



TMDU

FIRST TIME

Dental Training Program 2016 Report
Chulalongkorn University



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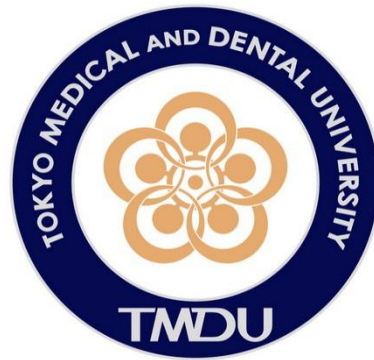
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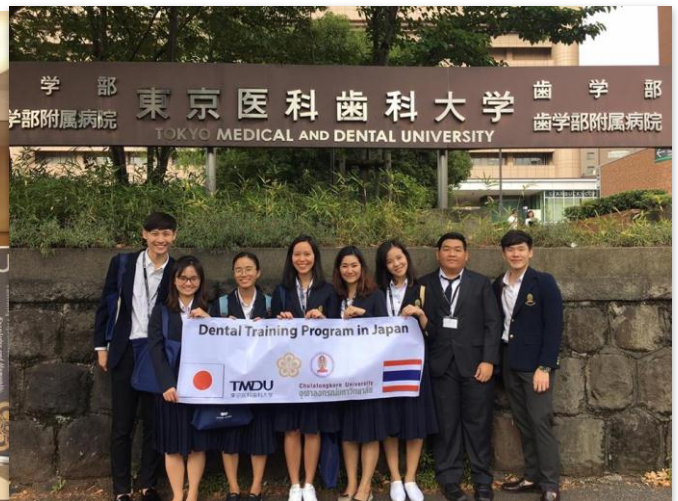
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TMDU FIRST TIME

Ornjira Wiriyapongsukit



As everyone knows Japan is the one of leading countries with the most advance innovation. Visiting Japan, I always gain an extraordinary experience. Normally, I go to Japan to travel; however, this time I was there as the representative from Chulalongkorn University to attend the exchange program.



As an exchange student, I have learnt many things. My friends and I participated in Tokyo Medical and Dental University (TMDU) dental training program which we had an opportunity to get to know new people from many places with in the same career path from Indonesia, Vietnam, Japan, and also Thailand. Moreover, we got a chance to exchange our opinion and share our country culture.



Tokyo Medical and Dental University (TMDU) is the host university with the high-quality education. In the exchange program, everyone had a chance to visit several departments. For me, I visited and participated in activities held at Oral surgery clinic, Orthodontic clinic, Operative dentistry and Endodontic clinic, Diagnostic Oral Pathology laboratory, and Cellular Physiological Chemistry office. All of the program were interesting and gave me lots of knowledge, if I have to choose my favorite part, it was definitely orthodontic clinic which I underwent the clinical trial which was the international survey research. Being various tests such as muscle function test, TMJ test, Occlusion test, bite registration, intraoral photos and X-ray.

At last, It was no doubt true that the abovementioned department was my favorite because I always interested in orthodontic since a very first time. Being there, not only could I learn and see technologies, but I also got inspired to study in this field after graduation.

