

Re-Inventing Japan Project

大学の世界展開力強化事業

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

東南アジア医療・歯科医療ネットワークの構築を目指した
大学間交流プログラム

TMDU Dental Training Program 2016 Report
TMDU 歯科研修プログラム 2016 報告書

2016 年 10 月 7 日～10 月 18 日



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

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I. 開催概要

『TMDU 歯科研修プログラム 2016』

研修期間 2016 年 10 月 7 日（金） ～ 10 月 18 日（火）

研修場所 東京医科歯科大学歯学部、東京医科歯科大学歯学部附属病院、
東京医科歯科大学大学院、歯科材料企業（株式会社ジーシー）、
東京大学検見川セミナーハウス

主催 東京医科歯科大学 大学の世界展開力強化事業推進委員会
東京医科歯科大学 統合国際機構

研修目的

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

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

参加学生

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

参加学生リスト

Chulalongkorn University

	Name	Year	Sex	
c1	BUDSABONG, Onkamon	4	F	team leader
c2	WIRIYAPONGSUKIT, Ornjira	4	F	
c3	TEERANUWAT, Pranmas	4	F	
c4	SOMSIRIVATANA, Ditspol	6	M	
c5	YOTPIBULWONG, Thanida	6	F	
c6	KUNAPINUN, Thansinee	6	F	
c7	KANOKNATHEESAWAT, Theerachai	6	M	
c8	CHANTAPATTARANGURE, Suphiwat	4	M	

Srinakharinwirot University

	氏名	Year	Sex	
s1	SERIRUKCHUTARUNGSEE, Saranya	6	F	team leader
s2	SANGSURIYOTHA, Pornchanok	6	F	
s3	KANCHANASOBHANA, Chatruethai	6	F	
s4	TONGPOON, Anusara	6	F	
s5	TACHAVEERAPHONG, Woraphaluck	6	F	
s6	SRIHAWAN, Ornuma	6	F	

Universitas Indonesia

	氏名	Year	Sex	
i1	SUDJITO, Johan Adiyasa	4	M	team leader
i2	YOHANES BOSKO, Winoto Ardy	4	M	
i3	SUCIATI, Kirana	4	F	
i4	MUHAMAD, Albar Abshar	4	M	
i5	KURNIAWAN, Andre	4	M	
i6	NINDA, Nadia Safira	4	F	
i7	NARINDRA, Rona Laras	4	F	
i8	RUBIATI Windy Najla	4	F	

University of Medicine and Pharmacy at Ho Chi Minh City

	氏名	Year	Sex	
v1	NGUYỄN ANH PHÚC	6	M	team leader
v2	NGUYỄN NGỌC TÂN	4	M	
v3	NGUYỄN ĐĂNG KHOA	4	M	
v4	HUỖNH BẢO TỔ UYÊN	5	F	
v5	NGUYỄN NHƯ HẬU	4	F	
v6	NGUYỄN TRẦN YẾN XUÂN	4	F	
v7	BÙI NGỌC HUYỀN TRANG	4	F	
v8	ĐOÀN THỊ PHƯƠNG HỒNG	3	F	

引率教員

Dr.Nathawut Kaewsutha (Srinakharinwirot University)

宿泊場所

ホテル江戸屋

〒113-0034 東京都文京区湯島 3-20-3

TEL : 03-3833-8751

FAX : 03-3833-3759

URL : www.hoteledoya.com

プログラムリスト

- i) 開会式、オリエンテーション（サバイバル日本語研修、災害ドリル）
- ii) ウェルカムランチ、キャンパスツアー
- iii) グローバルリトリート
- iv) 短期研修プログラム（大学院歯学系基礎分野、臨床分野）
- v) 歯科企業見学（GC Corporate Center）
- iv) リサーチデイ
- v) IT シミュレーションラーニング
- vi) 若手教員セミナー
- vii) 国際シンポジウム
- viii) レセプション・修了式

他

スケジュール

TMDU Dental Training Program 2016

	1	2	3	4	5	6	7
Date	October 6, 2016 Thu	October 7, 2016 Fri	October 8, 2016 Sat	October 9, 2016 Sun	October 10, 2016 Mon	October 11, 2016 Tue	October 12, 2016 Wed
AM	Arrival	9:00-12:00 Opening Ceremony Orientation, Survival Japanese, Disaster drill	Global Retreat @ Seminar House, University of Tokyo Special lecture, Teamwork Activity, Cultural Show, and more!			9:00 meeting time 9:30-11:30 Clinical/ Basic Lab visit ①	9:00-9:45 Lecture 10:00-12:00 Clinical/ Basic Lab visit ③
PM		12:00-12:50 Welcome Lunch				13:00-15:00 Clinical/ Basic Lab visit② 15:30-17:00 International Symposium VII	13:30-15:30 Clinical/ Basic Lab visit ④
15:30-16:00		13:00 Campus Tour					
		Report writing			Report writing	Report writing	Report writing

	8	9	10	11	12	13	14
Date	October 13, 2016 Thu	October 14, 2016 Fri	October 15, 2016 Sat	October 16, 2016 Sun	October 17, 2016 Mon	October 18, 2016 Tue	October 19, 2016 Wed
AM	9:00-9:45 Lecture	9:00-9:45 Lecture	Japanese Culture Experience	Japanese Culture Experience	9:00-9:45 Lecture	<Research Day> 9:00-10:15 Lecture 1&2 10:30-12:30 Poster Viewing & Lunch 12:45-16:00 Oral Presentation <Int'l Symposium> 16:30-18:00 <Closing Ceremony & Reception> 18:30-20:30 Report Writing	Departure
	10:00-12:00 Clinical/ Basic Lab visit ⑤	10:00-12:00 Clinical/ Basic Lab visit ⑦			10:00-12:00 IT Simulation Learning		
PM	13:30-15:30 Clinical/ Basic Lab visit ⑥	13:30-15:30 Clinical/ Basic Lab visit ⑧			13:30- Dental Company Visit		
15:30-16:00	Report Writing	Report Writing			Report Writing		

Ⅱ．受入れ学生募集要項

本学は平成24 年から5 年間、文部科学省の「大学の世界展開力強化事業～ASEAN 諸国等との大学間交流形成支援～」に採択されました。本プログラムは東京医科歯科大学が、タイのチュラロンコン大学、シーナカリンウィロット大学、インドネシアのインドネシア大学およびベトナムのホーチミン医科薬科大学と連携してコンソーシアムを形成し、我が国が有する先端的な医療・歯科医療機器や材料、最新の医療・歯科医療技術等を基盤として、東南アジアにおいて大学間交流を推進してネットワークを形成し、我が国の医歯学領域の世界展開力を強化する取組です。具体的には、以下のプログラムを実施し、「医歯学領域において、国際的にリーダーシップのとれる自立型の若手研究教育者・医療者」を育成して、東南アジア地域に医療・歯科医療ネットワークを形成し、我が国の医歯学領域の世界展開力を強化していきます。平成28 年度については、以下の要領で東南アジアからの学生を募集します。

