム・カルチュラルショー
- vii) レセプション・修了式

スケジュール表

	1 October 13, 2014 Mon(Holiday)	2 October 14, 2014 Tue	3 October 15, 2014 Wed	4 October 16, 2014 Thu	5 October 17, 2014 Fri	6 October 18, 2014 Sat	7 October 19, 2014 Sun																								
AM (9:00-12:00)	Arrival	Opening ceremony Orientation @Special Lecture Hall (Dental Bldg. North, 4F) Welcome Lunch w/ TMDU students	Visiting basic science laboratory/clinic①	Visiting basic science laboratory/clinic③	Dental material company visit	Japanese Culture Experience	Japanese Culture Experience																								
PM (13:00-16:00)		13:30- Hospital & Campus Tour (with 10 TMDU D6 students) !!White coat required!!	Visiting basic science laboratory/clinic②	Visiting basic science laboratory/clinic④	Carving and Wire bending contests @Practical room (Bldg 7, 3F)	Japanese Culture Experience	Japanese Culture Experience																								
16:00-17:00		Report	Report	Report	Report	Report																									
	8 October 20, 2014 Mon	9 October 21, 2014 Tue	10 October 22, 2014 Wed	11 October 23, 2014 Thu	12 October 24, 2014 Fri	13 October 25, 2014 Sat	14 October 26, 2014 Sun																								
AM (9:00-12:00)	9:20- Research Day with TMDU D4 students @Special Lecture Hall (Dental Bldg. North, 4F)	Visiting basic science laboratory/clinic⑤	Visiting basic science laboratory/clinic⑦	Visiting basic science laboratory/clinic②	IT simulation learning with TMDU D4 students @Practical room (Bldg 7, 5F)	Japanese Culture Experience	Departure																								
PM (13:00-16:00)		Visiting basic science laboratory/clinic⑥	Visiting basic science laboratory/clinic③	Visiting basic science laboratory/clinic③	12:50-15:55 International Symposium & Cultural Show @A. Suzuki Memorial Hall (M&D Tower 2F)	Japanese Culture Experience																									
16:00-17:00	Research Award & Party @Faculty Lounge (M&D Tower 26F)	Report	Report	Report	Report	18:00-20:00 Closing Ceremony @Faculty Lounge (M&D Tower 26F)																									
<table><tr><th colspan="2">Oral presenters</th><th colspan="2">Poster presenters (self-motivated)</th></tr><tr><td>TMDU</td><td>6</td><td>TMDU (obligatory)</td><td>41</td></tr><tr><td>Chulalongkorn Univ.</td><td>2</td><td>Chulalongkorn Univ.</td><td>0</td></tr><tr><td>Srinakharinwirot Univ.</td><td>2</td><td>Srinakharinwirot Univ.</td><td>1</td></tr><tr><td>Univ. of Indonesia</td><td>2</td><td>Univ. of Indonesia</td><td>4</td></tr><tr><td>Univ. of Medicine and Pharmacy, HMC</td><td>2</td><td>Univ. of Medicine and Pharmacy, HMC</td><td>4</td></tr></table>								Oral presenters		Poster presenters (self-motivated)		TMDU	6	TMDU (obligatory)	41	Chulalongkorn Univ.	2	Chulalongkorn Univ.	0	Srinakharinwirot Univ.	2	Srinakharinwirot Univ.	1	Univ. of Indonesia	2	Univ. of Indonesia	4	Univ. of Medicine and Pharmacy, HMC	2	Univ. of Medicine and Pharmacy, HMC	4
Oral presenters		Poster presenters (self-motivated)																													
TMDU	6	TMDU (obligatory)	41																												
Chulalongkorn Univ.	2	Chulalongkorn Univ.	0																												
Srinakharinwirot Univ.	2	Srinakharinwirot Univ.	1																												
Univ. of Indonesia	2	Univ. of Indonesia	4																												
Univ. of Medicine and Pharmacy, HMC	2	Univ. of Medicine and Pharmacy, HMC	4																												
*Oral presenters will be awarded.																															

*Oral presenters will be awarded.

Ⅱ．受入れ学生募集要項

本学は平成24 年から5 年間、文部科学省の「大学の世界展開力強化事業～ASEAN 諸国等との大学間交流形成支援～」に採択されました。本プログラムは東京医科歯科大学が、タイのチュラロンコン大学、シーナカリンウィロット大学、インドネシアのインドネシア大学およびベトナムのホーチミン医科薬科大学と連携してコンソーシアムを形成し、我が国が有する先端的な医療・歯科医療機器や材料、最新の医療・歯科医療技術等を基盤として、東南アジアにおいて大学間交流を推進してネットワークを形成し、我が国の医歯学領域の世界展開力を強化する取組です。具体的には、以下のプログラムを実施し、「医歯学領域において、国際的にリーダーシップのとれる自立型の若手研究教育者・医療者」を育成して、東南アジア地域に医療・歯科医療ネットワークを形成し、我が国の医歯学領域の世界展開力を強化していきます。平成26 年度については、以下の要領で東南アジア 3 カ国からの学生を募集します。

1．受入れ先：東京医科歯科大学（日本）

2．研修内容：

東京医科歯科大学附属病院見学
東京医科歯科大学臨床・基礎系研究室における研修
文化交流（4 カ国学生による各国の紹介）
学生交流（御茶ノ水祭、学生企画による大学案内、観光ガイドツアー）
リサーチデイ
歯科技術コンテスト（歯型彫刻、ワイヤーベンディング）
ITシミュレーションラーニング
当研修プログラムで学んだことの発表
教育シンポジウム参加
歯科関連企業見学

3．対象大学・人数：

チュラロンコン大学歯学部（タイ） 8 名
シーナカリンウィロット大学歯学部（タイ） 6 名
インドネシア大学歯学部（インドネシア） 8 名
ホーチミン医科薬科大学歯学部（ベトナム） 8 名

4．研修期間：2014 年10 月13 日（月）～10 月26 日（日）

5. 支援内容：

往復航空券

滞在費用として8 万円（日本学生支援機構JASSO からの支給）

6. 応募要件：

成績優秀な学生でGPA が2.3 以上かつ当該大学の学部長が推薦する学生。

7. 修了証明書：

歯科研修プログラムの修了者には「TMDU Dental Training 2013 Fall」修了書を授与する。

8. 参加学生が加入した保険：

派遣学生として選ばれた場合は、東京医科歯科大学が指定する以下の自賠責保険に加入すること。

- ・ 学生教育研究災害障害保険（学研災）
- ・ 学研災付帯賠償責任保険 医学生教育研究賠償責任保険（医学賠）

Ⅲ. オリエンテーション

日時 2014 年 10 月 14 日（火） 9:00－12:00
場所 東京医科歯科大学 歯科病院棟北 4 階 歯学部特別講堂
配布資料 TMDU 歯科研修プログラムしおり、校内案内図、個人スケジュール表、
スケジュール一覧表、危機管理セミナー資料、サバイバル日本語資料、図
書館入館証、USB フラッシュメモリー、ネームカード（迷子札入）

参加学生および教職員

TMDU 歯科研修プログラム参加学生 30 名および引率教員 4 名

田上順次 （理事・副学長 教育・学生・国際交流担当）

川口陽子 （健康推進歯学分野教授）

森尾郁子 （国際交流センター長）

大北葉子 （国際交流センター准教授）

米本和弘 （国際交流センター助教）

竹原祥子 （国際交流センター）

石田雄之 （国際交流センター）

柴田真希 （国際交流センター）

田中夏希 （国際交流センター）

山田亮平 （国際交流センター）

敬称略

スケジュール

9:00－9:05	開会の辞	田上順次 理事・副学長
9:05－9:15	集合記念撮影	
9:15－9:20	スタッフ、引率教員紹介	
9:20－9:40	医科歯科大学紹介ビデオ	
9:40－9:50	プログラムスケジュール説明	石田雄之
9:50－10:10	危機管理セミナー	大北葉子 先生
10:10－10:30	サバイバル日本語	米本和弘 先生
10:35－10:45	休憩	
10:50－11:10	講義「日本の歯科状況について」	竹原祥子
11:10－11:40	事務手続き	国際交流課職員

Staying Safely in Tokyo

October 14th, 2014

International Exchange Center
Tokyo Medical and Dental University
Yoko Okita

Contents

- Emergency phone numbers
- Crime
- Safety
- Health
- Earthquake
- Radio Active Level
- Typhoon
- Volcano

TMDU

Emergency Phone Numbers

- Police: 110
- Ambulance /Fire: 119

TMDU

Crime

- Basically Safe
- Do not go out alone late at night
- *Chikan* – inappropriate touching on commuter train is **COMMON**

shout at the perpetrator and call for help

- Lost your passport - report to a police box

TMDU

Near Hotel

Do not go through late at night!



Today's Dangerous behavior

Observe **Japanese** people's behaviors

Using a smart phone w/o
Watching the front



TMDU

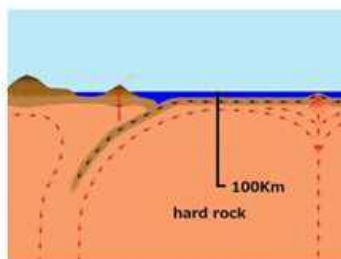
Health

Ask your leaders for help
Minor treatment at the TMDU
Health Center

TMDU

Earthquake

Plate



<http://www.pia-net.go.jp/fukushima/kazan/hanaichi/nam.html>

TMDU

Plate map



<http://blog.sizen-kankyo.net/blog/2007/08/000182.html>

TMDU

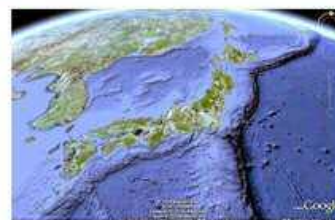
Plates and Japan



<http://www.nihongo-yomu.jp/nihonwosiritai-3.htm>

TMDU

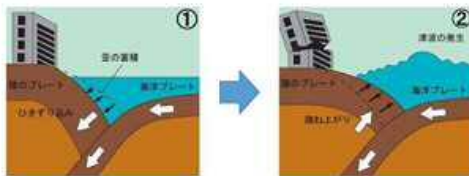
Japanese Islands and sea beds



<http://roblox.hamao.tv/e2297133.html>

TMDU

Tsunami



http://www.jma-net.go.jp/nara/jisin/seigai_jisin.htm

TMDU

Magnitude and Seismic intensity scale

- Magnitude (マグニチュード)
Entire energy of an earthquake
 - Seismic intensity (震度 しんど) 1~7
Degree of shaking **at a point**
- 2011 Tōhoku earthquake**
M=9.0
Greatest Seismic intensity=7

TMDU

Example of *Shindo*



http://blog.goo.ne.jp/km_chan0701/n/44215929605d096b72480915290a9a

TMDU

Tsunami Warning



http://blog.goo.ne.jp/km_chan0701/n/44215929605d096b72480915290a9a

TMDU

In a case of an earthquake

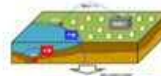
- At school - follow a teacher's instruction
- At hotel - follow a staff's guide
- At a shopping mall - follow staffs' guide

In general

- Open a window or door to keep a way of escape
- Go under a desk and protect your head
- Elevator stops at a nearest floor at Shindo 5 or more
- Protect your head with your bag

Earthquake Early Warning System

緊急地震速報 きんきゅう じしん そくほう



Upon **P-wave** detected
Shindo 5-low or more is expected,
Japan Meteorological Agency issues
Earthquake early warning through
TV, radio, mobile phones



P波が観測され、震度5-以上が予測されると
気象庁が緊急地震速報をだします。
テレビ、ラジオ、携帯電話で発信できます



TMDU

TV March 11, 2011

Free app for iPhone ゆれくる yurekuru

Two Types of Earthquake

Ocean

Large and widely
affected
Tsunami ○
Warning system ○

Tohoku 2011 M9.0 Fatality 16,000

Inland

Locally Strong
Tsunami ×
Warning system ×

Kobe 1995 M7.3 Fatality 6,500

Kanto 1923 M7.9 Fatality 100,000

Radioactivity Level

• Tokyo: near normal

• Simulation of diffusion of radio active
particles

<http://radioactivity.nsr.go.jp/en/> (English)

TMDU

Useful Links

• Earthquake Info:

http://eqinfojp.net/?category_name=english

• Facebook:

<http://www.facebook.com/earthquakeinfo.foreigner>

• How to Protect Yourself (地震発生時緊急マニュアル):

<http://nip0.wordpress.com/english/>

TMDU

Typhoon

Typhoon season: May - November

- Predictable
- Do not go out when winds and rain are strong

• Japan Meteorological Agency

http://www.jma.go.jp/jma/eng/jma-center/rsmc-hp-pub-eg/RSMC_HP.htm

• USA Navy Joint Typhoon Warning Center

<http://www.usno.navy.mil/JTWC/>

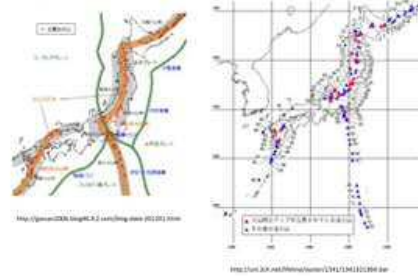
TMDU

Typhoon #26 October 15, 2013



Volcano

Volcano: 110 (7% of volcanoes in the world)



Volcanoes
around
Tokyo



Thank you for your kind
attention!

TMDU

講義風景





Survival Japanese

October 14, 2014




Hajimemashite.
[How do you do?]

Watashi wa Yonemoto desu.
[I am Yonemoto.]

Osaka kara kimashita.
[([I] came from Osaka.)]

Yoroshiku onegai-shimasu.
[Pleased to meet you.]



Betonamu
In-doneshia
Tai

Greetings

<p>Ohayoo gozaimasu. [Good morning. (Polite)]</p> <p>Ohayoo. [Good morning. (Casual)]</p> <p>Kon-nichiwa. [Good afternoon.]</p> <p>Kon-banwa. [Good evening.]</p> <p>Sayoonara. [Good-bye.]</p> <p>Baibai. [Bye.]</p>	<p>Arigatoo gozaimasu. [Thank you. (Polite)]</p> <p>Arigatoo. [Thank you. (Casual)]</p> <p>Sumimasen. [I'm sorry./Excuse me./Thank you.]</p>
---	---




Pooku desuka.
[Is this pork?]

Hai. / Ee.
[Yes.]

