



# Final Report

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

**Faculty of Dentistry Universitas Indonesia**

Jalan Salemba Raya No. 4, Central Jakarta (Salemba Campus)  
Rumpun Ilmu Kesehatan, Building, UI Depok (Depok Campus)



# Acknowledgement

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Our most sincere appreciation addressed to the dean of Faculty of Dentistry Tokyo Medical and Dental University, Prof. Keiji Moriyama along with Prof. Yoko Kawaguchi, the other Professors, and also Staffs for their successful organization in realizing the annual program of Inter-University Exchange Program Toward Medical and Dental Networking in Southeast Asia 2014, in Tokyo, Japan.

We also would like to give the deepest gratitude to Japanese government especially JASSO (Japan Student Service Organization) for providing us with scholarship so we were able to join this program. We guarantee, these priceless experiences we learnt from the program will be useful because it gave us lots of motivations to enhance our skills in dentistry field.

Our most sincere thanks also go to the dean of Faculty of Dentistry Universitas Indonesia, Dr.drg. Yosi Kusuma Eriwati, M.Si, and also drg. Melissa Adiatman, PhD as Head of Public Relations and International Affairs Faculty of Dentistry Universitas Indonesia. Without her guidance and support, certainly this program would not have been possible. Thank you for giving us the opportunity to join the program.

The last but not the least, Thanks are also given to the all participants who came from University of Medicine and Pharmacy Ho Chi Min City, Srinakharinwirot University and Chulalongkorn University. Without all of you, this program wouldn't be as meaningful as it was. Thank you for being such good companions and we hope to see you in the near future.

This program gave us a lot experience to enhance the bond between the three countries who participated; Indonesia, Japan, Vietnam and Thailand. May this program will always continue along with its success.



# Schedule

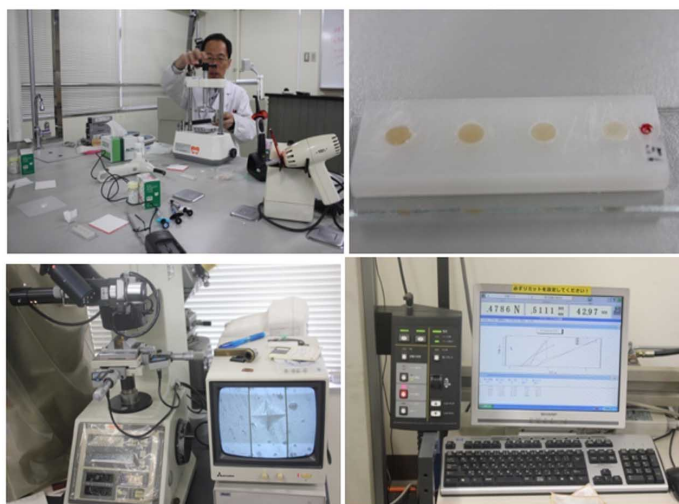
| Date                | October 13, 2014<br>Mon(Holiday)   | October 14, 2014<br>Tue  | October 15, 2014<br>Wed                   | October 16, 2014<br>Thu                   | October 17, 2014<br>Fri  | October 18, 2014<br>Sat     | October 19, 2014<br>Sun     |
|---------------------|--|--|---|---|--|-----------------------------|-----------------------------|
| AM<br>(9:00-12:00)  | Arrival  | Opening ceremony<br>Orientation<br>@Special Lecture Hall<br>(Dental Bldg. North, 4F)<br>Welcome Lunch w/ TMDU students | Visiting basic science laboratory/clinic① | Visiting basic science laboratory/clinic③ | Dental material company visit  | Japanese Culture Experience | Japanese Culture Experience |
| PM<br>(13:00-16:00) |  | 13:30- Hospital & Campus Tour<br>(with 10 TMDU D6 students)  | Visiting basic science laboratory/clinic② | Visiting basic science laboratory/clinic④ | Carving and Wire bending contests<br>@Practical room (Bldg 7, 3F)                              | Japanese Culture Experience | Japanese Culture Experience |
| 16:00-17:00         |  | Report   | Report                                    | Report                                    | Report   |                             |                             |
|                     | 8  | 9  | 10  | 11  | 12   | 13                          | 14                          |
| Date                | October 20, 2014<br>Mon  | October 21, 2014<br>Tue  | October 22, 2014<br>Wed                   | October 23, 2014<br>Thu                   | October 24, 2014<br>Fri  | October 25, 2014<br>Sat     | October 26, 2014<br>Sun     |
| AM<br>(9:00-12:00)  | 9:20- Research Day with TMDU D4 students<br>@Special Lecture Hall (Dental Bldg. North, 4F) | Visiting basic science laboratory/clinic⑤  | Visiting basic science laboratory/clinic⑦ | Visiting basic science laboratory/clinic⑨ | IT simulation learning with TMDU D4 students<br>@Practical room (Bldg 7, 5F)                   | Japanese Culture Experience | Departure                   |
| PM<br>(13:00-16:00) |  | Visiting basic science laboratory/clinic⑥  | Visiting basic science laboratory/clinic⑧ | Visiting basic science laboratory/clinic⑩ | 12:50-15:55 International Symposium & Cultural Show<br>@A. Suzuki Memorial Hall (M&D Tower 2F) | Japanese Culture Experience |                             |
| 16:00-17:00         |  | Report   | Report                                    | Report                                    |  |                             |                             |
|                     | Research Award & Party<br>@Faculty Lounge (M&D Tower 26F)                                  |  |   |   | 18:00-20:00 Closing Ceremony<br>@Faculty Lounge (M&D Tower 26F)                                |                             |                             |

# Academic Learning Outcomes

## I. BASIC SCIENCE

### 1. Advance Biomaterial

Advanced biomaterial is a department which concerns about development of dental material. We learned a lot at that place. We met Prof.Uo there. He taught us about composite resin and zirconia. At first, he gave little lecture about composite resin then each of us had a chance to make specimens from GIC, conventional composite resin, and flowable composite resin. The specimens is made for hardness test for those material tomorrow. The second one is making a zirconia cylinder. Zirconia cylinder is made by pressing zirconia powder with certain strength. Prof.Uo helped us a lot to make this one. After compressing the powder into cylinder, we do sintering for the zirconia specimens. Zirconia cylinder is made from zirconia powder.



*Photo while we made specimens and performed Vickers hardness test*

On the next day, we had experiment about hardness and compressive strength testing of specimen we've made yesterday. At first, Prof.Uo gave example how to operate the Vickers hardness test machine then we did it by ourselves for our specimens under his supervisor. At that time, we could compare one to other materials and the result was zirconia is the hardest one. We test every specimen we made: glass ionomer cement, conventional composite resin, flowable composite, flowable composite pluss, zirconia, and zirconia combined with alumina. In the end, we performed compressive strength test for GIC and composite. From that experiment we can know gic has the lowest value of compressive strenght.





# Academic Learning Outcomes

## 2. Molecular Immunology

Molecular Immunology department is one of basic science departments in TMDU Graduate School. This department is located in the 6th floor of M&D Tower. The head of Molecular Immunology department is Professor Miyuki Azuma. She is being helped by an Associate Professor, Nagai sensei, and other staffs.

In this student exchange program, there were only two dental students had opportunity to do the simulation in this department's laboratory. We were mentored by graduate students from Indonesia and Thailand who are studying in TMDU. We had two days simulation in this laboratory with many kinds of experiments.

First, we were introduced about the devices and instruments used in molecular immunology laboratory, such as cytometer, incubator, centrifuge machine, refrigerator, and many others. After that, the mentors explained about what are being researched there and gave us prior knowledge about the experiments we would do. They explained that this department concerns in creating research about cells contribute in human's immune system, especially T-cell and dendritic cell. After giving explanation, we were allowed to do experiments, such as cell culture, flow cytometry, and immunohistostaining. There are several steps have to be done in sequence to get good results for a research.

