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ABOUT SOMETHING

DENTAL TRAINING PROGRAM 2014 : A REPORT

ALIAM IMA PLA HAC AUT PORRO

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

Chulalongkorn

University

BANGKOK, THAILAND



CONTENTS



03 **LABORATORY IMPRESSIONS** P.13-16
Panisa Kantukiti

04 **FRIENDSHIP NEVER DIES** P.17-20
Pavitra Wutikornwipak

05 **A TEACHER AFFECTS ETERNITY** P.21-23
Kulnipa Punyanirun

06 **TOKYO LET'S-EAT** P.24-31
Pawichaya Phuengchuen

07 **NEVER ENDING INSPIRATION** P.31-37
Arpapat Sansupakorn

08 **LOST & FOUND** P.38-41
Sansanee Wijarn

09 **WHAT DID WE GET FROM THE STUDENT EXCHANGE PROGRAM?** P.42-45
Thongchai Vachirarojpisan

10 **APPENDIX FINAL REPORTS & INDIVIDUAL SCHEDULES** P.46-70
All the writers

11 **PHOTO ALBUM** P.71-74

CHAPTER

01 **JAPAN FIRST TIME** P.1-8
Nanticha Ruangchianicom

02 **A FRESHMEN LIFE IN JAPAN BY BABA AND TUNA** P. 9-12
Nutthakarn Ratanasereeprasert

Chapter 01 :

JAPAN FIRST TIME

NANTICHA RUANGCHINICOM

Traveling alone for the first time...

Joining the TMDU dental training program gave me the chance to experience Tokyo, Japan for the first time in my life. I had a dream to come to Japan and I have never thought it will come true just like that. When I heard that I would go to Japan to join the TMDU dental training program, I was really excited and happy. I never imagined that joining this program would give me this many great experiences.

I had to travel from the airport to the hotel by myself because I had to take the flight one day after all my friends and my teacher. I had a job interview on the day the other people flew to Japan. This was the first time I was on a plane by myself to another country. I was really excited and nervous. I cannot speak any Japanese. When my plane landed at Haneda airport, I felt a little bit stressed and scared but also a lot of happiness and excitement. My friends took a lot of pictures of the signs and places that I had to go, buy tickets and everything that would help me get to the hotel. I followed their map that was really helpful.

During the time of my travel, I felt alert and excited. I really loved the scenes of the city along the way on the train from the airport. The city was new to me. It didn't look like any other cities I had been to before. I felt in love with Tokyo already. I was so excited to experience it more and more. Traveling from the airport to the hotel was not too hard. Luckily, I didn't get lost. Yeah! I was on the train, subway, and taxi and I got to the hotel safely. This was the first time I traveled in other country by myself. Although it was a short trip by myself, I had time to really experience the city and everything around me. I am so in love with Tokyo.



My friends sent me these pictures and map to help me get to the hotel safely.

This was my first time to visit a university outside Thailand. Tokyo Medical and Dental University was an impressive school. The university is big, clean, fresh, and modern. It is really a good place for studying. There is a lot of great equipment and facilities in the school. Visiting TMDU for 2 weeks really made me wish I could come there to study at the post-graduate school. Joining the TMDU dental training program gave me a chance to learn many new things and inspire me to seek more knowledge. One of my favorite clinics was the Orofacial Pain Management clinic. I got to experience acupuncture for the first time in my life. It was a great experience. I also enjoyed the Connective Tissue Regeneration lab a lot. I learned how to do mammalian cell culture and DNA transfection, DNA digestion with restriction enzymes, Agarose gel electrophoresis of DNA, and DNA manipulation and amplification using E.Coli.

TMDU
for the first
time...



Acupuncture first time for me



Chitchatting with international friends

This was the first time I have studied and done laboratory experiments on these topics. Moreover, I also learned about the dental school and dental system in Japan from this program. I really enjoyed my studying experience in Japan. Beside studying, in this dental training program I also got to meet many kind Japanese professors and many great international friends from Viet Nam, Indonesia, and Japan.



Me in connective tissue regeneration lab

“The experiences from my first time at TMDU were very valuable and will be remembered forever.”

Thank you TMDU and the Japanese government for giving me a chance to be a part of this special program.



Chulalongkorn Team in front of TMDU

Kawagoe

“Little Edo”

for the First time...

On one weekend we got a chance to go to Kawagoe. We were really lucky that we got to experience Kawagoe festival. It was a traditional Japanese festival. This was our first time to experience something like this. The festival was fun.



There were a lot of delicious Japanese food, an amazing Japanese parade, fun Japanese games, and beautiful traditional Japanese dance and music shows in the festival.



Beautiful Japanese dance along the side of the street at Kawagoe festival



Experiencing Japanese culture at Kawagoe festival

We spent a lot of time walking around there. It was a new experience for us. We really enjoy the festival a lot. We learned and experienced Japanese traditional and culture. It will stay in our memories.

TOKYO

Firsttime...

In our free time after school and on the weekend, we got a chance to travel around Tokyo. This was my first time in Tokyo, so it was really exciting to explore the city. I really fell in love with Tokyo. I loved the food, the people, and the city.



Our first time at Tokyo Tower



Our first time at Asakusa temple



**Delicious sushi from morning
fish market**

The Japanese food was really tasty. I really love sushi. I also loved the Japanese sweet and candy. I bought a lot of Japanese sweets for my friends and family such as Green tea Kit Kat, Crispy wasabi pistachios, and Royce chocolate. I gained some weight from this trip.

The Japanese people were really nice, friendly and polite. The city was clean, modern and lively. It is unique from other cities that I have been to before. I also like Japanese culture and tradition. It is a really beautiful culture.



**Fun time at morning
fish market**



Amazing time at
Tokyo Disney Sea

We got to travel to many places such as Tokyo Disney Sea, Asakusa temple, Tokyo tower, Tokyo dome, Shinjuku, Shibuya, Harajuku, Ikebukuro and the morning fish market. I liked all these places a lot. It was a really great experience traveling in Tokyo. I am so in love with Tokyo. <3 <3 <3

ABOUT the writer

Nanticha Ruangchainicom, "BOW"



Bow is a 6th year dental student from Chulalongkorn University, Bangkok, Thailand.

She was born on 7th February 1989 in Phitsanulok, one of a northern province of Thailand.

She is a lively and cheerful person. She likes to listen to music and reads a novel in her free time. She also loves to explore and travels to another countries because she likes to learn new culture, travel to the

new places and meet new people. Travelling to another countries gave her many experiences that money can't buy.

After she graduate from her school, she would like to work as a dentist for a Thai government hospital outside of Bangkok for 2-3 years. Then she will go back to study more in the field that she likes the most. She hope she will be a good dentist and help a lot of people.

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CHAPTER 02: A FRESHMAN LIFE IN JAPAN BY BABA AND TUNA

NUTTHAKARN
RATANASEREERASERT

This story is about Baba and Tuna, Thai students with great academic performance and great character who were well liked by the people they met, and more than anything, they are my great friends. These two received scholarships to study Master's degree of engineering in Japan, however they are in different universities and enrolled at different times.

Baba, and Tuna, and I were high school friends, but we hadn't seen each other for a very long time since we moved to our own universities. One day, I heard that they were studying in Japan, so I thought it would be my chance to meet them again because of this exchange program.

and told them to prepare the red carpet with rose petals and welcome me with a deluxe limousine car. They instantly replied that the crowded subway and street shopping were more than enough for me. This is the way they show their affections for me and I'm grateful.

The day of our appointment came, after being rescheduled again and again to be free at the same day, and we finally met. They took me to a famous seafood restaurant in the Ueno area. We ordered some food and, of course, have a spirited chat. We talk a lot of nonsense like gossiping old friends, badmouthing the ex, and lastly blabbing about our recent lives.



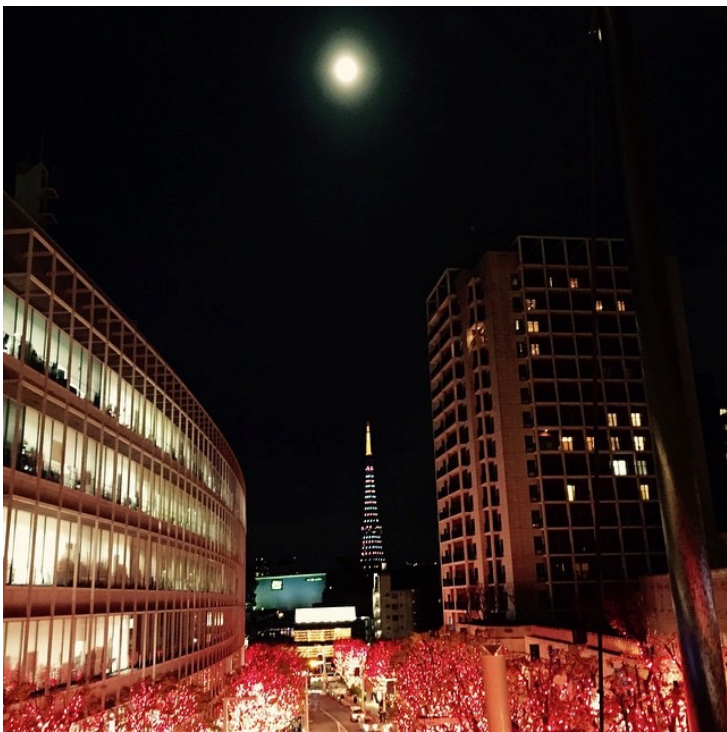
INSTAMAG

Baba has just begun studying at Tokodai University in Yokohama last October, so he's been in Japan a few months. Baba said "I thought I didn't need to study Japanese language seriously because I have an international class, but I was wrong. Even though all the lectures and labs are taught in English, everyone speaks Japanese. I tried to make friends with foreign friends because I think they might not be able to speak Japanese as well, but I was wrong again. These foreign students are all able to speak Japanese. I didn't understand what they're saying or laughing about. I felt so lonely." I felt sorry for Baba and tried to cheer him up, however I make a mistake for feeling pity for this guy. Baba suddenly had an evil grin on his face and continued "But right now, I am the boss of the smartass gang. How did I do that? It's simple. After class, I studied Japanese earnestly and watched some series, you should know more than anyone that my adaptive skill is far beyond normal human level. Then I got in the gang via gossiping about some nerdy-looking

students. Everyone loves gossip, so I was loved." I'm totally speechless and thought to myself if that's something to brag about.

Unlike Baba, Tuna has studied in Tokyo University since last year, therefore she felt much more at ease in Japan compared to Baba. All of Tuna's classes are in Japanese and Tuna had studied Japanese since she was in Thailand for 6 months before she studied in Japan. Nevertheless, Tuna admits she still felt shy at first since her language was not perfect. She's not confident to make friends and she doesn't like to be in the spotlight like Baba. But as time passed, she felt more and more comfortable with Japanese language and now has many good buddies. That's the reason she doesn't have as many troubles as Baba, or maybe because Tuna is much more normal than Baba.