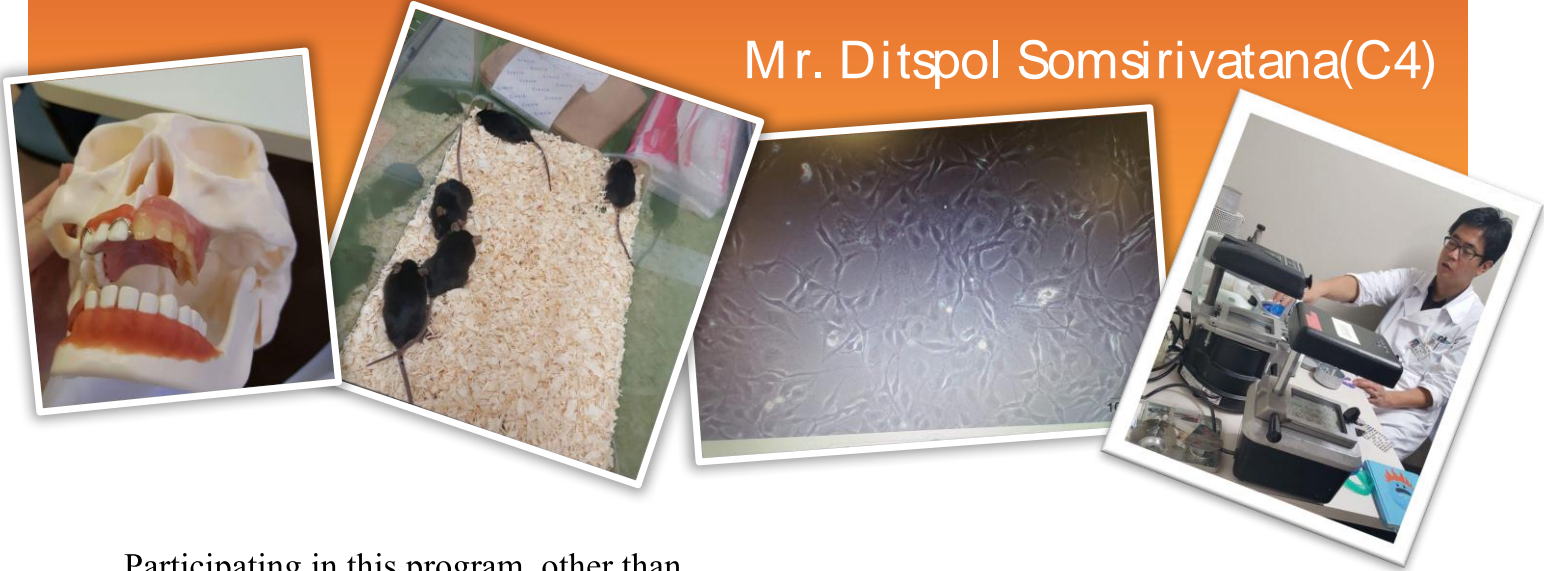


Not only the knowledge and many experiences I gained, friendship is also one of the best thing that happen to us. Along these 2 weeks, it might not be enough to share everything that we want but I believe that our friendship is still counting. Our path may or may not cross in the future but we are sure to continuously support and help each other no matter how far apart we are. I was so thankful to everyone that organize this program and hope this program will be continue so many more people could get valuable experiences like everyone here got.



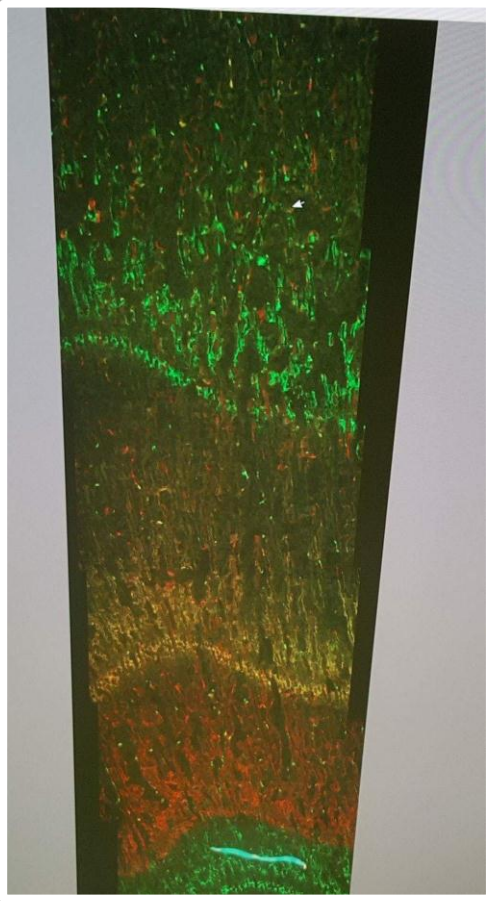
Clinical and Lab Visit

Mr. Ditspol Somsirivatana(C4)



Participating in this program, other than friendship or culture, we also got a lot of new knowledge from each department in TMDU. Each of us were scheduled to visit different division, so we shared our experiences with other and that allowed us to gain a lot of knowledge in a very limited time. First of all, I have to say thank you to all the professors from each department who welcome us with warmth and kindness. Other than knowledge, every professors also showed us their latest and innovative technology that use for research study or treating patient.





Inspiration

Many department also gave us an inspiration and had changed the way we think about them like The department of pharmacology. At first I think that this department is only about the medicine but there are a lot of things that they study about like the bone grafting technology or the biomolecular process.