1．受入れ先：東京医科歯科大学（日本）

2．研修内容：

東京医科歯科大学附属病院見学

東京医科歯科大学臨床・基礎系研究室における研修

文化交流・学生交流

グローバルリトリート

国際シンポジウム、リサーチデイ参加

ITシミュレーションラーニング体験

歯科関連企業見学

3．対象大学・人数

チュラロンコン大学(タイ) 8 名

シーナカリンウィロット大学(タイ) 6 名

インドネシア大学(インドネシア) 8 名

ホーチミン医科薬科大学(ベトナム) 8 名

3．研修期間：2016 年10月 7日（金）～10月 18日（火）

4．支援内容

往復航空券

滞在費用として8 万円（日本学生支援機構JASSO からの支給）

5．応募要件

成績優秀な学生でGPA が2.3 以上かつ当該大学の学部長が推薦する学生。

6．修了証明書

プログラムの修了者には「TMDU Dental Training 2016」修了書を授与する。

7．参加学生が加入した保険

派遣学生は、東京医科歯科大学が指定する以下の自賠責保険に加入すること。

・学生教育研究災害障害保険（学研災）

・学研災付帯賠償責任保険 医学生教育研究賠償責任保険（医学賠）

Ⅲ. グローバルリトリート

期間 2014 年 10 月 8 日（土） ～ 10 月 10 日（月）

場所 東京大学検見川セミナーハウス

参加学生	チュラロンコーン大学 歯学部（タイ）	8 名
	シーナカリンウィロート大学 歯学部（タイ）	6 名
	インドネシア大学 歯学部（インドネシア）	8 名
	ホーチミン医科薬科大学 歯学部（ベトナム）	8 名
	東京医科歯科大学 歯学部（日本）	9 名
	計	39 名

スケジュール

Oct 8 (Sat)	<p>8:50 Meet at the entrance of Building 1</p> <p>9:00 Leave TMDU by bus</p> <p>10:00 Arrive at the Seminar House, the University of Tokyo</p> <p>10:30 Opening</p> <p>11:00 ~ Special lecture by Prof. Clive “Population Oral Health Insights On the Future Challenges for the Dental Professions”</p> <p>13:30 ~ 15:00 Teamwork activity</p> <p>15:30 ~ 17:00 Country and University Introduction (15min/univ)</p>
Oct 9 (Sun)	<p>9:00 ~ 12:00 Introduction of KJ method -Group discussion- “Ideal Dentist” -This is what I would like to be...-</p> <p>13:30 ~ Group discussion</p> <p>15:00 ~ 17:00 Presentation</p> <p>19:00~ 20:30 Cultural night (15min/univ)</p>
Oct 10, (Mon)	<p>9:00 ~ 10:00 Introduction of life at TMDU by International Students (Dr. Son, Dr. Trang, and Dr. Anh)</p> <p>10:10 ~ Closing</p> <p>10:30 Check-out</p> <p>Departure by bus</p> <p>12:00 Arrive at TMDU</p>

グローバルリトリート参加者一覧

No.	氏名	所属大学	身分	性別
1	BUDSABONG, Onkamon	チュラロンコーン大学歯学部	4年	女
2	WIRIYAPONGSUKIT, Ornjira		4年	女
3	TEERANUWAT, Pranmas		4年	女
4	SOMSIRIVATANA, Ditspol		6年	男
5	YOTPIBULWONG, Thanida		6年	女
6	KUNAPINUN, Thansinee		6年	女
7	KANOKNATHEESAWAT, Theerachai		6年	男
8	CHANTAPATTARANGURE, Suphiwat		4年	男
9	SERIRUKCHUTARUNGSEE, Saranya	シーナカリンウィロート大学歯学部	6年	女
10	SANGSURIYOTHA, Pornchanok		6年	女
11	KANCHANASOBHANA, Chatruethai		6年	女
12	TONGPOON, Anusara		6年	女
13	TACHAVEERAPHONG, Woraphaluck		6年	女
14	SRIHAWAN, Ornuma		6年	女
15	SUDJITO, Johan Adiyasa	インドネシア大学歯学部	4年	男
16	YOHANES BOSKO, Winoto Ardy		4年	男
17	SUCIATI, Kirana		4年	女
18	MUHAMAD, Albar Abshar		4年	男
19	KURNIAWAN, Andre		4年	男
20	NINDA, Nadia Safira		4年	女
21	NARINDRA, Rona Laras		4年	女
22	RUBIATI Windy Najla		4年	女
23	NGUYỄN ANH PHÚC	ホーチミン医科薬科大学歯学部	6年	男
24	NGUYỄN NGỌC TÂN		4年	男
25	NGUYỄN ĐĂNG KHOA		4年	男
26	HUỖNH BẢO TỔ UYÊN		5年	女
27	NGUYỄN NHƯ HẬU		4年	女
28	NGUYỄN TRẦN YẾN XUÂN		4年	女
29	BÙI NGỌC HUYỀN TRANG		4年	女
30	ĐOÀN THỊ PHƯƠNG HỒNG		3年	女
31	Nathawut Kaewsutha	シーナカリンウィロート大学	教員	男
32	Clive Wright	シドニー大学	教授	男
33	伊藤 七海	東京医科歯科大学	口腔保健4年	女
34	荒川 玲美		歯学科3年	女
35	坂庭 愛理		歯学科3年	女
36	堀家 彩音		歯学科3年	女
37	木村 友昌		歯学科5年	男
38	秤屋 雅弘		歯学科4年	男
39	吉田 澄子		歯学科4年	女
40	渡部 準也		歯学科2年	男
41	Le Hoang Son		ベトナム人留学生	男
42	Tu Thi Huyen Trang		ベトナム人留学生	女
43	Nguyen Ho Quynh Anh		ベトナム人留学生	女
44	Nguyen Thi Thanh Tam		ベトナム人留学生	女
45	Prima Buranasin		タイ人留学生	女
46	田上順次		教授	男
47	川口 陽子		教授	女
48	森尾 郁子		教授	女
49	竹原 祥子		特任助教	女
50	石田 雄之		特任助教	男
51	關 奈央子		助教	女
52	三原 智樹		国際交流課 係長	男
53	柴田 真希		国際交流課 専門業務職員	女
54	杜 曼君		国際交流課 事務補佐員	女

1) 特別講義

『Population oral health insights: the future challenges for the dental profession』

講師：Clive Wright 教授 シドニー大学

将来の歯科界をになう歯学部生たちに向け、2050年に向けた歯科界が抱える問題点について、「人口増大」、「高齢化」、「技術発展」に焦点を当てた講演を行っていただいた。世界で今何が起きているか、また将来に予想される問題点に対し、歯科医療者として何をどうやって変えていくべきか、オーストラリアでの実例を交えながら、参加学生に対しどのような心構えで歯科プロフェッショナルになるべきか、そして生涯学習の重要性を考えさせる非常に貴重な機会になったと思われた。



