



Chapter One

Once Upon A Dawn.

ONCEUPON

We believed that learning through experiences is the most effective way. We not only gain some knowledge from studying, but experiencing the new things ourselves would also develop us the new attitudes, inspirations and skills.

The three basic advantages of being an exchange student are new experiences, new friends, and new attitudes, Therefore, attending the exchange program may suit with our expectation and intention. Fortunately, our Chulalongkorn University has long been a good partnership with Tokyo Medical and Dental University, thus, forming the TMDU dental training program. Collaboration of two universities gives the students a great opportunity to learn. We would like to say that we really appreciate this opportunity from TMDU. We also would like to thank JASSO and Sakura Science for supporting us with the scholarships.

Once we have a chance, why not taking it?

We do believe that everyone has the potential to do anything he/she wishes. This is the reason why we decided to apply for this TMDU dental training program.

Once we try our best, we achieve success.

We used our intention to motivate ourselves and tried our best to achieve the goal. This is the most important thing to remember whenever we want to succeed in something. Each of us has our own ability. Some of us got a good hand skill that effortlessly makes wire bending or wax carving such an easy work. Some of us are good at conducting research. Some of us excel in English. Therefore, everyone has his/her own responsibility. We all promised to ourselves that once we got the chance to be in this program, we would do our best on ones' duties. However; we all shared one similar point which is the determination to participate in this program. Hence, we all had passed many tests and interview to become the "chosen ones" and we are totally proud of this. That is where our journey to Japan, the land of the rising sun, started.

As soon as the plane took off from Thailand, we all knew that our big responsibilities had begun. We were not going to Japan as only ourselves, but we had a far great mission beyond that because we are representing Chulalongkorn University and Thai people. By realizing this makes us feel even more excited. Who would have known that only two-week time can give us 'a lot' more than what we had expected?



PHAN BHONGSATIERN (PEAL



Crossing The Bridge Of Language

"...Be Brave and Bound for the Beyond..."

Language is a sign that humans invented to understand each other. Each area has their own language so there are numerouslanguages in the world. In this TMDU dental training program , the students came from four countries that use four different languages therefore to understand each other we have to use the second language which is English , the only bridge that connects the international students together. Although we have learned English since childhood, we barely use English in class or in our daily life.

We thought that students from other countries would not feel much different as they do not use English on regular basis as well so it was a good opportunity that we have to use English to talk with other students for up to two weeks. In my opinion the important thing which encourage you to speak English is not to be afraid if you make a mistake. If you can



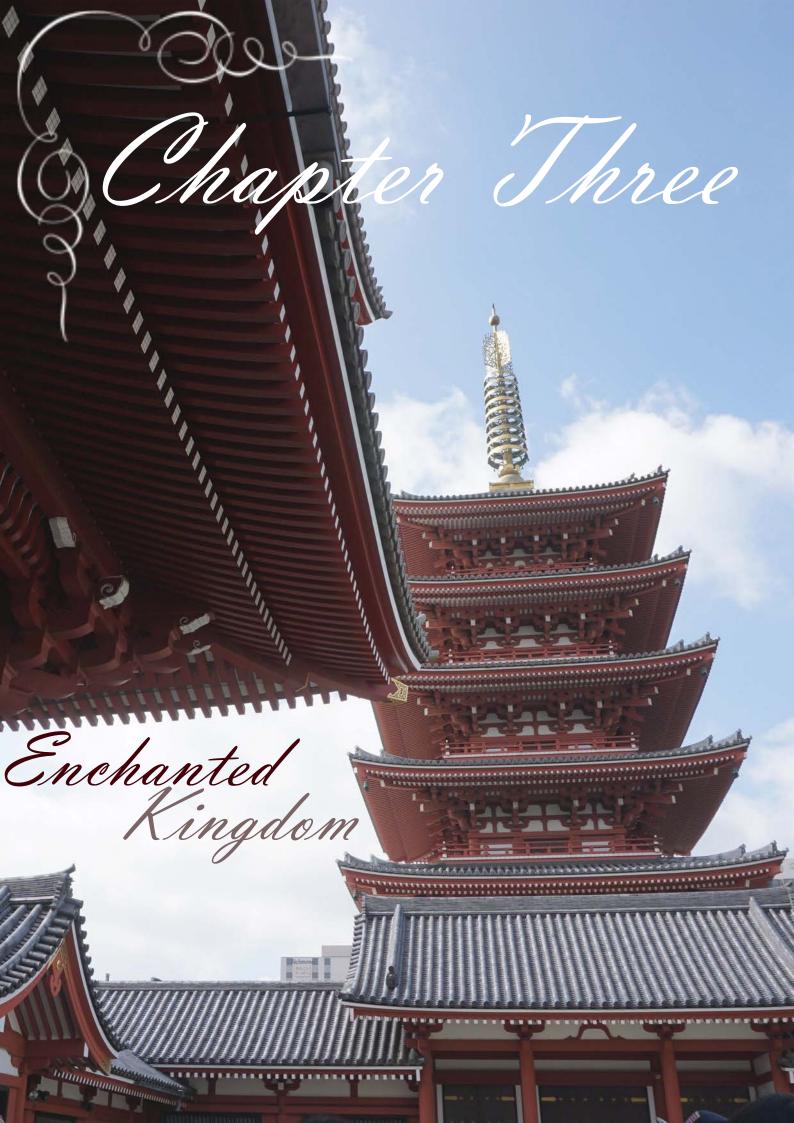
overcome the fear of using English then your English will be substantially improved. We used English as a mean to communicate in our daily activities, be it discussion on academic topic or normal chat among friends which we started with a simple topic such as weather, food, places etc. We also had a chance to practice our writing skill. We wrote many essays and reports in English during this trip. After two weeks passed, we felt more confident and were able to use English more fluently. We have improved