Ie. (Chigaimasu.)
[No. (It is not)]

Food

Pooku / Buta [pork]

Biifu / Gyu [beef]

Chikin / Tori [chicken]

Bejitarian [vegetarian]

Beverages

Osake [alcohol]

Non-arukooru [non-alcoholic]

Adjectives

Oishii [delicious]

Atsui [hot]

Tsumetai [cold]

Karai [spicy]

Amai [sweet]


Takai [expensive]

Yasui [reasonable]



Very basic words

<p>Mizu [water]</p> <p>Toire [restroom]</p> <p>Okane [money]</p> <p>Denwa [phone]</p>	<p>Keisatsu [police]</p> <p>Kooban [police box]</p> <p>Tasukete! [Help!]</p>
---	---

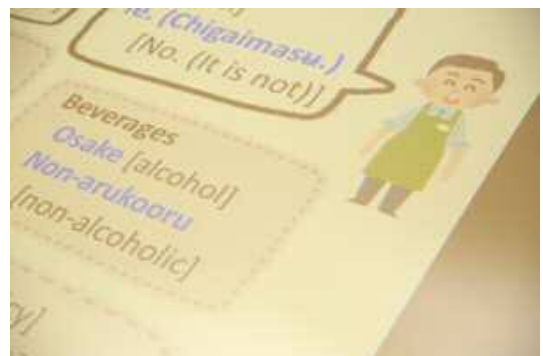


Useful Expressions

<p>a) Kore wa nan desu ka.</p> <p>b) Kore wa ikura desu ka.</p> <p>c) Ima nanji desu ka.</p> <p>d) ___ wa doko desu ka.</p> <p>e) Moo ichido itte-kudasai.</p> <p>f) Chotto matte-kudasai.</p> <p>g) Onegai shimasu.</p> <p>h) Kore, kudasai.</p> <p>i) Shituree shimasu.</p> <p>j) Wakarimasen.</p>	<p>What's this?</p> <p>How much is this?</p> <p>What time is it now?</p> <p>Where is ___?</p> <p>Please say it again.</p> <p>Just a minute please.</p> <p>Please (do it/help me).</p> <p>I'll take this. (At a shop)</p> <p>Excuse me/I'm leaving.</p> <p>I don't know/understand.</p>
--	--



講義風景



IV. スクールツアー

日時 2014 年 10 月 14 日 (火) 12:00 - 15:30
場所 東京医科歯科大学 歯科病院棟北 4 階 演習室、大学構内
参加者 参加海外歯学部生
 本学歯学部歯学科 6 年生
 秋草宏伸、板井俊介、内川雄太、小原万奈、川村梨恵、呉圭哲、
 河野吏紗、松本拓也
 本学大学院医歯学総合研究科大学院生
 静間夕香、中山玲奈

【グループ分け】

Group 1: C1, C2, S1, I1, I2, V1, D6①

Group 2: C3, S2, S3, I3, V2, V3, D6②

Group 3: C4, C5, S4, I4, I5, V4, D6③

Group 4: C6, S5, I6, I7, V5, V6, D6④

Group 5: C7, C8, S6, I8, V7, V8, D6⑤

スケジュール

11:50 学生集合

12:00 グループ分け&Lunch

12:50 須賀君による SSIA 主催ツアーの説明

13:00 スクールツアー出発 (荷物は貴重品以外国際交流課の小部屋に預ける)

	歯学部病院	臨床実習	1,7,10 号館	生協・生活	MD タワー
13:00-25	G1	G2	G3	G4	G5
13:30-55	G5	G1	G2	G3	G4
14:00-25	G4	G5	G1	G2	G3
14:30-55	G3	G4	G5	G1	G2
15:00-25	G2	G3	G4	G5	G1

15:30 解散

【案内概要】

<u>歯学部病院</u>	各診療科、病棟の案内、各臨床系分野の集合場所の説明
<u>臨床実習</u>	歯学部生の臨床実習見学（第一、第二総合診療室）、学生技工室見学
<u>1,7,10号館</u>	講義室、学生実習室、1号館、10号館内各講座、国際交流センター、 3階補綴実習室（コンテスト開催場所）、5階シミュレーション実習室
<u>生協・生活</u>	生協食堂、購買部、メディコの案内、生活指導（その他参照）
<u>M&Dタワー</u>	図書館、鈴木章夫講堂、各講座（歯学系基礎分野研究室）の案内

【その他】

- ・トイレの使用法（便座の使い方、備え付けの紙は流して OK、非常ボタンなど）
- ・ゴミの分別について
- ・立ち入り禁止場所（医学部病院）について。病院内では静かに行動する。（話し声について昨年クレーム有）
- ・病院内で携帯が使えるのはエレベーターホールのみ
- ・病院内は飲食厳禁
- ・研修集合場所の案内、建物の入り口、建物間の移動方法
- ・集合時間厳守について

V. 短期研修プログラム

学内研修プログラムとして、外国人学生を小グループに分けて、各分野（臨床、基礎）に配属し、英語での見学や体験学習などを提供した。本年は、事前に留学生に研修希望先をアンケートし、各留学生のスケジュールを調整した。本学での臨床や研究に関心を高め、将来の本学博士課程への進学へのモチベーションを高めてもらえるような内容となるよう、研修内容は各科に一任し、プログラムを実施した。

日時 2014 年 10 月 15、16 日、21－23 日
参加者 海外歯学部学生 30 名

研修概要

基礎系研究室

各分野に 1～3 人の外国人学生を配置
研修期間は 2～4 コマ（1 コマは午前あるいは午後の 3 時間）
研究内容の説明および短期間での研究体験実習を提供した

臨床系研究室

各分野に 5～7 人の外国人学生を配置
研修期間は 1、2 コマ
外来見学や臨床手技の説明、研究内容の説明や短期間での研究体験実習を提供した

短期研修協力分野

【基礎系】 11 分野

口腔病理学、分子免疫学、先端材料評価学、顎顔面解剖学、認知神経生物学、
分子発生学、分子細胞機能学、硬組織構造生物学、硬組織薬理学、
結合組織再生学、硬組織病態生化学

【臨床系】 22 分野

顎口腔外科学、顎顔面外科学、口腔放射線医学、麻酔・生体管理学、疼痛制御学、
小児歯科学、咬合機能矯正学、顎顔面矯正学、う蝕制御学、歯周病学、
歯髓生物学、摂食機能保存学、部分床義歯補綴学、高齢者歯科学、顎顔面補綴学、
インプラント・口腔再生医学、健康推進歯学、スポーツ医歯学、障害者歯科学、
総合診療歯科学、歯科心身医学、顎関節口腔機能学

4－1 実習内容【基礎系】

Basic Science

Professor	Section
Shunichi Shibata	Maxillofacial Anatomy
Tamayuki Shinomura	Tissue Regeneration
Sachiko Iseki	Molecular Craniofacial Embryology
Motohiro Uo	Advanced Biomaterials Section
Yoshiro Takano	Biostructural Science
Akira Yamaguchi	Oral pathology
Ikuo Morita	Cellular Physiological Chemistry
	Pharmacology
Masato Taira	Cognitive Neurobiology
Miyuki Azuma	Molecular Immunology
	Biochemistry

【Shunichi Shibata】 —Maxillofacial Anatomy—

Section	Maxillofacial Anatomy
Head	Shunichi Shibata
Supervisor	Shunichi Shibata
Contact information	Phone : 5435 Email : shibata.mfa@tmd.ac.jp
Course content	1) Practical course of cutting paraffin sections. 2) Practical course of general staining (HE staining, AZAN staining) and immunohistochemical staining
Location	Maxillofacial Anatomy Laboratory, M&D tower South, 6 th floor (Room S658)

【Tamayuki Shinomura】 —Tissue Regeneration—

Section	Tissue Regeneration
Head	Tamayuki Shinomura
Supervisor	Tamayuki Shinomura
Contact information	Phone : 5450 Email : t.shinomura.trg@tmd.ac.jp
Course content	We will introduce a new gene expression system being developed at present, and you will have a better understanding of the system through some experiments. The main experimental subject that we are planning is gene transfer and expression in cultured cells.
Location	Tissue Regeneration Office 1, M&D Tower North, 7th floor (Room N-704)

【Sachiko Iseki】 —Molecular Craniofacial Embryology—

Section	Molecular Craniofacial Embryology
Head	Sachiko Iseki
Supervisor	Sachiko Iseki
Contact information	Phone : 5578 Email : s.iseki.emb@tmd.ac.jp
Course content	Immunohistochemistry, beta-galactosidase detection Dissecting mouse fetuses, sample processing PCR, nucleic acid electrophoresis
Location	N-605 6 th floor, M&D Tower

【Motohiro Uo】 —Advanced Biomaterials Section—

Section	Advanced Biomaterials Section
Head	Motohiro Uo
Supervisor	Motohiro Uo, Toshio Hongo, Takahiro Wada
Contact information	Phone: : 5467 Email : uo.abm@tmd.ac.jp
Course content	Training for various dental materials
Location	Building 1 West, 6F Advanced Biomaterials Section Room2 or Students Practice Room

【Yoshiro Takano】 —Biostructural Science—

Section	Biostructural Science
Head	Yoshiro Takano
Supervisor	Makoto TABATA
Contact information	Phone : 5440 Email : tabatamj.bss@tmd.ac.jp
Course content	You can study to make the Technovit section of the cells (i.e. ameloblast, odontoblast etc) of tooth germ of mouse or rat. The sections are Truidine blue stained, and applied for light-microscopic observation. You can make Technovit section, which is thinner (0.5-2.0 μ m), more easily, and more quickly than that of Paraffin section. Also this protocol should be applied for the making of specimens of Epon section for Electron-microscopy.
Location	Biostructural Science Staff room, M&D Tower 8 th floor north side (room N-803)

【Akira Yamaguchi】 —Oral pathology—

Section	Oral pathology
Head	Akira Yamaguchi
Supervisor	Kei Sakamoto
Contact information	Phone : 5454 Email : s-kei.mpa@tmd.ac.jp
Course content	In this course, students learn a basic procedure of diagnostic oral pathology. Biopsy specimens of selected interesting cases are assigned to each student. The students examine the histological changes using a microscope under the guidance of the supervisor and the graduate students, and make the final diagnosis.
Location	Oral Pathology Conference Room, 1st Building-East, 4th floor

【Ikuo Morita】 —Cellular Physiological Chemistry—

Section	Dept. Cellular Physiological Chemistry
Head	Ikuo Morita
Supervisor	Ken-ichi Nakahama
Contact information	Phone : 5574 Email : nakacell@tmd.ac.jp
Course content	1, Basic technique of cell culture (practice). 2, Observation of gap junction labeled with fluorescent protein using fluorescence microscopy. 3, Functional analysis of gap junction intercellular communication.
Location	Cellular Physiological Chemistry, Associate Professor Office, M&D tower, 6 th floor (Room N-609)

【 】 —Pharmacology—

Section	Pharmacology
Head	
Supervisor	Asso. Prof. Kazuhiro Aoki
Contact information	Phone : 5461 Email : kazu.hpha@tmd.ac.jp
Course content	You may try to investigate the pharmacological and histological methods for hard tissues, including tooth and bone. Especially, you may acquire and experience both the histological technique and the no-invasive X ray apparatus such as pQCT, DEXA, and microCT.
Location	M&D tower, 7 th Floor, Pharmacology lab. 4 (S757)

【Masato Taira】 —Cognitive Neurobiology—

Section	Cognitive Neurobiology
Head	Prof. Masato Taira
Supervisor	Hisayuki Ojima
Contact information	Phone : 5446 Email : yojima.cnb@tmd.ac.jp
Course content	One of the important roles of oral cavity is to articulate voiced sounds. Articulated sounds are recognized on the basis of their acoustic variations. Investigations have been conducted to understand the neural mechanisms of sound recognition using an animal model. Students will participate in a sound recognition experiment (or a video program) in which guinea pigs are trained to evaluate what acoustic components are critical for them to discriminate a target sound from non-targets sounds. Neural mechanisms of sound recognition have also been studied by viewing cortical activation pattern in collaboration with another laboratory. This is an intermittent step toward the understanding of a distinctive question, how the nervous system decomposes and encodes acoustic signals when animals identify natural sounds. Participants, from the animal model, will learn related basic knowledge as to which acoustic parameters of human voices are utilized as cues for their recognition and how human oral cavity functions in forming such acoustic cues.
Location	Cognitive Neurobiology Laboratory, Room S758, the 7th floor, M&D Tower (Ext. 5446)

【Miyuki Azuma】 —Molecular Immunology—

Section	Molecular Immunology
Head	Miyuki Azuma
Supervisor	Miyuki Azuma, Shigenori Nagai, Tatsukuni Ohno
Contact information	Phone : 5935 Email : miyuki.mim@tmd.ac.jp, nagai.mim@tmd.ac.jp, tohno.mim@tmd.ac.jp
Course content	1) Practice ① Immunohistostaining of mouse oral mucosa or ② Cell staining using fluorochrome-conjugated monoclonal antibodies and analyses using flow cytometry 2) Looking at immunological analyses in murine models, cell culture
Location	M&D tower, 6th floor (S652) Molecular Immunology Staff & Professor room

【 】 —Biochemistry—

Section	Biochemistry
Head	
Supervisor	Miki Yokoyama
Contact information	Phone : 5567 Email : m.yokoyama.bch@tmd.ac.jp
Course content	Build molecular models of major lipids in mammalian cells (glycerophospholipids, sphingolipids, cholesterol) to understand each function. Perform the experiment using cell culture system to study the induction of cell death by sphingolipid analogue, which is considered to be a promising target in cancer chemotherapy.
Location	Biochemistry N705 (M&D Tower, 7F, Room N705)

4－2 実習内容【臨床科】

Clinical Science

Professor	Section
Yoshiaki Ono	Pediatric Dentistry
Takashi Ono	Orthodontic Science
Koji Araki	General Dentistry
Keiji Moriyama	Maxillofacial Orthognathics
	Oral and Maxillofacial Surgery
Kiyoshi Harada	Oral and Maxillofacial Surgery
Hiroyuki Miura	Fixed Prosthodontics
Mitsuhiro Sunakawa	Pulp Biology and Endodontics
Osamu Shinozuka	Dentistry for Persons with Disabilities
Noriyuki Wakabayashi	Removable Partial Prosthodontics
Shohei Kasugai	Oral Implantology and Regenerative Dental Medicine
Toshiaki Ueno	Sports Medicine/Dentistry
Haruhisa Fukayama	Anesthesiology and Clinical Physiology
Shunsuke Minakuchi	Gerodontology and Oral Rehabilitation
Yoko Kawaguchi	Oral Health Promotion
Tohru Kurabayashi	Oral and Maxillofacial Radiology
Hisashi Taniguchi	Maxillofacial prosthetics
Junji Tagami	Cariology and Operative Dentistry
Masahiko Shimada	Orofacial Pain Management
Akira Toyofuku	Psychosomatic Dentistry
Koji Kino	Temporomandibular Joint and Oral Function
Yuichi Izumi	Periodontology

【Yoshiaki Ono】 —Pediatric Dentistry—

Section	Pediatric Dentistry
Head	Dr. Yoshiaki Ono
Supervisor	Dr. Atsushi Oishi
Contact information	Phone : 5540 Email : y-ono.dohs@tmd.ac.jp
Course content	(1) Observation of the activities in the clinic of Pediatric Dentistry: (Behavior management of child patient, caries treatment, management of oral and teeth injury, occlusal guidance) (2) Short seminar on Pediatric Dentistry in Japan (20 min.).
Location	Seminar Room, 2nd floor, Dental Hospital, TMDU.

【Takashi Ono】 —Orthodontic Science—

Section	Orthodontic Science
Head	Takashi Ono
Supervisor	Zuisei Kanno
Contact information	Phone : 5527 Email : z.kanno.orts@tmd.ac.jp
Course content	<ul style="list-style-type: none"> • Guidance for our Orthodontic Clinic and the outstanding characteristics • Case study and group discussion
Location	Reception desk of Orthodontic Clinic, Dental Building North, 2nd floor

【Koji Araki】 —General Dentistry—

Section	General Dentistry
Head	Prof. Koji Araki
Supervisor	Kenichi Tonami
Contact information	Phone : 5568 Email : ken1.gend@tmd.ac.jp
Course content	Visit to the clinic of General Dentistry , the clinics for undergraduates and trainee, Visit to the skills lab Discussion about the difference the system of dental education, training system between Asian contry and Japan.
Location	eg. Oral Health Promotion 3rd laboratory, Dental Building North, 10 th floor (Room 1011) General Dentistry clinic ,Dental Hospital 1 st floor.