Wright 教授の特別講演

2) アイスブレーキング

『デッサン・似顔絵あてゲーム』

学生を出身大学が分散するよう4つのグループに分け、グループ内でペアを決めお互いの顔のデッサンを行った。その後、作成したデッサンを用いて誰がモデルであるか推理する顔当てゲームを行った。似顔絵当てゲームは、デッサンの正確さ・ゲームの推理力それぞれの合計点で争い、一位と二位のグループには簡単な賞品を授与した。デッサンは、他大学の学生と話すきっかけとなり、和気藹々とした雰囲気のもと行われた。また、似顔絵あてゲームでは、チームで相談しモデルを推測するので、参加学生同士のアイスブレーキングとなるだけでなく、お互いの顔と名前を覚えるよいきっかけとなった。



チームワークアクティビティ



1位グループの記念写真

3) 各国・大学紹介プレゼンテーション

『Population oral health insights: the future challenges for the dental profession』

発表大学：チュラロンコーン大学、東京医科歯科大学、インドネシア大学、

ホーチミン医科薬科大学、シーナカリンウィロート大学

各大学の学生が、自国の地理・国民・文化の紹介だけでなく、所属大学の概要やカリキュラム、各大学の歯学部学生の日常生活、などについて発表を行った。学生同士の発表であり、非常に和やかな雰囲気のもと行われただけでなく、発表形式は自由であったため、各大学の特徴が非常に出ており、参加学生の異文化理解を深めるきっかけとなった。



インドネシア大学学生からの発表



本学学生の発表

4) TMDU 在学留学生による講義

『TMDU大学院進学への道』

講師：Nguyen Ho Quynh Anh （口腔顔面疼痛制御分野大学院）

Le Hoang Son （歯科医療行動科学分野大学院）

Tu Thi Huyen Trang （歯科心身医学分野大学院）

Nguyen Thi Thanh Tam （歯学教育開発学分野大学院）

本学大学院の海外留学生より、大学院生活はどうか、現在どのようなことを行っているのか、留学前はどのようなことを心配していたか、など講演者の実際の経験について、将来日本に留学を考えている歯学部生に対し、紹介を行った。また、講演後の質疑応答も学生から経済面のことや日本を選んだ理由などについてなど、活発な質疑応答があった。



講義を行った大学院留学生



大学院生活についての講義

5) KJ 法によるワークショップ

テーマ『理想の歯科医師像』

講師：關

学生を 6 つのグループに分け、『理想の歯科医師像』というテーマでワークショップを行った。ディスカッション方法として、グループでの討議に効果的である KJ 法を紹介し、本学在学中の海外留学生をアドバイザーとして各グループに配し、KJ 法を用いてグループディスカッションを行った。その成果については、模造紙にまとめ、それぞれのグループの代表者がプレゼンテーション形式で発表を行った。



KJ 法の説明



ブレインストーミングを行う学生たち

6) 異文化交流会

『Cultural Night』

進行：Le Hoang Son （歯科医療行動科学分野大学院）

各大学より自国の文化を紹介するパフォーマンスを披露してもらった。どの大学も、準備を入念にしておき、民族衣装に扮して、パフォーマンスが行われた。本学学生からは日本の代表的な子ども遊びである「だるまさんが転んだ」を紹介し、海外留学生と共に一緒に楽しんだ。学生たちの生き生きとした表情から、異文化交流を楽しんでいる様子がうかがえた。



カルチュラルナイトでの集合写真

IV. 短期研修プログラム

学内研修プログラムとして、外国人学生を小グループに分けて、各分野（臨床、基礎）に配属し、英語での見学や体験学習などを提供した。本学での臨床や研究に関心を高め、将来の本学博士課程への進学へのモチベーションを高めてもらえるような内容となるよう、研修内容は各科に一任し、プログラムを実施した。

日時 2016 年 10 月 11－14 日

参加者 海外歯学部学生 30 名

研修概要

基礎系研究室

各分野に 1～3 人の外国人学生を配置

研修期間は 2～4 コマ（1 コマは午前あるいは午後の 2 時間）

研究内容の説明および短期間での研究体験実習を提供した

臨床系研究室

各分野に 5～7 人の外国人学生を配置

研修期間は 1、2 コマ

外来見学や臨床手技の説明、研究内容の説明や短期間での研究体験実習を提供した

短期研修協力分野

【基礎系】 13 分野

口腔病理学、細菌感染制御学、分子免疫学、先端材料評価学、顎顔面解剖学、認知神経生物学、分子細胞機能顎、硬組織薬理学、歯学教育開発学、医療経済学、法歯学、無機材料学、金属材料学

【臨床系】 22 分野

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

V. 参加学生の感想

Chulalongkorn University

Onkamon Budsabong CU 4th year

The 14 days period I've attended to Short-Term Inter-university Exchange Program was sure one of the most memorable time in my life. This program was arranged on 06/10/2016 to 19/10/2015 by many people and cooperation. There are 4 countries joined in this program which are Japan, Thailand, Indonesia and Vietnam. I get to do and experience many thing that are not possible to be arranged in a normal daily life. It is a brief period of time but many outcomes was derived from it.



From the opening ceremony, global retreat, clinical and basic lab visit and dental company visit until today. A lot of things have happened. From opening ceremony we became familiar with our new international friends. Global Retreat was held in Chiba for 3 days and 2 nights. There were many group activity and cultural shows and it has made us united. I think Global Retreat was the beginning of our friendship. I learned a lot more about my new friends not only about their university but also about their life and culture. Also we did an activity by using KJ method to work in group and analyze what it is to be an ideal dentist. It's a good activity that brought us to conscious about what are we and what do we want to be. Then we have 5 days of lecture and lab/clinical visit.



It was extremely beneficial. Maybe not in academic aspect but the most important thing is it has made us know that there are so much thing in the world you don't know. That learning is infinite and improving is infinite. In this 5 days I learn differences and similarity of Thailand and Japan in dentistry both in educational and clinical aspects. There are many thing I want to improve back in my home country and also within myself. Also by clinical visit I learned more about computer technology combining with dentistry. I

think that in the near future further improvement will be made and it will change a lot of thing in dentistry. I get to see how important it is to carry on life-long learning and keep improving myself. Sometimes after school I get to hang out with my new international friends. There was one day CU students, TMDU students and Indonesian students went to Tokyo Skytree and Asakusa together it

was so much fun and it was one of my favorite moment. We shared a lot of good time together.