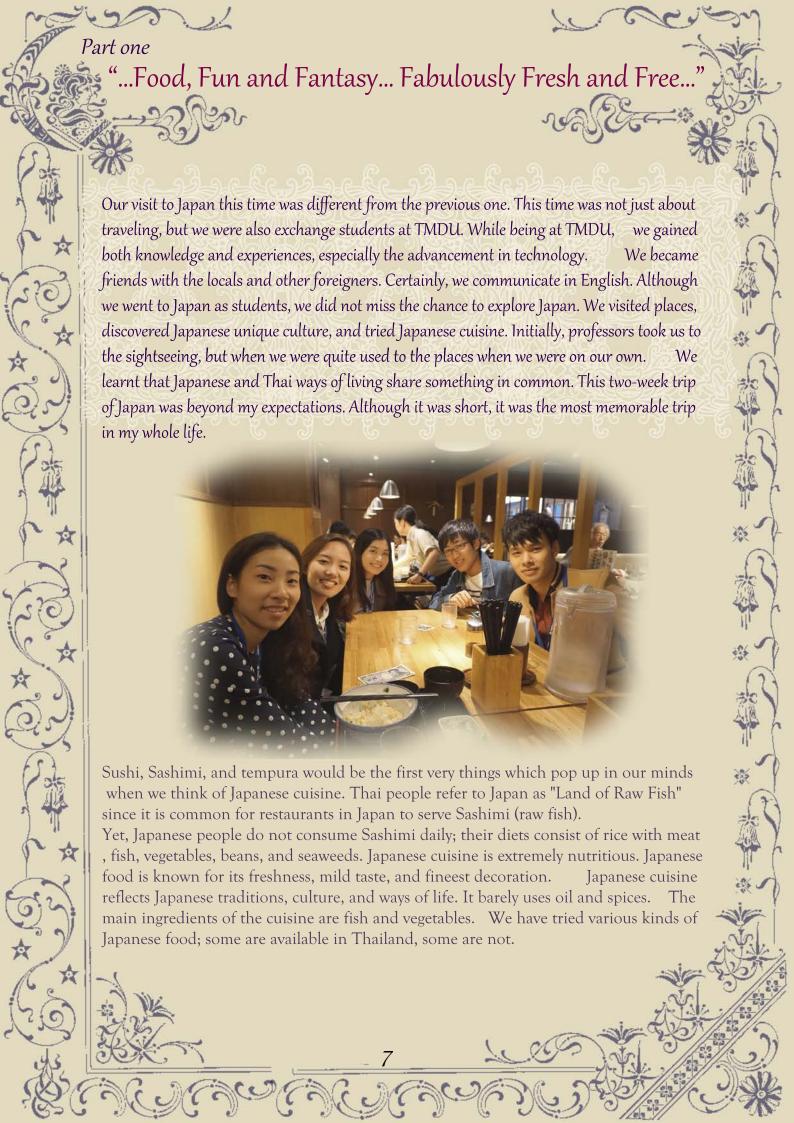
our language skills more than we ever thought from the experience we gained.

Furthermore, we met other people from other three countries and everyone has their own native language. We had a lot of fun teaching our friends Thai words and in the other hand we learned many words in Japanese, Vietnamese and Indonesian. It was a fantastic experience to share and exchange our languages and cultures among our exchange student groups



Written by Kornkamol Lunjanasatienchai (Ploy)







Sushi and Sashimi

Testy and well decorated Sashimi and Sushi are mandatory when visiting Japan. They are not only favorite meals of Japanese but also a preferred food for Thais. Sushi requires high quality of ingredients in preparation. The rice that will be used in preparing sushi would be baked and mixed with vinegar for sourness. And for the toppings (fish, meat, eggs,

etc) should be fresh and high in quality. We once tried sushi and sashimi at Tsukiji market and the quality made us astonished! The fishes were so fresh and chefs really cared about our opinion. It was so impressive.