【Keiji Moriyama】 —Maxillofacial Orthognathics—

Section	Maxillofacial Orthognathics
Head	Keiji Moriyama
Supervisor	Takuya Ogawa
Contact information	Phone : 5533 Email : t-ogawa.mort@tmd.ac.jp
Course content	Visit orthodontic clinic, research room and offices
Location	Orthodontic clinic, Dental Building North, 2nd floor

【 】 —Oral and Maxillofacial Surgery—

Section	Oral and Maxillofacial Surgery
Head	
Supervisor	Kabasawa Yuji, Tsushima Fumihiko
Contact information	Phone : 5506 or 5742 Email : kabaswawa.osur@tmd.ac.jp, ft.osur@tmd.ac.jp
Course content	Visit the Oral surgery outpatient clinic Visit the operating room Suturing training by using Opeskin
Location	Oral surgery outpatient clinic at 6 th floor

【Kiyoshi Harada】 —Oral and Maxillofacial Surgery—

Section	Oral and Maxillofacial surgery
Head	Prof. Kiyoshi Harada
Supervisor	So Wake
Contact information	Phone : 5500 Email : wakemfs@tmd.ac.jp
Course content	We will study about the diseases of oral surgery along with some clinical cases in our department. For example congenital disease, jaw deformity, oral tumor (benign and malignant) and so on.
Location	eg. Oral Health Promotion 3rd laboratory, Dental Building North, 10 th floor (Room 1011) Oral and Maxillofacial surgery out patient clinic, Dental Building North 6 th floor

【Hiroyuki Miura】—Department of Fixed Prosthodontics—

Section	Department of Fixed Prosthodontics
Head	Hiroyuki Miura
Supervisor	Naosuke Kumagae
Contact information	Phone : 5522 Email : n.kumagae.fpro@tmd.ac.jp
Course content	*Introduction to the prosthodontics clinic, the dental allergy clinic, and, a description of the current state of dental treatment in Japan. *Introduction of researches and studies done in our department (such as; metal free restoration using fiber post, CAD/CAM system; stomatognathic function including masticatory movements, tooth displacement, dental articulators, and; allergies caused by dental metal alloys and/or others dental materials.)
Location	Fixed Prosthodontics 1st laboratory, Dental Building North, 11 th floor (Room #1153)

【Mitsuhiro Sunakawa】—Pulp Biology and Endodontics—

Section	Pulp Biology and Endodontics
Head	Mitsuhiro Sunakawa
Supervisor	Reiko Wadachi
Contact information	Phone : 5494 Email : r.wadachi.endo@tmd.ac.jp
Course content	An endodontic treatment is to save and function the teeth for a long period by the prevention or treatment of pulpal and periapical diseases. Our department is in charge of the Endodontic Clinic in our Dental Hospital, and offers the global standard of endodontics to our patients. The recent development of endodontics is amazing as seen in microendodontics by using a microscope, diagnosis by cone beam computed tomography, microendodontic surgery, or root canal instrumentation by super-elastic NiTi rotary files. You can see these latest treatments in our clinic, and improve your understanding of endodontics.
Location	Reception of Clinic for Operative Dentistry and Endodontics, Dental Building North 5 th floor

【Osamu Shinozuka】 —Dentistry for Persons with Disabilities—

Section	Department of Dentistry for Persons with Disabilities
Head	Osamu Shinozuka
Supervisor	Yasuka Kusumoto
Contact information	Phone : 5727 Email : yasu.dpd@tmd.ac.jp
Course content	Definition and criteria of disabilities Behavior management of patients with disabilities Experience of inhalation sedation with monitoring of the vital signs
Location	Special Care Clinic 2, Dental Hospital, 1 st floor

【Noriyuki Wakabayashi】 —Removable Partial Prosthodontics—

Section	Removable Partial Prosthodontics
Head	Noriyuki Wakabayashi (Professor)
Supervisor	Eiko Yoshida
Contact information	Phone : 5514 Email : ekorin.rpro@tmd.ac.jp
Course content	In this 3-hour course program, students will visit the faculty clinic, dental laboratory, and the student practice. Experienced clinicians of specialty in removable partial prosthodontics will give real clinical situations on partially edentulous patients. Professional dental technicians will present their advanced techniques on dentures and ceramic works. For summarization of the program, the questions from the students will be answered, and some recent research topics of the removable partial prosthodontics will be given by the supervisor.
Location	eg. Removable Partial Prosthodontics Reception Office, Dental Building North, 11 th floor (Room 1102)

【Shohei Kasugai】 —Oral Implantology and Regenerative Dental Medicine—

Section	Oral Implantology and Regenerative Dental Medicine
Head	Shohei Kasugai
Supervisor	Shinji Kuroda
Contact information	Phone : 4656 PHS : 64238 Email : skuroda.mfc@tmd.ac.jp
Course content	Treatment planning with dental prostheses of the defect for high quality-of-life ~ removable dentures, bridges or dental implants?
Location	Lab. #4 of Oral Implantology and Regenerative Dental Medicine, 6 th floor of Building 1 st East

【Toshiaki Ueno】 —Sports Medicine/Dentistry—

Section	Sports Medicine/Dentistry
Head	UENO Toshiaki
Supervisor	CHUREI Hiroshi
Contact information	Phone : 5867 Email : chu.spm@tmd.ac.jp
Course content	1) Lecture and presentation about Sports Dentistry 2) Fabrication of mouthguard (protection device against dental trauma) 3) Occlusal diagnosis (occlusal force and occlusal contacts 4) Shock absorbing capabilities of mouthguard materials (Impact test) or Electromyographic analysis during exercise
Location	eg. Oral Health Promotion 3rd laboratory, Dental Building North, 10 th floor (Room 1011) Sports Medicine/Dentistry laboratory 1 st , 10 th Building, 3 rd floor (Room 304)

【Haruhisa Fukayama】—Anesthesiology and Clinical Physiology—

Section	Anesthesiology and Clinical Physiology
Head	Haruhisa Fukayama
Supervisor	Haruhisa Fukayama
Contact information	Phone : 5548 Email : fukayama.anph@tmd.ac.jp
Course content	For safety and comfortable dental treatment, we perform perioperative management of the patients; they are preoperative evaluation, intraoperative management which includes general anesthesia, intravenous sedation, nitrous oxide sedation and monitoring, and postoperative management. In addition, we are preparing emergency cases which are encountered in the dental hospital. You will see safe and comfortable management of the dental patients in our Ambulatory Anesthesia Service.
Location	Ambulatory Anesthesia Service, 7 th floor of the dental hospital

【Minakuchi Shunsuke】—Gerodontology and Oral Rehabilitation—

Section	Gerodontology and Oral Rehabilitation
Head	Minakuchi Shunsuke
Supervisor	Okubo Mai
Contact information	Phone : 5586 Email : maioore@tmd.ac.jp
Course content	*Clinic Tour ---We visit the clinic of prosthodontics and model practical room so that you know about the specialty of the education and the clinics at TMDU. *Introduction of the researches ---Some introductions of the researches in our department. (e.g. CAD/CAM system for dentures, Color-changeable chewing gum, Denture materials etc. A few of them, you can simulate.)
Location	Gerodontology and Oral Rehabilitation 1st laboratory, Building 1 East, 2 nd floor

【Yoko Kawaguchi】 —Oral Health Promotion—

Section	Oral Health Promotion
Head	Yoko Kawaguchi
Supervisor	Sachiko Takehara
Contact information	Phone : 5477 Email : takehara.ohp@tmd.ac.jp
Course content	<ul style="list-style-type: none"> • Introduction of Fresh Breath Clinic • Measurement of oral malodor • Diagnosis and treatment of oral malodor • Oral health promotion activities
Location	Oral Health Promotion 3rd laboratory, Dental Building North, 10 th floor (Room 1011)

【Tohru Kurabayashi】 —Oral and Maxillofacial Radiology—

Section	Oral and Maxillofacial Radiology
Head	Tohru Kurabayashi
Supervisor	Hiroshi Watanabe (Associate Professor)
Contact information	Phone : 5545 Email : hiro.orad@tmd.ac.jp
Course content	Introduction of Department of Oral and Maxillofacial Radiology. The visitors will observe our department and our clinical practice including digital imaging, multi-slice CT, cone-beam CT for dental use, and MRI examinations, and try to interpret some interesting cases.
Location	eg. Oral Health Promotion 3rd laboratory, Dental Building North, 10 th floor (Room 1011) Department of Oral and Maxillofacial Radiology, Dental Building North B1 th floor.

【Hisashi Taniguchi】 —Maxillofacial prosthetics—

Section	Maxillofacial prosthetics
Head	Hisashi Taniguchi
Supervisor	Yuka Sumita
Contact information	Phone : 81358034757 Email : yuka.mfp@tmd.ac.jp
Course content	Department of Maxillofacial Prosthetics is the special unit of prosthodontics that provides a prosthetic treatment for patients with defects in oral and maxillofacial regions and also provides a treatment appliances like radiotherapy appliances and speech appliances. In this course we would like to present some cases and psychological care for our patient.
Location	6 th floor, Dental Building Clinic room for maxillofacial prosthetics

【Junji Tagami】 —Cariology and Operative Dentistry—

Section	Cariology and Operative Dentistry
Head	Junji Tagami
Supervisor	Alireza Sadr
Contact information	Phone : 5483 Email : alireza.ope@tmd.ac.jp
Course content	The modern concept of dental service implies a shift from surgical intervention towards minimally invasive procedures and healing. The concept can be implemented by taking advantage of advanced technology in the fields of diagnostics, health monitoring, biomaterials and hard tissue remineralization. Some recent trends and advancements in these fields will be introduced and discussed along with a hands-on mini workshop where the students can perform a short experiment to better understand some of these applications using the equipment at Cariology and Operative Dentistry.
Location	Cariology and Operative Dentistry, Dental Building North, 10 th floor (Room 1041)

【Masahiko Shimada】 —Orofacial Pain Management—

Section	Orofacial Pain Management
Head	Masahiko Shimada
Supervisor	Masahiko Shimada
Contact information	Phone : 5936 Email : mshimada.ofpm@tmd.ac.jp
Course content	<p>Lecture: The basis of the diagnosis and treatment of the disease with a pain, abnormal sensation, sensory paralysis, abnormal movement and motor paralysis in the orofacial area, in particular, atypical odontalgia, atypical facial pain.</p> <p>Practice: Sensory test in the oral and maxillofacial region , ex. Von Frey Test,</p> <p>Educational Visit: Orofacial pain clinic, Clinical treatment, in particular, acupuncture technique, iontophoresis, nerve block, Photodynamic Therapy, music therapy as a psychological approach in the treatment of chronic pain</p>
Location	Professor's Office Orofacial Pain Management, Dental Building 10, 5F, (Room 507)

【Akira Toyofuku】 —Psychosomatic Dentistry—

Section	Psychosomatic Dentistry
Head	Akira TOYOFUKU
Supervisor	Miho Takenoshita
Contact information	Phone : 5909 Email : takenoshita.ompm@tmd.ac.jp
Course content	See patients with "Burning Mouth Syndrome""Atypical Odontalgia" "Occlusal discomfort" etc. at psychosomatic dentistry clinic
Location	Psychosomatic Dentistry Clinic, Dental Building North, 4 th floor

【Koji Kino】 —Temporomandibular Joint and Oral Function—

Section	Temporomandibular Joint and Oral Function
Head	KOJI KINO
Supervisor	KOJI KINO
Contact information	Phone : 5713 Email : k-kino.tmj@tmd.ac.jp
Course content	Short lecture for the pathologic condition and the etiology of the temporomandibular disorders. Explanation of Tooth Contacting Habit (TCH) as an etiologic factor of the temporomandibular disorders. The tactics for treatment of the temporomandibular disorders.
Location	Temporomandibular Joint Clinic, Dental Building South, 4 th floor.

【Yuichi Izumi】 —Periodontology—

Section	Periodontology
Head	Prof. Yuichi IZUMI
Supervisor	A/Prof. Hisashi WATANABE
Contact information	Phone : 5487 Email : watanabe.peri@tmd.ac.jp
Course content	<ul style="list-style-type: none"> ▪ Viewing periodontal surgery in live. ▪ Presentation of advanced periodontal researches
Location	eg. Oral Health Promotion 3rd laboratory, Dental Building North, 10 th floor (Room 1011) Periodontics, Dental hospital Building, 5 th floor.

IV. 歯科基礎技術コンテスト

研修プログラム期間中に、歯科領域の専門教育の基礎となる歯型彫刻とワイヤーベンディングに関するコンテストを開催し、研修に参加した3か国4大学の海外歯学生と本学歯学生で技術を競った。歯科基礎技術コンテストの作品は、各国から選ばれた評価者が公平な評価を行い、修了式にてそれぞれのコンテストの優秀者（1－3位）を表彰した。また、田上副学長より表彰者に対して賞品と表彰状が授与された。

日時 2014年10月17日（金） 13:00－15:30
場所 東京医科歯科大学 7号館3階 補綴実習室

参加者 海外歯学部学生 30名
本学歯学部学生 8名
佐川夕季、中島すみか、赤羽広大、小林万里恵、朱紅霏、古屋瑛理紗、
見越葉介、柳原有依子

評価者 Dr. Thongchai Vachirarojpisan（チュラロンコン大学）
Dr. Napapa Aimjirakul（シーナカリンウィロット大学）
Dr. Melissa Adiatman（インドネシア大学）
Dr. Pham Anh Vu Thuy（ホーチミン医科薬科大学）
荒木孝二 歯学教育システム評価学分野教授（東京医科歯科大学）

評価法 5大学教員による総合的評価

参加教職員・大学院生

川口陽子（健康推進歯学分野教授）
關奈央子（歯学教育開発学助教）
石田雄之（国際交流センター）
藤田和久（摂食機能保存学大学院生）
石川陽子（摂食機能保存学大学院生）
宮崎睦（咬合機能矯正学大学院生）
Kulthida Nunthayanon（咬合機能矯正学大学院生）

協賛

株式会社 YDM
株式会社 トミーインターナショナル

スケジュール

12:55	集合		
13:00 – 13:10	コンテスト開会式・挨拶	川口陽子	健康推進歯学教授
13:10 – 13:20	集合写真		
13:20 – 13:25	歯型彫刻概要説明	藤田和久	摂食機能保存学
13:25 – 14:25	歯型彫刻コンテスト		
14:25 – 14:30	歯型彫刻作品回収		
14:30 – 14:35	休憩		
14:35 – 14:40	ワイヤーベンディング概要説明		
		Kulthida Nunthayanon	咬合機能矯正学
14:40 – 15:25	ワイヤーベンディングコンテスト		
15:25 – 15:30	ワイヤーベンディング作品回収		
15:30	終了		

コンテスト結果

歯型彫刻コンテスト

一位	Nguyễn Lâm Tú Anh	(UMPH)
二位	Văn Thị Cẩm Tú	(UMPH)
三位	Đinh Thị Thanh Thủy	(UMPH)

ワイヤーベンディングコンテスト

一位	Trần Thục Trang	(UMPH)
二位	Afida Luthfi Yuvana	(UI)
三位	Văn Thị Cẩm Tú	(UMPH)

Dental Carving Contest

A Dental Carving Contest will be held during TMDU Dental Training Program 2014. The details of the contest are below.

Date: October 17th, 2014 (13:00–14:20)

Venue: Tokyo Medical and Dental University, Building No. 7, 3rd Floor
(Prosthetic Training Laboratory)

Participants: 38 undergraduate students from 5 universities
(CU: 8, SWU: 6, UI: 8, UMPH: 8, TMDU: 8)

Judging: Comprehensive evaluations by 5 judges
(1 judge from each university)

Subject: Dental carving on wax (#26 tooth model)

Procedure: Each student will carve the approximate form of an enlarged tooth #46 model on gray wax with an Evans Carver in 1 hour. A brush to clean the wax shavings on the wax model can also be used. Participants can bring their own Evans Carver, but are not allowed to bring any other instruments.

Evaluation: The works will be evaluated by distinguished judges from each university under the conditions of cusps, grooves, axial tooth contour, cervical area, and surface texture.

Award: There will be awards for the top 3 entries.

Materials: TMDU will lend participants the following equipment:

- * Evans Carver (AT-1(07-165), YDM Corp, Japan)
- * Enlarged model (C12-AT, 1A, Nissin, Japan)
- * Gray wax (carving wax, SHOFU, Japan)
- * Cleaning brush

If you would like to have those instruments beforehand, please contact
Mr. Junpei Takushima (Sales Manager, Overseas Division), of YDM Corporation, as below:
email: junpei@ydm.co.jp
WWW: <http://www.ydm.co.jp/en-saw/index.html>

NISSIN DENTAL PRODUCTS INC.,

Thailand
Selling office : ACTEON (Thailand) Ltd.
23/45 Sorachai Building 16th Floor, Sukhumvit 63 Road,
Elongton Nua, Wattana, Bangkok 10110, Thailand
Tel: +(66)-02 714 3295
Fax: +(66)-02 714 3296
www.acteonthailand.com

Vietnam
Selling office : MEDENT EXPRESS CO., LTD.
39 BC3 Street, Tan Binh District, HoChiMinh City, VIETNAM
Tel: +84-3-8491-554
Fax: +84-8-8491-632
<http://www.medentexpress.com/Dental/>

Indonesia
Selling office : PT. Bintang Saudara Semesta Jaya
Jalan Asia No. 212 A-B, Medan 20214, Indonesia
Tel: +62-61-7357888
Fax: +62-61-7363565
<http://www.bintangsaudara.com/>

Thank you and we look forward to seeing you at the Dental Carving Contest!

Wire bending Contest

A Wire bending Contest will be held after the Dental Carving Contest. Please refer to the detail below.