Alternative Medicine

We had visited the department of pain management which have a lot of traditional and alternative medicine like acupuncture or herbalism to combine the treatment with modern medicine. And it even fascinating me that after acupuncture and heat compressing, my chronic back pain got better instantly.





Impression

After 4 days of visiting each clinic, we have to say that we were very impressed by every department. Every professor always answer our doubt with willingness and kindness. And I think the most important thing from this activity is that all of the students and professors had an opportunity to shared and discussed about their knowledge form each country which were different and unique to make the patient get the best treatment.

Course name

TMDU training program 2016

What did we gain ?



Introduction

On the period of approximately 2 weeks dental students from 4 countries which included Japan , Thailand , Indonesia and Vietnam have participated in the TMDU 2016 training program . Over that period of time to learn and to experience new thing was everyone's goal . But at the end it was 'exchanging' that was the crowning achievement

Content

For the two weeks we have been in many activity begin with small Japanese language learning class . It was a fun and a very good ice breaking period of time . At first all of us were mostly stranger and the one thing in common was that we study dentistry . After that we have lecture classes , university tour to many different departments and GC company visit . At this part of course we've gain more knowledge and wider perspectives in our future career . For me I just enjoyed the tour to many departments it was fun and beneficial . Upon reflection this tour make us knows more about dentistry in TMDU and we get to think about dentistry back in our university too



Then , The Global Retreat held in Chiba . This is where we learned more about our international friends . We have a lot of fun activities such as the cultural show , the game and only at the dinner table enjoying each other company was a good moments enough for me . We get to sleep together with our new friends randomly and this camp really were the

time that we get to know our new friends a lot more .



And lastly , the free time we have . We explored Tokyo it was astonishing . We've traveled around many area and to many places. Japan is just simply amazing . We also get to travel accompanied by our new friends which made it much more memorable and special.