In this opportunity, we tried to extract the dendritic cells of white mouse spleen. The mentor explained every steps of this experiment well, started from killing the mouse, cut and crush that organ, centrifuge and washing the specimen, filtering the specific cells, and counting the cells number. In day two of Molecular Immunology department visiting, we learned about flow cytometry. Prof. Azuma explained to me about many kinds of T-cells and their expression. After that, my mentor gave us explanation about the basic principle, the procedure, and interpretation of flow cytometry. This is so complicated but interesting to be researched.



*A photo at Molecular Immunology Department*



# Academic Learning Outcomes

## 3. Molecular and Craniofacial Embryology

The program in Molecular Craniofacial and Embryology was led by prof. Takeuchi. A presentation was shown to introduce us about Cre/LoxP recombination methodology in order to know how to do a mutant reaction between Wnt1-Cre rat and R26R rat, and also about Cranial Neural Crest Cells that in fact, developed most in dorsal side. Not only that, there was also an explanation about how to coloring the section. Dr. Takeuchi showed us a lot of wonderful section such as chicken embryo, rat embryo, even shark and possum embryo.

It is clearly seen on the unscratched section that the blue part is cartilage, and the purple part represent the bone. We also got to do a x-gal staining for fresh frozen section. Actually, we need to do a lot of preparations to make the section. Because dr. Takeuchi assume our time won't be enough, he already prepared it for us. The staining process went successfully and need to be continue for tomorrow's class. There were many mice in the lab, and one of PHD student from Thailand was doing a experiment to inspect bone regeneration.



*Left: Section sample; Right: Observing the sections through microscope*

The Molecular Craniofacial Embryology class was continued to the next day. After waiting for the x-gal solution stained the sections overnight, the next was to wash it with washing buffer, PBS, and lastly rinse it with tap water. After the whole process of x-gal staining done, the counter staining by nuclear fast red was performed to stain the mesodermal origin part of the embryo. The best staining condition during 3 types of reagent was the one using 0.2% Glutalhyde. Next, we were being explained to a wonderful presentation about the development of rat. The professor showed us the rats during the development days that takes 19 days before born. The first was 12.25 days, and it showed us the initial development of the rat. For the next 13.25 days developed rat, the organ between fingers was not yet undergo apoptosis. After 17 days, the rat was already well developed and for another 1 day, it didn't show have any significant differences. The eyes of the rat will averagely open 10-14 days post-natal and the furs will begin developed 4 days after post-natal. The professor also explained us about the definition of genotype and phenotype and also the contribution of it toward the the research. There were a lot of differences between mutant rat and wild ones. The development of the cleft palate was obvious in the phenotype rat. Thanks to the explanation, we figured out that there was a connection between this research to a clinical aspect of dentistry.





#### 4. Cognitive Neurobiology

Cognitive neurobiology is a basic science department in Tokyo Medical and Dental University. All the activities in this department are related to researches in cognitive neurobiology. Prof. Yuki and Dr. Katsuyama are the supervisors in our visit. Prof. Yuki was the first one to teach us. He told us that currently there are three researches being done in this department. They are about neural mechanisms motor control, neural mechanisms perception cognition and brain ability in understanding natural process. The last one is the topic of his research. He was very curious about the brain ability in recognizing voices which have different pronunciations although they have the same frequency. He only knows that a brain can decompose sound because of the presence of auditory cortex. Prof. Yuki told us that voice could be seen through spectrogram and power spectrum graph. Voice in human itself is produced by vibration of vocal fold in laryngeal. In his current research, he studies about the response of trained guinea pigs to specific sound. This research hopefully can lead to the disclosure about why people can distinguish exactly vowel like a, i, u, e and o though sometimes it may have same frequency. Beside voices, he actually is also curious about brain ability in identifying a colour, for example is red. He said that the process is still a mystery and no scientists has the answer yet.

Our second supervisor of this visit was Dr. Katsuyama. He explained about his research, which are visual system and tactile system. The first one was about three-dimensional eyeglasses which could help producing three-dimensional image on the special image because of binocular and monocular disparity. He showed us a picture about the active regions of the brain while the person was watching a moving three-dimensional image on the screen. For the research, Dr. Katsuyama used two trained macaque monkeys who could press a button while they were seeing a moving three-dimensional image on the screen. His second research was about tactile system. This system was tricking patient's mind about moving the left hand in front of the mirror and imagining the hand inside the mirror as if it were the patient's right hand though it was actually not. This technique could be given as therapy to patient whose one of his hands is paralyzed temporarily. It will give perception of having two normal hands. That was all our experience in visiting Cognitive Neurobiology Department.



*Tactile Sense Testing*



*Monkey Testing Room for Three-Dimensional Image Interpretation*



*Left: A Photograph with Professor Yuki*



*A Trained Guinea Pig*



## 5. Oral Pathology

Oral pathology was one of the basic science department we visited. It learned about the pathological processes in oral tissues, mostly from histological appearances. The head of this department is Prof. Yamaguchi who masters about bone metabolism and bone distraction by cancer. The department has some rooms such as oral pathology room, room for basic molecular biology experiment, room for making pathology specimen, graduate student room, another experiment room for cell culturing, and oral pathology laboratory at the hospital. There was also an animal room for experiments. In visiting session, exchange students were given explanation about the departments by Sakamoto Sensei and also helped by three graduate students from Indonesia, Thailand, and Vietnam. We also learned about diagnostic pathology with 2 cases about tongue cancer and melanoma. We observed the histopathological specimen with microscopes and tried to diagnose it. After that, we were given cases presentation by the graduate student about SCC and malignant melanoma, like about their etiology, histological features, and treatments for each of them. Graduate students also explained us about their researches.



*Left: Case No. 1; Right: Photo at Oral Pathology Department*





# Academic Learning Outcomes

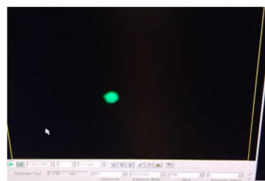
## 6. Connective Tissue Regeneration

Department of Connective Tissue Regeneration is one of several basic science department in TMDU. This is a very interesting department because here we can do every single procedures. The supervisor was Dr. Tamayuki Shinomura who has a very good English speaking skill that he could explained everything very well. Our two days visit in this department consist of 4 sessions in a row. On the first day's morning session, we did procedures for electroporation, which is one of several methods to transfer gene into mammalian cells. In this case, we transfer DNA to RSC/ Rat Schwann Cells with medium containing DMEM 10%. Two-transferred DNA were pC2Exp and pC2Exp-GFP. After 24 hours, the cell with DNA containing GFP (Green Fluorescent Protein) will show a green fluorescence when exposed to light in blue to UV range. In this session, we were also taught about how to count cell numbers that were present after cells were cultured on the plate. On the afternoon session, we did agarose gel electrophoresis using the same sample as were used on the previous electroporation procedure to find out which sample contains GFP. As we got the result, we know sample B contains GFP and will show green fluorescence tomorrow morning. At the end of the first day, we also did DNA manipulation by doing DNA ligation, DNA transfection and plating. The plate were incubated and the colonies will formed after 18 hours.



Left: Gel electrophoresis procedure. Right: Agarose gel electrophoresis result

On the second day, we checked the mammalian cells from previous day that were planted with some DNA and analyze it using laser fluorescence. It turned out that our DNA transfection were succeeded because sample B show green fluorescene. We also picked up six E Coli colonies randomly from the plate that we have incubated yesterday and then analyze it using PCR system to know which one contain or did not contain GFP. While waiting for the result, Dr. Shinomura showed us how to make agarose gel and cut certain DNA from agarose gel. We also learn how to analyze the size of DNA from electrophoresis using certain enzyme. We do learn a lot from this department.