Next, Baba complained about some students who live in the same dormitory as him. The scholarship students can choose the dormitory to stay in during their academic period, but they must be aware of budget limitations and the distance to the university. Baba might have gotten the best dormitory, but not the best dorm-mate. "My room is close to the kitchen. At first, I liked it because I can get to eat anytime I want with just a few steps from my room. But there was a weird all nighter cooking late at night ! He is so annoying." When I asked him why he didn't scold that guy since that's what Baba is good at. Baba told me that guy was big and creepy-looking, he doesn't want to end up being cooked by that guy.



As for Tuna, She doesn't have any problem with anyone, but she is a bit picky when it's come to where to sleep due to her sleep difficulty. She can't sleep on the futon, and she had to buy a good nice bed for her own. She had a dispute with the housing company, but now she is all good.

Lastly, Baba talks about budget management in Japan. Baba said "I'm not sure whether I'm lucky or not. Yokohama is quite country-like, no light no sound, the only things to see are mountains and trees. That's why I spend most of my money on foods, not shopping or sight seeing."

However, living in the center of Tokyo, Tuna has a big problem to control her budget. Tuna says "After class, I have to eat and drink and enjoy my time with friends. Surrounding by many attractions, My friends and I lose our money unknowingly. My purse is emptying so fast that sometimes I have to go to campus with an empty stomach."

Our lively chatting time passed so fast, there were so many things we wanted to share and make fun of, but we are still students and had many things to do after this. We had to say goodbye and hoped that we would meet again. The next time I go to Japan I'm sure that they will prepare a red carpet with rose petals and welcome me with a deluxe limousine car, unfortunately I just fantasize about the impossible.



I have to end my chapter here unless I use too many pages. All the photos here are from Baba and Tuna, they really took some nice shots for me. Before this chapter ends, I'd like to tell the readers that Baba and Tuna are fake names I madeup for their privacy. Baba and Tuna are still new to Japan, their opinions or actions might not be the best to follow, especially Baba, but I hope the readers get some entertainment and some knowledge about a slice of life in Japan.

ABOUT the writer C2

NUTTHAKARN RATANASEREEPRASERT "GIFT"

Nice to meet you,
readers.

My nickname 'Gift' may sound weird to you, but in Thailand it is a common name.

Gift is a 6th year dental student of Chulalongkorn University, Thailand. She really enjoys her time here as a dental student, even if some people say that the life of a dental student is a difficult, but for her she think it's a challenge test which tests her if she is strong enough to pass through it. After she overcome it and look back at that moment, it was so much fun.



She'd like to express her gratitude to the 2013 Research Committees who give her and her friends the opportunity to join this exchange program, also TMDU professors and staff who supported and took care of them during their time in Japan.

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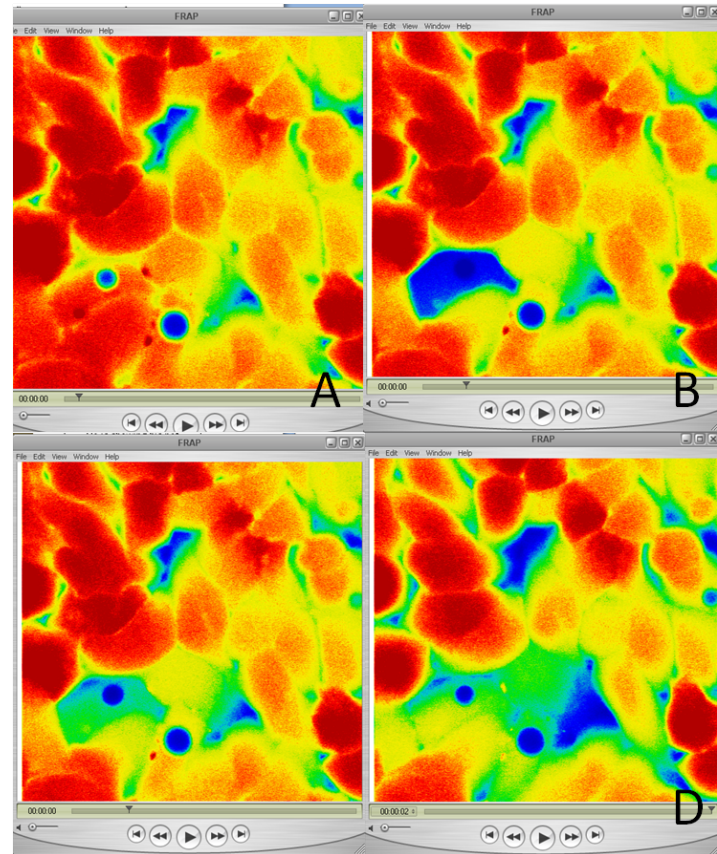
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LABORATORY IMPRESSIONS

Panisa Kantukiti

In this program, I had an opportunity to visit many laboratories in two weeks. Each laboratory had their own interesting points. However, the laboratory that impressed me a lot was Cellular physiological chemistry. There were two things that are memorable for me including professor Nakahama and the experiments in the laboratory.

Professor Nakahama is an old kind man with an easy smile. The first time we met, he welcomed me to his laboratory and introduced me to the other senior students in his lab. He also gave me a lab tour. I didn't expect that he had prepared a desk for me and handouts and journal papers were on that table. According to my schedule, I had to visit this lab three days every afternoon. Every day he had an enthusiastic teaching style. He was willing to answer every question and attempted to explain until it was clarified. His pronunciation might be a problem for us but we could understand it. His use of pictures, videos, writing the words on paper to resulted in our understanding. I know how hard-working he was. For example, one day I came to the lab about thirty minutes early before the class would begin about. I met hi and asked if he had lunch already? He answered that he had to prepare the solution for this afternoon's experiment so he bought something to eat

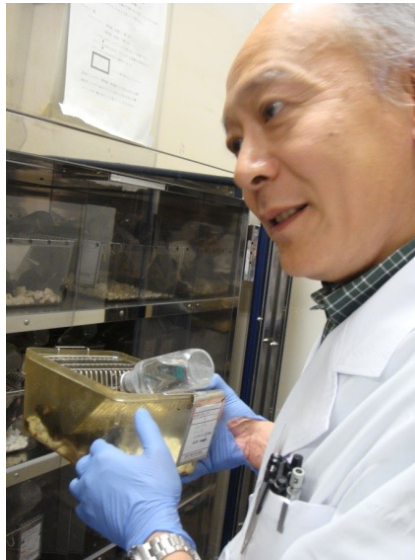


This figure showed fluorescent recovery after photobleaching on special Hela cells that have over expression of gap junction(connexin43)

- A. Before photobleaching
- B. After photobleaching
- C. Green fluorescent slightly recover by adjacent cell via gap junction(connexin43)
- D. After time pass it shows more recovery

CHAPTER03:

quickly. I also knew that he is busy and has many projects about his research to do. So that I feel appreciative that he never overlooked any task even it was less important.



Professor Nakahama also was concerned about the other people in the laboratory and friendly to them. He asked how the things were going? Are there any problems? He talked to them intimately. Another moment that was impressive to me was the last day that we had a lesson. After that class, he copied pictures and videos about all the experiments the three days in a thumb drive. He carefully checked that it would be work when I opened it on my own computer. He also invited us to take pictures together. He opened a selfie camera program in his macbook and we enjoyed it together. He set up the scene like we were doing the experiment yesterday and took a picture together. He also called everyone in his lab to join in the photo. These little cute and caring things made it a happy and memorable time for me.

Besides the professors, I was also amazed by many new things and the experiments during this course. Although it was only a few days and I didn't have much basic knowledge in this

area. Actually, I used to know it but I forgot a lot of basic science and pre-clinic lesson. The first day that we met, we cultured Hela cells and counted the cell number. I hadn't seen a cell counting machine before. In my university, I used to count using a glass cover slip that had a grid and counted under a microscope, and then calculated the number of cells on the plate. He also showed us osteoclast cells with gap junction [CX43]. This also was new knowledge for me. There are two type of gap junction. The first one is a gap junction plaque that is located at the cell membrane connecting to the adjacent cell. Another type is annular gap junction that is an internal gap junction. Cell that have annular gap junction do not communicate with adjacent cells. This might imply that it's dividing or it's already dead. We can detect gap junctions using GFP (Green Fluorescent Protein) which is attached to the C-terminal of connexin43. This was the first time I saw gap junction in real life.



We were pretending to culture Hela cell (just set up the scene for taking photo on last day :P)

The second day we did an experiment called fluorescent recovery after photobleaching on special HeLa cells that overexpressed gap junctions [connexin43]. This experiment was so exciting for me because I could select which cell I wanted to bleach and shoot the laser at. Then we observed fluorescent recovery if the cell had intercellular communications by gap junction plaques. We could watch in real-time and make 3D picture using an amazing laser-scanning microscope.

The third day we did a functional analysis of gap junction experiment by the Calcium wave method using the laser-scanning microscope again. This time we divided the cells into 4 groups. The first group was HeLa cells. The second was HeLa AT1RDsR and the third was HeLa Cx43GFP and the fourth were HeLa AT1R DsR Cx43GFP. HeLa is tumor cell.

AT1R DsR is angiotensin II receptor with DsRed color. Cx43GFP is connexin 43 in the gap junction with green fluorescent protein. We studied about calcium wave propagation via gap junctions to adjacent cells after the first cell was stimulated by angiotensinII. This experiemnt looked like the second day experiment but it had little difference and more groups to compare.

In conclusion, It was a pleasure to study in the Cellular physiological chemistry laboratory with Professor Nakahama and a Vietnam friend named Tu. We had fun together and gainedt new knowledge. Actually, every impression that I got from this course is much more than the things above that I have written. Unfortunately that my English might not so good.