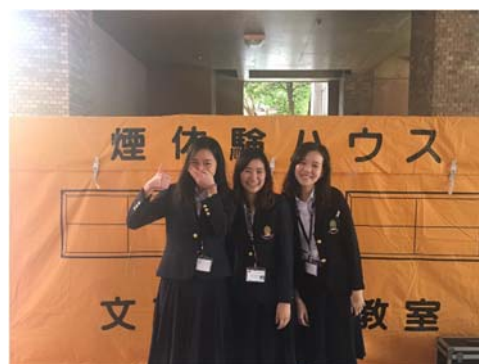
In conclusion, this program is extremely beneficial and fantastic. It provided me a priceless experience. There are many things I've earned and learned. I feel that this 14 days have given me the most spectacular experience and I hope that the friendship we've shared today will continue in



the future and I hope that this memory and idea will not only improve myself as a dentist but as a person too. It's very important for us dentist to create a network and learn more about our friends and that's how we can learn more about our self. It's such a great opportunity for everyone who are in this program. This program are inspiring and motivational for me in many way. I appreciate the opportunity I've got and I will keep in mind this program and the things I've learned.

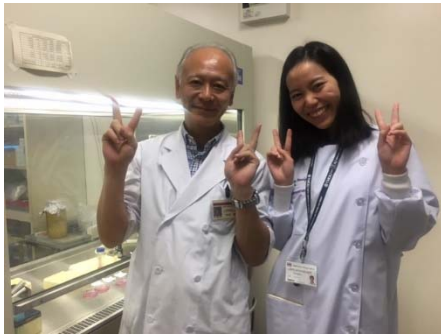
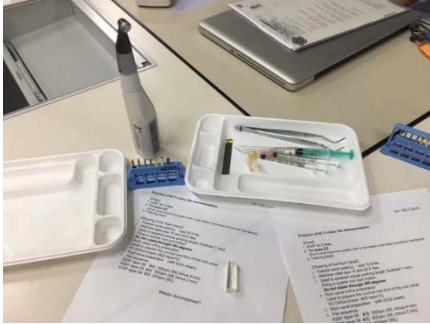
Ornjira Wiriyapongsukit ***CU 4th year***

First of all, the reason that made me interested and decided to participate in this program was Japan; as everyone knows Japan is one of leading country with the most advance innovation so it would be a great opportunity if I can attend to this program. Luckily I got a big chance to join this program. There are many things that I impress let's begin with learning basic Japanese speaking which was my first time, I think this activity is very helpful because most of words I can use in my daily life while I am in Japan. About Survival Japanese, it was my first time to disaster drill. I was really excited because we practiced in simulate situation.



Next, Global retreat is one of my favorite part because I got to know friends from this. We did many activities together such as drawing our friend's face, work as a team, cultural night, and etc. These activities were such a great chance for everyone to express their own thinking and learn to listen the other's idea. After Global retreat I felt familiar with them as if we know each other for a moment.





Then, we got lectures in every morning and clinical/basic lab visiting which in my case I visited Diagnostic Oral Pathology laboratory, Orthodontic clinic, Operative dentistry and Endodontics, Cellular physiological chemistry, Oral and Maxillofacial surgery, and Pediatric dentistry. I got different knowledge from different department. Operative and Endodontics is what I like the most because I could practice using of Ni-Ti rotary file instrumentation with crown down technique which I never try before. Moreover, I have to attend in Cellular physiological chemistry for 3 times which at first I felt a bit disappointed because I was not interested in this subject but luckily professor Ken-ichi Nakahama taught me wonderful things with kindness so I feel very grateful to have a chance to attend to this class.

In conclusion, I have learnt lots of things from this program not only the academic things but also friendship which I can find from nowhere. I feel very thankful to everyone who organized this program. I hope this program will be continue so that undergraduate student will have an opportunity to improve their knowledge, skill and the most important thing is to motivate them to be a great dentist in a future.



Pranmas Teeranuwat ***CU 4th year***

Before I came here, I just want to visit TMDU and travel in Tokyo. On the contrary, I received many precious experiences from this program. My first experience is getting to know TMDU which is the university that many of my teachers graduated from. This university was great. I am impressed that all people here are determent to develop their own career. There are a lot of amazing technology

here such as the equipment, materials, and the amazing research.

The second experience is the research in TMDU inspired me so much to become a good dental researcher. Now I am working on my research too. I want to invent something that useful for my countries. I really want my country pass through developing country to develop country as soon as possible. In my opinion, Japan is very civilized country because of the research.

The third experience is breaking my wall of fear to express my opinion to the public. The activity forced me to share my idea to others. I was a good chance for me.

The forth experience is the Japanese culture. I like the discipline of Japanese people. I love Japanese food. I interested in the Japanese people life style. My Japanese friend is so nice. They all so kind and funny. I am surprised that most of student in japan have a part time job, because it is completely different from my country. I went to travel at Fuji Q highland and Fuji mountain. It was so amazing.

The fifth experience is speaking and listening English every day for two weeks. In my university, I hardly ever speak English in my daily life. When I came here, my English skill is improved.

The last and the best experience is friendships. I have never expected to have a great friendship like the one that I got. We can hang out together. We spend a lot of good time. Even if we had a very short time in this program. I am so glad to have a lot of international friends. This is the beginning of the collaboration between the dental workers from many countries.



I think this program achieved all purpose of the program. I heard that this year the last year, but I hopefully want to see TMDU dental training program 2017.

Ditspol Somsirivatana CU 6th year

First of all, I have to say that this is my first time of international exchange program and I was a little nervous at first due to the cultural and language differences. But on the contrary, I was wrong because all the professor and international friends are very kind and generous. So, I felt happy and less nervous since the very first day and that's really motivated me to be open in gaining new experiences. My impression started from the first day, at the orientation in TMDU, I had first seen my new friends and introduced myself to each other's. Everybody looked nice and friendly by theirs smile and gentleness.

And we also had a disaster tutorial mainly on fire escaping and earthquake following by a campus tour. Next is about the Global Retreat which all of the students and the supervisors had to move to University of Tokyo campus at Chiba province. We had spent our times there for 3 days. This campus made all of the students became closer by spending time together both day and night times. We had to stayed with our international friends all the time and were separated from Thai friends. Our bedrooms had 4 students from different country so that we can share and talked about our thoughts in English. That's made me understand a lot about dental situation in theirs countries. On the second night in Chiba, We had a cultural night which every student had prepared a show for other students and professor. The show was great and everybody liked it. After we got back to Tokyo, now it's time for academic things. So we had to visit the clinic and basic laboratory. I had gained a lot of knowledge and idea from this activity. I had been visited to Pharmacology, Orthodontic, Orofacial pain, Sports dentistry, Maxillofacial prosthetics, Fixed Prosthetics and Maxillofacial surgery department. After 4 days of visiting all of the clinic, Pharmacology was the most interesting clinic to me because I thought the pharmacology department was all about the drugs but that was changed after the professors showed me theirs research about bone regeneration. That's really impressed me and I told the professors that I will always update about theirs new technique in bone regeneration.



After the clinical visiting, We went to the IT simulation training which is very innovative. I think that it's very useful for preclinic students that they can understand the process of treating the patients start from the history taking to the final treatment plan.