Left: Fluorescence microscope. Right: Mammalian cell containing GFP on sample B plate



Photo at Connective Tissue Regeneration Department



# Academic Learning Outcomes

## II. CLINICAL SCIENCE

### 1. Gerodontology

At gerodontology department, we visited clinic, department, and laboratory. After listening to brief explanation about this department, we visited prosthodontics clinic. Patients who came there mostly are elderly. Japanese health insurance is very good. Sometimes, the denture making fee is covered, even though it's not full-coverage.

After visiting prosthodontics clinic, we went downstairs to visit special-need clinics. This clinic is for patient who need special care like patient with high blood pressure, patient with systemic disease, etc. The equipments in the hospital are very complete and well-prepared.

Then, we moved to laboratory. We saw many models there. The prosthodontics lab was very sophisticated. They even could make full denture by CAD/CAM system. They also showed us the real implant overdenture. We learned a lot from this department. All students who came to this department even tried the color-changeable-gum to test our chewing function.



*Overdenture and the program to design it*



*Photo at gerodontology department*





# Academic Learning Outcomes

## 2. Orofacial Pain Management

Orofacial pain management is one of clinical science departments in TMDU which has many kinds of treatments. This department is concerned with the pain, paresthesia, sensation loss and motor palsy in maxillofacial area. Before we went to the clinic, the head of this department, Prof. Masahiko Shimada, gave us lecture about orofacial pain management in the Staff Room. He explained about the condition of orofacial pain in Japan, classification of pain, common diseases which are complained by patients, how to manage the patient, and many kinds of pain treatments. He said that there are almost 900 patients come to TMDU Dental Hospital per day, including this clinic. The patients come with many kinds of chief complaints. The Professor also explained how to do the anamnesis of patient's pain characteristic and diagnose their disease. He also explained many kinds of treatments, such as acupuncture, photodynamic therapy, medicine, physiological approach, and many others. The lecture was so detail and informative, so that we could clearly understand about the pain management.

After having lecture, we went to Orofacial Pain Management Clinic to see the treatments of pain for patient and the consultation between doctor and patient. We were so excited because there are many kinds of device which can be the treatment for patients with physical approach or psychological approach. This department provides acupuncture treatment, photodynamic therapy, autogenic training, music therapy, herbal and fabricated pharmacotherapy. Prof. Shimada and his assistant (Miss Chun) demonstrated several kinds of treatments for us. They gave us opportunity to try every treatment in the clinic and applied them for us patiently. Music treatment by relax seat must be very comfortable for patient. These are new experience for us that would give us benefit in the future.

## 3. Pulp Biology and Endodontics

Pulp Biology and Endodontics department is located in the 5th floor of Dental Hospital Building. Dr. Reiko Wadachi welcomed us very well there. He is a specialist in Endodontic. At the first time, we were introduced about oral condition in Japan and several countries. He told us many things in endodontic. He also asked some questions to us about the dental health system in our country. After that, his postgraduate student took us to several clinics. First, we went to the Endodontic clinic, so that we could look many dentists were treating patients with high technology, such as microscope and monitor, direct mirror, automatic obturator, automatic file, and many other convenient equipment. Those equipments made in order to give better treatment result for patients. There are five microscopes used for specialists, so that the operator can see the bottom of the root canal and do the preparation well. Those microscope also have recording camera which can capture image, so that the supervisor can be easily look at the operator's process. In doing the root canal treatment, the operator do not use the usual mirror, but they use direct mirror in order to obtain clear image and precise treatments, so that the results will be better. This department also has automatic obturator, apex locator, and automatic file in order to improve the treatments success.

After being introduced to some endodontic technology, we went to general dentistry clinic, CT scan room, and postgraduate student's room. Endodontics department is interesting because it has high technology-treatment methods with the lower charge. Therefore, there are so many patient come to this department in order to treat their tooth and use their insurance.



# Academic Learning Outcomes

## 4. Orthodontics Science

Orthodontic department session was led by Zusei Kanno, DDS, PhD. The patients who come to the orthodontic clinics are so many, like around 800 persons/year. However, undergraduate students don't have to treat orthodontics cases. It's different from our university, because undergraduate students here can treat patients with removable orthodontic appliances. The department also has some rooms that are important for orthodontics clinic, such as medical records room and photo room. Students who visited orthodontic science departments also learned some orthodontics cases and discuss together about the problems and how to treat them. And then, professor also explained some orthodontics cases and some orthodontics treatment.



*Left: Taking extra oral photo; Right: Patient's study model*

## 5. General Dentistry

General dentistry is basically the first clinic where diagnosis was made for each patient, as explained by Dr. Tonami. Here, the 5th year TMDU undergraduate students learn to interview the patients and make diagnosis. Some simple treatments can be done, too. There are also dentists staying here to help the diagnosis. After determining the diagnosis, the patients will be sent to clinics according to their cases. Dr. Tonami said that in Japan, most people didn't want to receive treatments by students and they preferred it done by doctors or professors. After that, we went to the Skills Lab room to try the simulator. It was the room when students can learn to do treatment things, like they were phantoms, dental units, restorative materials, etc. Then, we were explained about his newest research about device that can detect person's feeling with knowing their heartbeats, heart frequencies. parasympathetic and sympathetic peripheral nerves excitement.



*Dental 3-D simulator*





# Academic Learning Outcomes

## 6. Oral Health Promotion

Oral Health Promotion concerned about promoting oral health and preventing oral diseases. This department has Fresh Breath Clinic which was founded in 2013. We (the visiting students) were shown many types of tongue cleanser in Japan and did the questionnaire for halitosis that used in the hospital. All of the students tried the malodor examination, which consisted of gas chromatography measurement, Breathron measurement, saliva flow rate measurement, and also saliva quality measurement such as turbidity and coloration.



*Left: tongue cleansers, Right: Takehara Sensei explained about tongue morphologies*

## 7. Pediatric Dentistry

Pediatric Dentistry Clinic is located in the 2nd floor of Dental Hospital TMDU. This department is concerned with the provision of the oral and dental needs of children and adolescents. Dr. Oishi became our tutor in this clinic during our visit. First, we were introduced about the situation of pedodontic clinic everyday and the oral treatment usually used for children in Japan. In this clinic, we saw many children and their parents came to this clinic to treat the children's teeth. Some patients are cooperative, but some others are very difficult to be treated. Therefore, there are several ways to treat uncooperative patients in this clinic; by using restrain, inhalation sedative, IV sedation, or general anesthesia. These methods are being used depends on the patient condition and risk. The safest way to control pediatric patients is the usage of restrain. On that day, we saw two patients about 3 years-old who were treated by using restrain methods, because they cried a lot while entering the clinic. This method is quite effective; the dentist could work well in giving treatment, the children got education and experience in dental control. By doing this treatment, the children will understand that the dental treatment and control is not horrible and those are good for them. This clinic also has the education room where the children were taught how to brush and floss their teeth properly.

After looking around the clinic, we went to lecture room to have a short lecture from Dr. Oishi. This was about the dental treatment for children. From the lecture, we got to know that Japan is concerned in children oral health, start from giving education in preschool children, spreading out the education about fluoride, giving insurance for children tooth diseases, decreasing sugar consumption, and so on. Those efforts make Japan can control the DMF-T index nowadays



# Academic Learning Outcomes

## 8. Maxillofacial Prosthetics

Many patients in Maxillofacial Prosthetics Clinic were referral patients from Oral and Maxillofacial Surgery Clinic who have defect on their orofacial region because of malignancy or congenital defect. There was just a few post traumatic patients treated in this clinic, because the frequency of traumatic patient was low in Japan. We found several differences of traumatic patient in Indonesia and Japan. Japan has lower frequency than Indonesia. But, between these two countries, cleft lip and palate patients suffered by similar number of patient. We learned about how to diagnose patients with facial defect and make treatment plans to correcting that case.