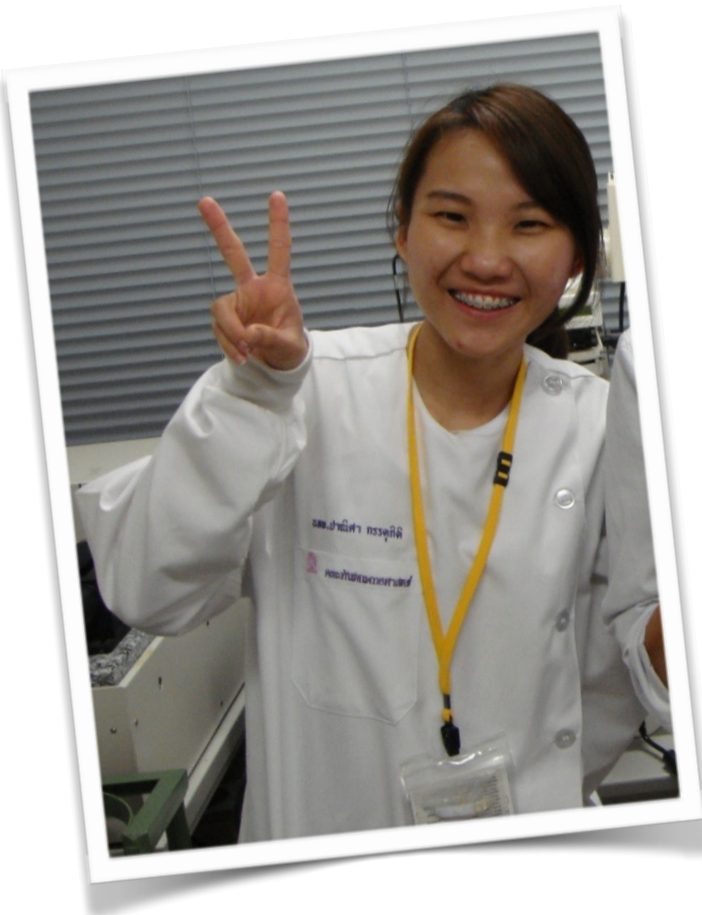
:All the laboratory members are taking a picture together with us in the office (Last day T T)

Panisa Kantukiti “Best”

ABOUT
the writer^{c3}

Best is an undergraduate dental student from Chulalongkorn University, Thailand. She now is in the 6th. She looks like a Chinese girl with her small eyes. She's quite tidy and quiet. She always smile and laughs easily. Her favorite sport is swimming. Japanese food like sashimi especially salmon is her favorite dishes. Best loves the pet. She has a dog and a bird that

behaves like a dog. Moreover, she like to listen to acoustic song. Her favorite artist is Taylor Swift. Her religious is Buddhist and she likes to practice the dharma. She believes that everything happens for a reason.



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CHAPTER 4

PAVITRA WUTIKORNWIPAK

Friendship never dies

Participating in this program, I gained many new friends from other countries: Vietnam friends, Indonesian friends, and Japanese friends. The first time I met the other people everyone was very nice. They always included me in their conversations when there was free time between the classes. We talk about food,

culture, favorite places in each country and in Japan for traveling.

During the 2 weeks of this program, I gained a lot of information about Vietnam, Indonesia and Japan. For example, I learned about the food in Indonesia called “Gado Gado” that I had never heard about before. Gado Gado is a salad served with a peanut sauce dressing and it’s a signature food in Indonesia. My friend from Vietnam told me if I go to Vietnam, there are many places that I have to go to such as Ha Long Bay. It’s a very popular and beautiful bay that you have to go once in your lifetime. And in this program, there were also cultural shows from each country. These shows presented their culture that were different from other countries, however there are also differences between regions in the same country.



**:When there are free times
or have a break, we always talk
with other friends in many funny**

I have 3 friends from Japan that I had met before when they came to Thailand for an exchange program: Yuki, Lisa, and Sumika. They guided us in traveling to Kamakura and Yokohama. We went to a temple in Kamakura and saw the night view in Yokohama. We went to traditional shops, restaurants and wherever we went many owners couldn't speak English and it was very difficult to communicate if we went by ourselves. I have gone to Japan many times but this time was very interesting for me because I went to many places that I've never seen before and my friends took care of us all the time in this trip. Many places that my friends recommended were very beautiful and peaceful because there were few people and everything was natural. When I came to Japan as a tourist, I went to some places that guidebooks recommended. However, on this trip, I went to many places that aren't in a book or on the internet. This trip gave me good opportunities to travel in many wonderful places.

In every class that we joined, everyone always helped other people in taking note or discussing some topics if someone couldn't understand. In some classes such as laboratory, there were only 2 or 3 people in that classes, these were very small classes and where we could get to know each other better. After finishing the class, sometimes we met to each other to have dinner at a restaurant near the hotel.



Cultural shows from every country that joined in



My friends from Japan guide us to travel at Kamakura. See many traditional places that I've never



After class we have a dinner

Although this program is finished, we still keep contact with our friends from other countries by Line or Facebook and it still the same forever. We promised our friends that if we have a holiday and go to Vietnam, Indonesia, or Japan for vacation trip we will contact them and meet for shopping or have lunch. And if they come to travel in Thailand, please contact us to guide you in your travels in Thailand. And hope to see you all again.



**Anesthesiology and
clinical Physiology
clinic**

ABOUT the writer C4



Pavitra
Wutikornwipak.
“Sine”

Sine is a 6th year dental student at Chulalongkorn University, Thailand. She was born on 13 August, 1991. She is quite talkative and cheerful. When she has a free time, she likes to read novel. Now her favorite book is “The Hunger Games”. She likes this book because she likes the movie The Hunger Games based on the story of this book and it’s very exciting for her.

When she travel to another country, she always buys some postcards from that country. Now she has about 40 postcards from different countries that she or her parents have gone to. Her favorite food is an ice-cream because she likes sweet taste and when she eats an ice-cream, she is relaxed after finishing her hard work. In the future after she is graduated, she thinks she will work for 1-2 years then she plans to study in for a master’s degree for specialist. But now she is not sure what field that she really wants to be so she thinks she will work for one or two years for finding the field that she likes the most before studying further in the next step.

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CHAPTER 05 : A TEACHER AFFECTS ETERNITY

KULNIPA PUNYANIRUN

Biochemistry...

oh how can I describe my dislike for biochemistry? or should I say, my hatred. I got a D in biochemistry in the second year of dental school. I could never do well in chemistry in high school or even before I came to Tokyo Medical and Dental University and I am in my fourth year already. As soon as I knew that I was one of the representatives of Chulalongkorn University to go to TMDU, I got to choose the departments

I wanted to visit.

I have no idea what got into me or if I was I drunk that I chose the Biochemistry department as one of my department visit, even worse, the major one. It was the biggest mistake I made for this trip to TMDU, or so I thought.

The class started on the second week of my visit. I have to admit that I was quite nervous about how it would turn out and how would I be able to survive the class.

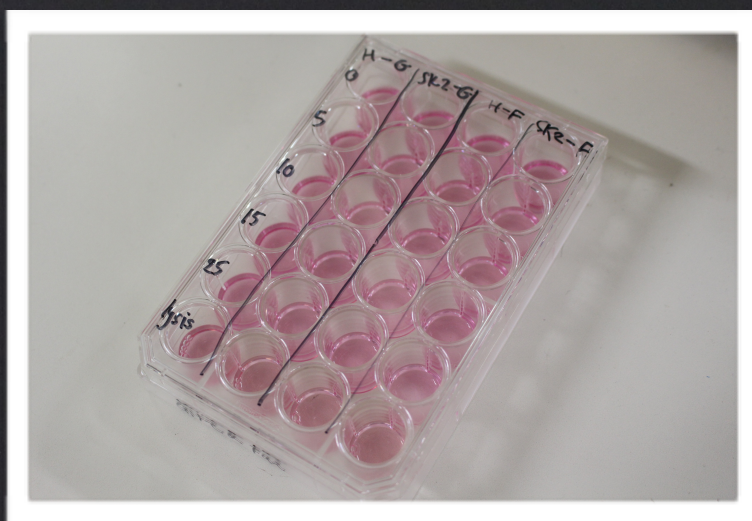


A picture of me and my senior with Professor Yokohama at Biochemistry department.

Professor Yokohama welcomed me and my other classmates to class. She started with lectures about the experiment we would be doing during our major course, which was about enzymes and cancer cells. I was not able to make sense of what she said at first because of my lack of good basic knowledge and because she said in a mixture of English and Japanese. However, as the class continued, she must have noticed that I looked confused and she tried her best to explain the content to me. She drew numerous pictures of cell structure and molecular structures of some of the chemical substances trying to help me to understand. She also gave us a kit used to make chemical models of substances to help us get a better idea of how the chemicals we were using looked like. She kept doing this throughout the whole lesson and never hesitated to answer my questions no matter how simple they were.

If I asked the same questions in Thailand, I would get scolded by the teacher that I did not know the answers, but it was just because I never had a chance to ask to fully understand the content in the past. She made me feel so comfortable studying with her that I thought “Where have you been all my life!?”

A saying by Henry Adams “A teacher affects eternity; he can never tell where his influence stops.” is indeed very true. A good teacher creates a good student. Notice that people like to do what they are good at and to be good at something, you need a good teacher. I admire Professor Yokohama for being the most dedicated teacher I have ever met and I do hope that teachers in Thailand would develop this idea. I never thought that I would be able to find biochemistry this interesting before. The class absolutely blew my mind away. Now I better understand what I did not before and opened up to learning more about it. I hope teachers in Thailand would take Professor Yokohama for an example for a prosperous future of the new generations.



A plate used in the experiment.

Kulnipa "Fai"
Punyanirun

ABOUT
the
writer C5

22



Fai is a fourth year dental student from Chulalongkorn University . Her hobbies are reading english novels, listening to music and playing with her pet bunny. She loves to travel and bake. Besides being a dentist, her lifelong dream is to own a coffee shop that sells her bakery products and to travel the world.

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Contact
Fai

Chapter 06 : Tokyo let's-eat

Pawitchaya Phuengchuen

The first thing that comes to my mind when I think about Japan is Japanese food. Japanese food is famous all around the world. And it is one of the reasons why people want to go to Japan, and I am the same. I really love Japanese food. In this program, we had two weeks to try and taste the Japanese style. I tried many kinds of food recommended by my adviser, many Japanese students, Thai friends who live there, and some from a guidebook. There were also restaurants we accidentally found, which were incredibly good too. I had visited many Japanese restaurants in Thailand, so I was really excited to taste the real ones in Japan. It was not so easy though.



Japanese names are very hard to pronounce and remember. So it was hard to communicate with the waiters because most of them cannot speak English very well. Japanese have their own English style that sometime was hard for me to understand.

However, most of the Japanese I met were really kind. I could feel that they really wanted and tried very hard to understand me. Sometimes the conversations I had with the Japanese were beyond complicated, but talking to them was one of the most memorable experiences I had during that time.



I found that Japanese style is very neat, and has many details. Most of the restaurants measure everything such as rice and meat before putting in to the plate. We do not measure rice in Thailand. It gives you an accurate sized portion but I think it takes too much time, especially during lunch where there are a lot of people in hurry. Sometimes I think there is the art of cooking in each steps that the Japanese chefs put it in. It is not just only food, but it also includes Japanese culture and the way of living.