Date: October 17th, 2014 (14:30–15:30)

Venue: Tokyo Medical and Dental University, Building No.7, 3rd Floor
(Prosthetic Training Laboratory)

Participants: 38 undergraduate students from 5 universities
(CU: 8, SWU: 6, UI: 8, UMPH: 8, TMDU: 8)

Judging: Comprehensive evaluations by 5 judges
(1 judge from each university)

Subject: Wire bending

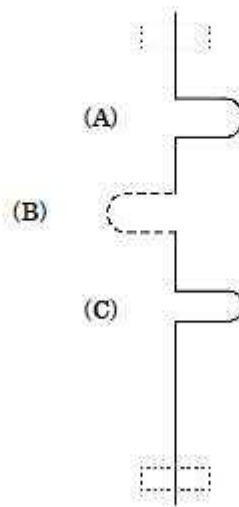
Procedure: Each student will use a Young plier to bend wire (0.9mm in diameter) within 30 minutes, in a series of three loops as follows: All loops must be 12mm in height/length. The loop A and B must be 7mm in width, and the loop C must be 5mm in width. All 3 loops must be in perfect alignment, vertically and horizontally. The loop A and C lie flat on the glass slab and the loop B must be perpendicular to the loop A. Participants can bring their own pliers, but are not allowed to bring any other instruments.

Evaluation: The works will be evaluated by esteemed panel of judges from each university under the conditions of form, accuracy and smoothness.

Award: There will be awards for the top 3 entries.

Materials: TMDU will lend participants the following equipment:

- * Young plier (801-1012, TOMY)
- * Co-Cr wire 0.9mm in diameter (503-09, TOMY)
- * Diagonal Cutter (804-3002, TOMY)
- * Marker



V. 参加学生の感想

1. チュラロンコン大学 (タイ) Chulalongkorn University

Nanticha Ruangchainicom

From participated in TMDU dental training program, I have earned many valuable experiences. I have learnt a great deal about dental school in Japan. I have a chance to visit many clinics and basic science lab in TMDU. I visited Maxillofacial prosthodontics, Removable partial prosthodontics, Orofacial pain management, Oral implantology, Oral and Maxillofacial surgery, Pulp biology and endodontics for clinics and Connective tissue regeneration for basic science lab. I got to learn a lot from all the clinics. It is really interesting that there are many special clinics separated from each other in TMDU. This is difference from my university. We do not have these many clinics. Moreover, I noticed many difference in the techniques dentists use here and my country. For example, local anesthesia technique that dentists use here for lower teeth is infiltration but in Thailand we use inferior alveolar nerve block and infiltration technique together. In my country, each dentist has a dental assistance helping in the clinic as four hands dentistry but in Japan, there is no dental assistance and dentists work alone in the clinics in most of the work. From visiting many clinics, the most impressive clinic for me is Orofacial pain management because we do not have this clinic in Thailand and I learnt many new techniques and closely observed the work of many kinds of pain management equipments from this clinic. I also got to experience the electroacupuncture, one of the pain management techniques, by professor Shimada. This is the first time in my life to experience it. Besides from Orofacial pain management clinic, my favorite lab is Connective tissue regeneration. I like this lab a lot because after attending this lab I have change my opinion about the molecular biology. Before this I think molecular biology is really hard topic and I do not feel relate to it at all but after attending this lab of associate professor Shinomura, I understand more about DNA and gene from doing many experiments. I learnt a lot from this lab and had a chance to work with many high technology laboratory equipments that I have never experienced before. I have learnt a lot from visiting clinics and lab in TMDU.

I also got the chance to visit GC Company. I learnt about history of the company, their vision and their dental products. It is nice to see the variety of choices of the dental material that available in Japan. I noticed that in my university, we use many products of GC Company

I gained a lot of experience from participate in the carving and wire bending contests.

This is the first time I did wax carving in Japanese way. In my university, the teacher taught us the adding on technique not carving out like in the contest. It is a great experience to learn this waxing technique. For wire bending, the equipment was used here also a bit different from in my university. So it is nice to try to work with new equipment. It is the first time I enrolled in the contest like this. It is a really good experience for me.

On the research day, I did oral presentation on my research. I was really excited and nervous. I did not win the reward but I did get a really great experience and made me want to improve my public speaking skill and my research to be better for the future. It was also nice to learn about other people researches. They are very interesting and have the useful knowledge.

I went to TMDU student festival on the saturday. The ochanomizsu Festival is interesting. There are many delicious foods and many good show. We tried some Japanese food and dessert. We also went to see acappella show. The students did really great job. We really enjoyed the show. We also play on the ball throwing game. It was really fun. We really enjoy the student festival so much.

Besides from school, in the free time I got the chance to travel around a little bit. On the weekend I went to morning fish market, Kawagoe or “little Edo”, Asakusa temple, and Tokyo Disney sea. I was really impressed with the festival they have at Kawagoe. It is a big festival full with people. We got to walk around and see the traditional Japanese music show. It was really nice to join this festival. There was a lot of delicious food. For the two weeks, I have lived in Japan. I really enjoy all the delicious Japanese food, Japanese lifestyle and Japanese culture. It is really nice to live in Tokyo. I really enjoy sightseeing and traveling in Tokyo really much. I also got to learn some easy Japanese words such as good morning, good afternoon, good-bye, thank you, sorry. It is really great to learn Japanese. It is a beautiful language.

Moreover, I also got to make friends with the students from other universities. I have many good friends from this program. It is really nice to get to know about the dental school in other countries and learn more about their countries and cultures. I have a good connection with the friends from Srinakharinwirot University, Vietnam, Indonesia and TMDU because of this program. I will keep in touch with them and hope to see them all again in the future.

In my opinion, TMDU dental training program is the best program I have ever joined. I got to learn a lot from this program. There are many great experiences I got from this program that will help me with my study and work in the future. I really want to thank you TMDU and Japanese government for making this program happen. Thank you all

the teachers and the staffs of TMDU. I also want to thanks Chulalongkorn university for giving the opportunity to join this program and Dr. Thongchai Vachirarojpisan for taking good care of us always, guiding us through this program and helping us in everyway.

Nutthakarn Ratanasereeprasert

We learned so much from this program that I will divide into knowledge part and cultural part.

Knowledge part

- The Japanese dental service of insurance that cover the treatment fees for every patients up to 70%, so people with all financial status can access to the treatment. At the same time the patients will feel responsible for their own health due to they have to pay some of the treatment fees.

- The differences in the pattern of clinical treatment; e.g.

Local anesthesia technique; dentists in TMDU use local infiltration technique when extracting lower teeth, but in Thailand, we use inferior alveolar nerve block technique.

Dental materials of choices; In Japan, dentists mostly use composite resin as the filling material. However, in Thailand, we use both amalgam and composite resin due to the differences in the material properties such as condition of moisture control and patient's oral hygiene.

Using airoter for surgical removal; in TMDU, dentists use airoter handpieces for surgical removal in the impacted teeth. But in Thailand, we use airmotor with water irrigation because of the incidence of emphysema from using airoter to in the surgery.

- The advanced technology aiding in the dental education; e.g.

Operative simulation 3D; this machine is impressive, it makes the users feel like they are really do the dental works. Also, the user can see their jobs in 3D. it's a good practicing for dental student before they do the real work in the patients.

Laboratory units with microscope; like the practicing laboratory with phantom head, but have some extra instrument like microscope. It's nice for endodontic practice to locate the root canal and check for the quality of work in details.

- The interesting experiment with modern techniques; PCR, DNA digestion, cell culture, hardness and strength test; in Thailand, we also learn about these technique, but after we are in the clinical courses, we can't keep in touch with these

modern techniques. It's nice that this program helps us review what we use to learn and we enjoy so much.

- TMDU environment inspires dental students and professor to love and dedicate into doing their research more and more because they want to discover the new knowledge to improve people's quality of life. Prof. Azuma says that doing the research is like climbing the mountain. It's very difficult and she is getting tired more and more. But when she reaches the top of the mountain, she feels so satisfied and happy. Just like doing the research, when she accomplished her results, she feels great and wants to do some more researches.

Cultural part

- Traditional ceremony; we are lucky to observe the wedding ceremony in the Meiji temple and the Kawagoe festival in the little Edo. These ceremonies show how much the Japanese keep their tradition and what they believe in.
- Costume; we get to wear the Yukata clothes in the hotel where we are staying in. We feel so happy to wear them because we only see these clothes in the movies and comic books. Yukata is a light comfortable clothes, easily to wear and also easily to take off. Therefore when we wake up in the morning, we are almost naked like Yukata is partially out of our body, the shoulders are exposed. I wonder how the Japanese wear them during sleep with Yukata still intact.
- Foods; Japanese uses chopstick to eat almost every food such as rice, meat, noodle, and snack. But in Thailand, we mostly use spoon and fork, chopstick is used for the noodle dish.

Also, when eating the ramen, Japanese will eat it fast and loudly, like the loud noise they make indicates how tasty the ramen is. In Thailand, we eat the soup and noodle quietly.

- Friends; all the friends we meet here are all nice and friendly. The TMDU students we use to bring them to sightseeing in Thailand, they are so nice to spare their time to hang out with us in Tokyo. They make a contact with us and take us to anywhere we want. They really are wonderful friends that I want to tell who they are; Risa, Yuki and Sumika from the 4th year students of TMDU.

Not only TMDU friends, other foreign friends are all nice too. We exchange our cultures, language, and laughter throughout this program.



Panisa Kantukiti

It was a great opportunity for me to participated in inter-university exchange program. There are many experiences that I got. Firstly I will talk about visiting basic science laboratory/clinic. I went to 8 departments compose of maxillofaial prosthodontics, oral and maxillofacial radiology, pediatric dentistry, orthodontic science, gerodontology and oral rehabilitation, dentistry for disabilites, oral and maxillofacial surgery and cellular physiological chemistry.

In maxillofaial prosthodontics, I learned the objective for treat patients that is not only make prosthesis for them but also treat their heart and get rid of their depression from the disease. I also saw many kinds of prosthesis and while observing case I learned how to deal with problem like adjusting denture. In oral and maxillofacial radiology, I learned many x-ray techniques and principle how the machines work. There were some machine that I've never seen before. It's a great experience for me. Moreover, teacher let us discussed some scenario that make us understand pathology of disease in the film more. I enjoyed in his teaching style. Bisecting angle techniques is popular in here because they can't use XCP which different from Thailand. In pediatric dentistry almost everything's same to CU except anesthesia technique for extraction or applied clamp and the parent waiting area. I quite disagree that just infiltration technique for extraction lower teeth which firm will enough complete anesthesia. Also in CU, almost parent have to wait outside separate from there children except they are very young. That's different to TMDU which parent sit at their terminal of the dental chair. I thought sitting near children would be better because children would give much more cooperation. One thing that I would not forget because I totally agree with teacher was the children don't

understand what the dentist do once you can make they trust in you they will cooperative with you without any reason. In orthodontic science department, I like teaching style which was PBL . However, It might not be so fun and fluent if the student didn't have orthodontic knowledge before discussion. Actually that I learned already but I didn't review it before coming here so it's quite hard to discuss. However, teacher was so kind he welcome to explain all case and welcome to answer any question. In gerodontology department, I learned about complete denture and implant retain denture that popular in elder patient with sever alveolar ridge resorption. CAD-CAM technique for making prosthesis was impress me. I thought it would be much more easier than conventional techniques. However, It might not be practical in my dental life in thailand. In disabilities patient clinic, I got an experience to be sedated with nitrous oxide sedation. It was an unforgettable experience for me. I also got many knowledge to manage disability patients. In oral and maxillofacial surgery clinic, most of dentist standed up while doing minor operation such as extraction, impacted tooth surgery and they also used airoter in ostectomy or odontomy. That 's different to my country. I disagree with using airoter because it increase risk of emphysema and infection. In cellular physiological chemistry department, this is my major clinic in this program. I got many new experience here. I did many experiment with cells. I learned about bone cell , gap junction , connexin43, HeLa cell ,TRAP method, FRAP method, and so on. I thought it was a great experience. I appreciate in associated professor Nakahama's kindness and passion for doing research for humanity. This is my favourite department in TMDU that I've visited.

Moreover than study, we had wire bending ,carving wax and research contest. Although I didn't get any prize I thought it was a really good experience and got a lot of fun and knowledge. We also visited GC dental company. I saw a lot of innovation and creative idea. I learned from them that dream and imagination is powerful. Because GC company has a big dream and they don't leave it so this is motivation to create many things.

The other experiences that I got was friends , life style and cultural. I got a lot of new friends here and shared experience from their own country. This widely open my vision. I also learned many cultural here such as japanese language, standing left side while using escalator, complicated train route, japanese food, japanese temple, the wedding ceremony in temple and so on. Not only japanese cultural that I got but also Indonesion , Vietnam too .International symposium and cultural show was very amazing.

Finally, I'd like to say thank you TMDU and CU for giving a great opportunity to

me to participate in this program. Also, the special persons that I want to say thank you is Dr. thongchai , our teacher, for taking care us along this two weeks.

Pavitra Wutikornwipak

In this program, I learned about technologies and knowledge that little different from my university and some topics I've never known before. I joined in many clinics at TMDU. At the first day, I joined in advanced biomaterial class, I learned about resin composites and zirconia ceramics that use in dentistry. And I did laboratory about glass ionomer cement, conventional resin composites, two types of flowable resin composites and two types of zirconia. Then compare the hardness and compressive strength of each material. It can help me understand more in resin composite and zirconia and I can use hardness tester at this class. In my university, there is a hardness tester but I can't use this machine. Because it's use for research project purpose and if I don't do a research about measurement of hardness value, I can't use this machine. And Prof. Uo who is my teacher in this class is very kind and takes care of us all the time. He explained more in details and answered my questions clearly. It makes me more interested in dental material. I observed in removable partial prosthodontic, fixed prosthodontic, anesthesiology and clinical physiology, periodontology, oral and maxillofacial radiology, oral and maxillofacial surgery and maxillofacial orthognathics clinic and discussed a lot of cases with other people and teachers of each clinics. So I can see many cases and some diseases that I've seen in clinic such as hypoglossia or Beckwith-Wiedemann syndrome.

I found some dental material that I haven't used before. It makes me know that there are many choices of dental material that I can choose depend on what's type of my work. I also visited in GC company and they showed us many kinds of products that were produced by this company such as dental material or dental technologies. There are many types of dental units that you can choose. I found new technologies from this company and I think in the future, they will create some machines that give better quality , more convenience and comfortable and I hope to see these. I went to the clinic for person with disabilities and Dr. Kusumoto demonstrated inhaled anesthesia for all of us. It's the first time for me to get this sedation. Before that I feel very nervous because I've never get this anesthesia and in my university for undergraduated student, we don't use this technique. But after I get it, I think it's very interesting and it's easy to use.

Furthermore there is a research day that I can know many interesting topics from students in other universities from their research presentation and I think it's great for me to get some ideas to create projects in the future.

I also get good experiences about Japanese culture and new friends from other country which are Indonesia, Vietnam and Japan. Japanese people are very kind, they try to help me even if they can't communicate with us because they can't speak English language and I can't speak Japanese language. They also nice and orderly. If there are a lot of people in the shop, there is a queue too. And if I forgot the wallet, I can get it back and nobody want to steal it. I have friends from Japan when they come to join the program in Thailand and they will guide us to travel in Japan. So it's a nice welcome and I really impress them. I get a great opportunity from this program that I can't get in another program. Thank you Dr. Thongchai for take care of us all the time and TMDU for gives us to join in this program.

Kulnipa Punyanirun

I have seen and learn lots of things since the beginning of the program.

The first day we arrived at TMDU, I was very stunned by the size of the campus. My faculty is very small but comparing to TMDU we are tiny. I like the facility here a lot and also the way the buildings and classrooms were designed was minimal and clean-looking which provided a better learning atmosphere.

The staff here are very friendly. Every time I got lost in the hospital, they always helped me find the way. This includes the staff from the international exchange program as well who are very friendly and helpful.

After five days of department visit, I can see patterns in Japanese learning attitude which was dry different from what I thought. From the beginning, I did not imagine the research world to be like this, or even that TMDU will be so passionate in conducting research. At first, I think it might be boring, but on a second though, a research paper brings in new discoveries leading to new theories, ideas, or techniques for new treatments while restorative dentistry is like trying to solve the problem that has already been solved. "Isn't it a better idea to take control of the cause before it turns into a problem?" I asked my new self who is now more interested in research work after visiting TMDU. Furthermore, I got a chance to do what I never thought I would ever do like doing an experiment on HeLa cells or cancer cells using an enzyme believed to be able to stop the growth. I hated biochemistry but after I joined the class, it has become one of my favorite and is the class that is most impressive for me. I also got to discuss Problem-Based learning in orthodontics class. It was very interested to be able to discuss with the

professor with 20-year work experience so I learned a lot from him. One more thing I got to try was the simulator for dental practice. It was said to be used only in research work to compare the use of this machine and teacher's instruction. I would love to know the result of the experiment because I also wonder what is going to be better because the machine works very well and it felt so real.