*Left : Ear Prosthesis ; Right : Face Defect Prosthesis*

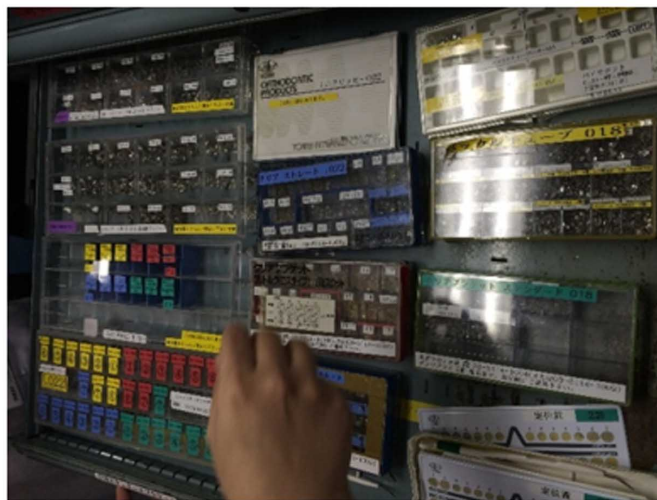
One of the people in charge of this department was Dr. Sumita. She told us about two types of attachment she usually used for her removable denture patients, which called OPA and magnetic attachment. OPA attachment was firstly introduced by one of professors in maxillofacial prosthetics department. There are some advantages and disadvantages between OPA and magnetic attachment. One of OPA advantages was its insertion was easier than magnetic attachment. But, OPA shape could interfere patient's tongue and usually induced patients to touch the attachment. Magnetic attachment surface was smoother than OPA, then patient wouldn't interfere patient's tongue. But, more than half patients of maxillofacial prosthetics were malignancy defect, so magnetic attachment rarely used because the attachment will interfere MRI results. After discussing about attachment, Dr. Sumita invited us to discuss about her patient which we figured that many cases found in Japan are rarely found in Indonesia. She showed us also maxillofacial prosthesis she made to cover facial and ear defect.





## 9. Maxillofacial Orthognatic

Maxillofacial Orthognathics's room was located on 2nd floor of Dental Hospital Building and one of the 2 different departements. The class started with Dr. Ogawa explaining about his most interesting cases. The first case example was 16 years 2 months old male diagnosed with class III skeletal with mandibular protrusion. He lost 7 of his teeth, and classified as oligodontia. He need to expand his maxillary arch to get a better profile. The second patient was quite similar, but this time the patient was in his middle adolescent time. The third case was a 6 years old girl with hypoglossia. She used to have a tracheotomy when until she was 4 years old because of pneumonia. Fortunately, she doesn't have any speech problem. The treatment mandibular expanding was done within almost 11 years with wonderful result. Another unique case explained by Dr.Ogawa was called Backwidth-Widemann syndrome or simply called as macroglossia. The prevalence is 1/13.700 births and it usually causes excessive mandibular growth. There was also a patient with neuromuscular disease that had been Dr. Ogawa treated. Unfortunately, after undergo aorthognathic's treatment, his disease made his head set back irreversible. We also got a tour around the department on the 9th floor. It was originally on 12nd floor, but since it was under-construction, so the department temporary located there. There was also an Electro myograph which indicated for patient before doing a surgery. This machine was very sensitive toward noise and also electronic activities. That was why, we had to turn off our cell phone.



*The Orthodontics Departement Supply*



# Academic Learning Outcomes

## 10. Oral & Maxillofacial Surgery – Maxillofacial Surgery

Japan has different condition with Indonesia, they have more malignancy cases than Indonesia which has higher number on maxillofacial trauma cases. This condition could be related to community characteristics and cultural backgrounds. For treating those cases, Tokyo Medical and Dental University have two different department for surgery: oral and maxillofacial surgery and maxillofacial surgery. They divided each department based on main research topic. Oral and Maxillofacial Surgery Department focused on tissue engineering research while Maxillofacial Surgery Department more focused on orofacial malignancies. In the hospital, they have several clinics and operating room for patient's treatment. The patient will be treated either in clinic or operating room depends on the cases. For major surgery, patient will be taken to recovery room and stay in hospital wards. Beside hospital wards, those departments also have special clinic, which is intended to post-op control. Many surgeons in this department prefer to use full thickness flap and bone graft to restore any facial defects in malignancy cases instead of miniplates.

## 11. Psychosomatic Dentistry

Another department we visited was psychosomatic dentistry. This department is very interesting because it's resembled to psychiatry. First of all, Anna, a postgraduate student of this department, gave us brief explanation about the department. We got a handout and some papers about many cases of psychosomatic dentistry too. The topic is burning mouth syndrome, atypical odontalgia, and brain perfusion asymmetry in patients with oral somatic delusions.

We did not see much patients in this clinic because it took long time for interviewing one patient. Anna told us that this clinic could treat 600 patients in a year. The most popular case is burning mouth syndrome (50%), followed by atypical odontalgia and facial pain (20%), and the last one is phantom bite (10-15%). Unfortunately, treatment cost is quite expensive and not covered by insurance. For first visit, the cost that should be paid by patient is about 14.000 Yen and for second visit etc is about 5000 Yen. And the last but not the least schedule was coming to professor's room. We saw him interviewing the patients. We had 3 patients on that day. According to Prof. Toyofuku the cases were difficult. First patient complained about having mouth burning syndrome. It's probably related to her depression record. Second patient complained about feeling pain in her TMJ with familial related case. Once, she even asked for TMJ surgery even though there's nothing wrong with her TMJ clinically. And the last one complained about feeling pain in her edentulous ridge and due to the pain, she cannot sleep well.



*Photo at psychosomatic dentistry department*





# Academic Learning Outcomes

## 12. Temporomandibular Joint and Oral Function

Temporomandibular Joint and Oral Function is a department in Tokyo Medical and Dental University which studies about temporomandibular joint (TMJ) including its normal function, disorders, and the treatments for the disorders. Dr. Kino was the supervisor in our visit to this department and he was assisted by Rena, a first year PhD student, in explaining the department. Dr. Kino told us that the most common etiology of temporomandibular joint (TMJ) disorder in Japan is tooth contacting habit. It is a very common habit in Japan which is a closing mouth habit in a very long duration. Normally, people only do this activity in about twenty minutes per day but most Japanese do this in longer time every day. In our visit, Rena presented a mini-lecture about "New Strategy and Tactics for Treatment of Temporomandibular Disorders in Our Clinic". Her presentation was very informative. From it, we could know that the treatment of choice for TMJ disorder is repeatedly opening the jaw for ten seconds and then going back to rest position. About tooth contacting habit, Rena presumed that this phenomenon is so common in Japan because silent is considered as good in Japanese culture so the people are doing tooth contacting position in most of the time. After the presentation, we were shown some MRI images of TMJ disorders in the clinic, how to interpret those images, examine patients suffering those diseases and fill their medical records. It was a great experience for us.