Sushi is the first thing that comes to mind when I think of Japan. I have heard many times that the greatest sushi restaurant is located at the Tsukiji fish market. We decided to go there on the first Saturday. My teacher brought us there. We woke up very early and left the hotel at 6 am. At first, I did not understand why we had to go there so early. I was sleepy. We reached the market before 8 o'clock and it was crowded. The 2 or 3 restaurants in my Thai guidebook had very long queues so we decided to try a restaurant



with only a short queue. My friend said that some restaurants there had long lines because they had an English menu and their chefs can speak English but that did not matter to us because my teacher spoke Japanese. This sushi restaurant was quite small. It had only 10 seats and 2 chefs. The chefs were very kind and warmly took care of the customers. Although there was a long queue, they still made sushi elaborately and neatly. For me, it was worth it to come very far here. After we finished and went outside the restaurant, I realized why we had to wake up very early to come here. There were many people everywhere in every shops. Someone said that if you want the fresh fish, you have to come here early in the morning; otherwise you have to stand in a long line to get the fish. By the way, the Sushi here tasted very awesome.



The way to this shop was so mysterious. It was on the 3th floor underground with very narrow stairs. At first I thought it was a small shop but it wasn't. The shop was very big and crowded. We had to wait for 30 minutes. And the sushi was very tasty. My friend said don't expect too much about conveyer belt sushi, it's cheap but it's not as good as other kinds of restaurant quality. But this shop, I think you can rely on (for me, it's not much different from Tsukiji market) I tried many kinds of sushi I've never tried before such as Unagi, Uni, Anago, Aoyagi, Hotategai, and many others that I cannot remember the names of. And the greatest thing is that it was very cheap. If I have a chance to visit Tokyo again, I will absolutely go to this shop again.



We came to a Conveyer belt Sushi restaurant because we could not wait for Saturday. I said I really wanted to have sushi for diner, which was delicious and not cost too much. My Japanese friend's friend took us to Ikebukuro station.



The Japanese are very kind. One day we finished class early, and we wanted to try sashimi after school. I asked one of the TMDU students where I should go around there. She was really nice. She recommended a restaurant to us and the menu we should try. She showed us the way to go but it was complicated, so she pinned it on my google map and typed the name of restaurant and where it was in English to make it easy for me to understand. Moreover, she added the Japanese address just in case I get lost; she said it might be easier to show the Japanese address to Japanese around there. And yes, we couldn't find the restaurant and we had to ask how to go there.

The Japanese address helped us a lot to communicate with other people because we couldn't even pronounce the name of this restaurant. Finally, two men led us to the restaurant. Thank God for sending these two kind men to us. But after we arrived restaurant, the funniest thing was it was closed! And it opened again at 5 pm. We had no time to wait, So I will put it in my plan next time. Bye (But as we were really hungry, one of the waiters in that restaurant led us to another restaurant that was open at that time and had an English menu. It was very delicious but quite expensive)



On the day we went to the Yoshida Company, a teacher from SWU invited us to have lunch with her group at a sushi shop at near the Okashimashi station. We were really excited. We walked there. I didn't know where it was or how far to reach there. At first, I thought it was not too far because we can walk there but it took around 30 minutes to reach the restaurant (I thought we spent too much time because we stopped at many shops along the way) and it was very crowded.

There was a long queue in front of the restaurant. We thought we might be late to get back, so we decided not to wait for that restaurant and find somewhere else. When we separated from SWU teacher group, we got lost. We weren't sure about the way back to the university, so we walked very fast because we're afraid that we might be late. Finally we ended up at Family Mart in front of the University. Although I planned to try as many restaurants as possible in Tokyo, I usually ate food from convenience stores such as 7-11 and Family mart.



(Although we missed this restaurant that time, we accidentally got to go to this restaurant again on our free day. So, we tried this place already.)

The Japanese pizza, Okonomiyaki, is served in a bowl with many vegetables and meat which we can choose. At first, I had no idea how it become a pizza. But our senior, who is studying at TMDU, who invited us to try this kind of Japanese food and showed us the way to cook it. It was hard but very fun. It had many steps. The first time we did it, it didn't look so nice. Our senior said that when making this kind of pizza, you can tell who is a tourist. The second time eating Okonomiyaki with our teacher, I



thought we made it nicer. I have noticed that when someone ordered Okonomiyaki, they usually ordered Monjayaki together with it. I was very impressed by the way to eat Monjayaki by using a small paddle.

Monjayaki looked disgusting to me at the first time I saw. I cannot describe what the taste was but it was fine.

You have to try it once when you go to Japan.





Making Okonomiyaki

The soft cream was fabulous! I like something sweet after a meal. Ice cream is my favorite choice. It can be found easily in many places. Although the weather got colder in the afternoon or evening, eating ice cream still made me feel delightful. But other kind of sweets were enjoyable for me too. We tried many desserts such as fruit, cake, cookies, toast, parfait, snacks, and many things that we didn't even know the names of. We went to Japan during Halloween, so many shops and menu

were decorated in this theme. Halloween toast and cake were very lovely. We couldn't resist these!





I was really enjoyed every dinner at TMDU. The party on research day and the farewell party were amazing and really touched my heart. I really had memorable moment there.



And I would like to say thank you to all the people for recommending me pleasant restaurants there, supporting me to find them, or helping me when I got lost, and sometimes also treating me. These unforgettable experiences.

Finally, all the experiences I had in Japan reaffirm how much I love Japanese food, which I can share to other people anytime <3

"KADE" Pawitchaya Phuengchuen

ABOUT the C6 writer



HI, I'm Kade.

Kade is a 4th year dental student at Chulalongkorn University, Thailand. She is interested in music, books and traveling. She loves listening to music, singing and playing instruments. She is now learning to play guitar by herself. It makes her happy and relax. In her free time, she usually reads especially fantasy books. Harry Potter and The Thief of Baramos are always her favorite. She also likes to watch movies and foreign series.

She was a girl who never thought about studying in dentistry. But now, as she is a dental student, she is proud of herself. She can do many things that she's never thought she could do. Every step in this faculty challenge her and she love that. She's learned many things since she has been here. If she has a chance, she'd like to study abroad after graduation.

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Never ending Inspiration

CHAPTER 07:

Arpapat Sansupakorn

Have you ever had a dream? I think some readers would say “Sure, I definitely have a dream.” But some would say “No, I do not have one.” To those people who still cannot find their own dream. I wish you could find your true dream soon. What about me? I had a dream of being a dentist since I was just in the primary school but you cannot imagine

how much **inspiration** I want when i am a **dental student**.

Being a dental student was not easy for me. If I should say this correctly it was not easy from the day of admission until these days of studying. Being a dentist was my dream job for more than 10 years since I was only a kid. It was my one and only answer when people asked me about what was my future plan. I did not hesitate to say it out loud.

“I want to be a dental student in the Faculty of Dentistry, Chulalongkorn University.”

After three years of studying in the dental school. I sometimes lack my inspiration and motivation to study. Why? Because My grade were not that good and I almost get every letter in the alphabet as a grade except F (Fortunate me for not having it). I thought that I had tried my best on every tests. One quote was so true- behind an able man there are always other able men. From the beginning, I knew that being a dentist was not only “I want to be.” There were many things

than that especially a good brain. I knew that I was not good at memorization. I preferred calculation. During lectures, I almost cried out and started to think of myself in the future. What am I going to do? I want to be a good dentist to help relieve people from their pain of teeth and jaws. I also wanted to be a smart dentist with the knowledge to explain to the patients and can diagnosis correctly to cure their pain.

It had been 3 years of lecturing and laboratories. I always asked myself some questions. “Am I suited to be here?”, “Did I make the right choice?” My heart and brain always said back to me. “Yes, you are and you did. You can do it” I kept doing better in every examination and hope that I will be better when I am in the clinical years of 4th to 6th year because I will cure the real patients with my heart of being a good dentist.

Now, when I was in the semester one of the 4th year. When I first heard about the TMDU exchange program. I really wanted to apply it but there were many accidents in applying to this program. First, the application form was wet because of the improper cap of my bottle of water inside my bag. It made me think that how unlucky I was. So this was the first time that I gave up.

Secondly, I met some seniors who had been to the TMDU program last year. They all said that our teachers would choose the candidates based on their grades. Those with higher grades were more likely to be chosen. As I told you before about my grades so I gave up again at this point.

The third accident was that there were 4 final lists to participate in the program.

Can you imagine the high level of the competition? Last year there were 8 people but this year other 4 seats were for 6th year students to join the research day. The teachers would only select four from about 35 students who had interviewed.

Based on these situations, I gave up on the program. Although, I wanted to apply so much because it was my first and last

photo in my wallet, I would apply. Then I opened my wallet and there was one photo so I began to write down why I want to join the program. The first thing I wrote down was about

We are 4th year dental students from Chulalongkorn.



chance but I still think that I was unlucky and not qualified. When it come to the last day

of the registration. I had only 1 hour left to apply. My friends told

me to give a try so I told myself- If I had my

photo in my wallet, I would apply. Then I

opened my wallet and there was one photo so

I began to write down

why I want to join the

program. The first thing

I wrote down was about

the inspiration and motivation that I want to get from this program. I wanted to see dental technology and innovation in Japan. This was the answer during the interview room as well. I was the last candidate in the interview. I presented all my thought and my attitude to the judges. I wanted to get the inspiration from people : senior dentists, teachers and professors.

I was one of four students from the 4th year class that the teacher chose. I still did not know why I was chosen but was really thankful to be a 2014 TMDU exchange program student. I really hoped to have meet many experience and inspiration as well. After that I had to pick the laboratories and clinics that I wanted to visit. TMDU gave me four categories to choose. I choose the best three clinics or laboratories that I wanted to visit the most. There were many names that I had not seen before. It was quite a first activity that excited me and I was waiting for the program to come whether I had to wait for 3 months. Time flew very fast.

The first thing I wrote down was about the inspiration and motivation that I want to get from this program.

Finally, in the middle of October we were here in Tokyo, Japan. I told myself that this fourteen days of being a exchange student I would gap as much experience as I could. In the first day of visiting TMDU, I was attracted by the size of the university because there were only the medical and dental school but it was really enormous in my eyes. The buildings were very modern. I was looking forward to seeing the clinic and laboratories in the next day so much.



As I told you that I had not done well in the pre-clinic subjects so I chose to visit clinics and laboratories about clinical dentistry except one, the Cognitive Neurobiology Department. I honestly did not know anything about this department but the name attracted me. At first I thought it was something about the function of the brain but it was much more. Prof. Yuki was a scientist who has been a researcher for more than 30 years. One of his topics was about how the brain recognized sounds and how the voice came out. I asked him why he was doing this. He said that he

PRE-CLINIC HOW INNOVATION CREATED

wanted to know how the brain was processing this information. If he understood this, he could create a robot with the brain like a human. Until now, some readers might think that it was just like what we had seen in the movies but his innovation was more than that. He wanted to create the robot not for war but for use in health care. He gave me an example to understand this more clearly. Currently, many people have died because of the Ebola virus. The doctors were afraid to go to these places to cure the patients. We needed a robot that could manage thing like a human, think like a human, without risking its life in helping these people. I was really impressed about what he thought because it was the innovation for the betterment of man kind.