And in the same day, we had visited the GC dental company which welcomed us with warmth and kindness. At here, we saw a lot of new technology and material which make the process easier for both dentists and patients.

Besides from the academic learning, we also traveled too. We spent almost every evening in Tokyo by shopping, eating and sightseeing. Moreover, we also went to FujiQ in Chiba which is a world-class theme park and have a good time there as you can see from my picture.



Lastly, I would like to say thank you to everybody involved in this program to make this happened. I hope that the government and TMDU will see the

important of this program and will continue the program for the benefit for new generation students and international relations.

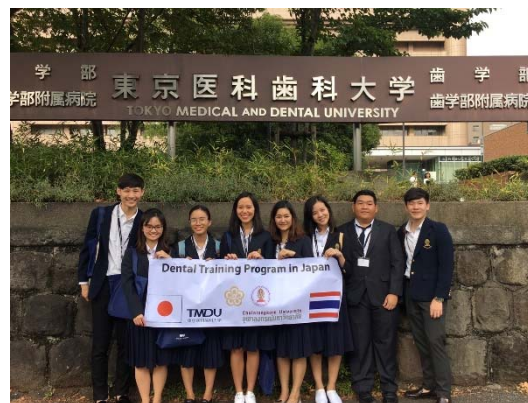
Yotpibulwong Thanida ***CU 6th year***

I've gained lots of experiences from this program whether it be campus tour, visiting dental department/clinic/basic laboratory, lecture, global retreat, research day and learning basic Japanese language. Acquirements from this program are improving English ability, promoting cross-cultural understanding, understanding oral health situation and dental problem, life-long learning commitment, getting motivation to become future dental leaders and knowing friends from other countries. This program is very useful for dental student that is interested in studying in Japan. Visiting of dental department/clinic/basic laboratory gave me lots of knowledge and benefits. I had chances to observe and practice in dental work such as operation room in oral surgery department, root canal preparation in model by rotary machine in department of operative and endodontics etc. This program make me know new friends from other counties (Japan, Indonesia, and Vietnam) to be connection of dental students.

We had many activities in Global retreat camp. Two activities that I really liked are group work and cultural night. In group work, we had to work as a team and discuss together. In cultural night, all of shows are attractive and interesting.

I liked IT stimulation learning test. I've learned lots of knowledge from the case to diagnosis and treat the patient in whole and parts such as jaw tumors, tooth fracture, acute apical periodontitis and pregnancy etc.

We had a chance to visit GC Company. I'm interested and excited to see various dental products. We practiced to stain the tooth model using their product.



Last, Japanese people are very nice and helpful. I really love this country. I'm appreciated to be one part of this program. I would like to say "Arigatou gozaimasu".



Thansinee Kunapinun ***CU 6th year***

TMDU dental training program 2016 was held for two weeks. There were four participating university, Chulalongkorn University, Srirachakulrajavidyalaya University, University of Indonesia and University of Med. & Pharm. at HCMC. I got many experiences from this exchanged program in two weeks not only the culture differences, traditional culture, religion, belief and lifestyle diversities, but also good relationships between foreign friends. I can improved my English ability for writing, listening and speaking. I can communicate with dental students and staff in English about general matters and also discuss in English very well. In Global retreat, I had group discussion about how to be an ideal dentist which made me realize that patient is the first. This discussion was very interesting and team work. I had a brainstorm in a group work thinking on the topic of the ideal dentist by using "the KJ method". We discussed about how to be a good dentist and summarized in form of mind mapping. We had to arrange and categorize our thinking wrote in sticky notes and allocated into group and subgroups in order to easily present to the others. I think this activity help me organize my set of ideas that was very useful for applying to other works in my life. For the cultural show, it was very fun and made me very happy to see the good fantastic cultural shows from each country. Each country showed the beautiful national costumes and nice performances. I can learn cross-cultural understanding. Moreover, in every morning, I got one-hour lecture in the different topics which were interesting and useful. After the lecture, I visited and observed clinical science and laboratory in each department such as department of fixed prosthodontics, maxillofacial surgery and periodontology. It made me understand the oral health situation and dental education systems in Japan. I learned new knowledge and tried to practice laboratory which made me more understand about that. This resulted me to get some motivations to do life-long learning and study aboard. For the last day of this program, I had an IT simulation learning which was critical case-based learning about dental history and dental treatment plan. I practiced English listening skill and properly planned dental treatment for each case. IT simulation learning is very useful activity for me because I can practice my English listening skill and think about how to get the proper dental treatment plan for each case. It was fun and can apply the knowledge to my dental work. Finally, I visited dental company called "GC company". This company had many products for dental usage in present such as resin composite, glass ionomer cement, dental unit, toothpaste and toothbrush etc. I had an

opportunity to try to stain the tooth for esthetics concern. The stain I used was applied to the different area of the tooth with the different colors for simulating the shade of color of the real tooth. It was a great experience for me to look around the company and try to use an innovation of staining the tooth for the esthetics. Both activities were fun and make me happy very much. To sum up, for a two-week dental exchanged program, I can accomplish the goal of this program and I will recommend this program to my friends and other dental students in my university. It was a great time for me in once of my life for visiting TMDU and living in Japan, the nice country.

Theerachai Kanoknatheesawat CU 6th year

TMDU dental training program 2016 is one of my best memorable exchange program in my life. I have been joined many exchange program abroad but surely, this is the most I was impressed one. This program has been established since 2012 in the goal of improving English ability of participants, promoting cross-cultural understanding, understanding oral health situation and problems of the visiting country, commitment to life-long learning, and getting international viewpoints and getting motivated to become future dental leaders. In my points of view, this TMDU dental training program 2016 achieved all these goals and even more than the goals set like getting relationships across the countries and individual abilities different each person. I got many experiences included dental training experiences, clinical procedures in Japan both similar and different in my university, IT simulation learning, GC company which are dental equipment and materials company, and individual ability improvements such as making friends especially international friends which came from many countries in different cultures, English skills improvement especially conversation and writing skills, and etc.

This program has been from October 6th to October 19th, 2016 which is not appropriate period for Thai students who have classes and clinical works during this period. Therefore we had to skip the classes for whole two weeks for joining this program. This period is also a bit longer than it should be because after I was joining the program, I think the schedule was loose during the weekdays and Global retreat. The clinic and hospital department visiting was some good some so-so because before joining the program and registering application form, there is no interest asking. If everyone can visit all departments and places, that will be the best which is impossible. I used to be the head of international affairs students club in my university and organized the schedule of visiting my faculty, the application form had the interest of participants to be fulfill which is may be helpful for organizing the schedule.

I didn't write the long impressive report but I totally wrote what I really feel and felt and I'm sure that all of the participant will write the report in positive way. Please understand that I criticized constructively which is the real from the bottom of my heart. I do love this program and if there is opportunity like this again, I will get it no matter what. Thank you for working hard for organize this wonderful and useful program and keep going do this no matter the government will reduce the funding or not. I'm sure that there will be people joining, although no funding includes.