Ramen

Tempura

Ramen looks similar to Thai egg noodle but it's more round in shape. We tried ramen so often here because there are so many ramen restaurants and when the wether got cold, it's better to eat something hot. There are so many ramen shops in Thailand too but the taste is a bit different from what we tried in Japan. The boiled egg usually come with ramen and to me, it's the best to eat boiled egg with rich-flavor soup.

We tried it once at the restaurant next to the Jimbocho station. It was chewy and thick which lead to warmness when eating. I tried Udon curry and that was so good. The taste of Udon went well with the curry sauce. If I have a chance to eat it again, I would gladly accept it!

Japanese tempura is known for the light, but crispy flour, and its frying technique that's not too greasy. It was our first menu when we got here in Japan! After checked in at the hotel, it was already late at night. There were not many restaurants open at

that time and then,we found 'Tenya restaurant'. We also have Tenya restaurants in Thailand too so,we wanted to try and see the taste is different or not. There were two types of tempura in the menu. Ebi type and Vegetable type. The style of frying Tempura make the food taste so good and different with what I've tried before. I do like this style and the quality was so

Okonomiyaki

Okonomiyaki's best known as "Japanese pizza". I heard that in Japan there are restaurants that let us cook the Okonomiyaki by ourselves. I was so interested in it so, I asked my Japanese friend to recommend us some restaurant. Finally we had Okonomiyaki as our dinner! That restaurants didn't sell only Okonomiyaki so, we tried Yakisoba too. Though I tried it a lots in Thailand, the taste is so different from what we had in Japan. The ingredients were really great and so tasty. Though the chef made Okonomiyaki for us and served on the pan table, we still enjoyed that meal.

PLACES

Food is definitely the thing engraved on our mind, so are places in Tokyo.

Asakusa

There is no doubt that Asakusa Temple which is usually called Sensouji(浅草寺), is the most famous temple in Japan. Tourists usually take photographs with a big red lamp which is called 雷門 (Kaminari Mon) or "Thunder Gate". In the temple, there is a big censer which is believed that smoke from it will bring you a good fortune. Like other Japanese temples, there is a water well for people to clean their feet before entering to Guan Yin shrine. Moreover; tourists can buy amulets—luck pieces—in accordance to what is foretold from the Fortune stick (Siem Si).

Tokyo Station

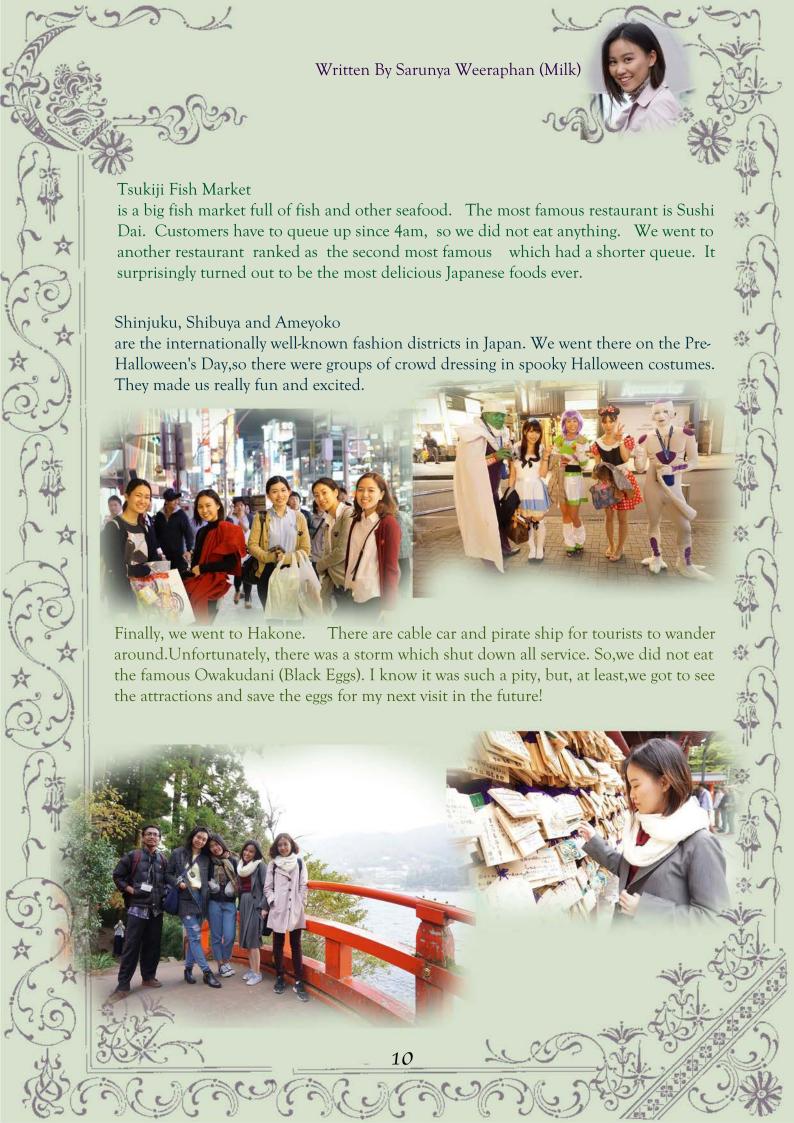
is a business district teeming with gift shops and bakeries. Tourists usually come here to buy gifts and souvenirs, such as animal print cloth which is usually be bought for gift wrapping. My favorite shop is "Studio ghibli" which sells Studio ghibli products. Indeed, I really like Studio ghibli's movies such as Totoro.