PRE-CLINIC NOT FOR OWN SELF BUT MAN-KINDED.



Another professor let us do the activity in the right picture. He performed the research about tactile sensation for the paralysis patients. This was for medical rehabilitation. At that moment, I thought that "was this really true?", "was there really someone exactly inventing things for other people?" I thought about my teachers at my dental

school. I was guilty for not being a good student for them. I should work harder to have good grades and better knowledge for curing patients in the future. Pre-clinic courses were about the basics of life. If I understood the basic incorrectly,, I would miss the bigger steps in the future.

CLINIC USE DENTIST'S HEART TO CURE

I moved from the basic science department, which was about research into innovations, to the clinical department with real patients. I chose Pediatric dentistry department because it was interesting. I liked children and I wanted children to have good teeth and a nice smile. I met Prof. Oho. I was very impressed in him from the first time I met him. He spoke English very well. He explained what we asked very clearly. I liked the way he taught us. After visiting, I asked him why he was in this department. Why did he choose to be an expert in this area? He answered me.



"I love kids. Kid's teeth are as important as adult's. You have to cure them with your heart and be kind and gentle to understand the kids."

I was so thankful to know him and let me realize myself to do what I really needed to do. As being dentist is my dream career so I must do it my best. Although I am just a dental student but I have to be better so I can be a good and smart dentist in the up-coming future.



CLINIC IS FINDING WAYS TO CURE

Dentists do not only do filling, scaling, extracting. We do more !

Another visit was the orthodontic science department. I chose this field because it is a very popular major in Thailand. Dental students have to have high grade to get into the Orthodontic graduate school. I met Prof. Kanno with whom we discussed sample cases about the patient's problem list and the treatment plan. He gave us the patient's diagnostic cast and chart. I had not yet studied orthodontics but luckily for me, Prof. Kanno explained every detail in easy words. When we discussed the treatment plan, I noticed that he was intently listening to us. He motivated us to answer everything that we could think of. He did not rush us but let us spend time

to think about what we learned. I loved the amazing things that Orthodontic treatment can do. This treatment helped people have a better quality of life. They could eat perfectly and smile confidently. Prof. Kanno said that he did many cases throughout the year. The patients admired him very much, and gave him a starbuck's gift cards. Prof. Kanno told me that this was one of things he got from curing patients. It was not money but it was a trust and a good relationship from the patient.

These experiences gave me I inspiration and idols for being good dentist. Thank you for everything for having me in the program.

“Did I get the inspiration from this program?
I would say “Yes, definitely. I got a lot of inspirations from the Teachers, friends and TMDU. I still finding much more because the inspiration is never ends.”

WHAT ABOUT YOUR INSPIRATION?

"NUCH" Arpapat Sahsupakorn

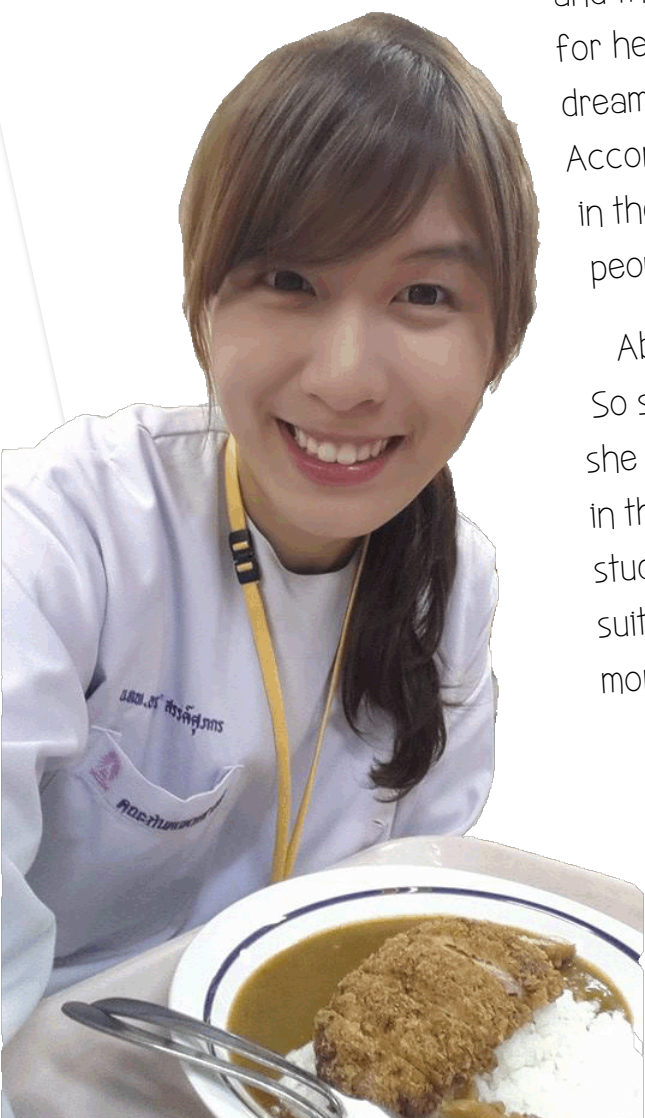
ABOUT
the
writerC7

Nice to meet you. I'm Nuch.

Nuch is a 4th year dental student of Chulalongkorn University, Thailand. She loves to surf the internet and watch movies during her free time. She likes the romantic-comedies and also mystery-detective movies. She likes to chat with other people via typing more than calling via phone such as using Line sticker chatting with friends is more fun. On the other hands, she likes to chat with real person more than chatting and typing because the feeling of chatting

and the person face are the most important things for her. She likes adventure activities and has a dream to travel around the world with her family. According to the activity she likes, she loved joining in the leadership camp. It made her meet a lot of people and learn new experiences from others.

About being a dentist, this is also her dream job. So she has a plan to cure other people the best she can. After graduation, she wants to help people in the countryside for 2-3 years. Then she plans to study post-graduate level in a major that most suitable for her and surely can help other people more.



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Chapter 08 :

Sansanee Wijarn

Lost & found

Dancing?... I love dancing so much. It is always be my favourite activity when I have free time. This is the beginning of my story. When you dance, it is good to have some inspiration from some outstanding stuff or cool outfits, especially shoes. In Japan, as everyone knows that there are many shoes shops with lower prices than in some other countries like Thailand.



The story started on the fourth day on this exchange programme. My team and I from Chulalongkorn University Thailand, went to Ikebukuro to have dinner with a Japanese friend. She was Fai's friend. We told her that we loved sushi, so she took us to a Sushi restaurant in that area.



The restaurant was very crowded. We had to queue for thirty minutes, which made me feel a little bored. I decided to walk around that area, and can you guess what I found? I found an ABC mart, which sells sport wear. I saw many shoes, so I tried some of them on and I liked them. Thirty minutes had passed quickly. My friend called me to say that we had gotten the table already.

I went to the restaurant without realising I had left my bag in the shop. After we finished dinner we went shopping. I found out that there was another ABC mart where my friends and I got new shoes. We left the shop and went back to our accommodation in Tokyo, Edoya hotel. Suddenly, I just realized that I forgot my TMDU bag at the second shop. Inside the bag, there were a blue jacket, a notebook and a TMDU flash drive.



At first, I thought that I was going to be in trouble because I had to buy them a new flash drive back to them and I regretted to lose my only TMDU bag, TMDU notebook, and my jacket. I asked the receptionist at the hotel to call to ABC mart. Unfortunately, I didn't know at which ABC mart I left my bag, the first or the second shop? I had only one phone number on the receipt. It turned out to be the second shop's number.



The receptionist called and got the bad news that my bag wasn't there. So they asked for the other shop's phone number from the second shop. At that time, I was lucky because the sales assistant had kept it for me at the shop. I was so happy after I heard this good news. At TMDU, I met someone who was very kind. She is a TMDU student. She knew that I would go to the shop to pick up my bag.



This is June who helps me.

She offered to be a guide from TMDU to the shop. We went together on that Tuesday afternoon. We had a one-hour break and we could not find the shop in time. She asked me to go back to study and I give her my passport so that she could go and pick up the bag for me after I went back to the university. So I decided to come back to the university because I did not want to be late for the afternoon class. How kind was she?



I was so impressed about this experience: first, I lost my bag and the sales assistant kept it. Although it was four days after I lost it; second, I really appreciated the kindness of the hotel receptionist who willingly offered to help without anything in return though it was not her responsibility; and last, I was surprised and grateful for the help from my TMDU friend despite the fact that we are of different nationalities.

ABOUT the writer C8

Sansanee Wijarn “GAEW”



Hi, My nickname is Gaew.

It means a glass in English.

She is a 4th year dental student from Chulalongkorn University, Bangkok, Thailand. She was born on 12th December 1992. She is 22 years old.

She is an energetic girl who loves the free life. She can tirelessly do the things that she loves. She can learn dancing all day because dancing is the most attractive activity for her. She feels the freedom when she is dancing.

Singing is her favourite activity too. She loves to do both of these so much. She has started dancing since she was 16 years old, and she still does it until now.

When she was a child, she liked to study science. So she decided to enter the Faculty of Science. She chose the faculty of dentistry because of her dentist who treated her when she was a child. He inspired her and she would like to be like him in the future. Her family were so happy that she can study in this faculty. She also loves her family so much.

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Chapter 09:

MANY PEOPLE MIGHT HAVE A QUESTION ABOUT WHAT A PERSON GOT FROM JOINING THE TMDU EXCHANGE PROGRAM DURING THE PERIOD OF 13TH-26TH OCTOBER 2014. THE ANSWER DEPENDS ON WHO IS BEING ASKED AND “WHAT IS THE GENUINE MAIN PURPOSE OF AN EXCHANGE PROGRAM?”

The schedule of the exchange program was similar to the previous ones. The Program Management and communication by the international section of TMDU was good. There were many activities including observing laboratories and clinics, trying out IT simulation learning, visiting the GC and Yoshida companies, cultural exchange with the Japanese, Indonesian and Vietnamese students, presenting research on Research day and a Wire bending & Carving contest. All of these activities were packed into a 2-week program.

Students got to see new things and to have a chance to do real work that generated a learning process that they need to use their thoughts for analyzing and comparing the events with past ones that they had seen or known, was a direct experience that was truly critical.

Many of the Thai students in the program told me that they

What did we get from the student exchange program?

**THONGCHAI
VACHIRAROJPISAN**

have totally changed their ideas toward the basic science subjects. From not liking them or thinking they are just subjects using only memorization to pass, to seeing them as important subjects in becoming a good dentists. Some of the students met dental hygienists, which we do not have in Thailand and see the significance of preventive dentistry in promoting good oral health. Some other students saw different injection techniques and how dentists here used an airotor to drill the bone, which we have a different concept at Chulalongkorn university, and dentists working without assistants.