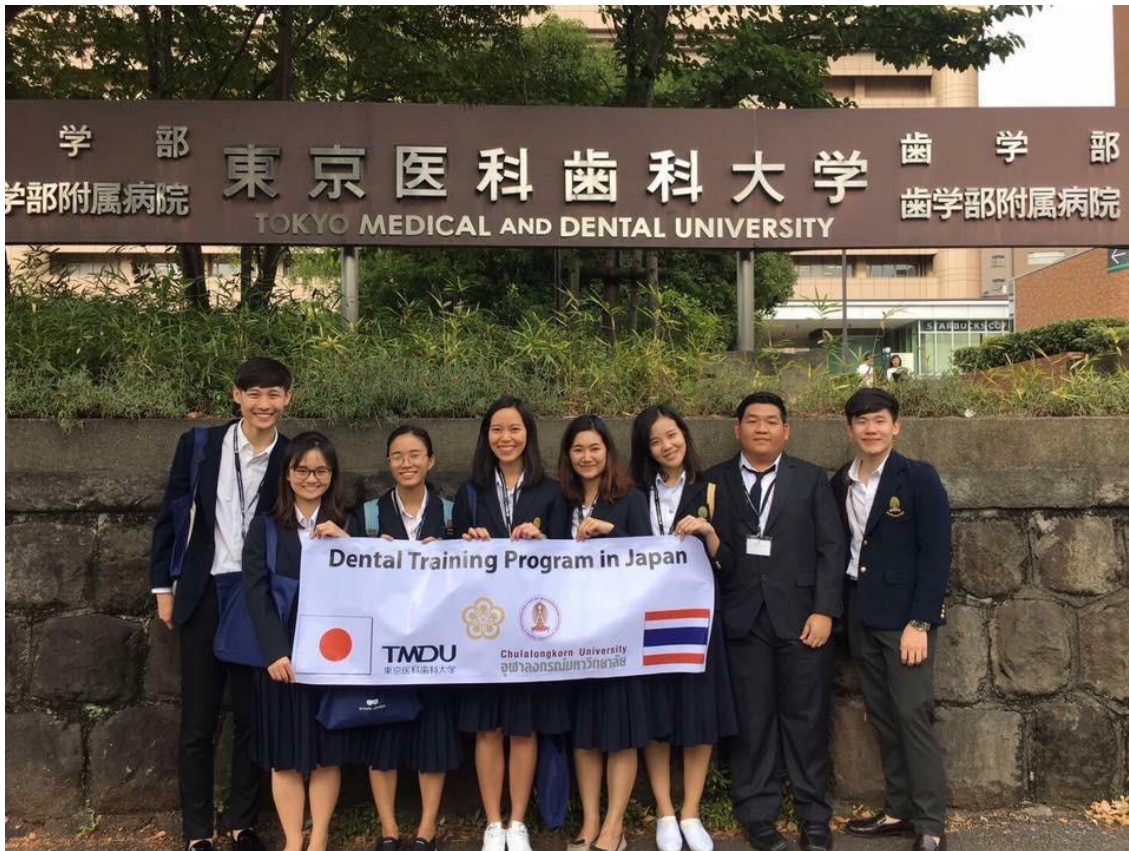


Japanese food , culture and people are just the best . It was such a memorable program that will always be remembered by all the participants . And I hope that in the future this friendship will continues .

Conclusion

Upon the period of 2 weeks we have not only learned knowledge in dental aspects nor just making new international friends . Upon reflection it was the matter of exchanging that is crucial . One thing we forgot is that we think we gained a lot of thing from our friend and in the other way we get to be the representatives for our country and university . We have come out of our comfort zone and do things that is very different from our everyday . Our new friend learned more about us and we learned more about them . At the end of the day we get to learn more about ourselves. It was a kind opportunity for us participants to participate in this program . It was a very memorable time we've had and I believe that it

will make us a better not only as a future dentist but also as a person too . And this is my aspect of what we've gained from the TMDU 2016 training program .



Global Retreat

@ Chiba

-Thanida Yotpibulwong-



Chiba is a beautiful and peaceful town with the natural surroundings. The weather in Chiba in October was rainy. It's drizzling. There's a cool breeze in the air.



We worked as a team in "Team work activity" on the topic of **Ideal dentist**. We shared a lot of ideas and had a discussion for presenting our group work.



Each presentation of countries and universities made us know lots of interesting information and cultural differences of other countries.





We enjoyed the attractive and exciting shows from our friends' country. All shows were wonderful and well-prepared. We showed Thai boxing and dancing that are Thai national identity.

This camp gave all of us a chance to talk and get to know more about each other, friends from several country. We really loved this camp!!!

C U L T U R A L S H O W



Everyday life after 4pm

Suphiwat Chantapattarangure

This was my very first time going to Japan. My visit this time was much more precious moments than thought. Not just went as a traveler like others but right in that time I was an exchange student to Tokyo Medical and Dental University which is one of the most renowned and marvelous dental school. Besides other stories from other exchange students of how we learned from this school, I would like to share my experiences after school like a boy who never believed he could come across to see Japan in his life.

The first day we arrived Japan, at Narita Airport, I was so fuddled by Tokyo subway. We took 5 hours traveling from airport to our hotel at Yushima. However, I was really excited and jubilant to see Tokyo. I took pictures of every street I walked by. Anyway, we didn't take much time struggling in Japan because some of us have been to Tokyo before. If not, I might have got lost in Tokyo Metro forever. Joking.



Taking Narita Express to Tokyo



Asakusa first time

In the evening, we went to Asakusa, one of the most famous Japanese temples. I was so amazed by everything there. Everything was remarkable such as girls wearing kimono, horse carriage, foods, desserts, shops, souvenirs and big temple. We prayed to get great remembrance along two weeks that would never be forgotten forever.

Lots of subways make great convenient journey. I was learned how to get on trains and be familiar to Tokyo metro as fast as possible to go travel as much as I want.

Yet we have passed days and days, we made lots of Japanese, Vietnamese and Japanese friends. We shared a lot experienced in classes and after classes together so I was never be travelled alone in Japan. 30 of us have done great journeys along 15 days together make me so pretty enjoyed life in Japan so much, too much and very much.



A bunch of shop fronts and sign along the street



Struggled in struggling crosswalk



Ueno

After 4 pm in every weekday, we walked back to Edoya Hotel to throw our bags in the room and go out. As I was so new in Japan, I had many places interesting to visit. Ueno is our first choice to go. We planned to go there in the first day and then go to another place in other days. Unexpectedly Ueno has too many interesting shops and buildings that we had to spend a week to walk around.



Gosh! Another Loft is right there!

For sure that girls went out for shopping clothes and cute Japanese stuffs but a boy like me like to buy Japanese stationary. I spent much times wandering in Loft in every places, buying pens, pens and pens. They looked novel and exotic! Not joking.