Impeiral palace

It is the primary residence of the Emperor of Japan. Tourists are allowed to enter only the outer area. There is a beautiful flower garden with cool fresh autumn air and the colorful foliage. My impression is in Nijumashi bridge which is a really beautiful bridge located outside of the palace. Tourists usually take photographs there.

Yokohama

is the largest port city in Japan, divided into many zones. We were supposed to spend all day for city tour, but, unfortunately,we arrived there in the afternoon. Therefore, we went to some zones. Cosmo World Amusement Park: the landmark is the gigantic ferris wheel decorated with big clocks and beautiful lights. Red Brick Warehouse: In the past, it was a Yokohama Customhouse; however, in the present, it is an interesting tourist attraction. Two red brick buildings have now become shops and restaurants. Because of its relaxing atmosphere and its location in the vicinity, it is highly regarded as one of the best recreational area.



Cross Cultures & Chracters

... People in town are dancing, Places to go are waiting...

What do you wonder when we talk about Japan? Do you think of splendid sceneries like castles or shrines? or some sort of foods like Sushi, Tonkatsu, Udon? In my opinion, to answer that question is not hard at all. Everyone knows something about Japanese more or less because Japanese culture is well preserved and adapted to modern centuries. The Culture is also famous among other countries, that's why, getting to discover the real Japanese culture in Japan is such a great opportunity for me.

Two weeks in Japan, I intended to gather everything I could learn as much as possible. After classes, we found some place to go and spent free time on Saturday and Sunday for harvesting experiences. I visited many places I had seen and read on the internet, standing right in those places like dreams came true. Asakusa, Sensoji temple,

for instance, is one of the most well-known places in Japan for Thai people. The Giant red lantern in front of the gate is the hotspot to take a picture with, that is the only thing I used to know before I got here. I had a chance to see 'Kinryu No Mai parade' or 'Golden Dragon Dance Parade' when I went to Senso-ji temple. I saw Japanese adult and children wore traditional clothes and dance in the parade with the golden dragon which is controlled by

men. Some women dressed up in Kimono sitting on the palanquin held by men and played traditional music along the dance of dragon. When I saw this parade, I realized how lucky I was to saw this exquisite scenery by chance and would never forget about it. These are just the good samples of Japanese Traditional Festival remained in this era. I think this is the strong point of Japan.