Suphiwat Chantaattarangure CU 4th year

Today is my last day in this program already. I will miss this program a lot because these are all valuable and unforgettable experience in my life.

Before I came here, I was very nervous because TMDU is a high-rank University; I thought I had to try my best and study hard. But after I came here, there is no strain at all. Every day is very fun. Everyone is very nice to me and all Professor and sensei here are so kind. Except many knowledge I have getting from this program, I got friends, culture, tradition, faith, love, connection, English skill, responsibility, assertive, and officially, happiness.

Lots of new experience I have tried here. Starting my first day,

I met new friends from Indonesia and Vietnam, also TMDU staffs and sensei. We had a warm opening ceremony together. I have taught to talk and introduce myself in Japanese.

We also had Campus tour all over in TMDU. We have been guided for everything we need to know so that I could make sure that I would stay here nicely along the program. Disaster drill that day was surprising me so much because no one in Thailand has never taught me how to deal with fire or earthquake.

Next activity is Global Retreat in Chiba. I had such a highly satisfied weekend. The activities in this camp taught me how to make a teamwork and great group discussion about ideal dentist. I have so many fun talking with friends. We also have great party all together, so much time to talk and get close to each other. I can say that my English skills improved a lot from this camp. The most impressive activity there is a cultural night which we were all enjoyed doing show and watching other shows. I was so excited and enjoyed seeing Indonesian and Vietnamese cultural shows. I did Thai boxing show which was not really beautiful or attractively decorated show but I could see everyone enjoy with us. After that we have taken lots of pictures and captured lots of great memories together.



Next four days, I got chance to visit eight clinics in TMDU. I have got plenty of valuable experiences, too much to explain them all. It was all impressive and exciting experience that I could not get from anywhere such as testing my bad breath at Oral Health Promotion clinic, being a patient using nitrous oxide nasal inhalation for conscious sedation, having a jaw-movement measurement and a bite-force test in Orthodontic clinic, watching a resection of maxillary tumor in Surgery clinic, and having learnedly great discussion of many cases in others department.



Yesterday I attended IT simulation program here. It was very high technology. Next, I went to GC company to visit their laboratory and ultrafashionable dental stuffs, also learn new technology about Nanocoat for recoloring prosthodontics materials. I had a lot of fun there. There have lots of agitated things that I have never seen before. Japan always has great progress on it.

I have improved a lot in many ways such as English skills, Japanese language, eager of knowledge, brave to express my opinions, and knowledge. It is priceless experience. I hope that everything I have gotten here could make me a better person and be a better dentist for the world.



Finally, I want to talk about my Japanese here. Every day is an exotic day. I have tried many Japanese foods. I really love Japaneses Tonkatsu, curry, steak, sushi, sashimi, don, and much more, sound like I love everything here. Moreover, I have to live like a Japanese people, use subway and use chopstick. I have been to many places around Tokyo, with my new friends from Japan, Vietnam and Indonesia. I am much closed to them already and this is the time to say good bye. Thank you every staffs and Sensei here that take care of me so much. I will look forward to be the one who can give an impressive experience like this and subsequently submit this feeling to others, as a dentist, or maybe as a TMDU student in the future.

Hajime mashite watashiwa Kapook desu. Yoroshiku onegaishimasu.



University of Indonesia

Johan Adiyasa Sudjito UI 4th year

I have heard of TMDU annual Dental Training Program since I was on my junior year of undergraduate study. Since that time, I do really see TMDU Dental Training Program as an opportunity to develop my theoretical knowledge and practical skills in dental science. In addition, being a dental student in a developing country such as Indonesia makes me realize that many Indonesian people focus on their teeth appearances only and pay less attention to their periodontal health just because periodontal diseases are relatively less progressive than caries. Many of them do not know that having bad periodontal health could lead to tooth loss or even more harmful effects systemically. Then, I also think that Indonesia should give more attention to preventive health care more than just curative health care. Therefore, I am planning to pursue postgraduate degree after my graduation, and Japan has become one of my options because I know that Japan has a more develop dental science and technology especially in Periodontics and Preventive Dentistry. After that I would like to go back to Indonesia and build my own alma mater and country based on what I have learned in Japan. So, I hope that this dental training program will help me a lot to consider my postgraduate options.

It was such a wonderful journey to experience this Dental Training Program that was held by Tokyo Medical and Dental University. I am so grateful for the chance that was given to me to participate in this great program. I learned a lot of things throughout this 2-weeks-program. It was much more than I expected earlier. This program really change the way I view a problem and it gave me a new perspective in dealing with dental study. Throughout these 2 weeks, I got a chance to visit clinical lab, which I found really interesting. TMDU itself was so big compared to the faculty of Dentistry and faculty of Medicine in Indonesia. At first, I was so shocked by the size of the Yushima campus, especially the high-floored building there. Because in Indonesia, the dental building was

quite small. But then, I got a new perspective about this because I heard that TMDU's dental hospital got 2000 patients each day. I really enjoyed and gained so much experience in the clinical lab visit because it was different from one to another.

I am also happy to meet new friends from Thailand, Vietnam, and Japan. I am so glad to hear so many things about dentistry in different country. I can share my opinion with them and discuss a way to solve any problem. What I like the most was Japanese Culture Experience on Saturday and Sunday. I really liked it because it strengthened the bond between all the students by experiencing a real life in Tokyo. I was also so amazed by the IT simulation learning. Actually, we also have this kind of technology in University of Indonesia. But, what I like about IT simulation in TMDU was that it gave the right answer and the discussion about it, so the students would understand and learn new things. While in Indonesia, we only use IT simulation for test and we were not given the right answer for the test. I also had a lot of fun by visiting the GC Dental Company. GC has been one of the leading manufacturers of dental instruments and equipment in the world. Many dentists use GC as their supply including Indonesian dentists. Earlier, I have never thought that I would visit this company. The interior design of this company headquarters was really nice and minimalist. It was a very great opportunity to visit this company. I also saw a lot of equipment and material that I have never seen before. It really opened my mind to many possibilities in the future.

To conclude, I would like to express my gratitude for every particular people that has set and organize this program. I would not be here if the program was not set. I am so thankful for all the friends that I met here in Tokyo because we always support each other really well. I gained so much wonderful experiences that even words could not describe. Now, I will go back to Indonesia and develop the dentistry knowledge starting from my own university. Lastly, I think, I really want to take postgraduate degree in TMDU in near future. So, I hope that this would not be my last time to see TMDU.