## 13. Fixed Prosthodontics

Fixed Prosthodontics is one of many departments that we visited in this dental training program. Dr. Natsuko and Dr. Bom were our supervisors. Both of them are second grade PhD students in the department. In the visit, each of them presented a presentation and then later they guided us to Prosthodontics and Dental Allergy Clinic. The first presentation was presented by Dr. Natsuko. She talked about some researches that the department had done. Some interesting researches according to us were the relation of bite force to oral sensation, CAD/CAM technique and dentin-pulp complex imaging with optical coherence tomography (OCT). The second presentation was given by Dr. Bom. He presented a presentation about living in Japan for foreign students. Despite it was not related with fixed prosthodontics department, his presentation was interesting. Dr. Bom had already spent one year in this country. In his presentation, he told us about the activities in the first year as an international PhD student in Tokyo Medical and Dental University. Those were Japanese class, lecture, seminar/meeting, clinic observation and research preparation. Dr. Bom also shared many pictures of some magnificent places and foods in Japan. After giving the presentations, both of them guided us to observe Prosthodontics and Dental Allergy Clinic. The materials and equipment provided there were very sufficient. In our opinion, the clinic is very convenient for every dentists who worked there and also the patients who were treated. We enjoyed our visit to fixed prosthodontics department so much.



## 14. Removable Partial Prosthodontics

Unlike our university, School of Dentistry Tokyo Medical and Dental University has three different prosthodontics department: Fixed Prosthodontics Department, Removable Partial Prosthodontics Department, and Maxillofacial Prosthetics Department. Removable Partial Prosthodontic Department has more focused on stomatognathic system rehabilitation and related disorders treatment using removable appliances. This department also conducted many molecular based research in edentulous patient. The treatments they done are not really different with our school, but they developed advance attachment system in removable appliances rather than using wire or alloy cast clasp. Advance attachment system they developed made from plastics which means it's very suitable for post-malignancy patients doing MRI in routine check-up, the attachment system won't interfere MRI result which sensitive with metal wire and alloy cast clasp.

## 15. Periodontology

Periodontology class concept was a hospital visit and mini seminar. First, we had opportunity to go around the periodontology clinic. We saw operator doing scaling, root planing, etc. We also got chance to see lively flap operation in periodontology operating theatre.



*Periodontology Clinic*

After about a hour, we moved to a classroom to have a mini seminar session. At that time, all participants can watch research presentation of Post-graduate student and after that had discussions about each research topic. Those are speakers of periodontology class including the research topics:

- Dr. Sakamoto Kaneko from Circulatory Disease Group  
"A critical role of tol-like receptor-2 (TLR-2) in periodontal pathogen-induced pressure overload myocardial hypertrophy in mice "
- Dr. Takeaki Sudo from Gene Analysis Group  
"Exome sequencing of aggressive periodontitis"
- Dr. Kiichi Maruyama from Animal Study Group  
"Alveolar ridge augmentation using designed casing method in adult dogs"
- Dr. Mizuki Nagata from Nano-medicine Group  
"Periodontal regeneration using mesenchymal stem cell derived conditioned medium"
- Dr. Kosei Yano from Osteoimmunology Group  
"Tsukushi role of bone metabolism"
- Dr. Lin Tai-chen from Laser Group  
"Dental hard tissue ablation with pulsed Cr: CdSe laser"

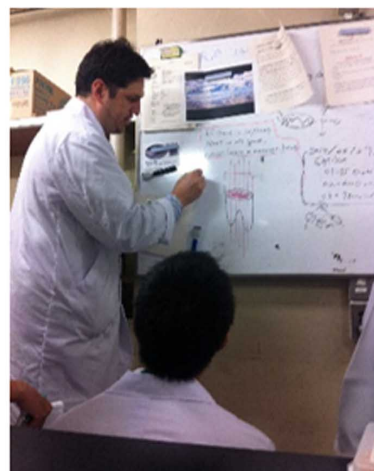




# Academic Learning Outcomes

## 16. Cariology and Operative Dentistry

Another department that we had visited at TMDU is Cariology and Operative Dentistry Department. At that time we were guided by assist. Prof. Alireza Sadr, DDS, PhD. Hinely this is one of the most interesting class we had ever at TMDU. Dr. Sadr is so undoubtly intelligent with excellent english skill, and has a very good communication skill. At the beggining of the class, he told us many things, started with the story of TMDU, overview of Tokyo City, and many others. He told that, cariology and operative dentistry is the most important department in dentistry since caries is the main source of common dental disease. He gave us an around look of mini-library in his department that documentating dental journal since at minimum 40 years ago. He also told us about researchs that made TMDU name arised, some of those were etching-bonding technique, concept of infected-affected caries, and apex locator instrument



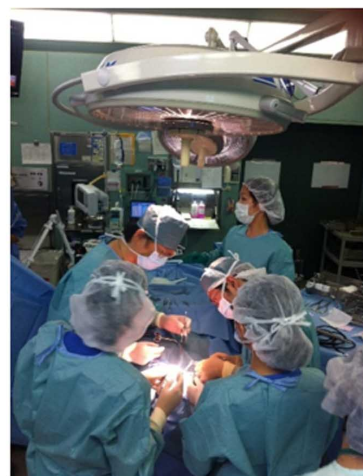
*Photo at department of cariology and operative dentistry*

The class continued with visiting cariology and operative dentistry laboratories. At least we had visited about 3-4 laboratories. At that time, we learn a lot about dental material especially the theory of tensil strength, shear strength, etch-bonding, temocyclic machine, autograph, MDP, light microscope, metacrylite and many others. Dr. Sadr was very in teaching so that we can easily understand many things about those which is very unfamiliar. The most jaw opening session was when we were allowed to see a machine called OCT (Optical Coherence Tomography), Dr. Sadr said that this machine designed to replace radiatoraphic machine who labelled as primitive machine and should be soon replaced by new invention.



## 17. Anesthesiology

The day to visit department of anesthesiology was coming! My friend who had this class last year said that this class were really interesting. Anesthesiology class started at 9.00 at Dental Hospital Building 7F. We're guided by Prof. Fukuyama, professor of anesthesiology at TMDU. At the beginning, we got a holistic explanation about anesthesiology clinic, especially about instrument, technology, and anesthetic that is used in that clinic. Some of technology and anesthetic that was explained to us were Bispectral Index (BIS) that is used to monitor patient anxiety during treatment, besides there's also technology that could measure blood pressure automatically, then the propofol; anesthetic that is used to for general anesthesia. Prof. Fukuyama said, in Japan, dentist is allowed to do general anesthesia for treatment.



*Operation room during surgery*

We're scheduled to see general anesthetic procedure at 10.00. First patient is 42 years old woman that has phobic to dental treatment and mental disorder. She wanted to do scaling and root planning. At that time, We could see a dentist treat the patient supervised by an anesthesiologist. After several minute, Prof. Fukuyama brought us to operation room/operating teathre. This is place for doing big operation, such as palatoplasty, oral cancer surgery, many others. We've to use operation outfit before entering the operation room. This part was so very interesting. First operation room that we went in was operation room number 3, at that room, we could see dentist, nurse, and anesthesiologist were doing a surgery of tumor in upper maxilla. We felt so amazing of that experience, because we could watch a surgery directly. Beside that, we also visited operating room number 2 which was a neck surgery just happening because of gingival cancer.





# Academic Learning Outcomes

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## 18. Sport Dentistry

Sport Dentistry concern about prevention and treatment for the athletes to help them maintaining and improving their oral health. The doctor who helped us today were dr.Shneste from Nepal and dr. Churei. As usual, the class started with a presentation to explain briefly what a sport dentistry is. Then, we studied how to make a mouth guard impression taught by Dr. Churei. He told us that the vestibulum have to be seen in the impression and to do that, he added some extra alginate before putting the mould into the mouth of the patient. After that, he also showed us how to fabricate a mouth guard with a vacuum and pressure machine that need only around 10 minutes in total. In sport dentistry, the doctors also in charge of making mask guard using special alginate and gypsum as the base. One of the doctor in the department kindly allowed dr. Churei and dr. Shneste to do the facial impression to him. The amount money the patient have to pay for the price for a face impression is 30.000 ven.