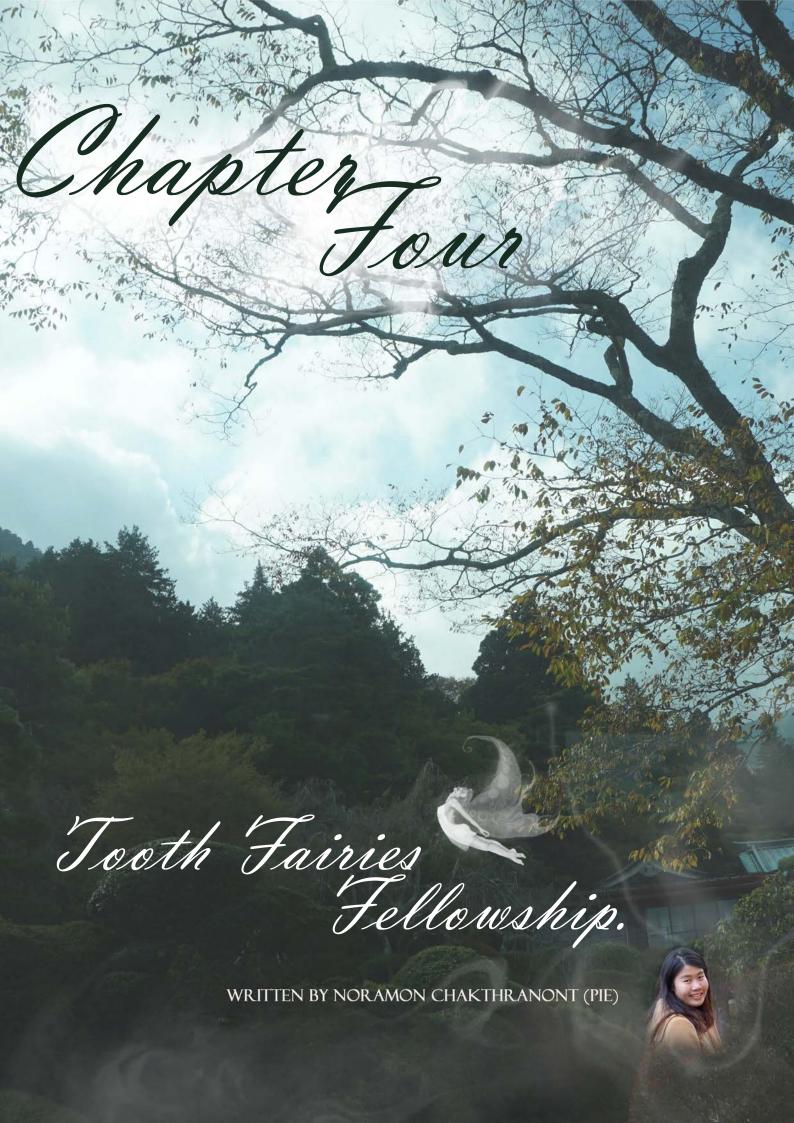


They have preserved their culture punctiliously. Even in Tokyo, one of the most civilized cities in the world, There are some places where the old-traditional building especially the shrines are remained. Some restaurants decorated with mat and bamboo. We sat on the floor and the waitress dressed up in Japanese-style dress called kimono. I had a chance to have dinner with my Japanese friends at Tonkatsu restaurant once. He taught us the traditional way that Japanese people usually do, saying 'Itadakimatsu' before meal, and after the dining we put the chopsticks back into the paper and fold one corner of the paper down expressing 'We finish this meal'. My Japanese friend age is only 20 years old but he still knows the old tradition of dining etiquette taught by his family, it means Japanese culture could pass through generations due to heedfulness of Japanese people, to preserve and teach their children to follow what ancestors do.



This showed us that Japanese people are well-bred. From the first Hearned some of Japanese language in daily life. day in TMDU, "Sumimasen"means"I'm sorry"and "Thank you" when someone does something for you. The professor said that Japanese people use this phrase a lot, and after spent time there just for a while, I also learned that to be on time is the serious I found it's true. Though I arrived on time, I found that everyone manner in Japan. came before appointed time at least 5 minutes. I think it's a good because it shows how much you pay an attention to the appointment, it's a challenge for me anyway. I need to prepare and spare the time. The good habit still went on even now that I'm back to Thailand. As I mentioned before, I found that the Japanese care about every single detail all around, this has made Japan the most charming country of all time. As you may know, this program include students from Vietnam and Indonesia too. We learned and traveled together for 2 weeks, thus a lot of friends from so many countries were made in a short period of time, Thanks to this program I knew more about their countries via their cultures and their languages.

fluently. My first foreign friend also come from Indonesia, we have things in common, I learned that they loved watching Korean drama just like me! Though I was not that good at listening and speaking English, since I've not often used English in daily life in Thailand, staying with Indonesian students gave me a courage to try speaking up more naturally and express my thought better. On the research day and cultural festival day, I learned that they are really good at presentation. Because language is not their barrier at all and they're good at conveying their messages and emotions, that's why staying with them within just a few hours could make us talked much like we hadbeen knowing each other for a long time and I really like that part of Indonesian students. Vietnamese students are so hardworking. I often saw they did their report right after the classes finished. They also paid attention to professors very well, that was so admirable. Apart from studying, I also found that they are easy to talk to. In Vietnam, English language is not often used just like in Thailand so, language might be the problem. Anyway, getting to know each other made language barrier collapsed. I also made nice friends from Vietnam and they are so nice! I hope I could be more diligent like Vietnamese students and more sociable just like Indonesian friends. I consider it as the strongest point I learned from them.



TOOTH FAIRIES FELLOWSHIP

Prior to joining the TMDU Dental Training Program 2015, though our expectation on the trip mainly focused on learning Japanese Dental Care, a little part of it was excitement to meet new people. I, myself, like it when we get to meet people from different places because we can never expect what they have been through and what they have different from us. The opportunity is not often found, but to meet people from different places with the same dream to be 'tooth fairy' is even rarer. This Program has made that opportunity happen to us.



Throughout the two-week stay with the visiting dental students from Indonesia, Vietnam, another group from Thailand, and the hosting students from Japan, we had seen a lot of differences. Starting with our own group, Thai students were usually easy going and a little bit shy. We did our best on the job, but we tended to stay silent or gave out the opportunities to others. This was a big difference from Vietnamese. I saw that our Vietnamese friends were confident and hard - working. They were always the first to ask questions , to volunteer for every time asked, and to prioritize work on the top of their list. Like ours, English is not their first language but they did not have any shyness in expressing their opinion at all. That was what really impressed us. For the Indonesian, their style was more similar to us. They were friendly and talkative, possibly, because of their familiarity in English, but they still expressed their maturity in working. I really admired the Indonesian for their efficient work, especially Fenny who won the research presentation competition. For our hosting Japanese friends, we really thank them a lot for their kindness

at heart. They took a really good care of us and always were considerate in all of their actions. We knew that English is a big obstacle for most of the Japanese students, but their best effort to help us was shown throughout all these two weeks. Moreover; to these three groups of fellowship, our new friends here also included another group of Thai students from Srinakarin Wirote Univeristy (SWU). Even though both of us are from Thailand, we have some differences. We have the same easy going and friendly characteristics, but we could see their outstanding unity and generosity that they shared to everyone.