The teacher's dedication is one more thing that will cling to my mind for a very long time. I have always been interested in improving Thailand's educational system. I am the kind of students who have questions and sometimes teachers in Thailand are not willing to answer, Here in Japan, they all are so eager to find the answer you are looking for. I know it might be because of the social context and cultural way here to be polite but that impressed me anyhow. How they are devoted to their work is also admirable. Although I did not learn much about Japanese style of living but I did notice a lot of Japanese working culture. Thai people are very flexible while Japanese people are very punctual and follow the rules. We needed to try hard to adapt to the Japanese working atmosphere. Anyway, I think it's a good thing to do even if we are not used to doing it. The country will be more organized with people being responsible for themselves and others.

There were also things that I didn't understand. The first thing was the result of the research day. I am not sure if the scoring guidelines for the students and the judges were the same but if it was, the result was very questionable. I admit that the research done by the Japanese students were amazing and groundbreaking but they could not understand the judges' questions and could not show that they truly understand their works. According to the criteria I got, I could see people who deserve the award more but that is just my opinion.

On the national symposium day, we all had to perform national performances from our countries. It was really fun and I hope we had more of that rather than work time everyday that we barely get to know each other after 2 weeks together. Also, every time we had a party at TMDU, time flew. It ended so fast when the fun had just begin. I understand that the staff had to go home to their family but in Thailand a party like this ends very late.

I have to skip classes to join this program but I never regret my decision from the day that I sent in my application form. I learn a lot from this program not only in an academic aspect but also about people which is more important in my opinion. We learn to adapt to new people and new situation everyday. We have to live in an atmosphere we are not used to be surrounded by new people we never knew but I see that as an opportunity to explore the difference in each other. I wish there were more compulsory

activities for all of us to participate together so we could get to know more and get closer to each other. Anyhow, it has been a memorable two weeks that will last in my heart for a very long time.

Pawitchaya Phuengchuen

I applied for this program because I want to be an exchange student. I knew TMDU from IADR 2013 that I was a staff from Chulalongkorn University. When the teacher said that he had a TMDU exchange program for 2 weeks, I applied quickly. It's like the last chance for me because I'm a 4th year student so we had many things to deal with; study, clinic and laboratory. At first, I've a bit worried because of my English. After I passed and got a scholarship, I was so excited.

When I arrived here in Japan on Monday, I felt very good. The weather was nice. At first, my mother worried about Typhoon but everything went well. It's just raining. I met some Indonesian and Vietnamese at the hotel in first day. Everybody was so friendly so I didn't feel nervous anymore. We were free on first day in Tokyo so our teacher showed us the way to go to TMDU and take us to Harajuku and Meiji shrine. We had a dinner together. He gave us advised and tips about Japanese cultures what we should and shouldn't do I japan. The next day was an Open ceremony day and it was the first day as student exchange. I was so excited. In the afternoon, TMDU students took us on a campus and hospital tour. I was very impress. All the staffs and students were kind and lovely. I visited 10 department in 5 days after that; 2 department per day. I learned many things from visiting. I've seen many things I haven't seen before. The things that I knew it only from lecture. It was a great experience. We shared to each other when we saw something different from our country. I knew a lot about TMDU form this program. At first, I didn't know anything about oversea student study after graduate but by visiting departments, I met many of my senior here and they told me a lot about study here; about the system, scholarship, how to live in Japan. I've just known that oversea student cannot treat the patient. We mostly do the research. I haven't start my own research yet but if I like to do the research, I'll absolutely study here after graduation.

I think that the schedule of this program was very tight. We didn't have time to spend together. Everybody usually spent time with their friends in the same university. It's not like what I though before coming. After the class, everybody did their reports until 5 pm and at that time, it get dark already so in the first week, we didn't go to hang out together. Maybe because this program had too many contests such as wire bending

and wax carving contest and research contest. Everybody look so serious. They had to practice their carving or bending and some of student had to rehearse their research presentation every night so they couldn't or didn't want to or maybe their teacher didn't let them to go outside to hang out with us. I didn't know what it should be but I think we had to do so many reports. After I did my report I was so tired. Many days we slept late because of doing the report so in the morning class, I felt a bit tired and sleepy. I skipped my class for 2 weeks to join this program so I didn't want just to attend the class, do the reports and then sleep. I've heard many things about Japan and Japanese culture and I want to see it by myself. This is my first time in Japan. I want to have great memories as the others. Mostly After the class, we went to many places around Tokyo to see, too try and to feel Japan. One day we went together with Vietnamese friends and their senior to Shibuya. I really had great time with them. They are lovely. And another day, we went to Tokyo dome together with Indonesian to play roller coaster and had some dessert. I love that time too. Indonesian friends is funny. I really happy spending time together with them. At first, I thought for this program, I might met some new Japanese friends but I didn't know any Japanese friends from this program. I was a little bit disappoint about this. But after all, I felt very lucky to be part of this program. Staying here in Japan is like a dream, I really sad that we have to go back. Japanese people is so kind and cute. Japanese food is the best. I fall in love in Japan now and If I had a chance I will comeback for sure. Japan is one of fascinating country in the world

At last, I'm really appreciate to everybody and everything that made me here. I really enjoy this program. I had a good time, good experience and good friends. I'd like to thank you professors and staffs of TMDU for making this program, my teacher, Dr. Thongchai, for being an adviser and always taking care us every day here, TMDU students for facilitating us and every participants- Indonesian, Vietnamese, Thai student from Srinakharinviroj University- for your friendship. You are so cool. Although this program is going to end, I will keep everything here in my memory forever.

Arpapat Sansupakorn

"If it will be you, it will be." This was what my close friend said to me when there is my name on the 8 final candidate that could participate in 2014 TMDU exchange program. From that moment, I think that I will spend these 14 days as precious as I can. And now this is getting to the last day of the program I get many experiences that can be divided in 4 topics.

First, I get much more inspiration in studying in dental school. I have to tell my previous part of my study in the dental school. I really want to be a dentist since I was in the primary school but after I got into the dental school, I was upset sometimes. It is because I want to be the dentist but I lack my motivation of studying so I want to come to TMDU to explore my world of dental treatment. However, I think that from the first time of the program until this very last day I get back my inspiration. I meet many professors, many dentists, many dental hygienist, many researchers. They all make me think that I am one of them that could make something better in our dental treatment to cure more effectively in patients. My inspiration comes from department of cognitive neurobiology. They spend their time to make the research and their goals are to develop things to help people have higher quality of life.

Another experience is that I get in to many laboratories and clinics that I have never seen before such as Oral implantology, I can stay beside the bed while professor are on the operation of implantation and bone graft. In Pediatric Dentistry is the department that I can see how the dentists take care normal children and special case children with behavior disorder. I was excited to observed this department as I have not cured the children yet in my clinic year and this department is one of my target to study in post-graduate level. Not only something that I had not seen before but there were also something that different from my country. For example, in Temporomandibular Joint and oral function department, I have just known that Japanese people are 80% that have Tooth contacting habit (TCH) but in my country there is not much because they much more get bruxism, or clenching. Moreover, the way of treatment is not the same. This department use only mobilizing exercise to cure the pain of TCH and the medicine for curing bruxism but in my dental school we use many method to cure TMJ disorder and bruxism. The main treatment would be surgery and splint.

Culture is the topic that I cannot forget to say about. I get many experiences in the difference of my culture compare to other countries which are Indonesia, Vietnam and Japan. About Indonesia, they really cannot eat pork so it is quite hard for them to find dishes that are not contain pork. For example, they cannot eat ramen because every dish contained pork so they have udon instead. About Vietnam, as the day before the dental waxing and wire bending contest, I have known that Vietnamese friends were very hard-working in practicing. After that I just know that their culture is to be hard-working for any contest they get but in my country we also have that pressure but it still have the phrase to reduce the pressure which are "It's okay, Don't worried, Do your best." About Japan, people always bow to each other to show their respect when ever they say thank you, greeting in the morning, afternoon, evening, or excuse me but in Thailand we use

“Wai” (thai greeting) which shows Thai politeness and respect. Our differences were shown in the cultural show in the evening of 24th of October too. I do enjoy the cultural show very much because we all prepare for the show to make it the best show ever to represent our country culture and I can see different show that represent each country culture.

Although there are many classes of laboratory and clinic to attend and we are all separated randomly in a new group. I think this is good because we can meet new friends and find out this people like the same field as me or not so that if we like in the same field may be one day we can cooperate again in the future. I still think this sentence is always true which is “Friendship is never die.” So we can catch up with everyone and when we are all graduated and are a dentist. We are still TMDU exchange program friends forever.

Finally, this is coming to the very last day of staying in Japan and also to attend the 2014 TMDU exchange program. I am so thankful to anything that make me come here. I am proud to be here. I am proud to be one of the member of the representative from Chulalongkorn University, Thailand. 14 days or two weeks may be very short or very long for someone but not for me because I think that this is sufficient for the learning, the visiting, the joyful moment. I will bring all my experience that I get to my friends in Thailand because I know that there are still someone that want to do research for improving people quality of life and I will definitely cheer for TMDU to be their choices. At last but not least, thank you to everyone and everything. You all make me impressed every second during 14 days. I will keep this program in my memory neverending.

Sansanee Wijarn



Actually, at first, I was not sure to go to interview for TMDU students exchange program, because I have to skip all classes in these two weeks. There will be many works waiting for me when I come back to Thailand. But my family and my cousin who is the dentist told me that I should go in this program. I believed them and I

thought that I have to try and find some new experiences. Therefore I decided to go to interview for this program. When the result was out and I passed it, I felt very happy. I am looking forward to go to Japan. Then the day that we have to leave Thailand and come to Japan was arrived. I thought I will collect new experiences the most I could. After the end of this program, I realized that it was so worthy to be part of this program. Japan is the unforgettable experience I just had. I had many experiences from this program, for instance, knowledge ,cultural exchange and survival & communication skill. Also I tried to give and shared to other students too.

I thought the most precious thing I have got from this program was cultural exchange. Because this was my first time to be a exchange student. I learned other countries cultural,. For example, Japanese was very seriously about to be in time and on time. I learned that we must stand in the left side to keep the right space for someone who was hurry. I like it very much because it was nice and tidy. I learned Japanese, Indonesia and Vietnam language. I learned how the other countries study in dentistry faculty. For instance, Indonesia mostly study with Problem Base Learning(PBL) classes. In Thailand, we had PBL class two weeks per one class. I learned to wear a Japanese costume, a Ukata, it was weared when Japanese people sleeping. From Vietnam, I leaned that they were very friendly and they have a fighter blood. Indonesia's friends were very talkative and funny. Secondly, I learned some basic communications in Japanese, Indonesia and Vietnam. I had to speak English for almost time if other countries stayed with me. So I practiced to communicate in English language. I was treated in a very kind way with people in this program. Everyone was so friendly. Two weeks in Japan, I had some new cute friends from Vietnam, Indonesia and Japan. I promise to myself that I will contact them after although we finished this program. Chatting with them will make me think of these wonderful things of my life time. I found that they have own culture, food and unique habit also.



In this program, I had chances to access many interesting laboratories. I had visited Psychomatic dentistry, Removable partial prosthodontics, General Dentistry, Fixed Prosthodontics, Pharmacology, Pulp biology and endodontics, Oral and maxillofacial radiology, Sports Medicine/Dentistry and Orthodontic science. My favorite class was Orthodontic science. Because Professor.Kanno was cute and he tough us with very good English. I could understand easily, or may be my senior from Chulalongkorn

university who had learned this subject before can explained to me in English again if I don't understand. It was very great class and I thought I like this subject. This will be one of my choices to choose my future career. A dental student, as I, always look for the chances to see and try new technologies devices.

In conclusion, TMDU exchange program has given me so much that I cannot say all I feel. It was a amazing opportunity to be in new dental place, had chance to exchange culture to other countries and I thought after this end of program, I grown-up more. My first exchange experiences were unforgettable, and I will absolutely think of them.



2. シーナカリンウィロート大学 (タイ) Srinakharinwirot University

Napat Bunnag

Being a part of this exchange program in Japan is one of the greatest opportunities that I've ever had. As everyone knows, Japan is one of the best countries that has advance in many kinds of technology including in dentistry field. In Japan, there are plenty of dental manufacturing companies. Besides, Japan also has advance in researches and development in dentistry field too. So being here, gave me a chance to see many things that I've never seen before. I've learned a lot of things here.

Faculty of Dentistry in Tokyo Medical and Dental University is one of the best faculties of dentistry in Japan. At first when I came here, all professors and academic staffs gave me a very warm welcoming. They are very kind to me and my friends. So that, I enjoy this program very much and didn't hesitate to ask any question when I am curious

in something. This can made me gained lots of things beyond my expectation.

There are several departments in TMDU. In this past two weeks, I visited plenty of department here. When I went to any department, professor and all academic staffs are very kind to me. They taught me many things. I saw plenty of high technology dental equipment or dental material in each department, some of which I only just heard about it or read from the books. Such as cryostat, the machine that use for cut fresh frozen tissue in to slides, which I first saw it at department of Molecular Immunology and I also had a chance to used it too. This is an experience that I might not get if I didn't join this program.

Some of departments couldn't be found in my country. Such as department of Gerodontology and Oral Rehabilitation, Molecular Immunology or Maxillofacial Prosthodontics. Visiting these departments taught me about many things.

Not only an academic knowledge that I learn from being here, I also learn about health care system, insurance system and studying system in Japan. They taught me about dental education, dental workforce and oral health status in Japan. I learn some of government's campaign about oral health, for instant, 8020 campaign. Which is a national campaign to keep 20 teeth till 80 years old.

Since there are dental students from many countries joining this program, this is a very good opportunity to make connection with dental students from difference countries and share our experience to each other. And I hope to stay connected in the future.

Japan is the country that has fascinating culture and tradition. While staying here, I've experience lots of Japanese culture, such as Japanese language or Japanese food. I also went to many wonderful places in Japan. For example, Hitachi park, where I've seen a very beautiful flower field. It impressed me very much. Another place that impressed me is Tsuteji fish market. I tried several of fresh sashimi there.

I truly appreciate being a part of this program. All knowledge and experiences that I gained are beyond my expectation. Apart from that, I'm thankful for all professors, dentists, postgraduated students and all academic staffs for their warm welcoming. I have come to realize that there are so many things more than that I've ever known in dentistry field. Moreover, having friends from difference country and sharing our experiences cause me learn lots of things. Not only in dentistry field, but we also share our culture too. I think all of these experiences made me want to strive more and become a better dentist in the future.

Kornkanok Phaitong

I truly appreciate the knowledge and experience which I have gained for the past 2 weeks. I have seen Japan in several aspects such as its culture, food and way of life. Being here influenced me to adapt myself towards Japanese fast moving routine. I also appreciate the multicultural environment during this training program. I enjoy building a strong fundamental network between dental students from other countries. Apart from that, I am thankful for all the professors' kindness. They made me think outside the box and not hesitate to ask any question. I have grasp the conviction of applying combination of treatments for the best possible result. Moreover, the excellent learning experience made me want to develop myself and become a better dentist in this near future. All in all, this is absolutely an immeasurable experience for me that will always stay in my memory.

Pailin Sittichoktrakul

First time I've heard about student exchange program, I thought that this must be my great opportunity to learn and to gain many experience from such the developed and modern technology country like Japan. Without any hesitate, I decided clearly and confidently to attend in this interesting program.

My expectations before coming here were about having great experience from TMDU and make good friendship with friends from other Universities.

In my first day at TMDU, I met my friends from different countries and stuffs from TMDU. Then they teach us how to stay safely in Tokyo by not only knew their emergency phone numbers but also knew how to protect ourselves when face to national disaster. Moreover I learnt useful vocabularies and simple sentences for survived in Japan. The next interesting thing I learnt was the different of dental education, dental work force and oral health status from each country. These were the first part I learnt from TMDU.

The second part of this day was to take a tour of TMDU by the leading of TMDU students to see how great their faculty of dentistry is such as huge library, laboratory room for preclinical students, laboratory room for ungraduated and postgraduated students, laboratory rooms for each departments, clinical rooms for both doctors and ungraduated students in each department, CBCT scan and many more.