*Left: Mouth guard fabrication; Right: Facial impression for face guard*

## 19. Oral Implantology and Regenerative Dental Medicine

On our visit to this department, we were allowed to enter the operating room and observe Professor Shohei Kasugai and Dr. Kurodai doing implant surgery. They had two-scheduled surgery on that day. The first one is the second step of two-step implant surgery, which is open flap, and removal of open screw to be replaced with abutment and healing screw. This surgery performed 3-4 weeks after the first surgery to allow Osseo integration between alveolar bone and implant body. The second one is the first step of two-step implant surgery, which is flap surgery and insertion of implant body. On this opportunity, we could see several steps that were done to plant the implant body. The procedures started with the flap incision, determining the angle of body implant, followed with removing of alveolar bone using several sizes of bur to reach the same diameter as the body implant. After that, open screw was located on the top of body implant and the flap incision closed by suture. We were so lucky that we got the chance to observe both of the surgery, which means we saw the whole procedures of two-step implant surgery from beginning to the end. It was very interesting but unfortunately, due to operating room regulations, we could not took any photos of the surgery procedures.



## 20. Oral and Maxillofacial Radiology

Oral and Macillofacial Radiology department was located on B1 floor of Dental Building. Dr. Hiroshi Watanabe supervised our visit on this department. He showed us every radiograph machines and different techniques in taking radiographic picture based on the indication. There were panoramic, postero anterior, cephalogram, and Cone Beam Computerized Tomography, Schuller technique radiography machine, CT Scan, Sialography, and MRI in TMDU dental hospital. We also visited TMDU medical hospital to see how Extra Beam Radiation Therapy (EBRT) was performed on patient with malignancy. We saw many new things like Flat Panel Detector that transformed radiographic right into the computer and a reusable dental radiographic film. Dr. Watanabe also explained how to interpretate CT scan and MRI picture. At last, we had a short skills lab station which was so interesting. Dr Watanabe showed us several cases and we discuss it to find out what are the radiographic techniques used to took those picture, how to interpretate it and also how to make a differential diagnosis for those cases.



*Left: Schuller technique radiograph machine, Centre: Reusable dental radiograph film Right: Cone Beam CT*



# Closing Ceremony

After 12 days in Dental Training Program in Tokyo Medical and Dental University, finally we reached in to the last day of program. Many professors, teachers, and dental students from Japan, Indonesia, Thailand, and Viet Nam gathered in Akio Suzuki Auditorium. Closing ceremony opened by Professor Kawaguchi speech as program founder. After her speech, each student from different exchange program gave brief presentation in Internation Symposium about program they participated in, from Melbourne University Exchange Program, Thailand Dental Exchange Program, and Inter University Exchange Program in Indonesia. The presentation was about comparison of four country dental education system, oral health condition, also general health system. From international symposium, we can conclude that Japan oral health status (based on DMFT score) was getting better than Indonesia, Thailand, and Viet Nam because they more focused on promotive and preventive programs. We found also imbalanced distribution of dentist in urban and rural area both in Japan and Indonesia. The presentation followed by cultural performances from each country. We were doing traditional dance-sing performance. In the beginning, we sang 'Sik Sik Sibatumanikam' song that usually performed in traditional 'Batak' ceremonies. Indonesian students performance continued to dance compilation: Tari Piriang and Saman. After all countries performances, we tried also japanese martial arts together with japanese students. This ceremony were closed with taking picture together.



*UI team at the closing ceremony*





# Cultural Performances before the Closing Ceremony

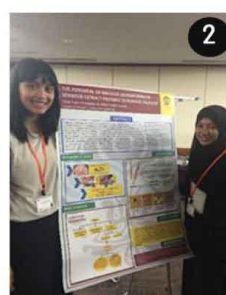


*Some pictures of Cultural Show*



# Research Day

The event was held on October 20th. It was started with a presentation about "Upgraded Science and Art in Prosthodontics" presented by Professor Wakabayashi and a presentation titled "Oral Immune Responses and Regulation" by Professor Miyuki Azuma. After the presentation, we had a lunch break and then continued with the opening of scientific oral presentation competition. There were total of fourteen students from Japan, Vietnam, Thailand and Indonesia presented their research, competing for best scientific oral presentation prize. The judging panel consisted of six Professors/Assoc. Professors from University of Sydney (Australia), Thammasat University (Thailand), and TMDU (Japan). After the oral presentations, we were headed to M&D Tower Building for poster viewing. M&D tower. Each participants had to stand by their posters for one hour long and answer questions given by their poster viewers. At the end of the day, we attended an award announcement party. The first winner for best scientific oral presentation was Hiromi Sakamoto from Tokyo Medical and Dental University while the second prize winner was our friend, Vivian Wijaya from Universitas Indonesia. It was such a big night that we celebrate it together after the party was over.



1. Scientific Oral Presentation Competition
2. Poster Viewing Session
3. Award Announcement Party
4. 1st and 2nd Winner of Best Scientific Oral Presentation
5. UI Team and Hitomi
6. After Party Celebration





# Wax Carving & Wire Bending Competition

All the participants of TMDU Student Exchange Program have to participate in dental contest. It was held in the afternoon, after visiting the dental companies. The dental contest consisted of two competitions, dental wax carving and wire bending. The time given for wax carving was one hour and for wire bending was 30 minutes. We had to carve and bend skillfully, so that we could finish it well.



*Some photos of the competitions*



# Company Visit

## GC DENTAL COMPANY VISIT

In this program, some students got the chance to visit GC dental center. GC is a very famous brand of dental materials and equipment in the world, including my country, Indonesia. GC's office is located near TMDU campus, so we just needed to take a walk for going there. The first activity we did there was the video presentation of GC history, principle, and development. This company has a very good vision to improve the dental health in the world, called vision 2021. After that, we looked at the GC products in the 7th, 8th, and 6th floor. In the 8th floor, we saw many high-technology dental units which can make the dentist easier and minimize the dental practice space, such as massage chair, EOM Regalo SMART, and sovereign. After that, we went to the 7th floor, called Lecture room. We saw many phantoms and equipment to do dentist workshop and seminar. We also went to the 6th floor, where we could find dental materials. There are so many kinds of new dental materials produced by GC, such as restoration, preventive dentistry materials, daily dental care, whitening, and many others. The last activity was visiting the coffee shop of GC called Kamulier. This shop sells so many kinds of daily dental products, foods, beverages, cake, and instant foods for elderly. We were so grateful having the chance to visit this company.



*Some photos of at GC Company*

## YOSHIDA DENTAL COMPANY VISIT

On October 17th we visited Yoshida Dental Company Showroom at Ueno District, Tokyo. We went there by train. Yoshida is a corporation that sells hardware equipment for dentistry clinical practices. During our visit there, the company staff showed us some latest hardware product like CT-Scan, CAD/CAM unit and Panoramic dental imaging. We also saw many kinds of dental chairs manufactured by Yoshida Dental Company, which types varies from the casual one to the luxury one. Next, the staff showed us about the company's dental space sharing systems. This is about smart way to overcome the limitation of space. With this system, we can set up different arrangements of the room in the same space. After that, the staff of the company showed us their human-like-doll. This doll can be used by students for practicing dental treatment. Its eyelid, eyeballs, left arm, head, mouth and tongue can be moved to some directions.