In addition to the individual personality of each of the countries that we learned, we also exchanged experiences and knowledge of the same topic. One of the things we found really interesting was how the dental curriculums of each universities are. In Thailand, with a little differences between two universities, still, we can say that undergraduate students have quite a lot of opportunities to work on real patients. We have three clinical years out of the six-year-course to treat patients under the teachers' careful supervision, while in Indonesia and Japan; undergraduates have only one final year for clinical practices. Indonesian tends to study harder, for the same grade students; done most of the classes and they have research. The Japanese, lack of patients and oversupplying of dentists, they need to work more on laboratory practices and simulative learning. Vietnamese, in contrary, still do not have enough dentists in the country. We could see that the background of each countries shape up the mindset and characteristics of each countries' dentists.

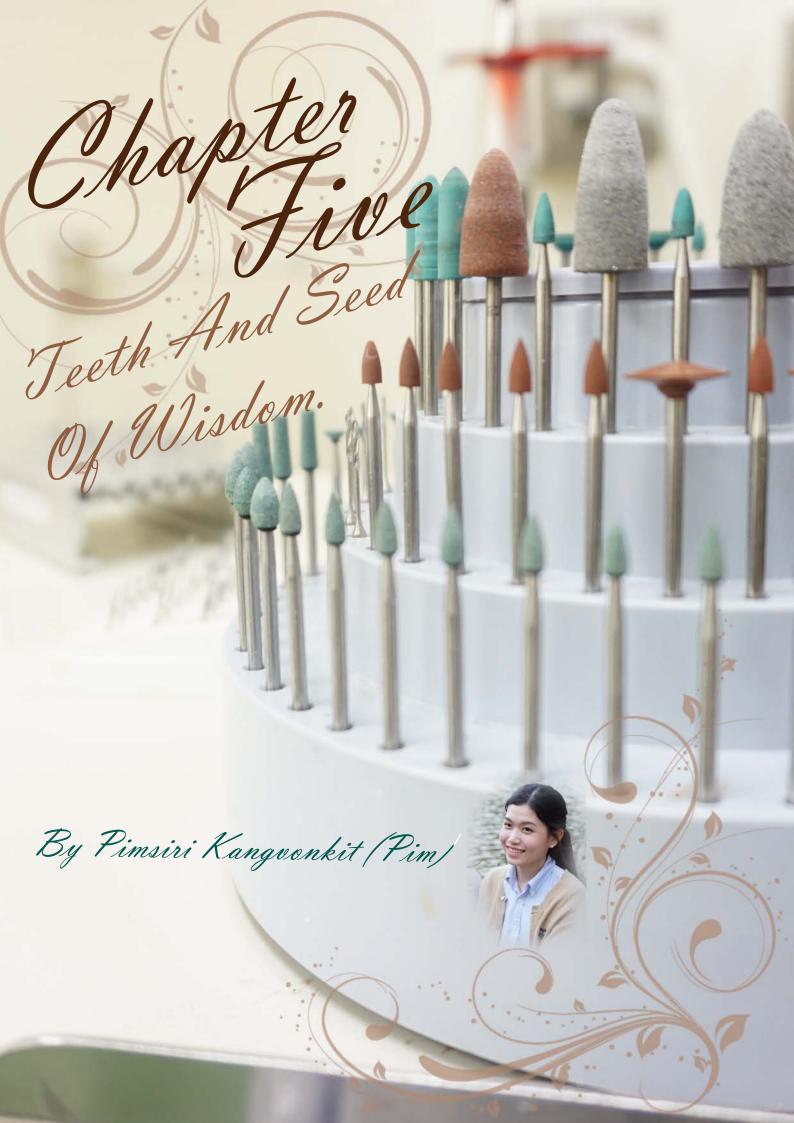


Other than aforementioned, we have one moment that was impressed in our memory, the cultural day. The day that we were able to express our country culture and tradition through a short presentation and show. Seeing our friends in their national clothes and dancing on their traditional song was very excited. The Indonesian show was wonderful. Their song was so pretty I could not hear anything else and their dancing was fierce and strong. The four kinds of dresses that represented each region of the country told us that the diversity of people forms up the Indonesian. For the Vietnamese, we had to say that their show was a surprise. We did not expect them to do the modern dancing combining to their traditional dress. However; their dance was so elegant and pretty. For our country, we chose to do the Thai traditional dance with the contemporary song. Even though Thailand is not divided into parts, we also have various national dresses that came from different periods which we were proud to present to other countries. It was a pity that there was no cultural show from Japanese student. It would be pretty nice to see our Japanese friends in their Kimono and Yukata.