Yohanes Bosko Ardy Winoto UI 4th year

This is my first time in student exchange program, and it was a really amazingly student exchange program that I attended, I would like to give my best gratitude to TMDU, committee, and all the Sensei that already help us to following this student exchange program. I want to summarize, from the day 1 until the last day of the Student Exchange Program in TMDU, after we arrived in Narita Airport, we have been picked up by Tomomasa, Eri, and Ayane. They are my friends from TMDU, they taught us to buy pasmo so we can ride train to go anywhere, and they accompany us to the hotel, Edoya Hotel, first I think the hotel is too small, but it is enough for 4 people, I'm quite surprise, and there is an onsen in Edoya hotel, almost everynight I relax my mind

in onsen. After putting bag in our hotel room, we were go to the TMDU to see our teacher and take dinner with Tomomasa, Eri, and Ayane. Actually, this was the second time we met them because before went to Japan they visited us in Indonesia. We ate in Saizeria, a restaurant close to TMDU. And then we back to the hotel to get some rest. The next day, we were attending the welcome ceremonial with Takehara Sensei, and do some disaster simulation, and after that we were going to touring the TMDU. It is quite tiring because TMDU is really big, and really many floors. And the next day we were preparing to go to the Chiba to attended the global retreat, it was a really good experience, we had the chance to show our traditional dance to everyone, we had the chance to laugh and play until dawn, we had the chance to make our own ideal dentist, and drew our friend's face and guess it. That was really fun, we were 3 days at that camp, the only think that give me a cultural shock is the onsen because everybody got naked inside the onsen and that was unusual for us. After global retreat, we had 4 days to visit the laboratory and clinical few of the departments in TMDU, in my case I was visited Oral Maxillofacial Surgery, Molecular Immunology, Implantology, Oral Management of Pain, TMJ, Orthodontics, Sport Dentistry. It was really fun, to learn a lot about these departments. So the supervisors all very nice to us. And in the weekend, we all went to different places, in the Saturday we were going to FUJI-Q it was the most epic attraction in the world, they have world's record in 5 types category, such as longest, highest, fastest, steepest, and most inversion. We tried 4 of them and it was so fun, actually we tried to go with another university but in the end we were going separately because the line of waiting is too long, and we were using different type of transportation. In Sunday, we were buying some souvenirs in Solamachi, Asakusa, and Shibuya with Ayane accompanied us and helped us to buy a lot of souvenir. The next day, we were attending the simulation computer based test and went to GC company to see lots of best technology in the dental material, and dental tools too. Well overall, I will missed all the things in this student exchange program, and all of the Students from Vietnam, Phuc, Hong, Euy, Gwen, Xuan, Tan, Khoa, Trang, students from Srinakharinwirot, Prew, Mew 1, Mew 2, Dew, Aor, Time, Students from Chulalongkorn, Bil, Arlong, Prau, Pare, Mint, Jib, Kapook, Nick, Students from TMDU, Haruka, Tomomasa, Eri, Nanami, Kotaro, Daiki, Yukiko, Reimi, Mika, and Ayane. I will miss all of these guys and I will never forget all of you in the future.

Kirana Suciati UI 4th year

My team arrived in Japan on 6th October 2016. I was so excited because right in the airport, I could see the differences from my country, such as the language. We were picked up and helped by our friends from TMDU to go to Edoya hotel. We took a rest there for only one night because tomorrow we had to go to Chiba for global retreat.

The day after that, we went to Chiba for global retreat. We went there by bus. In Chiba, we got a room with mixed participant from different countries. We also always had breakfast, lunch and

dinner together. It was really fun and made us blend to each other. I had many conversation while eating or being in the room with participants from other countries. From that conversation, I knew many new things they had in their country that I didn't have in my country. Global retreat also provided us seminars and workshop. The seminars was very useful, they were about future problem in society connected to dentistry, and how it feels to study in TMDU as international student. The workshops are really fun. First workshop, we had to draw our partner face, and then the other groups guess who was it. The second workshop was about doing problem solving with KJ method. It was new for me.

In global retreat, we also had cultural night. It was really interesting for me to see the culture from other countries. My friends and I also want to give our best. Unfortunately, our dance costume was not easy to wear so we had to ask for more time to get ready. In the third day of global retreat, we got back to Edoya hotel. The day after this, we had clinical lab visits. Every morning before lab visit, we will had a lecture. We got lectures about oral pathology, prosthodontics, endodontics, and anesthesiology.

The very first day of clinical lab visit. I went to Maxillofacial Anatomy Laboratory with Dew from Srinakharinwirot University. We met Professor Sunichi Shibata there. He was really friendly. He told us about what he know about our countries. He took us to the lab and showed us a cutter for cutting specimen. In the afternoon session, Professor Sunichi Shibata tell me and Dew to do some specimen cutting and put it on slides. He showed us how to do that, and then we had to try that by ourselves, and then Professor left to had a meeting. At first we did that pretty well, but in the middle of the activity, the cutter was kind of stuck. So we only can made 10 out of 20 slides of specimens, it was sad but Professor said it's okay. Dew and I will come again tomorrow to the same laboratory. After all of us finished the class, we watch the International Symposium about studying abroad to TMDU. It was a really inspiring.

In the morning session of second day, I went to the same laboratory like yesterday with Dew from Thailand and met Professor Shibata. Today we did slide staining. We did the staining with two methods, there are hematoxylin-eosin (HE) for hard tissues, and immunohistochemistry (IHC) staining for soft tissue. The second lab I attended was fixed prosthodontics laboratory. We were introduced about the department, after that we go to CAD/CAM lab to see how it works. Unfortunately, when it started to mill, the bur was broken. So, we could only see the result, not see the milling process. After that, we had break for about 20 minutes, and met again for clinic visit. I saw prosthodontic clinic and amazed by the work environment and tools. It was really sophisticated and different with my country. The third day of clinical lab visit, will be the last day I went to Maxillofacial Anatomy lab with Dew. We continued our work in slide. We fixed the section that had been colorized with HE staining. We used balsam liquid and put a thin glass on it. In the afternoon session, I went to Sport Dentistry department. My friends had already came there yesterday to have mouth impression for making out custom mouthguard. I was the only one that hadn't done that yet. Professor Hiroshi Churei said to me that he would do the mouthguard-making procedure today as a demo for my friends. All of us get

our own mouthguard.

In the forth day, I went to anesthesiology and clinical physiology. We had to change our clothes to operation dress. We visited operation theater, I saw the patient during operation. It was cyst removal surgery, the patient was in general anesthesia. After seeing cyst removal surgery, we tried N₂O O₂ sedation. I felt like flying. Last, we went to see implant surgery. In the afternoon session, I went to Oral and Maxillofacial Radiology. We were showed many radiology machine. They had panoramic machine, chephalometri machine, intraoral radiology machine and also special machine for TMJ projection. We also were showed CT and MRI machine. We didn't have that machine in our university dental hospital. Besides radiology machines for projection, they also had machine for radiotherapy in medical hospital.

The day after, was weekends. We were separates. Some of us wnt to Disneysea, some of us that were brave enough went to fujikyu. I went to disneysea because I really like disney characters. It was an awesome day. On Sunday, I went to tokyo skytree, Asakusa and Shibuya to buy some souvenirs.