*Some photos of at Yoshida Company*





# *IT Simulation*

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In the last day of this program, we visited the IT Laboratory to do the learning simulation. TMDU has very good IT system for their students to improve the student's knowledge and analysis ability in solving the cases. The IT system contains several cases which has been completed with patients anamnesis record and questionnaire. After that, the students will be given some questions related with the case, then the students should choose the correct answer based on the multiple choice provided. Besides, the students will be told whether their answers are right or not, and the reason of every answer. The results of our practices will be showed in the end of the test.



*Some pictures in TMDU IT Simulation Room*





In this dental training program, we did not solely study about dentistry in Tokyo Medical and Dental University (TMDU), but we also had chance to experience living in Japan. Starting from the first night after we had landed in this country, we stayed in Edoya Hotel. Though it was located in centre of Tokyo, but each room of this hotel was designed like a traditional house in Japan. We were very happy to see the tatami floor and shoji sliding door inside the room. Before going to Japan we could only see these things in cartoon movie, but at the moment we could experience this in the real life. Beside that, the hotel also provided onsen, which was a traditional hot spring bath. Some of Indonesian students experience soaking in onsen and they felt very relaxed afterward.

In our first day visiting TMDU campus, we were taught by Mr. Yonemoto about some Japanese words for simple conversation for introducing ourselves, saying greetings and asking something. Thanks to him, we could communicate in Japanese language with our friends from Japan though just a very simple one. It was very fun. Through the classes we attended in TMDU, we knew that Japanese were very concern about coming on time in every occasion. To be honest, Indonesian people sometimes did not care about this important thing. Since we were joining this dental training program, we had become accustomed to come to the class on time based on the schedule. We will always be trying to keep this good habit in our dailies because it teaches us to be disciplined. In Saturday in the first week of our stay, we went to ochasai, a student festival, held in TMDU campus. In the event, we bought some foods and drinks sold by the students. We also saw a brief orchestra performance presented by TMDU students. Their playings were awesome.

We had tight schedule in the weekdays for many formal events and classes held during this dental training program, but luckily, we still had spare time in the evening of the weekdays and full day free time in the weekend to explore some interesting places in Japan. Most of the time, we were going on foot and by train called JR Line, but we had also ridden monorail in our trip to Odaiba. We went to some famous areas in Japan like Akihabara, Shinjuku, Shibuya, Harajuku, Ginza, Odaiba, Port of Yokohama and some tourism destinations like Asakusa Temple, Meiji Temple, Tokyo Dome, Tokyo Skytree and Tokyo Tower. Moreover, we also ate many Japanese traditional foods and drinks. We had tasted sushi, takoyaki, tempura, teriyaki, okonomiyaki, makunouchi bento, udon, castella, dorayaki and many more. For the drinks, we had drunk matcha and oolong tea. They were very delicious. We miss all of them so much.

There are still million places and culture that can be explored throughout Japan. But we feel very thankful that we could explore so many things in Japan in such a short time. Finally, we can only give utterance of our gratitude to Japanese government for making these happen. For us, it likes a dream that has become reality.



# *Experience in Japan (Photos)*



*In Front of Asakusa Temple Main Gate*



*Wearing Halloween Costumes in Tokyo Tower*



*In Front of Meiji Temple Main Entrance*



*A Photograph in Odaiba City Hall*



*In front of Tokyo Tower*



*At the Port of Yokohama*





# *Experience in Japan (Photos)*



*In Front of Moku-Moku Waku-Waku Yokohama Yo-Yo*



*A Photograph with Women in Harajuku Style*



*Mentaiko Udon*



*Takoyaki*



*A Photograph with NAO Robot*



*A room at Edoya Hotel*



*Sushi*



# Our Thoughts



*M. Hafif Aprilianto Subroto (HAFIF)*

Spent 14 days in Tokyo became once in a lifetime experience. Dental training program in School of Dentistry Tokyo Medical and Dental University has brought new point of view as dental student. In dental school we've been taught how to make our patient smile brighter, more than that, TMDU dental training program gave us a entrance passport to international dental networking. Every professor, teacher, and friend involved teach us many important things needed to be an international minded dentist. From formal manners in scientific society to latest research update. Not only scientific, but also friendships. Dental school never gave us foreign cultures lecture, this program provided cultural exchanges in the scientific atmosphere. We could learn basic expressions in Japanese, Thai, and Viet Nam languages. We also introduced each country characteristics, so we can learn effective communication and ethics in formal situation. Updated dental research, communication manners, and cultural knowledge are three main points dentists should have nowadays to becoming international minded also basic requirements for widening dental networking. Dental training program in TMDU should be extended for many many years later to preparing dental students especially in South East Asia region to encounter AFTA 2015 then Japan and Indonesian dentists can compete in higher level: World.





# Our Thoughts

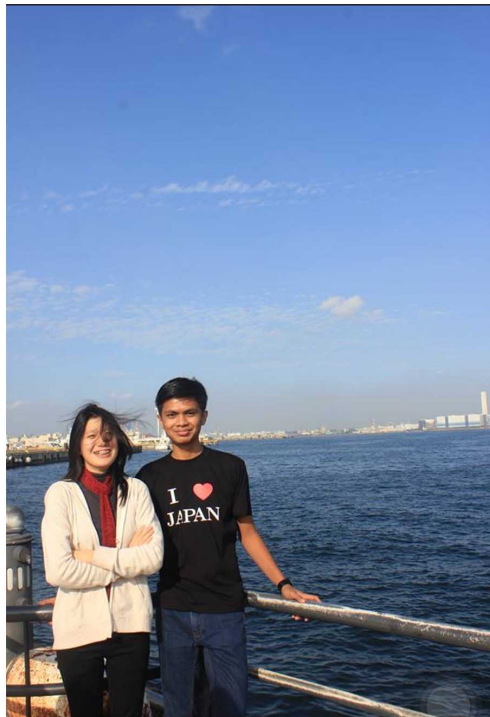


*Anthonius Krishna (KRISHNA)*

This is my first experience having a student exchange program to a country abroad. I feel so lucky that my first experience of this is going to Japan. Everything is really good here. I like both of the academic and non-academic knowledge that I have got here. In academic, I really impressed with Tokyo Medical and Dental University (TMDU) Campus and Hospital. There are so many departments here and each of them has its own specificity in certain subject. TMDU hospital equipment is so modern and I am sure that it will be very beneficial for better dental practices. There are so many things used in TMDU hospital that cannot be found in my university hospital. In nonacademic, I enjoyed Japanese culture so much. I like so many Japanese foods and drinks. For the foods, mentaiko udon, okonomiyaki and takoyaki are my favorites. For the drinks, I love drinking Japanese matcha and oolong tea. Moreover, I really enjoyed my visit to some tourism destinations. It will be a memorable moment in my life. I also admire Japanese people. Their behaviors and manners are really nice. Overall, I just can say that I have just got deeply in love with this country. I am really sure that I will be missing this country so much. At last, I can only say thank you very much to TMDU for giving me the great chance to experience this student exchange program. I have always been motivated to come to this university again in the future. Mata aimashou!



# Our Thoughts



***Arbi Wijaya (ARBI)***

Inter-University Exchange Program towards Medical and Dental Networking in Southeast Asia 2014 was obviously great program. Through this program, I and friends got many new experiences that we never get or even expect before. At TMDU, the university who did this program, we got many new experiences, knowledge, skills, and even inspirations through some events. The best benefit that we've got from this moment is it allowed us to have new friends from many countries. This kind of program gained networking of dental student in Asia, especially in the part of Southeast Asia, very related with its purpose. Two weeks in Japan, we're just not stuck on campus activity. We have many free time especially after school and weekend. We used our free time to go around Tokyo and enjoy Japan cultural experience. I, friends, and Sensei had visited many places in Japan during this two weeks. We're all very excited. On the other hand, we also tasted many Japanese Cuisines which some are delicious. Not only that, we also always pay attention to Japanese. Especially about their characteristic. We were impressed with Japanese who is very discipline, orderly, and humble. We also impressed with the development of technology of Japan. In the end, I would like to say thanks to Japan Government who had gave us this great opportunity. I hope this program will be long lasting and will exist 5 years, 10 years, or even more than 100 years later. Arigatou Japan!