On the other hands, I have to say that from the day of arrival, since the first talk to new friends, my nervousness was completely gone. I am certain that all the visiting students who joined this program were aware of being representatives of their universities and their countries. However; I did notsense any tension between countries at all Apart from the different characteristics each one shows, we all had one thing in common, our dream to be a 'tooth fairy'. The two - week period was a very precious time that not only experiences were exchanged, but the friendships were also bonded. The time had gone fast, but the memory would last long. Though the knowledge gained in TMDU is priceless, what equally precious was the new alliances which were formed among the participating countries. We hope that the connections we built from this opportunity will grow up strongly would definitely become beneficial to ourselves and others.



"...Greatest components in camp are good companions..."





...It grows gradually, deepening its root rightfully...

After visiting several departments of the Faculty of Dentistry of Tokyo Medical and Dental University, we have gained valuable knowledge and insight regarding the dental system in Japan. Some are similar to our country, Thailand, some are different. For example, 80 Japanese dentists are responsible for taking care of 100,000 population, whereas the same amount of Thai population in Thailand, are cared for by only 19 dentists. Moreover, Japan also has a mascot for the Dental Association called YobouSan,a molar tooth wearing monk costume and holding toothbrush, whose mission is to prevent an oral disease. In Thailand, there is no such mascot. Furthermore, there is also an occupation titled dental technician, in addition to a dentist and, a dental hygienist, which represents another major dental workforce in Japan. Their works include assisting dentists, educating the public regarding oral health, and giving preventive treatment such as topical fluoride application and prophylaxis. All of these dental staffs are required to possess a certified qualification. Meanwhile, dental hygienist's works are replaced by dental nurse in Thailand and dentist is the only field that requires a certified qualification.



Furthermore, the National Health Insurance in Japan covers both medical and dental treatments for all residences, including both public and private hospitals. Dental treatments covered in this insurance are filling, root canal treatment, crown and bridge prostheses, dentures, and extraction. However, preventive treatment taken part in the public health service is excluded. Patients have to pay only 10-30% of the total treatment costs and the government fund covers the remaining amount. Starting in the 2000s,



Thailand has also adopted a public health policy similar to that of Japan called the Universal Health Care Coverage. Both medical and dental treatments are included in this insurance. The treatment cost is only 30 Baht or around 100 Yen. Extraction, filling, scaling , dentures, pulp treatment in primary teeth, dental obturator and also preventive treatment are dental treatments covered in the insurance. However, only public hospitals are included.

In addition, several preventive cares, insurance, and treatments that are rather effective in Japan has resulted in a continuously improving results. Namely, when the National Health Survey is performed in both Japan and Thailand. The DMFT Index of 12-year-old Japanese tends to decrease by years whereas the figure was quite constant for Thailand. This implies that there are rooms for improvements for Thailand and that the country can benefit from the lessons learned and key success factors of the system implemented in Japan. importantly, as Thailand is continuously approaching Japan in terms of aging society, treat ment care of the elderly is one of the most critical principles that the government should concern. In this regard, the 8020 campaign is raised in Japan to encourage the elderly to keep at least 20 healthy teeth until the age of 80.Likewise, there is a healthy eighty campaign in Thailand aiming to promote general health and oral health in elderly. Remaining more than 20 teeth is one of this campaign's goals. In sum, although there are differences in terms of occupational structure, as well as the national insurance scheme and prevention mechanism, the principle goal of all dental health care is to provide healthy oral condition contributing to the better quality of life.







"...Making magic needs Merlin,
Medical mission needs Masters..."

Dental school of Tokyo Medical and Dental University consists of several departments and clinics. Each department has their own style and different character, but all of the professors from every department have the same thing in common which is their excellency in knowledge.

I have heard that many dental innovations, such as electronic apex locators were invented in this university by a professor from Endodontic department. Also, as a researcher, I have read a lot of legendary research which was conducted by TMDU professors. In the afternoon, we were scheduled for laboratory or clinic visit almost every day. Due to the limited timetable, we were assigned to visit different departments and clinics so we could share our experience and knowledge later. Everybody had their own stories. Some of them were about unexpected laboratory methods, new innovations and research, and interesting clinical cases.









We have noticed that every professor has their own advisees. Most of the advisees are post-graduate students in the department who follow their professor closely. They observed the professor's cases and practiced their own clinical performances which were inherited from their model professor. Moreover; all of the advisee students in several departments were international students. They are warmly welcomed by their friends and advisor. Some departments are completely new to us as we do not have that particular field of study in our homeland faculty, such as department of sports medicine, forensic dentistry office, psychosomatic dentistry clinic, dentistry for person with disability. These experiences provided us a totally new outlook of how dental knowledge has advanced this far in such a globalization era.

Meeting numerous specialists in different fields motivated us for our further study. The visit showed us that it is not a problem whether you are international or Japanese students as long as you are determined in studying and research. The dental school of TMDU provided all possible opportunities to help all the students achieve their goal. These laboratory and clinical experiences will also help us make a decision in what field would we be specialized in the future. We have gained more ideas in each field of study and in future trend from clinical practice.