The Japanese health care system is fair to everybody and has a fee-for-service payment method that is not the same as Thailand's health insurance system, which are three different systems and payment method by the government according to capitation to each hospital. Moreover, the students had a chance to be in a unique learning environment and teaching style of TMDU, which was the most important purpose of all.

Beside the academic, dental technologies, educational system and Japanese public health discoveries, Chulalongkorn dental students also experienced and appreciated Japanese culture, such as the working culture of professors and students in TMDU, the dedication of the professors in each department, Japanese food and delicacies, a shrine parade in Kawagoe, a wedding ceremony in Meiji shrine, a chance to try on Yukata and, most importantly, the experience of forgetting stuff at a shop and getting everything back. We would have missed these experiences if we came as tourists rather than as exchange students.

Somebody asked me, what do I, as a professor who took care of the students from Chula who joined this program, get from participating? I lived in Japan for 5 years during my PhD years during 2000-2005 giving me ideas of how Japan works. I would say I knew Japan well enough.

I think I was very lucky to be chosen to take care of the eight students during the program or should I say I was very lucky to have a chance to be like a father to eight daughters all at once. Geaw, Fai, Nuch, Kade, four fourth year dental students and Bow, Best, and Sine are in the sixth year. All of them possess various characteristics, interests, and abilities. Before the program began, I was a bit worried when we had our first meeting.

Some of the fourth and sixth-year students had known each other before but they were not close nor had work experience together. Staying together for two weeks with many of activities, reports, and a cultural show to perform together takes a lot to manage through. Understanding each other and compassion are keys to working together. Watching the eight of them preparing the work, splitting parts to take responsibility for, communicating via Line group chat and solving problems made me feel relieved and was sure that they would make a good team.

Funny stories from being a babysitter are abundant. For instance, I had to coordinate with TMDU about changing Bow's flight ticket because she had an interview for working as a dentist in the Thai Air Force, conversing with Nuch during our flight to Japan about her dream of doing good work for society, taking Bow to buy a sim card to call back home, which took hours, helping Geaw call the ABC store in Shibuya where she left her stuff, reminding Fai to resend her report that was prepared on a Mac computer and needed to be changed to compatible format for Windows on my computer, Fai's ability in speaking English that helped the rest of the gang, Kade's cheerfulness and enjoyable nature, which made her always thinks outside the box and be full of curiosity leading to hard questions that was hard to answer, getting to know the secret of Gift's makeup trick and her high-pitch voice, Best's hard-working attitude that you might misunderstand for seriousness, and thinking that Sine was a fourth year student by missate

student by mistake because of her young appearance. I saw compromise and kindness as they needed to adapt to live together especially when they planned a side trip after class and in the weekend since some of them have been to Japan already and some came here for the first time. I was impressed with how the eight daughters were so responsible with their works and the friendship they have for Vietnamese, Indonesian and Japanese friends and how they are truly happy for their friends from the other countries who won the awards. This shows that they will make eight decent dentists for the society in the future.

The experience of looking after the girls cannot be found anywhere. I would like to thank the Faculty of Dentistry, Chulalongkorn University for giving me this opportunity to have a memorable experience as a part of my life.

Lastly, receiving an opportunity to discuss and work with respectable Professor Yoko Kawaguchi was one thing that I got from this program. I was fortunate to get a chance to have a conversation with professors in the Oral Health Promotion department and many of the PhD students from the department. I was blessed to meet with my Thai juniors who were there to finish their PhD at TMDU, old Oral Health Promotion Department at TMDU classmates who are Dr. Melissa Adiatman from Indonesia and Dr. Pham Anh Vu Thuy from Vietnam. They were there to take care of the students from their countries as well. I see this as an international friendship, which is always impressive to me.

Thongchai Vachirarojpaisan “HoUse”

Naturally, I am kind and generous, but when I am angry, please do not come near to me. I graduated from Tokyo Medical and Dental University. I have a doctorate degree from the Department of Oral Health Promotion. Currently, I am a lecturer in The Department of Community of dentistry at Chulalongkorn University. Moreover, I still have multiple roles, not only a lecturer but also work as a public health driven. I am interested in educating people and helping them develop. I have written a semi-academic articles to educate both the dentists and the general publics. In addition, I have been interviewed on the radio on the issues about dental health, etc.

My hobbies are reading, riding, posting on facebook and I also like outdoor activities e.g. mountain climbing. I have ever climbed to the top of Mount Fuji 1 times and Ezo Fuji volcano in Hokkaido. My ambition is travelling and adventuring as I intend to challenge the Himalayas soon.



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APPENDIX

FINAL REPORTS
&
INDIVIDUAL SCHEDULE

Final report

C1 :

NANTICHA RUANGCHINICOM

From participating in TMDU dental training program, I have gained many valuable experiences. I have learned a great deal about dental school in Japan. I had a chance to visit many clinics and basic science labs in TMDU. I visited the Maxillofacial prosthodontics, Removable partial prosthodontics, Orofacial pain management, Oral implantology, Oral and Maxillofacial surgery, Pulp biology, and Endodontics clinics and Connective tissue regeneration basic science lab. I learned a lot from all the clinics. It was really interesting that there are many separate special clinics in TMDU. This is different from my university. We do not have this many clinics. Moreover, I noticed many differences in the techniques dentists use here and my country. For example, the local anesthesia technique that dentists use here for lower teeth is infiltration but in Thailand, we use an inferior alveolar nerve block and infiltration technique together. In my country, each dentist has a dental assistant helping in the clinic for four hand dentistry but in Japan, there were no dental assistants and dentists work alone in the clinics most of the time. From visiting many clinics, the most impressive clinic for me was Orofacial pain management because we do not have this clinic in Thailand, and I learned many new techniques and closely observed the use of many kinds of pain management equipment in this clinic. I also experienced electroacupuncture, a pain management technique, by Professor Shimada. This was the first time in my life to experience it. Besides from Orofacial pain management clinic, my favorite lab was the Connective tissue regeneration lab. I liked this lab a lot because after attending this lab I have changed my opinion about molecular biology. Before this, I thought molecular biology was really hard topic and I did not relate to it at all, but after attending this lab of Associate Professor Shinomura, I understand more about DNA and genes from doing many experiments. I learned a lot from this lab and had a chance to work with many high technology laboratory equipment that I never experienced before. I have learned a lot from visiting the clinics and lab in TMDU.

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

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

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

I went to the TMDU student festival on Saturday. The ochanomizsu Festival was interesting. There were many delicious foods and many good shows. We tried some Japanese food and desserts. We also went to see an acappella show. The students did a really great job. We really enjoyed the show. We also played a ball throwing game. It was really fun. We really enjoy the student festival so much.

Besides our studies, in our free time I got the chance to travel around a little bit. On the weekend I went to the 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 was a big festival full of people. We walked around and saw a traditional Japanese music show. It was really nice to attend 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 was really nice to live in Tokyo. I really enjoyed sight seeing and traveling in Tokyo. I also got to learn some easy Japanese words, such as good morning, good afternoon, good-bye, thank you, and sorry. It was 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 was really nice to get to know about the dental schools 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, the TMDU dental training program is the best program I have ever joined. I learned 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 the Japanese government for making this program happen. Thank you to all the teachers and the staff of TMDU. I also want to thanks Chulalongkorn University for giving me 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.

C2: NUTTHAKARN RATANASEREEPRASERT

The TMDU student exchange program provided the selected students a great opportunity to expand their way of thinking, meet foreign friends, learn new knowledge, and enjoy their time in Japan. I am so happy to be one of these students, and I gladly share the experience I got from my time in Japan with the readers.

The students had a chance to visit basic science laboratories or clinics depending on their interests. As for me, I visited 6 dental clinics and the Biochemistry laboratory lecture. Psychosomatic dentistry was a mysterious subject to learn about because the patients in this clinic have their own characteristic symptoms. Some patients can't describe their pain, some describe having severe symptoms without any evident abnormality, and some have already diagnosed their symptoms via information from the internet. The dentists in this department have to be calm and kind to listen to every patient's complaints and sincerely sympathize with their suffering. I really appreciated the professor there. We next visited the Fixed and Partial prosthodontics clinic. At TMDU, the dentists use some different dental materials compare to the clinics in Thailand. This was quite interesting to learn the reason behind these chosen materials and the different beliefs about the potential of each material. Next, we went to the Pediatric clinic, which was full of cute children. In our dental clinic, these cute children always transform to a scary little creature with loud screams. We dental students are mostly afraid of them, but have to treat them as best we can. However, Japanese children are very cooperative with the dentist. They obediently lay on the dental unit and open their mouths widely. Not a single cry or scream can be heard in the clinic. I wish I had pediatric patients as lovely as them. Later, we went to the general dentistry department, which is the first clinic to screen the patients and send them to each department. Therefore, their jobs are concerned with the new patients, emergency cases, and hospital management. They have to be prepared to confront unexpected cases, and manage the patients accordingly. Lastly, we move to the Orthodontic department. We were given example cases and discussed how to plan and treat these patients successfully. It was fun to share the knowledge or opinions with each other. The professor helped us with information to create the best treatment result and he answered every questions we had. The most exciting time for me was the Biochemistry class. At first, I thought it would be a boring lecture class, but actually, it was a laboratory class that provided us the cells, instruments, and

chemical substances for us to do the experiment by ourselves. The professor was very kind and she did her best to give us knowledge and comments on the result of each experiment. This class made me love to research more new things. It was such a wonderful time.

All these nice times couldn't happened without nice friends. Luckily, this exchange program included foreign students from other countries; Indonesia and Vietnam. These students had their own character and they were all nice people to hang around with, the international symposiums were amazing where every country showed their cultures with great performances. All of us enjoyed it a lot.

Finally, I would like to thank the 2014 Chulalongkorn Research Committee who gave me this nice opportunity, TMDU professors and staff who supported us during the time in Japan, Dr.Thongchai who took care of us as if we were his own children, and also every friend who helped me have a great time. This exchange program was not just the program, but it is the loving memory.

C3: PANISA KANTUKITI

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

In the maxillofaial prosthodontic clinic, I learned that the objective for treating patients is not only to make the prosthesis for them but also to treat their heart and get rid of their depression from the disease. I also saw many kinds of prostheses and while observing cases I learned how to deal with problems like adjusting dentures. In oral and maxillofacial radiology, I learned many x-ray techniques and principle how the machines work. There were some machines that I've never seen before. It was a great experience for me. Moreover, the teacher let us discuss some scenarios that make us better understand pathology of disease seen on the film. I enjoyed his teaching style. The bisecting angle technique is popular in Japan because they can't use XCP, which different from Thailand. In pediatric dentistry almost everything was same as CU except for the anesthesia technique for extraction or applied clamp and the parent waiting area. I strongly disagree that just using infiltration technique for extracting lower teeth that are firm will provide complete anesthesia. Also at CU, most parents have to wait outside separate from there children except when they are very young. That is different from TMDU where the parent sits at the end of the dental chair. I thought sitting near their children would be better because children would give much more cooperation. One thing that I will not forget because I totally agree with teacher was the children don't understand what the dentist do and once you can make them trust in you they will be co-operative with you. In the orthodontic science department, I liked the teaching style which was PBL . However, It might not be so fun if the student didn't have orthodontic knowledge before the discussion. I learned orthodontics already but I didn't review it before coming here so it was quite hard to discuss. However, the teacher was so kind and explained the cases and answered any question.