Tokyo Skytree was the one landmark that travelers couldn't miss, but I missed caused I paid all my moneys at Loft, Muji and pen shops. But we walked pass for sure, spent precious times with friends was great enough in those nights.



Tokyo Skytree in behind us!



Crowding in Harajuku

Like you think, the next one is Harajuku and Shibuya. There are the best attraction of Tokyo so far. Billions of shops are located there. And for sure, girls love shopping but not me. Oh! Wait.. There has 5 buildings which sell only stationary. OMG! That is the biggest Loft in the world. Wow! Daiso is so cheap, Oh! I had never seen these Kitkat before. Okay, I was insolvent.

We flied to see Statue of Liberty in another night. Yep, Odaiba, not Newyork, I was found a peaceful city with a smell of sea breeze after be jammed in Shibuya. I was also surprised by big Gundam, Yurikamome trains that have no driver and trees with red leafs there. Moreover, so many new Pokemons were caught!



Rainbow bridge in Odaiba



Foods in Japan is the things that I have to write about although others have wrote about it. I was so enjoyed eating Japanese foods. Every morning we ate breakfast at Hotel. There has same meal everyday but I loved to eat it every day too.

I love every dishes I have tried there. It's too hard to choose which one is my most favorite. In pictures above is my favorite cookies at Kayaba bakery, salmon don at Ameyoko market, most luscious green tea at Tully's and Melon bread at Asakusa. Japanese foods are inventive, innovative and delicious, and it could be the most delicious meals if you eat with friends.



Great steak near Edoya hotel



Asakusa last time

We also went to many shrine around Tokyo, Ginza, Ikebukuro, Fuji Q, Ueno Park, Tokyo, Tsukiji fish market. Last weekday after 4pm we spent time together is the first place we visited in Japan. We went to say goodbye to Japan, pray to each other and hope we will meet each other again someday.

Oops! Don't forget to write a daily report after that. It's due on 8:00am.



Fuji- Highland

“Screaming, thrilling, Guinness world record breaking roller coasters”

-Thansinee Kunapinun-

On our weekend, we got a chance to get experience from our first time in Fuji-Q Highland.

Fuji-Q Highland was the one of Japan's most popular amusement park, located in the Fuji Five Lake region at

the foot of Mount Fuji. We were excited in this adrenaline-infused rush from a truly frightening ride because there were three



“Fujiyama”

major roller coasters which were the most popular in each categories. First of all, Fujiyama, the world's tallest and fastest roller coaster, was the first roller coaster today for us. We took about one hour and a half to wait in the line for getting in this roller coaster.

After a long waiting time, we started playing and found that it took very fast within a short time. We could feel it!

Second, Takabisha, the steepest roller coaster with dropping at angle of 121 degrees in the world, excited us very much



“Takabisha”

especially when the roller coaster got on the top of the angle of 121 degrees before dropping down to the ground. We saw everything from the top view and then we screamed out but everyone did not hear our voice, it was extremely quiet in

that moment of dropping down. We did not know the reason but we confirmed that everyone wanted to scream loudly but it cannot.



The last one for today, Eejanaika, the most inversions of any roller coasters, was the roller coaster with seats rotating within car. We took long time for waiting about 2 hours. It was frightening and thrilling that we had ever been before.



"Eejanaika"

However, another highlight in Fuji-Q Highland was the nice view of Mount Fuji. The beautiful scenery of Mount Fuji took our breath away so much!



"View of Mount Fuji from Fujiyama"

Finally, we will remember our happy moment in Fuji-Q Highland, the most favorite amusement park in Japan for us.



"When we were waiting in a long line to get to the roller coaster"



UNSEEN JAPAN

Theerachai Kanoknatheesawat

I have been in Japan several times before. But all of them are vacations. I have been in Osaka, Kyoto, Takayama, Kawaguchiko, Shirakawago and surely Tokyo. This time was different, I went to Tokyo for the whole two weeks in Exchange program called TMDU Dental Training Program 2016. As we have all known that Thai people loves Japanese

food. There are Japanese restaurants every corner of all the streets in Bangkok and every cities in Thailand. Japanese foods becomes very common for Thai and so do I. I ate Japanese food as one of the choices in everyday meal and we all ate at least once a week. Nowadays social media becomes more viral and anyone can be reviewer. You don't need to be in

Japan for real, internet helps you to get into it easier. You can search everything online. You don't have to be lost to discover a thing anymore. You just need to search in details and be well-prepared for the information you need. Several times I have been in Japan as a tourist and travelled as a tourist. I followed which was given the best choice and most

popular reviewed. On the other hand, my Japan this time I joined the program that participants came from many countries included native Japanese students. That brought me new ways to be in Japan. I was in many Japanese restaurant that was not in the reviews which my Japanese friend brought me to. That's I gonna talk about here.