After greeting day and touring inside TMDU, I went to observe in many departments as follows, Psychosomatic Dentistry Department, Cariology and Operative Dentistry Department, Maxillofacial anatomy laboratory department, Maxillofacial and Prosthodontics Department, Gerodontology and Oral Rehabilitation Department, Oral and Maxillofacial Surgery Department and Pulp Biology and

Endodontics Department. From all visited to these departments, I had learnt a lot of interesting and useful dental stuffs.

Attended in TMDU exchange student program was not only let me learn about TMDU and Japanese cultural but also let me made good friendship with friends from Vietnam, Indonesia and Japan, these were impressive me a lot.

So I willing to thank you all stuffs of TMDU that impressed us with hospitality and good care through the whole program. And also want to thank Professor Tagami, Professor Narongsak that gave me this unforgettable opportunity to come and learn in Japan. Moreover, I want to thank you Dr. Napapa for all your help, your kindness and your closely care that really make me so impressed.

At last I want to said that I really love this program and want TMDU and Japanese government held this student exchanging program and give the very valuable opportunity to aboard students again.

Prima Buranasin

Like many other people, Japan has always been the country of my dream. The constantly emerging technologies and the thirst for knowledge and improvement of Japanese people never fail to amaze me. Japan is one of the best countries that has advance in many kinds of technology including in dentistry field. In Japan, there are plenty of dental manufacturing companies. Besides, Japan also has advance in researches and development in dentistry field too.

Participating in this exchange program in TMDU is one of the greatest opportunities that I've ever had. It's a good chance to profoundly learn Japanese culture and way of life alongside with the useful knowledge of dentistry. Professors and academic staffs here are very kind. They are also great inspiration for us all. Their devotion and passion in dentistry fuel us all to keep improving ourselves. And they made me feel welcome and unhesitant to ask any question.

There are several departments in this dental hospital. Some of which, we have never seen before in our university such as the Orofacial pain management clinic, Sport dentistry, Fresh breath clinic, Gerodontology, Oral Rehabilitation, or Maxillofacial Prosthodontics. I didn't only just expand our knowledge in academic and practice. But what I gain is much beyond that.

I learn a lot about health insurance system, health status and education system in Japan. The health care system in Japan is very interesting. This system provides for universal access. That's why Japan's citizens are historically among the world's healthiest and living longer than those of any other country.

For the past two weeks, we exchanged cultural difference and share our experience as a dental student. I have come to realized that friendship is beyond borders. Even I only spend two weeks here but I'm happy to make new friends from many countries, Japan, Vietnam, and Indonesia. This is a

great opportunity to built a network between international student. And we truly hope to stay connected in the future.

I have experienced Japan in several aspects such as Japanese culture, food and way of life. Being here for two weeks influences me to adapt myself towards Japanese fast moving routine. I especially love traveling around Tokyo. Moreover, I was impressed with the sight seeing and meeting friendly people. I appreciate the multicultural environment during this program. All in all, this is truly considered an invaluable experience for me.

I truly appreciate the knowledge and experiences which I have gained in these two weeks time. Being a part of this program is one of the best time in my life. I am thankful for all the professors and academic staffs' kindness and warm welcoming. More than anything, this wonderful experience made me want to become a good dentist in the future.

Pakwan Varapongsittikul

When thinking about discipline, social responsibility, progressive education and technology, all representing the image of a single country, the land of the rising sun, Japan would be the first country to come to most peoples' minds, especially with regard to discipline. The Japanese displayed fine discipline to the world when they experienced the 2011 Tsunami. When I heard about the new dental training program in Japan, a comparative dentistry and foreign externship program, I became very excited, and would therefore like to apply to be granted this opportunity. I have continued to look for further updates about this program.

I could say that I'm a person who is very infatuated with Japan in almost every aspect, such as its beautiful countryside, civilized people and its innovative ideas and lifestyles. This Dental training program offered me a chance to learn about the academic systems of Japan, compare the pros and cons between the different systems, different treatment procedures, and instruments and techniques used in various treatments.

In terms of Epidemiology, it learned about what the most common major complaints are from Japanese patients, in comparison to those of Thais. Most of the time, the common complaints in Thai patients are dental caries, toothache and periodontitis. The findings from this training program have shown me Japan's disease prevention and health promotion program which can effectively decrease the incidence of diseases.

The differences and complexities of another culture, especially with regard to discipline,

altruism and rights observance were what I learned, whilst simultaneously sharing with and supporting my peers by applying these positive objectives to my clinical studies. In addition, this was an ideal opportunity to reside and study abroad, learn disparate languages or cultures, and improve my connections through gaining new friends and acquaintances from countries in south east Asia and Japan.

Finally, it was an honored opportunity for me to receive such a fine chance to become a member of this dental training program at the best and fully-equipped dental school in Japan. I hope one day I'll have a great chance again to be one of students in this "Tokyo Medical and dental University".

Sureeporn Smithismarnchan

During 13-26 October 2014, I had the opportunity to participate in the TMDU training program, which is held at Faculty of Dentistry, Tokyo Medical and Dental University in Japan. It was a wonderful experience and I learn new things in several aspects from international professors and students. As I first applied for this program at my university, I expected it would serve my curiosity in the field of dentistry and find inspiration for my future education and career. This program did not only provide experiences to fulfill my expectation but what TMDU gave me is beyond what I could ask for.

From the first day that I met with participants from other universities, I knew we would make good friends and continue our friendship in the future. Everyone in the program including Japanese staffs are all really kind and willing to help. Attending this program made me understand and embrace differences in culture. In many activities, we were divided in groups mixed with students from different universities and that made us learn to adapt ourselves and also improve our language and social skills. I really appreciate the opportunity to visit several departments and clinics in dental hospital. From the visitation, I did not only gain more understanding about dental health care in Japan and knowledge that the professor taught me, but I could also learn their attitudes in the way they talked about their works and patients. It truly inspired me and fueled my passion in dentistry. They made me want to improve myself to get better in academic knowledge and practical skills. What I learned from them also encouraged me to be an ethical and caring dentist that will surely be loved by patients.

Other activities also gave me great experiences such as international research day, which I participated in oral presentation. I had the chance to practice my confidence and speak in front of a group of people. I also learned about many interesting ongoing research topics from many fields of dentistry. From visiting dental company, I saw impressive advanced technology that the company never stops developing for the benefit of people. And also the international symposium that I got to

see performances, which reflected culture of each country very well.

All in all, I believed that this program has provided a memorable experience that could not be found by learning in the classroom. I am grateful for what TMDU have done not only for me but also numerous people for having this kind of inter-university exchange program as a stage to summon up people alike and inspire them to be an important part in promising future of dentistry.

3. インドネシア大学 (インドネシア) **Universitas Indonesia**

Muhammad Hafif A. S.

From my first day experience, I thought student exchange program has to be conducted every year. As a good care provider, we have to give a good treatments to our patient. Exchange program widening our knowledge about latest dentistry updates. We also share our experiences between students not only in academic activities but also non-academic activities e.g. international students meeting like APDSA (Asia Pacific Dental Student Association). In the second day, Oral Health Promotion Department and Molecular Craniofacial Embriology Department was very interesting. Not only theoretical knowledge, but also practical skills and results interpretation. Third day in TMDU feels great. My knowledge about dentistry expanding, especially in orthodontic and craniofacial embriology. Many Japan technologies introduced in this day. Molecular research technology also orthodontic treatment increase my curiosity about Japan dentistry and I wish I could bring those knowledges and technologies to my country for increasing oral health in Indonesia. I experienced a lot in fourth day. I saw another Japan dental technologies also feel become equal to another students from another countries in the contest. Hopefully someday I could bring those technologies back to my country and all exchange students bounded very well after this competition and become bestfriends also professional relatives in the future. Honestly, I can't really understand about fifth day lecture because she used unusual terms. Actually that lecture should be told in more understandable way because the audience was undergraduate students who hasn't similar knowledge about immunology. In Indonesia, we just study about superficial immune system and its clinical implication. The terms that she used should be described in the beginning of lecture, so the lecture could be absorbed by all students. But I really amazed by her lecture, the oral immune system explained very specifically in the slide although it took time for me to understand. found many similarities between Japan and Indonesian dentistry characteristics, especially main oral health problem on sixth day. Both countries have TMD and tooth

loss problem also. Approaching methods to patients with those oral problem in two countries slightly different. In my opinion, some treatments Japan use couldn't be effectively applied in Indonesia because of difference of individual characters and etiology. I think maxillofacial prosthetics treatments in Indonesia still lower than Japan. The clinic was integrated with maxillofacial surgery clinic, then its very convenient for patients and dentists. I found some differences between Indonesian and Japan maxillofacial surgeons competency. Japan maxillofacial surgeons could perform iliac bone grafting without cooperating with plastic surgeons, while Indonesian maxillofacial surgeons have to work together in bone grafting procedure. Japan maxillofacial surgeons more concerned in orthognatics surgery and jaw malignancy, different with Indonesian maxillofacial surgeons who more concerned about post trauma reconstruction. According to my experiences on seventh day, I have clear vision about different competency between Indonesian and Japan dentists, especially surgeons. Facing AFTA 2015, we're pushed to have same level of competencies even higher skills so we could compete with the other dentists from all over asia pacific country region. I would like to share my experiences in Japan to all my friends in Indonesia. Hopefully in the future I could go back to Japan to conduct one advance research in maxillofacial surgery department and become Ph.D student in TMDU.

Anthonius Krishna Aditya

This is my first experience having a student exchange program to a country abroad. I feel so lucky that my first experience of this is going to Japan. Everything seems so good here. I like both of the academic and non academic knowledge that I have gotten in here. In academic, I really impressed with Tokyo Medical and Dental University Campus and Hospital. The departments here are so many and having specificity in each subjects. TMDU hospital equipments are so sophisticated and convenient for dental practices. There were so many things that cannot be found in my university hospital used in TMDU hospital. In nonacademic, I enjoyed Japanese culture so much. I like the foods, drinks, tourism destinations and the last but not the least Japanese behaviors and manners. Overall, I just can say that I have just got deeply in love with this country. I am really sure that I will miss this country so much. At last I can only say thank you very much to TMDU for giving me the great chance to experience this student exchange program. I have always been motivated to come to this university again in the future. Mata aimashou. Sayonara ☺

Arbi Wijaya

Tokyo, October 25th 2014.

This is my last day to enjoy Tokyo during TMDU dental training program 2014. I've been in Tokyo 2 weeks and it will be over soon. In this report, I would like to tell and describe about what I've got during my journey in Japan. The content will be starting by experience that I got inside the campus and outside the campus.

Experiencing Japan Inside Campus Life

The main aim of this program is to make a good collaboration between student in Japan and South East Asia, so that the program was not all about happiness but also concerning about how to accelerate knowledge and skill by each person and sharing the difference between countries. In almost 2 weeks of staying in Japan, and almost attending 8 days of school day, I've done so many activities. Those activity mostly I got from Tokyo Medical and Dental University. Those are activities that I've done.

Day 1 :Opening ceremony and lectures about living in Japan, Japanese language, and risk management

Day 2: Visiting Oral Pathology Department

Day 3 :Visiting pediatric dentistry & cariology and operative dentistry clinic

Day 4: Visiting Japan dental company and research day

Day 5: Wax carving and wire bending competition

Day 5: Visiting Anesthesiology and clinical physiology & Periodontology clinic

Day 6: Visiting Dentistry for diasbility person & maxillofacial surgery clinic

Day 7: Visiting Sports medicine/detistry and oral implantology clinic

Day 8 : IT simulation, International symposium and cultural performances

I really blessed with all experience that I've got from TMDU. TMDU is a very great univesity, I bring a lot of knowledge, skill, and even inspiration from this univesity to be applied in Indonesia. I also being motivate to be more serious in study.

Experiencing Japan Outside Campus Life

In this program, we're just not stick on campus activity. We also have many free time especially after school (upper 4 pm) and weekend. We use our time to enjoy around Tokyo and trying the cultural experience of Japan. I and all of my friends and Sensei had visited many places in Japan during this 2 weeks. We had gone to tokyo station, akihabara, tokyo tower, odaiba, asakusa temple, tokyo skytree, meiji temple, shibuya, harajuku, okachimachi, yokohama and many places. And I really love the feeling! Japan is amazing. We're also taste the experience of Japanese Cuisines, such as okonomiyaki, takoyaki, castella, dorayaki, udon, chicken chizu katsu, and many others and I also love some of Japanese food Oishi. Not only tourism destination and cuisines. I was also very impressed with Japanese character that they are very dicipline, olderly, humble, and well managed. I was also impressed with the development and usage of technology also the public transportation. I hope Indonesian will be like this someday ☺

In the end, I would like to say thanks to Japan Government that had gave me this great opportunity through scholarship in this program. I hope that this program will be long lasting and will exist 5 years, 10 years, or even 100 years later. For the last, Thank you JAPAN!

Kurniasari Nur Rahman

My friends and I stayed in Japan for two weeks. There are a lot of activities we did. Our main activity is dental training in Tokyo Medical and Dental University. At first day, we had opening ceremony and hospital tour. The day after that, we visited many hospital departments.

And here they are: advanced biomaterial department, sport medicine/dentistry department, implantology department, gerodontology department, periodontology department, psychosomatic dentistry department, maxillofacial surgery departments, pediatric dentistry department, and maxillofacial orthognatic department. My favourite department is Psycosomatic dentistry department because basically, I am interested in psychiatry.

Besides that, we also visited some dental company in Japan. There are Yoshida company and GC company. I have an opportunity to visit Yoshida company. Not only visiting departments and dental company, we also had research day and some competitions like wire bending and wax carving competition. Lucky us, Indonesia won 2nd place of wire bending and oral presentation.

I had a lot of great experiences during my 2-week-stay in Tokyo. After class, my friends and I had a time to explore Tokyo. We visited many places like Asakusa temple, Tokyo towee, Tokyo skytree, Odaiba, etc. We also enjoyed Japanese culture and culinary. Tokyo gave me so many thing to remember.

I hope one day I can come back and have an opportunity continue my study here.

Vivian Wijaya

TMDU dental training program is a student exchange program for Indonesian, Vietnamese, Japanese and Thailand student. This program is a two weeks program and consists of educational events and cultural events. Within these two weeks, I learned a lot of new information. This program started with an opening ceremony and short lecture about survival in Japan and basic Japanese language. After that we have hospital tour and campus tour. We also visited several departments, observing what how dentists treat their patients and also have a tour to the clinic of the department that we visited.

The departments that I visited are maxillofacial prosthodontics, Oral and Maxillofacial Radiology, Maxillofacial orthognatics, Dental Implantology, Oral Maxillofacial Surgery, Removable Partial Prosthodontics, and Tissue Regeneration department. Basically we only observed the dentist's works and sometimes the visit started by a short lecture. Only some clinical departments and the basic science department that provide an opportunity to do hands on. I feel so lucky to have the chance to see an implant surgery directly. The experiment that I did on tissue regeneration department is very interesting and cool. It is very unfamiliar for me because I've never done it before but the supervisor explained everything so that we can understand what we were doing.

In this program, there are also competitions which are wax carving competition, wire bending competition, and also research competition. My university (Universitas Indonesia) won the second place for research competition and second place for the wire bending competition. I am very glad to have a chance to be one of the oral presentation presenters and very grateful to be able to win the second place. I hope this kind of competition will also be held on the next year. After research day every country blended better than before. Maybe on the next program, I think it will be better if the competition done earlier so that the competitive feeling won't prevent us from get to know each other better.

This program also arranged a dental company visit. I got the opportunity to visit Yoshida dental companies. The showroom is in Ueno and it is very beautiful. They do sell very good items. Basically the concept of their product is bringing health and happy to the patient. That's why everything is very convenient and the product seems like always put the patient's comfort as a priority

For the cultural events, we performed a cultural show. We performed sik sik sibatumaningkam acapela, plate dance and also Saman Dance from Sumatera island. I really like to see other country's performance, it were very interesting and I enjoy it all. If only this were done earlier on

our visit, I think we can get along between each country better.

After classes, I usually explore Tokyo with my friends. I went to a lot of beautiful places like Odaiba, Asakusa, Harajuku, Shinjuku, Shibuya, Akihabara, Ueno, Yokohama. I also try a lot of traditional food such as okonomiyaki, takoyaki, sushi, onigiri, ramen, udon, dorayaki, and a lot more that I can't mention one by one.