In the gerodontology department, I learned about complete dentures and implant retain dentures that are popular in elderly patients with severe alveolar ridge resorption. The CAD-CAM technique for making a prosthesis impressed 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 the disabled patient clinic, I got an experience to be sedated with nitrous oxide sedation. It was an unforgettable experience for me. I also learned how to manage disabled patients. In the oral and maxillofacial surgery clinic, most of the dentists stood up while doing minor operations such as extractions, impacted tooth surgery and they used an airoter for ostectomies or odontomies. That 's different from in my country. I disagree with using an airoter because it increases risk of emphysema and infection. The cellular physiological chemistry department was my major clinic in this program. I gained many new experiences here. I did many experiments with cells. I learned about bone cells, gap junctions, connexin43, HeLa cells, TRAP method, FRAP method, and so on. I thought it was a great experience. I appreciated Associate Professor Nakahama's kindness and passion for doing research for humanity. This was my favorite department in TMDU

In addition to our studies, we had a wire bending, wax carving, and research contest. Although I didn't get any prize, I thought it was a really good experience and had a lot of fun and new knowledge. We also visited the GC dental company. I saw a lot of innovation and creative ideas. I learned from them that dreams and imagination are powerful. Because the 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 experiences from their own country. This widely opened my vision. I also learned many cultural things here such as Japanese language, standing left side while using the escalator, complicated train routes, Japanese food, Japanese temples, a wedding ceremony in the temple and so on. In addition to Japanese culture, I also experienced Indonesion and Vietnamese culture too. The International symposium and cultural show was very amazing.

Finally, I'd like to say thank you TMDU and CU for giving me a great opportunity to participate in this program. Also, the special persons that I want to say thank you to is Dr. Thongchai, our teacher, for taking care us along this two weeks.

C4: PAVITRA WUTIKORNWIPAK

When I participated in this program, I learned about new techniques and technologies that are used to treat patients. For example, I've learned about inhalation sedation to treat patients that have dental phobia and CAD-CAM techniques used to build crown and bridges. Furthermore, I did laboratory experiments about advanced biomaterials and used high-cost equipment such as a hardness tester to measure the hardness values of these materials.

I observed in many clinics such as the periodontal clinic, prosthodontic clinic, oral and maxillofacial surgery, and other clinics that are different from my university such as sports medicine and dentistry. I also visited a laboratory about advanced biomaterials and joined in a wire bending and wax-carving contest with other students from different universities. On research day, there were 14 research projects that were presented and I can get good idea for my work in the future from all of these studies.

I am interested in advanced biomaterials because it's helpful to know the properties of many materials and choose the best one that suitable for the operative treatment for improving treatment to patients.

I visited in the GC company, and they showed us many





kinds of products they produced, such as dental materials or dental technologies. There were many types of dental units that you can choose from this company and there was a CAD-CAM machine for making crowns or bridges. I found new technologies from this company that they have produced that are more convenient and comfortable to use. I think in the future, they will create some machines that give better quality and I hope to see these.

Furthermore, I also learned some easy Japanese words from the TMDU students and it helped me a lot to communicate with Japanese people. I travelled by myself in Tokyo and every Japanese people was very kind. They tried to help me if I had a problem and needed help even if they couldn't understand English.

In this program, I made many new friends from other countries: Vietnam friends, Indonesian friends and Japanese friends. Although the program is finished, we still keep contact with these friends from other countries by Line or Facebook and I hope to see you all again.

C5: 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 visits, I can see patterns in Japanese learning attitude which was very 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 thought, 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

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

C6 PAWITCHAYA PHUENGCHUEN

I applied for this program because I wanted to be an exchange student. I knew about TMDU from IADR 2013 where I was a staff from Chulalongkorn University. When our teacher said that he had a TMDU exchange program for 2 weeks, I quickly applied. It was the last chance for me because I'm a 4th year student and we had many things to deal with: study, clinic, and laboratory. At first, I was a bit worried because of my English language level. 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 was worried about the typhoon but everything went well. It was just raining. I met some Indonesian and Vietnamese students at the hotel on first day. Everybody was so friendly so I didn't feel nervous anymore. We were free on the first day in Tokyo so our teacher showed us the way to go to TMDU and took us to Harajuku and the Meiji shrine. We had dinner together. He gave us advice and tips about Japanese culture, what we should and shouldn't do in Japan. The next day was the Opening Ceremony and it was the first day as an exchange student. I was so excited. In the afternoon, the TMDU students took us on a campus and hospital tour. I was very impressed. All the staff and students were kind and lovely. I visited 10 department in 5 days; 2 departments per day where I learned many things. I saw many things I hadn't seen before. The things that I knew were only from lecture. It was a great experience. We shared with each other when we saw something different from our country. I learned a lot about TMDU from this program. At first, I didn't know anything about overseas student study after graduating, but by visiting the departments, I met many of my seniors here and they told me a lot about study here; about the system, scholarships, and how to live in Japan. I'd only known that overseas students cannot treat patients. We mostly do research. I haven't started my own research project yet but if I like to do research, I'll absolutely study here after graduation.

I thought that the schedule of this program was very tight. We didn't have time to spend together. Everybody usually spent time with their friends from the same university. It's not like what I thought before coming. After the classes, everybody did their reports until 5 pm and by then, it got dark outside 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, wax carving contest, and research contest. Everybody looked 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 go outside to hang out with us. I didn't know what it should be like but I think we had to do so many reports. After I did my report I was so tired. Many days we got to sleep late because of doing the reports, so in the morning class, I felt a bit tired and sleepy. I skipped my classes in Thailand 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 wanted to experience it for myself. This was my first time in Japan. I wanted to have great memories as others have had. Mostly after the classes, we went to many places around Tokyo to see, to try, and to feel Japan. One day we went together with our Vietnamese friends and their senior to Shibuya. I really had great time with them. They were lovely. And another day, we went to the Tokyo dome together with the Indonesian students to ride the roller coaster and had some dessert. I loved that time too. Our Indonesian friends were funny. I was really happy spending time together with them. At first, I thought in this program, I might meet some new Japanese friends but I didn't get any Japanese friends from this program.

I was a little bit disappointed about this. But all in all, I felt very lucky to be part of this program. Staying in Japan was like a dream. I'm really sad that we have to go back. Japanese people are so kind and cute. Japanese food is the best. I fell in love with Japan now and if I have a chance I will come back for sure. Japan is one of the most fascinating countries in the world •

Finally, I'm really appreciative to everybody and everything I experienced here. I really enjoyed this program. I had a good time, good experiences and good friends. I'd like to thank the professors and staff of TMDU for making this program, my teacher, Dr. Thongchai, for being an adviser and always taking care of us every day here. TMDU students for facilitating us and every participant- Indonesian, Vietnamese, Thai students from Srinakharinwirot University- for your friendship. You are so cool. Although this program is over, I will keep everything in my memory forever.

C7 : ARPAPAT SANSUPAKORN

“If it will be you, it will be.” This was what my close friend said to me when my name was one of the 8 final candidates that could participate in the 2014 TMDU exchange program. From that moment, I thought that I will spend these 14 days as precious as I can. Now that it is getting to the last day of the program, I had many experiences that can be divided in 4 topics.

First, I got much more inspiration for studying in dental school. I have previously told you about studying in dental school. I really wanted to be a dentist since I was in primary school but after I got into dental school, I was upset sometimes. It was because I want to be the dentist but I lacked motivation studying so I want to come to TMDU to explore the world of dental treatment. However, I think that from the beginning of the program until this very last day I got my inspiration back. I met many professors, dentists, dental hygienist, and researchers. They all made me think that I am one of them and could make something better in our dental treatment to cure more effectively in patients. My inspiration came from the department of cognitive neurobiology. They spend their time to do research and their goals are to develop things to help people have a higher quality of life.

Another experience is that I got was to visit many laboratories and clinics that I have never seen before such as Oral implantology, I could stay beside the bed while the professor are performing implantation and bone graft operations. In Pediatric Dentistry, I could see how the dentists take care of normal children and special case children with behavior disorders. I was excited to observe this department as I have not treated children yet and this department is one of my targets to study at the post-graduate level. In addition to things I hadn't see before, there were also things that were different from my country. For example, in the Temporomandibular Joint and oral function department, I learned that 80% of Japanese people have a tooth contacting habit (TCH) but in my country there is not much because they experience more bruxism, or clenching. Moreover, the methods of treatment are not the same. This department uses only mobilizing exercises to cure the pain of TCH and medicine for curing bruxism, but in my dental school we use many methods to cure TMJ disorder and bruxism. The main treatment are surgery and splints.

Culture is the topic that I cannot forget to talk about. I had many experiences in the differences of my culture compared to other countries, which were Indonesia, Vietnam, and Japan. About Indonesia, they cannot eat pork, so it is quite hard for them to find dishes that did not contain pork. For example, they cannot eat ramen noodles because every dish contained pork so they had udon noodles instead. About Vietnam, on the day before the dental waxing and wire-bending contest, I observed that my Vietnamese friends were very hard-working in practicing. After that I knew that their culture is to be hard-working for any contest they get, but in my country we also have that pressure, but still have the phrase to reduce the pressure which is "It's okay, Don't worried, Do your best." About Japan, the people always bow to each other to show their respect whenever they say thank you, greeting in the morning, afternoon, evening, or excuse me, but in Thailand we use the Wai (Thai greeting) which shows Thai politeness and respect. Our differences were also shown in the cultural show in the evening of the 24th of October. I enjoyed the cultural show very much because we all prepared for the show to make it the best show ever to represent our country's culture and I saw different shows that represented each country's culture.

There were many classes of laboratory and clinic to attend and we were all separated randomly in new groups. I think this was good because we can meet new friends and find out if these people like the same field as me or not so that if we like in the same field maybe one day we can cooperate again in the future. I think this sentence is always true: "Friendship is never dies." So we can catch up with everyone and when we are all graduated and dentists. 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 everything that allowed me to come here. I am proud to be here. I am proud to be one of the the representatives 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 was sufficient for the learning, the visiting, and the joyful moments. I will bring all my experience that I got to my friends in Thailand because I know that there are still people that want to do research for improving people's quality of life and I will definitely suggest TMDU to be their choice. At last but not least, thank you to everyone and everything. You all made me impressed every second during the 14 days. I will keep this program in my memory forever.