GYUUKATSU



Let get started with Gyuukatsu. Gyuukatsu is kinda new for Thai and tourists. This is the first time for me eating Gyuukatsu. Gyuukatsu is deep-fried breaded beef cutlet. It is similar to tonkatsu but the beef slices are served rare and good to eat, but there is a small grill for every diner and you can grill it further to your preferred doneness.



Like tonkatsu, the gyuukatsu set come with a pile of cabbage, barley rice, miso soup, potato salad and pickles. I and my Thai friends really like it not only we never tried it before but also the taste is really really good. I want this to be in Thailand and if no one makes it happened. I promise I will import it myself.



MENTAIKO REFILL

Mentaiko is the salted roe of Alaska pollock.

Everyone knows mentaiko and mentaiko in Thailand is not that cheap but the restaurant that TMDU students brought me to is around Ochanomizu JR station. That restaurant has free mentaiko on all tables and you can refill the mentaiko as much as you want. I ordered grilled pork set which were included the grilled pork dish with vegetable and a bowl of rice and miso soup.

LUKE'S LOBSTER



Moreover, I tried Luke's lobster in New York City, the United States once before but it is new in Tokyo. Luke's lobster locates in Harajuku district, Tokyo. I had to queue up for one hour for ordering and wait more half an hour for serving. I ordered the Lobster's roll which was full of bunch of lobster with seasoning and one of my friend ordered Maine-style which were 3 small pieces of rolls; lobster, crab and shrimp rolls in one box. All of them were unforgettable. I won't forget it anytime I went to Japan and I don't need to fly across the world for Luke's lobster anymore.



Nana's Green tea

the best green tea

Let move to the dessert part. Nana's green tea was one of the most wonderful thing in this trip. There is no Nana's green tea in Bangkok yet and I have never tried that before. Nana's green tea are the cafe around Tokyo station and another branch I tried was located in Ueno. First one I ordered is Nana's green tea frappe with honey syrup. It's a little bit too sweet but the green tea taste is still rich and good. The second time in Ueno, I ordered Nana's green tea frappe with black sesame ice cream with mochi. The black sesame ice cream is the best one black sesame ice cream I ever tried in my entire life. Until now I miss the feeling of eating Nana's green tea and that black sesame ice cream and I cannot wait for Nana's green tea again.

Japan and Thailand have been friends for centuries. Thai people were influenced by Japanese culture and I'm sure that Japan is one of the most wanted destinations for Thai. I wrote this as one of the big fans of Japanese food. I wrote to share that's what's new for me in this memorable trip, this memorable TMDU Dental Training Program 2016.

XOXO
Th.

FRIENDSHIP NEVER END...



PRANMAS TEERANUWAT

The exchange program always come with FRIENDSHIP. This program created many activities to let us make some friends. At first, I thought this friendship will be like a stranger who work together, have lunch together and hang out together but it was not. Our friendship grew up from 14 days we spend together in the same hotel and TMDU. From all activities we did, the most impressed activity is the global retreat that our friendship began....



During the global retreat, we got new roommates from three countries. This was the best part, we spend a lot of time together and had more time for sharing each other story.



We also got a new friendship between a student in the same university. Before we joined this program, we did not know each other too



much. However, after we lived together for 14 days, we got to know each other; learned to work together and to show our spirit. I got new friends that I can talk and help each other even if the program ended.

I want to say thank you to my Japanese friend to made our life in Japan easier and better. The good meal we ate, the best place we went and the best price we bought was happened because of them.



I just want to say that the most precious thing we got from this TMDU exchange program 2016 is our friendship. The reason is when the program end, our friendship will never end.



After we got back to our normal life, we still make our friendship continue. We had a chat group in LINE application that an connect us. We still hangout sometimes, when my friend came to Thailand.





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