The clinic I have personally found the most interesting is Orofacial pain management clinic. This clinic is in charge of curing pain, abnormal sensation, sensory paralysis and motor paralysis. Management of orofacial pain in this clinic include several unique methods that I have never seen before including the medication called Kampo, a traditional medicine made from herbs, stimulating therapy electroacupuncture, photodynamic therapy (Super Lizer), AC Iontophoresis uses with 4% Lidocain. The quality of the patient life is decrease if he/she suffers from the pain, but this clinic can amazingly cure the patients.

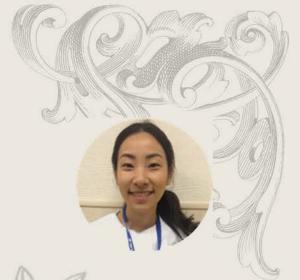


Ploy P. (student, 6th year)

Other adventurers' stories

'Tell us some of your adventure about your favorite clinic'

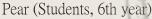
Ploy K. (student, 6th year)
I think Gerodontology clinic is suited the Japanese society, since they are now turning in to super aging society.
The treatment doesn't focus only in the mouth but all of the body including patient's systemic diseases care.





Pim (students, 6th year)

I observed the development of a mice from dying the histology specimen in Molecular craniofacial embryology clinic and it was amazing. Also, I have monitored the growth of chick from partially opened egg and study about genetic engineering which can control the gene expression. Everything was like a magic!



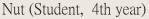
Radiation oncology attracted me the most. The professor explained from the basic principle which made me understand clearly from the beginning and the method they use to treat cancer patients are unique but effective. These specialists really improved the patient's quality of life.





Milk (student, 4th year)

I have experienced the method of taking facial impression from Maxillofacial prosthodontics clinic. We pour all the alginate and plaster on our friend's face. It didn't look comfortable at all but the outcome was impressive. This facial impression will be used to create the prosthesis.



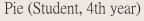
Biochemistry department was a 2-day continuing lab that consumed my majority of time in TMDU, but I'm not complaining since the professor was really sophisticated and the microbiology lab technique practicing was really fun.





Natchy (Student, 4th year)

I went to Implantology clinic with no experienced about any implants before but the professor described all the process of the surgery which made me understand and it's really interesting. I also had a chance to observe the real implant surgery!



Gerodontology is one of the clinics that we don't have in Thailand. This clinic treat every problems of the patient imcluding CD, RPD, CB, oral rehabitation, also taking care of patients with medical compromised and co-operate with the doctors.





Ever Ever After

"... For good, For the better ... "

The last bell rang and the birds sang the last song of the journey. Our adventure came to the very last part, leading us to the time to bid a farewell to TMDU.

Here, Once-in-a-life time experience took place, a simple but superb program which brought over 30 international dental students together. Right here, the intense inspiration was initiated. Academic discovery lasted for 2 weeks with dozens of friends made, hundreds of knowledge points gained, and thousands of moments captured. A 'Happy Ending' scene was set to its timeline but not for our exploration, it all has just began.

Beyond the language barriers, the country's boundary and opportunity barricades, participation in TMDU dental training program has generated the milestone in professional development by broadening our vision & deepening roots of knowledge. Brilliant new things we discovered here are incredibly exclusive and different to what we commonly exposed in our classes. We have seen lots of good similarities, as well as great variation which provides us the gorgeous suggestions for significantly evolutional changes in our dental school. TMDU professors represent as role models for us to become such intellectual researcher and specialized dentist who put the best effort in educational advancement at all time.



Meaningfully, throughout the program and process, we have found the luminous potential hidden within ourselves. A potential to learn lessons, share experiences and prepare to be versatile leaders in dental profession. Notwithstanding we all are college students in training today, a few years forward we'll be fully-developed dentists, who take high responsibilities and possess the abilities to propel medical and dental profession. This firm friendship between students from Japan, Indonesia, Vietnam and Thailand on this page of history, one day will serve as the flawless international relationship. Together, we will hopefully establish a new era of dentistry, uniting our sciences and wisdom along with cultural understanding. Motivated by the same quest we have shared, we are going to civilize and enlighten the World of Dentistry.

Our 'Never Ending' voyage couldn't have reached its destination without the close collaboration between TMDU and Chulalongkorn University, as well as top-class universities from Indonesia and Vietnam. We would like to express our sincere gratitude towards the dean, professors, staff involved and all of volunteer and exchange students who devoted their time and experience to this program implementation. We are also grateful to JASSO and Sakura Science organization for their financial support since our journey took a flight till we get back home safely.

We bring you to the end of our story...

Do not believe we are the real Tooth Fairies,

but if "Happily Ever After" does exist,

We will protect all teeth as your best ... "DENTISTS"

暮らしました



Apisarid chonlapatapiwich (Nut)