C8 : SANSANEE WIJARN

Actually, at first I was not sure about going to the interview for the TMDU student exchange program, because I have to skip all my classes during the two weeks. There would be a lot work waiting for me when I came back to Thailand. But my family and my cousin who is a dentist told me that I should go to this program. I believed them and I thought that I have to try and find some new experiences. Therefore, I decided to go to the interview for this program. When the result was out and I passed, I felt very happy. I was looking forward to go to Japan. Then the day that we have to leave Thailand and come to Japan arrived. I thought I would collect new experiences the most I could. After the end of this program, I realized that it was so worthwhile to be part of this program. Japan was an unforgettable experience. I had many experiences from this program, for instance, knowledge, cultural exchange, and survival & communication skill. I Also tried to give and share with other students.

I think the most precious thing I have gotten from this program was cultural exchange. Because this was my first time to be an exchange student, I learned other countries' cultures. For example, Japanese are very serious about to being on time. I learned that we must stand on the left side to keep the right space for someone who was in a hurry. I liked it very much because it was nice and tidy. I learned Japanese, Indonesia, and Vietnam language. I learned how the other countries studied dentistry. For instance, Indonesia has mostly Problem Base Learning (PBL) classes. In Thailand, we have PBL class two weeks per class. I learned to wear a Japanese costume, a Ukata, which is worn when Japanese people sleeping. From Vietnam, I leaned that they were very friendly and they have a fighting spirit. The Indonesian students were very talkative and funny. Secondly, I learned some basic communication in Japanese, Indonesian and Vietnamese. I had to speak English for almost the whole time if students from other countries were with me.

So I practiced to communicate in English language. I was treated in a very kind way by the people in this program. Everyone was so friendly. After two weeks in Japan, I had some new cute friends from Vietnam, Indonesia, and Japan. I promised to myself that I will contact them after we have finished this program. Chatting with them will make me think of these wonderful things of my lifetime. I found that they have own culture, food and unique habits also.

In this program, I had chances to visit many interesting laboratories. I had visited the Psychomatic dentistry, Removable partial prosthodontics, General Dentistry, Fixed Prosthodontics, Pharmacology, Pulp biology and endodontics, Oral and maxillofacial radiology, Sports Medicine/Dentistry and Orthodontic science clinics. My favorite class was Orthodontic science. This is because Professor Kanno was cute and he taught us with very good English. I could understand easily, and maybe my senior from Chulalongkorn University who had learned this subject before can explain to me in English again if I don't remember. It was a very great class and I liked this subject. This will be one of my choices to choose my future career. As a dental student, I always look for the chances to see and try new technologies and devices.

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

PERSONAL SCHEDULE : C1

OCTOBER 2014— NANTICHA RUENGCHAINICOM C1

SUN	MON	TUE	WED	THU	FRI	SAT
	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Maxillofacial prosthodontics	16 Pediatric dentistry	17 GC company visit	18 -Tsukiji fish market -School festival
	Meiji Shrine	Hospital and campus tour	Oral and maxillofacial Radiology	Orthodontic science	Carving and wire bending contests	-Kawagoe
	Harajuku	Eating shabu shabu buffet in the evening	Eating sushi @Ikebukuro	Meeting senior student @cake shops near school	Tokyo dome	
19 Tokyo Disney sea	20 Research day Research award party	21 Oral and Maxillofacial Surgery pulp Biology and Endodontics Ameyoko market	22 Connective Tissue Regeneration Tokyo tower	23 Connective Tissue Regeneration	24 IT simulation learning International symposium and cultural show	25 Kamakura &Yokohama

26

Departure

PERSONAL SCHEDULE : C2

OCTOBER 2014— NUTTHAKARN RATANASEREEPRASERT C2

SUN	MON	TUE	WED	THU	FRI	SAT
	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Psychosomatic Dentistry clinic	16 Pediatric dentistry	17 GC company visit	18 -Tsukiji fish market -School festival
	Meiji Shrine Harajuku	Hospital and campus tour	Partial Prosthodontics Clinic	Fixed Prosthodontics Clinic	Carving and wire bending contests	-Kawagoe
		Eating shabu shabu buffet in the evening	Eating sushi @Ikebukuro	Meeting senior student @cake shops near school	Tokyo dome	
19 Tokyo Disney sea	20 Research day Research award party	21 Biochemistry	22 Biochemistry Tokyo tower	23 General Dentistry clinic Orthodontic Science	24 IT simulation learning International symposium and cultural show	25 Kamakura & Yokohama
26 Departure						

PERSONAL SCHEDULE : C3

OCTOBER 2014—PANISA KANTUKITI C3

SUN	MON	TUE	WED	THU	FRI	SAT
	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Maxillofacial prosthodontics	16 Pediatric dentistry	17 GC company visit	18 -Tsukiji fish market -School festival -Owl café -Shibuya
	Meiji Shrine Harajuku	Hospital and campus tour	Oral and maxillofacial Radiology	Orthodontic science	Carving and wire bending contests	
		Eating shabu shabu buffet in the evening	Eating sushi @Ikebukuro	Meeting senior student @cake shops near school	Tokyo dome	
19 Tokyo Disney sea	20 Research day Research award party	21 Gerodontology and oral rehabilitation Cellular physiological chemistry Ameyoko market	22 Dentistry for Person with disabilities Cellular physiological chemistry Tokyo tower	23 Oral maxillofacial surgery Cellular physiological chemistry	24 IT simulation learning International symposium and cultural show	25 Sightseeing with Japanese friends @kamakura (Tsurugaoka Hachimangu/ Kenchoji temple.. etc @ Yokohama (Redbricks warehouse/ Minato mirai)
26 Ueno park Departure						

PERSONAL SCHEDULE : C4

OCTOBER 2014— PAVITRA WUTIKORNWIPAK C4

SUN	MON	TUE	WED	THU	FRI	SAT
	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Advance Biomaterials	16 Advance Biomaterials	17 GC company visit	18 -Tsukiji fish market -School festival -Owl café
	Meiji Shrine Harajuku	Hospital and campus tour	Removable Partial Prosthodontics	Fixed Prosthodontics	Carving and wire bending contests	
		Eating shabu shabu buffet in the evening	Eating sushi @Ikebukuro	Meeting senior student @cake shops near school	Tokyo dome	
19 Tokyo Disney sea	20 Research day Research award party	21 Anesthesiology and clinical Physiology Periodontology Ameyoko market	22 Dentistry for Person with disabilities Oral and Maxillofacial Radiology	23 Oral maxillofacial surgery Maxillofacial Orthognaghtics	24 IT simulation learning International symposium and cultural show	25 Sightseeing with Japanese friends @kamakura (Tsurugaoka Hachimangu/ Kenchoji temple.. etc @ Yokohama (Redbricks warehouse/ Minato mirai)
26 Ueno park Departure						

PERSONAL SCHEDULE : C5

OCTOBER 2014— KULNIPA PUNYANIRUN C5

SUN	MON	TUE	WED	THU	FRI	SAT
	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Maxillofacial prosthodontics	16 General Dentistry	17 Yoshida company	18 -Tsukiji fish market -School festival
	Meiji Shrine Harajuku	Hospital and campus tour	Cariology and Operative Dentistry	Fixed Prosthodontics	Carving and wire bending contests	-Kawagoe
		Eating shabu shabu buffet in the evening	Ochanomizu station	Meeting senior student @cake shops near school	Shibuya	
19 Tokyo Disney sea	20 Research day Research award party	21 Biochemistry Tokyo Dome	22 Biochemistry Shibuya	23 Pediatric Dentistry Orthodontic Sciences	24 IT simulation learning International symposium and cultural show	25 Shopping near Ueno area
26 Departure						

PERSONAL SCHEDULE : C6

OCTOBER 2014— PAWITCHAYA PHUENGCHUEN C6

SUN	MON	TUE	WED	THU	FRI	SAT
12 Departure from Suwannaporm international Airport	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Maxillofacial prosthodontics	16 General Dentistry	17 Yoshida Company	18 -Tsukiji fish market -School festival -Sensoji Temple -Kawagoe
	Meiji Shrine Harajuku	Hospital and campus tour	Oral and maxillofacial Radiology	Oral implantology	Carving and wire bending contests	
		Akihabara	Ochanomizu station	Ikebukuro	Shibuya	
19 Tokyo Disney sea	20 Research day Research award party	21 Oral and Maxillofacial Surgery Fixed Prosthodontics Tokyo Dome	22 Pyscosomatic Dentistry Gerodontology Shibuya	23 Sports medicine/ dentistry Maxillofacial Orthognathics	24 IT simulation learning International symposium and cultural show	25 Ueno Shijuku Akihabara

26

Departure

PERSONAL SCHEDULE : C7

OCTOBER 2014— ARPAPAT SANSUPAKORN C7

SUN	MON	TUE	WED	THU	FRI	SAT
12 Departure from Suwannaporm international Airport	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Psychosomatic Dentistry	16 Pediatric dentistry	17 Yoshida Company	18 -Tsukiji fish market -Ueno park -School festival -Kawagoe
	Meiji Shrine	Hospital and campus tour	Oral and maxillofacial Radiology	Orthodontic science	Carving and wire bending contests	
	Harajuku	Eating shabu shabu buffet in the evening Akihabara	Having dinner with Indonesian friends Honey Toast with Chula team	Meeting senior student @cake shops near school	Tokyo Dome Tokyo Tower	
19 Tokyo Disney sea	20 Research day Research award party	21 Temporo-mandibular Clinic Pulp Biology and Endodontics Shinjuku Shibuya	22 Cognitive Neurobiology Eating Okonomiyaki for the first time Shibuya	23 General Dentistry Oral Implantology	24 IT simulation learning International symposium and cultural show	25 Shopping at Ochanomizu Station &Ueno

26

Departure

PERSONAL SCHEDULE : C8

OCTOBER 2014— SANSANEE WIJARN C8

SUN	MON	TUE	WED	THU	FRI	SAT
12 Departure from Suwannaporm international Airport	13 Arrival @hotel edoya check-in	14 Opening ceremony orientation	15 Psychosomatic Dentistry	16 General Dentistry	17 Yoshida Company	18 -Tsukiji fish market -School festival
	Meiji Shrine Harajuku	Hospital and campus tour	Removable Partial Prosthodontics	Fixed Prosthodontics	Carving and wire bending contests	-Traveled in Kawagoe
		Eating shabu shabu with my team	Meeting my senior at cake shop	Sushi dinner at Ikebukuro	Shopping with Vietnamese friends	
19 Tokyo Disney sea	20 Research day Research award party	21 Pharmacology Pulp Biology and Endodontics Tokyo Dome	22 Pharmacology Oral and Maxillofacial Radiology Shibuya	23 Sports Medicine/ Dentistry Orthodontic Science	24 IT simulation learning International symposium and cultural show	25 Shopping in Shibuya& Tokyo
26 Departure						

Photo Album











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