Overall, I think this is a very good program. It gave me a lot of very precious experiences that maybe I can't get from other place or other program. This past two weeks is one of the best time of my life. I got so much new experience and I feel like so hard leaving this country. I think TMDU is a very good university. I am interested on prosthodontics so I consider continuing my studies on that major. I really hope that I can get back to Japan again in the future.

Ninis Yekti Wulandari

There are a lot of things learned from this Dental Training Program. We got to learn dentistry system in Japan including the education, even the insurance system. We are able to create a bond between 4 countries (Indonesia, Japan, Thailand, and Vietnam). The opening ceremony was being held at the special lecture room on the 4th floor with Dr. Sachiko took place as the master of ceremony. That was the first time for every exchange participants to meet one another.

During my stay in Japan, We got to do the dental and lab visit. My most favorite dental and lab visit was Anesthesiology with Prof. Furukawa because he allowed us to go into the operating room for observation. The cases were also quite severe and what make it more interesting was the variety of it. I got to see 4 different operations and even got a chance to try applying a BIS. The second most interesting class was Molecular Craniofacial Embryology. Actually, the class was more difficult for me since it had a little correlation with common clinical dentistry, which I hadn't learn since my first year in university. But later in class, we can do a little experiment to stain which was also exciting. The whole program was planned very well and went smoothly. The program which allow us to visit different departments every day is very effective especially when the students get a department they have their interested in. Writing a report everyday is also good as a way to respect what we have learned today eventhough sometimes it is quiet hard to write a report neatly alongside all the activities we do every day.

Right after classes, My friends and I went to several notable places such as Tokyo tower, Skytree, Tokyo Dome, Shinjuku, Shibuya, Harajuku, Asakusa Temple and many more. To get to those places, we use train as our main transportation choice. Those places were really beautiful and totally reflect Japan in so many ways. Japan's authentic culinary was also we couldn't miss. We ate variety of foods such as Takoyaki, Shabu-shabu, Okonomiyaki, Sushi and many more. I must say that salmon sashimi

was my most favorite. Despite of its price, the quality is very-well-maintained.

The wire bending and wax carving competition was quiet good to make the program even more exciting and to make the student prone to build a healthy competitive attitude.

I must say that this program is a very good way to maintaining a good relationship between these four countries. It also helped me a lot in learning lots of knowledge and experience lots of things. But, I hope the participants would be more variant in the future. Overall, the program helped me to understand cultural differences, learning dentistry in Japan, and many more.

Melia

This exchange program lasted in two weeks in TMDU and consisted of 4 universities, which are Chulalongkorn University and Srinakharinwirot University from Thailand, Universitas Indonesia from Indonesia, and University of Medical & Pharmacy at HCMC from Vietnam. We had 10 days in the universities; first day for orientation and tour the campus; 5 days for visiting clinical departments or basic science laboratories, and others for another activities. Each students had different schedule to visit the TMDU departments and also for the dental company, so I will report my own activities in weekdays.

On the first day, all of us had an opening ceremony and toured the hospital and campus. The hospital is very big, clean, structured, and I was impressed with so many things used in hospital.

On second day, I visited Oral Pathology department for a whole day. The class was lectured by Sakamoto Sensei and also helped by three graduate students. We are explained about oral pathology department and the rooms, then learned about diagnostic pathology with 2 cases about tongue cancer and melanoma. We tried to see specimen with microscopes.

On third day, I visited General Dentistry and also Cariology and Operative Dentistry department. In general dentistry, we went to its clinic and discussed about education system in Japan and our countries. I found that in Japan is not different with Indonesia for the patients' cooperativeness since many people don't want to receive treatments by students. In cariology session, I went around the rooms belong to the department and was explained about the bonding system by Dr. Ali.

On the forth day, I visited GC company and joined dental wax carving and dental wire bending competition with Japanese, Vietnamese, and Thai students.

On fifth day, it was research day for us. In the morning we were given lectures in prosthodontics and immunology department and then listened to the oral presentations

by exchange students. After that, I presented my oral presentation with Kurniasari and we had welcome party. It was very fun.

On sixth day, I had Anesthesiology class with some of my friends. The most interesting part was the visiting operation room with three cases which were cystectomy, neck dissection, and palatoplasty. There were also two cases in outpatient clinic. We learned about types of anesthesia, too. In the afternoon, I went to removable partial prosthodontics department. We discussed about types of removable partial dentures types with Dr. Eiko Yoshida. Then we went to the prosthodontics clinic to observe.

On seventh day, in the morning I visited special care clinic to join dentistry for persons for disability class. We learned about types of disabilities that treated here (disability for understanding, maintain posture, communicate, and compromised medical health, also dental phobia). After that, we tried the inhalation sedation one by one. It was a funny experience to have ☺ On oral health promotion session after that, we studied about oral malodor. We also saw many types of tongue cleanser in Japan and did the questionnaire for halitosis that used in the hospital. After that, we went to the fresh breath clinic and tried the malodor examination.

On eighth day, today I went to oral and maxillofacial surgery in the morning. We discussed about oral and maxillofacial surgery in each countries and then visited the clinic to observe some treatments. After that, I went to orthodontic science class. We went around the clinic and then learned some orthodontics cases and discuss together about the problems and how to treat them.

On ninth day, the last day for TMDU activities, we went to the IT simulation learning class. It is one of learning methods that are given for students so that they can learn some dental lesson by an interactive application (website) on PC. I am very interested in this occasion. After that, it was international symposium event so every countries including Japan presented their PPT about exchange and what we learned during the program. The most interesting part happened after that, which were cultural performance. Everyone danced very nicely. In the evening, we went to the 26th floor of M&D Building to join the closing ceremony. At that time, the winners of wax carving and wire bending competition were announced and luckily one of UI students got 2nd winner in one of the competition. After that, we were given certificates and had dinner.

I am very grateful to have an opportunity to join this exchange program. I hope we all can meet again someday.

Afida Luthfi Yuvana

In this program, I get experience and new knowledge, especially about dentistry. I get not only about academic, but also learn about Japanese culture, taste so many kinds of Japanese foods, see the beautiful of Tokyo, and many others. In the first day I came to TMDU, I was introduced about Japan; how to survive in Japan, how to speak basic conversation in Japanese language, how about the oral health condition in Japan and several countries.

I am really impressed with this campus, because it has a large dental hospital and many buildings. There are several departments I have visited since Wednesday, October 14th: Psychosomatic Dentistry, Molecular Immunology, Orofacial Pain Management, Oral and Maxillofacial Surgery, Pulp Biology and Endodontics, Dentistry for Person with Dissability, Gerodontology and Oral Rehabilitation, Pediatric Dentistry, and Maxillofacial Orthognatics. Actually, I am really impressed with all the departments here because they have specific treatment approach and technology. The department I like most is orofacial pain management, because it combines the oriental treatment and medical treatment in releafing orofacial pain. There are several treatments provided, such as acupuncture, electric treatment, music treatment, Kampo, etc. We also followed IT Simulation in the last day. This learning method is very good to make students understand further about cases and how to manage the patients well.

I also got a lot of experiences about Japan outside the academic activities, especially about its culinary, tourism destinations, people's manner and behavior, and Japanese language. We tasted many kinds of Japanese foods, such as takoyaki, sushi, okonomiyaki, monjayaki, tendon, udon, soba, etc. We also went to several wonderful places like tokyo tower, tokyo skytree, asakusa, okachimachi, shibuya, harajuku, meiji temple, tokyo dome, etc. We enjoyed all of these places because they are beautiful and well-organized. I got many Japanese souvenirs and snacks to be brought to Indonesia.

In the last day of this program, we had an International Symposium and Closing Party in M&D Tower. This event was a very memorable occasion for me, because we introduced the cultures of our country and gather with other students from different countries to take photos together and share about everything each others. I am so grateful having an opportunity to join this students dental training program in TMDU.

This program is very good and has many benefits. The students get new knowledge and know about the latest technology. The exchange students also can make friends and gather with each member, so that they can improve the dentistry development in their own country.

4. ホーチミン医科薬科大学 (ベトナム)

University of Medicine and Pharmacy Ho Chi Minh City

VAN THI CAM TU

After two months of preparation for “Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia” at Tokyo Medical and Dental University, about 12 am in the morning Sunday on 13th October, we arrived Tokyo. I attend this program again. Every thing likes just yesterday, it’s my second time to come to Tokyo. There were a few things among thousand new things.

On the first day, the program started with Opening Ceremony and Orientation.

I had ten classes at eight departments.

My main subject while studying here is *Cellular Physiological Chemistry*. I have visited this department three times. Therefore, I had the several occasions to observe the surgical and biopsy specimens using laser-scanning microscope, culturing cells. Consequently, I knew how to culture cells, test the function of gap junction with FRAP – Fluorescence Recovery After Photo bleaching and Calcium wave. They also had the nude mouses, which are immunology deficiency so it does not reject the transplanted gene. It’s the good way to do the study.

In *Oral Health Promotion* department, they have many machines to assess oral malodor such as Breathtron, Gas Chromatography, ... This is such an excellent method to diagnose and perform, monitor and evaluate treatment.



In *Sport Dentistry* Department, we have known how face guard and oral guard were useful and popular for treat oral and maxillofacial trauma.



In *Maxillofacial Orthognathics* Department, we heard many useful and actual clinical cases related the department.

In *Cariology and Operative Dentistry* Department, we were introduced history of the department and TMDU and many machines used for diagnostic, treatment and perform researches

In *Oral and Maxillofacial Surgery* Department, we have known how to take care of the patients after surgery.

In *Psychosomatic Dentistry* Department, we understand more obviously some syndromes of Psychosomatic Dentistry.

I attended Research day, carving and wire bending contests. Those were my interesting experiences.

Beside the academic life, I also knew more knowledge of Japanese culture and lifestyle.

The first things is beauty of Japan, Tokyo is the most crowded city in the world with numerous skyscrapers but we still can find traditional aspect such as Asakusa temple, Imperial palace, ...It took three hours from our hotel to Hitachi seaside park. There were green grass covers, flower hills suffering a complete defeat small way to the end of the horizon. I was extremely impressed by the huge fields covered of red Kokia. We took many pictures in the Hitachi park.



The second thing is Japanese food and drink. I savored many kinds of food such as Sushi, tempura, okonomiyaki, ...Sukiyaki is prepared right at the table by cooking thinly sliced beef together with vegetables, tofu and vermicelli. Sushi is a small piece of raw seafood placed on a ball of vinegarish rice. The most common ingredients are tuna, squid and prawns. Cucumber, pickled radish and sweet egg omelet are also served. Sashimi is sliced raw fish eaten with soy sauce. I like all of them. They were very delicious.



The last thing, I learned the Japanese working style: Teamwork plans, organization, thoughtfulness, on-time accuracy. They always make the improvement in engineering, machinery to ameliorate the diagnosing and treating procedure. Beside that, Japan always has the big-hearted moral to help the developing countries and I appreciate that.

Finally, I would like to say thank you thousand times to Japanese human and country, organization department of this program, TMDU professors, doctors, teachers, post-graduated and under-graduated students. I will come back your beautiful country as soon as I can. Welcome to Vietnam!

TRAN THI NGOC TRANG

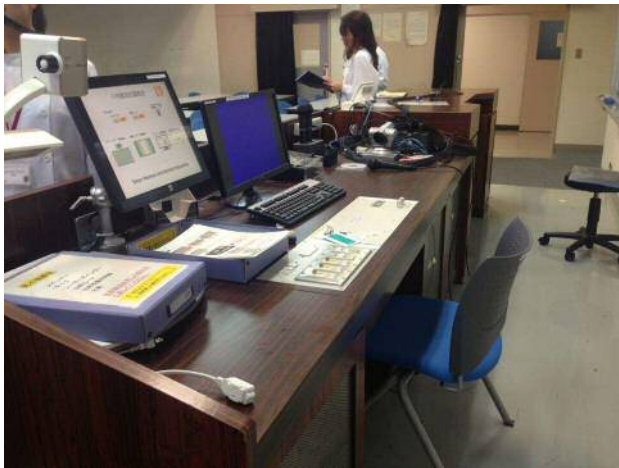
Joining to the exchanged student program in 2 weeks maybe one of the most memorable experiences in my life. In this program, I have learned many things not only about academic, but also from the lifestyle, the city, etc.

First, I have chance to approach many advantages in working methods in TMDU. I understand the most important in treatment objective is prevention. Doctors and researchers in TMDU always try to prevent all kind of diseases and giving logical method to resolve the problems.

This is the first time that I can do experiments and used many modern machine. I've thought that technology is very important, it maybe the base factor to do all kinds of researches. If our country have chance to approach it, we can do many basic science researches and do many experiments that we had learned just in the theory.



I learned that you have many strange and very convenient instruments, I appreciate your creation and hard-working to have those products.

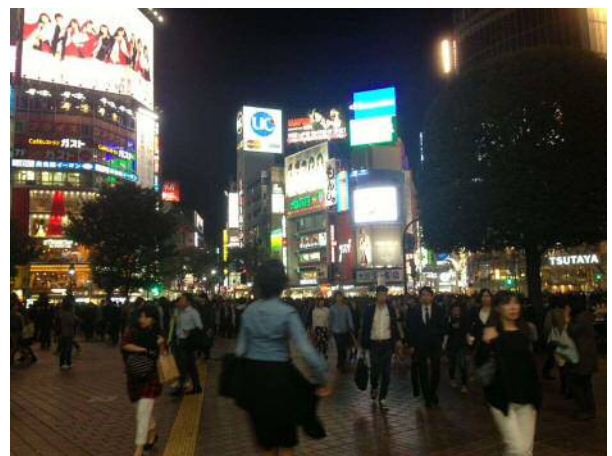




The fourth point I have learned from you that you emphasize in basic science, so that every doctors from different departments can have their own labs to research.

The 5th important thing I got is the attitude of studying and teaching here. I realized that students in Japan never stop learning and practising even if it very hard.

Beside of studying, we also had many extra activities. We went out and used dinner with Japanese friends. We went to Takao San, Asakusa, Tokyo Station, Akihabara, Shinjuku, Harajuku, etc. It was really nice. Japanese food is colorful and delicious. I was also impressed because of the people here, they are very kind, polite, quite. I also like the transpotation and the fresh air here.



In my opinion, the program is a wonderful chance, it was definite and

everything was prepared carefully. But during the studying, I think it difficult to understand clearly because some tutors can not speaking English so well.

I really want a chance to come back and study in Japan. So this is a big chance. Thanks so much for giving that chance to me and all of my friends.



NGUYEN HUNG KHANH

"To acquire knowledge, one must study; but to acquire wisdom, one must observe."

- Marilyn Vos Savant -

After 2 precious weeks of "Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia", I was given the best chance to learn, to see, to experience a lot of new things in cultures, knowledge especially in dentistry and to make friends from Japan, Indonesia, Thailand.

My first impression when I arrived in Japan is the tidy. I almost did not see any garbage although there is only a few number of trash bins. When I contact with Japanese people, the first and long lasting feeling is the discipline, punctuality, national spirit. All characteristics were shown in communication, way of greetings, architecture, and dishes. Japanese were also very thoughtful; all documents which were given by organizer were sufficiently detailed and beautifully presented. One of the best characteristics of Japanese is honest, I can see it everywhere: in university, in railway, in store ...

While studying in TMDU, I had visited a lot of departments (anesthesiology and Clinical, Pediatric, Gerodontology and Oral Rehabilitation, Fixed Prosthodontic, General Dentistry, Cariology and Operative Dentistry, Pulp Biology and Endodontics, etc) listened to many lectures, tried lots of machine. I deeply admired TMDU by the way they apply modern technology in academic research, teaching and working (CT, MRI machine; OCT systems, Gas chromatography measurement, simulating machine, etc). TMDU has a huge number of departments, each department performed numerous studies in many fields, especially in basic sciences. Training and researching are focused, students have chance to access new knowledge, provide adequate learning materials, facilitate in researching. It was clearly demonstrated in Research day, Japanese researchers shown a remarkable level. I also had a chance to visit GC company and saw a lot of machine and modern dental technology, many products used in dentistry. All products were designed to serve perfectly the people.

Thanks to this program, I met lots of talented scientists, machines, my sight was extensive, I had opportunity to think clearly about what I have learnt, what I want to do and see a clearer orientation about my direction.

To meet, to talk, to discuss with many international friends, I realized that I had to try a lot, I still missed lots of English skills, communicative ability, posing question, time management... We, younger generation, have vital missions to develop our countries, to make the world better.