# Our Thoughts



*Kurniasari Nur Rahman (Nia)*

My friends and I stayed in Japan for two weeks. There were a lot of activities we did. Our main activity was dental training in Tokyo Medical and Dental University. At first day, we had opening ceremony and hospital tour. And the day after that, we visited many hospital departments. Here they are, the departments I've visited: Advanced Biomaterial Department, Sport Medicine/Dentistry Department, Implantology Department, Gerodontology Department, Periodontology Department, Psychosomatic Dentistry Department, Maxillofacial Surgery Departments, Pediatric Dentistry Department, and Maxillofacial Orthognatic Department. My favorite department is Psycosomatic dentistry department because basically, I am interested in psychiatry. Besides that, we also visited some dental company in Japan. There are Yoshida Company and GC Company. I have an opportunity to visit Yoshida. Not only visiting departments and dental company, we had research day and some competitions like wire bending and wax carving competition too. Lucky us, Indonesia won 2nd place of wire bending and oral presentation. I had a lot of great experiences during my 2-week-stay in Tokyo. After class, my friends and I had a time to explore Tokyo. We visited many places like Asakusa temple, Tokyo tower, Tokyo skytree, Odaiba, etc. We also enjoyed Japanese culture and culinary. Tokyo gave me so many things to remember. I hope one day I can come back and have an opportunity continue my study here.



# Our Thoughts



*Vivian Wijaya (Vivian)*

Living in Tokyo, going to dental university in Japan, observing surgical operation and other dental works, doing advance research under expert's supervision, visiting dental companies, try unique local foods, get new friends from other countries, these are only several experiences that you'll get on this exchange program. It was fantastic! The program was managed very well and the host were very helpful. Completing this exchange program allowed me to learn more about different cultures and also opened up my mind in dentistry field. This two weeks experience had helped me in deciding who I want to be and what I want to achieve in the future. Every cases that have been discussed, every latest technologies that were introduced, every clinical skills that were taught and every single experiment that were done in two weeks were just simply enrich my knowledge and motivated me to learn more and more. Among all departments that I have visited, I think tissue regeneration department was the most interesting department since it taught us about how to transfer DNA to cells by doing research. If I need to say which one was the best experience I had, I think I should go with winning the second prize of best scientific research oral presentation. There are no words that can be used to describe the time I had there. Thank you so much for this opportunity, it was an experience that will stay with me for life! See you again TMDU & Tokyo!





# Our Thoughts

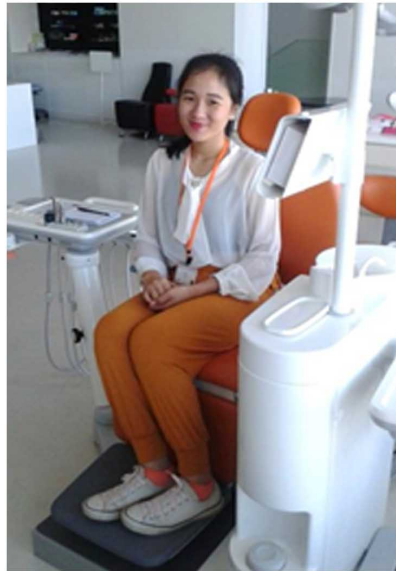


## *Ninis Yekti Wulandari (Ninis)*

This program is probably the best exchange program I've ever joined in my entire time as a student. During our exchange in TMDU, the students had the chance to do dental lab visit. My most favorite was Anesthesiology with Prof. Furukawa. Not only because he allowed us to go into the operating room for observation, but also because the cases were also quite severe and what make it more interesting was the variety of it. I got to see 4 different operations and even got a chance to try applying a BIS. Other activities such as wire bending and wax carving competition was also a good way to make the student prone to build a healthy competitive attitude moreover to make the program even more interesting. During our stay, the students were obligatory to write a report every day. At first, it was quiet hard but we did realize that by writing a report can be considered as a way to respect what we have learnt today even though sometimes it is hard to write it neatly alongside all the activities we do. But aside of that, everyday right after classes my friends and I were able to visit several notable places such as Tokyo tower, Skytree, Tokyo Dome, Asakusa Temple and many more. Those places were really beautiful and totally reflect Japan in so many ways. Japan's authentic culinary was also what we couldn't miss. We ate variety of foods and I must say that salmon sashimi was my most favorite. Despite of its price, the quality is very-well-maintained. There are a lot of things we learned from this Dental Training Program and we were also be able to create a wonderful bond between Indonesia, Japan, Thailand, and Vietnam. The program helped me to understand cultural differences, to know more about Japan's wonderful culture, more about dentistry in Japan, and also gave me the best autumn ever.



# Our Thoughts



*Melia (Melia)*

Two weeks in Japan surely the best days of my life! No doubt I'm telling you this because it's a very rare chance I luckily got from the university by free. There are three things that I adored the most: friends, knowledge, and experiences. It was my first time being in a multinational dental student occasions. I had never joined some students meeting like APDSA. So, having Japanese, Vietnamese, and Thai friends with same future professions is very exciting. I missed them already just now. Spending two weeks studying in TMDU was also very enjoyable. The campus never stopped amazed me with their facilities, technologies, and systems that were different with UI. My favorite department was General Dentistry because it was very fun, like when trying the simulator! Besides campus, I also visited GC Company with half of the group and it was very interesting since GC is quite famous among Indonesian dentists. Many places in Tokyo we visited together (my favorite was riding the roller coaster at Tokyo Dome) and also, our tongues were delighted also with much delicious authentic Japanese food. We even tried making our own okonomiyaki. There, I also tried onsen (public bath) at the hotel for the first time :D At the end, all the hard works we did before flied there -wax carving and wire bending training, dance practicing, doing this and that- were worth in the end. Thank you TMDU and Japan for the opportunity. I'm sure I'll be back ☺





*Afida Luthfi Yuvana (Yuvi)*

In this program, I got a lot of experiences and knowledge, not only about dentistry, but also about Japanese culture, foods, tourism destinations, and many others. I am really impressed with TMDU campus which has large hospitals and buildings. There are several departments I've visited, such as Psychosomatic Dentistry, Molecular Immunology, Oro-facial Pain Management, Pediatric Dentistry, and several others. All of the departments in TMDU have their specific treatment approach and technology. I also followed IT Simulation which is very good in making students understand further about dentistry cases. In the last day of the program, we had an International Symposium, Cultural Performance, and Closing Party. This event was very impressive for me, because I could see cultures from many countries. I could also gather with other students from different countries to take photos together, share souvenirs each other, and share about everything.

Besides, I also enjoyed Japan outside the campus. I tasted many kinds of Japanese foods: takoyaki, sushi, okonomiyaki, udon, etc. I went to several wonderful places, such as Tokyo Tower, Tokyo Skytree, Asakusa, Harajuku, Shibuya, Tokyo Dome, etc. I also bought many Japanese souvenirs and snacks for my friends and family in Indonesia. I also learned many things about Japanese manner, behavior, and language.

This program is very good and has many benefits. By joining this program, every participant can have better knowledge to improve the oral health in their country in the future. I was so grateful becoming one of my country's delegation in this program.



*Arigatou Gozaimas!*

*From us :)*