And finally, I would like to appreciate to Tokyo Medical and Dental University for giving us such a great opportunity to improve our knowledge, to exchange culture and make friends.



Don't cry because it's over, smile because it happened.”

- Dr. Seuss -

TRAN THUC TRANG

After 2 weeks staying and studying in Japan, I got numerous unforgettable memories.

In TMDU, I did study in various departments. There are many subjects that I want to learn but in the limit of time, I cannot get all. Therefore, I was allowed to visit some departments, such as General Dentistry, Radiology, Biostructural Science, Sport Dentistry, Periodontitis and Psychosomatic Dentistry, and so on. One of the amazing things I felt there is that they applied high technology in every department. There are so many modern machines they use for treatment and research. Simulation machine is one I like best because I have never seen it before in my university. I was also excited with Biostructural Science department. In this department, they are carrying out a lot of valuable research. I had tried to join one stage in the research of Dr. Tabata. I made the sections and observed them through the electro-microscope.



Pic 1: I was studying in many departments with foreign friends

Besides, we took part in the wax carving and wire-bending contest. This is the first time I have participated in an international contest, so I felt very worried before



coming to Japan. However, I know well that this contest gives me the chance to challenge myself. It is also my motivation to practice professional skills.

It will be a deficiency if I don't write about some attractive places I had traveled in Japan. I went to Asakusa temple on the first day I arrived here. On the off days, we made plans to travel to Takaosan, Hitachi seaside park... I had been on the top of Takaosan already and I felt happy to finish it. On Takaosan's top, we could see the red maple leaves. Hitachi is a very beautiful park with many kinds of colorful flowers. We took many photos there.



Japanese cuisine may be seemed as the colorful pictures. They decorate it carefully and artistic. When I see the sample food they show in the glass cases in front of the food shop, I never think that they are just the plastic samples. It is a great evidence to demonstrate that Japanese pay their attention to cuisine art.

In the lifestyle, Japanese works very hard. They can stay at office all day to finish their work without complaining. They do everything in time and line up everywhere. I think I should imitate their good hobbies.

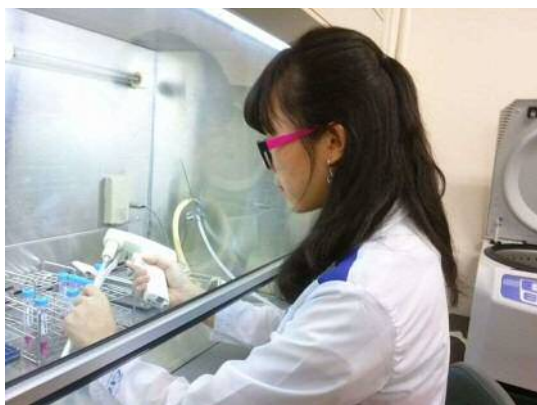


On the other hand, there are some unreasonable rules, such as we were asked to write daily report and many other reports. I suggest that writing report once a week is better. Finally I would like to appreciate every professors and friends as well as TMDU for holding this program. I would like to attend this kind of programs again if I had a chance.

Nguyen Lam Tu Anh

Finally, 14 days with Inter-university Exchange Program finished, gave us a lot of interesting experiences as well as deep memories and emotions, not only about what we learn but also about Japan's people and culture that we had chance to discover. In my first day, I had no confuse because of kindness and obvious instruction of TMDU students,

even though this university is like a maze for us at that time. And everyday afterwards was another discovery with a lot of unforgettable experience and wonderful memories. Each lesson I attended gave me a lot of novel major knowledge and many experiences with advanced machines in TMDU. Studying in TMDU were absolutely helpful and practical, especially Clinical science 's lessons which gave us a lot of useful information that we can apply in reality clinic of our country. All of professors in TMDU were so enthusiastic and considerate toward us and taught us thoroughly. They were always willing to explain our wonders about lesson. I had chance to broaden my mind by observation and practicing with their advanced technology. The lesson I like most is with Biochemistry department. I had a chance to do the experiment by myself with enthusiastic conduct of Dr. Miki. The knowledge we got from Biochemistry was extremely helpful and practical for reality, which opens a new prospect in cancer chemotherapy in the new future. However, some lessons in this program were not suitable for my individual level and didn't have its handout as well so it's quite difficult for me to understand the lessons apparently. This program's also a perfect occasion for me to practice my English. We had to speak in English, ofcourse, in the whole 2 weeks, and every participants this year was very friendly so that I not only improved all my English skills but also exchanged many knowledge and built up friendship between our country. Moreover, studying in TMDU gave me a lot of opportunities to approach one of the most advanced technology in the world, with many types of modern, brand new special facilities, some of which I even have never seen before. The wax carving and wire bending contest are also a great occasion for us to practice our profesional technique, and exchange major skills together.



We learnt a lot from Dr.Miki in Biochemistry department.



Their advanced technique.

One of the most wonderful thing in this program is that I have a chance to experience Japanese culture. It's very kind of Japanese friends to take us around Tokyo and discover many famous place in this city such as Hitachi park, Takaosan mount, Akihabara, Ameyoko, and so on. There are many things in Japan different from our country. I usually got confused of walking in the left instead of the right in Vietnam. Going to school on foot, travelling by train and lined up culture are interesting experiences that I had in this country. Especially, enjoying delicious Japanese food is the best way to understand this country's culture. Bento, sushi, tempura, okonomiyaki and so on, are performed beautifully and perfectly. I also tried making okonomiyaki by myself as well. The Culture show is extremely amazing with all best performances from all 5 countries. We all love to see and try doing those gorgeous dancing. That's a perfect time for us to enjoy national costumes as well as traditional dance of labour countries that we have never seen before.



Beautiful landscape from the top of Takaosan mount.



Lined up culture.



Try doing Okonomiyaki.



And have fun together at the Culture Show.

However, I still have some following comments, hope those will improve this program better. Firstly, for the research day, you should clarify all researches into 2 section: clinic and basic. Because their contents and performances are different so that the standard for judging also has many differences. Secondly, there're must be a unique language cause some lessons and Japan's posters are in Japanese so it's very difficult for foreign students to understand. Thirdly, each lesson should have their handout for us to learn more effectively. Lastly, there are too many reports while we can write all them in just one final report.

To conclusion, I would like to show my deepest gratitude to my faculty, TMDU and JASSo for giving me such a wonderful opportunity studying in this helpful and meaningful program.

Nguyen Thi Le Quyen

I have heard someone said that “why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.” Attending the Inter-university Exchange program toward Medical and Dental Networking in Southeast Asia held at TMDU for 2 weeks in October, 2014 was occasion to demonstrate this quote.

Some might say that Japanese language and culture captivated me when my interest was sparked by exposure to manga and anime. That interest has become a deep fascination, motivating my study of all Japanese things for several years now. Their

medieval history, traditional arts and the spirituality have absorbed me particularly. Nothing could be more wonderful than gaining an insight into a country by standing on that country's lands. Moreover, through this program, I also can improve my Japanese skills, access to the high quality education and health care of Japan and have chance to meet my Japanese friends who were in an exchange program in Vietnam and the others in APDSA. As you know, I was very excited. I had high expectations for this program that I had for years dreamed about it. And when you have high expectations, you can be easily disappointed. But Japan didn't disappoint me—it exceeded my expectations. I loved Japan. Loving it beyond anything I expected: the education, the technology, the food, the people, the architecture, the culture, etc.

First of all, TMDU inspired me to approach the modern technology and up-to-date knowledge. Moreover, I found it more proactive and effective to study in small groups, with interaction, interchange. So I learnt not only from the teachers, but also from our friends, from their standpoints, from their creativity. This inter-university exchange program was a good opportunities for me to broaden my knowledge in Dentistry, to know the dental education system in a developed country like Japan I realized that there is a certain gap between Japan and our country's dental system and this inter-university exchange program is obviously a dental networking which cultivates mutual understanding among different countries.

To start with, I would like to talk about what we learned through this program. My main subject while studying here was Biochemistry as I visited this department 2 days. There, I had occasion to observe molecular models of major lipids in mammalian cells, FTY720 which is considered to be a promising target in cancer chemotherapy. In Pediatric Department, Prof. Ono was very kind to us. He is now responsible for dental treatment for handicapped patients. These activities gave me good motivation to study and to work to help unlucky people. All staffs in pediatric department wear blue coat to create a friendly atmosphere for the children. I was also strongly impression by the development of Japan in Cariology Laboratory. I really liked OCT machine because this overwhelmingly advanced system brings essential benefit for dental treatment. Additionally, this is the unique machine all over the world which can be used to diagnose early caries, defect of enamel and dentin, defective margin of filling and may have many applications in future. In Orthodontic lab, we learn many clinical experiences by discussing various real clinical and treatment cases. I learned one of departments that we don't have in Vietnam – it was Sport Dentistry. At there I could do some things that I had never ever done before such as take dental and face impressions from alginate in order to make mouth guard and faceguard or period test. In my opinion, Oral

Implantology Department. was one of the most interesting subjects I have learned in TMDU. Prof Karodai taught us to pay more attention on the dangers that may occur when we place implant, and all of us thought it was very useful. We will remember that Implantology – a modern trend of dentistry required not only highly specialized professional skills but also good basic knowledge on all related subjects.

Besides visiting some departments, we also had a carving and wire bending contest and research day. This day stimulated networking among students and faculty. Moreover, it also tightens our friendship together to share common interests and research in oral health field, and is also a great venue for our trainees to communicate, discuss our research and network with neighbor universities for the hope of improving community oral health in Asia.

Futhermore, we also had a wonderful time in many extra-curricular activities with Japanese students. We spent times together to discover Tokyo, a fantastic city with beautiful landscapes, nothing like what we've seen before. Mount Takao is one of the closest natural reservation areas to central Tokyo, offering beautiful scenery, an interesting temple and attractive hiking opportunities. We also had had an opportunity to come Hitachi seaside park. In October, kochias (summer cypress) turns the Miharashi hills from green to crimson against the backdrop of the ocean and sky. Cosmoses cover the hillside with flowers of white, pink, and red. Hitachi Seaside Park is in full swing in autumn. I also felt very lucky to have a chance to visit Asakusa, one of the oldest temples in Tokyo. We also visited Shibuya– an immense shopping center. Last but not least, we spent our last Saturday in Japan to discovery some famous places in Tokyo. I hope I could have lots unforgettable memmories. Last but not leats, Japanese food is great. It's healthy, tastes great. It's definitely a large part of why Japanese people live so long. I have tried manything from sushi, to okonomiyaki, to udon, ramen,ect

Another impression is the Japanese lifestyle. Japanese people are always on time. If I told my Japanese friends to come to my hotel at 8am, they would show up at around 7:55 (5 minutes late). Moreover, in the land where trains magically run on time every day and no one is ever late to work, the world could agree that Japan has mastered the art of time management. Japanese people are extremely kind-hearted. When I got lost at TMDU on the first day, a student who dedicatedly guide me to the right place which embarressed me a lot. I couldn't get over how amazingly polite everyone was. There was always an apologetic "sorry" and even the signs, when letting people know something was not allowed, began with "sorry." There is simply a courtesy and helpfulness that permeates the soul of Japan. All remained in me a very good impression about Japanese

people.

To organize this program better, I think the individual detailed schedule should be attached handout before each lectures in order to prepare carefully, especially the dental terminology as the more preparation we have, the more knowledge we can learn. Moreover, many reports requested but we do not have much time to do so it would be better should we have more time for these reports or may be with a reduced number of reports. So we have more time to discovery Tokyo.

Thanks to this exchange program, I had the opportunity to have great time studying and sharing with many professors and other international students I hope in the future, many Vietnamese students will have a chance to come to Japan in student exchange program on for studies.

Now, I do not know on which pathway my life will be in the future as nothing can be predicted precisely but there is one thing for sure that this program has remarkably changed my life so much in a sparkling way.

KIEU QUOC THOAI

DINH THI THANH THUY

Two weeks attending Inter-university Exchange Program in TMDU was the most wonderful trip in my life with precious memories and experiences. Through this program, I learned a lot not only about dental subjects but also cultures.

In studying, I have visited 7 departments in total, including Oral Health Promotion, Oral and Maxillofacial Radiology, Maxillofacial Anatomy, Psychosomatic Dentistry and Gerodontolog, Pediatric Dentistry and Endodontics. Each department gave me different experiences and knowledge. I had chances to do experiments and used many high-technology machines which my university doesn't have. The department which I was impressive most was Maxillofacial Anatomy. I have experienced in cutting paraffin samples and staining them. It was much more difficult than I thought. This work need not only scrupulous but also patience. These characteristics are very necessary for a dentist or researcher. I do appreciate Prof. Shibata for teaching me in a devoted way. Moreover, there were lots of instruments which were designed perfectly. That helps both dentists and patients feel

convenient and comfortable.

Besides that, I admire Japanese's attitude in working and studying. They work strictly, hard and enthusiastically. Professors are so kind and thoughtful. They never refuse any question from students. Although some tutors was not so good at English, they tried their best to make me have a good grasp of the subjects.

Except from studying, I had many experiences in Japan with international friends. I enjoyed Tokyo's life. Everyday, I tried lots of Japanese food including sushi, udon, ramen, okonomiyaki, takoyaki and so on. I found that Japanese cuisine was not only focus on taste but also decoration. A dish designed perfectly made it more delicious. In addition, I visited many beautiful and famous places in Japan such as Takao San, Hitachi Park, Akihabara, Asakusa... they were so wonderful. These trip gave me many memories which I never forget.

In my view, what I have learned in this Dental Training Program was really useful for me both in my career and personality. I became more confidence and independent day by day. After this trip, I have more friends from other countries, have more memories and experiences. I thought that 90 per cent of goal for participating this exchange program was approached.

However, I have some suggestion to make this program better in the next time. Firstly, I suggest that you offer us document and handout not only the lecture but also the introduction about Departments and machines in order that we can understand more clearly (my English skills is not so good) and have documents to review when we come back to our country.

Secondly, I hope that I can chose the subject suitable or reassign that one I haven't learned at university. Thank you so much for giving me an opportunity to join this program. I hope to come back to Japan in a near future.

VI. 研修風景（写真）

1. 開会式・ウェルカムランチ

田上副学長よりご挨拶 Opening remarks (Prof. Tagami)



危機管理セミナー Risk management seminar



サバイバル日本語 Survival Japanese



ウェルカムランチ welcome lunch with TMDU students (D6)



2. 歯科基礎技術コンテスト Carving and wire bending contest

緊張した面持ちの学生たち



開会の言葉



集合写真



歯型彫刻コンテスト

真剣に取り組む学生たち



司会の二人



ワイヤーベンディングコンテスト



ワイヤーベンディング優勝学生



作品を評価する引率教員



3. 国際シンポジウム・カルチュラルショー International Symposium & Cultural Shows

多くの歯学生が参加した



司会を務めた歯学生



カルチュラルショーのために衣装に着替える留学生



学生による発表 TMDU D3



UMPH



TMDU D4



UI



TMDU D6



CU



SWU



カルチュラルショー

CU



UI



UMPH



SWU



TMDU 剣道部による演技



TMDU 躰道部による演武



躰道部による突きの練習に皆気迫のこもった正拳突き



シンポジウム後



大役を終えてリラックス





4. レセプション・閉会式 Reception & Closing Ceremony

吉澤学長より開会の辞



コンテスト表彰式



コンテストの結果に感極まる UI 学生



コンテスト入賞者ら



評価委員への感謝状贈呈



外部評価委員の Clive 先生と Yupin 先生



Certificate 授与式

CU 学生



SWU 学生



UI 学生



UMPH 学生



乾杯の挨拶を Clive 先生から



ビュッフェを楽しむ学生たち





教員交流も



持参したプレゼントを交換し合う学生たち

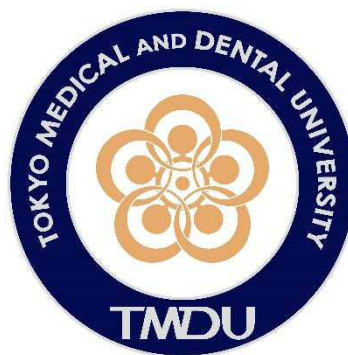


記念写真など



荒木教授から閉会の辞





〒113-8510 東京都文京区湯島 1-5-45
東京医科歯科大学 国際交流センター
「大学の世界展開力強化事業」運営委員会