Next Monday we had IT simulation training and visit GC company. I was really excited for IT simulation. Some people told me it was kind of examination, but, a friend from TMDU said that IT simulation will be like playing a game. At first, we did a tutorial about how to make a sunny side egg to learn and understand about the IT simulation system. It was quite hard to understand at the beggining, but I could learn fast. So, after answering all the cases, I was completely understand how to work with this. In the afternoon, we went to GC. In the building, we saw a video about GC history. After that, we tried one of GC product for painting denture teeth to look natural. We had to do a detailed work. I think my result was not that good. Next session was tour for seeing GC product. I was really amazed. GC not only produced materials but also dental tools and dental units. Even they had tooth brush and tooth paste. Almost all of the students tried GC withening tooth paste. I tried it too and I thought it works! After the tour was over, it was the end of today session, we went back to university and hotel.

Tomorrow will be held research day and International symposium. I will present what we had learnt and what we got, and my friends will present their research in oral presentation and poster presentation. Wish us luck!

Albar Abshar Muhamad UI 4th year

After 13 days in Japan especially in TMDU doing the Inter-University Exchange Program held by Tokyo Medical and Dental University open my eyes about the world of dentistry. It was open my eyes in every aspect. Attending this program from the beginning to the end showed me, how fast the dental education are growing. In this program we do a lot of things. Let me try to explain one by one. The first day we arrive at TMDU, I attend the opening ceremony and followed by the orientation,

survival Japanese, and disaster drill. After that we go for lunch. The last session of that day was campus tour. The first day only the orientation to know TMDU and the area surrounding. The next day we're preparing to go to Chiba for the global retreat. In the first day of the global retreat we do so many activities. Before do any activities, we get a lecture from Professor Clive about the population oral health in the elderly people and the challenges in the future. After we get the lecture, the first activity of that day was teamwork activity, this activity make all of us drawing another student's face and the member of the other team try to guess who's picture is that. Later on every university must do a presentation about the introduction of the country and their universities. This presentation make every students know more about another student's country and university.

The next day, 9th October 2016 the session opened with the intriduction of the KJ method and also practicing the KJ method to define the ideal dentist in our opinion. After very tired, fun yet activity all of the students from every univeristies must perform in the cultural night. Universitas Indonesia perform "Rantak Dance". In this situation I'm really glad to know the cultural from another countries, even only a little. Finally it was a free time for us, and many of the students gathered in one place for chatting, playing games, etc. In the morning of the last day of the global retreat I get information about the TMDU international student's life. It was a really good chance to ask as many as I can and also collecting all the information, especially for the one who will be continuing the education in TMDU.

The next Monday is the first session of the dental clinical and laboratory visit for all the students. In this program, the students for all the universities are divided and gathered in one group with another student from the another country. My very first dental lab and clinic visit was metal advanced material departement. The dental lab visit and clinic held in Surugadai campus. I met a very diligent person, the head of the departement that give me a lecture about the dental implant. After that I attend the international symposium held in the 7th floor of the dental building. In this international symposium all the representatives from the universities give a presentation about this "Inter-University Exchange Program" held by TMDU. Universitas Indonesia was represented by Doctor Lia, a post-graduated student form Indonesia. The next day 12th October 2016, I get a lecture in the morning about oral pathology by doctor Kayamori. After the lecture I go to psychosomatic departement. At the psychosomatic departement we have a lecture from the postgraduate student from Vietnam about the disease that most happen in psychsomatic field. There are 4 disease that mostly happen in the clinic there are Burning Mouth Syndrome (BMS), Atypical Odontolgia, Chronic Pain, Phantom Bite Syndrome, and Oral Dyesthesia. And the second dental clinic and lab visit was sports and medicine departement. The clinical lab visit today was really fun and also know the departement that doesn't exist in Indonesia.

The third day of clinical lab visit started with maxillofacial prosthetics departement. In this

departement a lot of international students that give so many information not only about the maxillofacial prosthetics but also the information about taking post-graduate program as an international student. I was so happy because this departement was really fun and not boring. All of the staff are very welcome and give information as much as they can and also give us time to see the real cases in the patient that come to the dental clinic. After the fun departement, I go to the pulp biology and endodontics to do an endodontic procedure in a model using "Root ZX".

The next day started with the lecture from Doctor Junichiro Wada about the removable partial denture (RPD). Followed by clinical lab visit to the departement of oral and maxillofacial surgery and get a short introduction of the departement. After a short presentation from the doctor, he accompany us to go to the operation room that located in the 7th floor of the dental building. It was really good experience to go inside the operating room as a dental student not as a patient. The next departement of that day is departement of oral implantology and pharmacology. In the clinical lab visit I see the live implant treatment in the implantology clinic. The doctor also can speak english clearly because I knew that he finish his post graduate student in America taking the implantology major. He also the founder of the dental implantology and pharmacology in TMDU.

Today is the last day before the research day. Today activity consist of IT learning simulation and GC company visit. The IT learning impressed me a lot because the method and the material used in this learning activity are not boring and very informative. I think this method should be implemented in Indonesia for a better dental education program. After that I go to the GC company to see many things about all the product and the history of the GC company. Really amazing experiences to see all the product sell by the GC. Make me really want to buy everything.

After all the information and the learning process that I get from this program, I also get another advantages while attending this program. Such as get many friends from another country. Many friends mean many information that we can get and also expanding the relationship with other dental students. Last but not least the advantage that I get is the cultural experiences in Japan. I can travel to many places in Japan, know more about Japan in every aspects and bring all the good information to Indonesia and shared with the friends. Also the advantages I get from this program can be very useful for the development of my university (Universitas Indonesia) especially my faculty (Faculty of Dentistry).

Andre Kurniawan ***UI 4th year***

I have gotten many valuable experience here, I am very happy to join this program, I can be relegate of UI to attend this program. I met friends from other countries, we were laughing together,

and we shared our moments together. All of activities here can make our relationship closer, I am so sad because this activities will be end.

I have 2 weeks here to explore about Japan. First day, we had opening ceremony, and Professor Junji Tagami gave the speech in front of us directly, and I think it was memorable. After opening, we got disaster drill about earthquake and condition in the room which has much smokes. Next day, I was doing gathering in Chiba, we did global retreat there, we also did some activities such as lectures and group working. We did it from 8th until 10th October 2016.

After global retreat, I have gotten some class here in departments in TMDU. I got departments anesthesiology in first, department of general dentistry, department of maxillofacial prosthetic, department of dental education development, department of periodontology, department of fixed prosthodontic, department of pediatric dentistry, and department of oral and maxillofacial radiology. We met some sensei in TMDU, I think they are really competence in their departments. Beside visiting lab, I also got some lectures from some departments, it was very amazing. I also saw directly activities of departments to patients.

I found some differences between departments in Indonesia and TMDU, there is a competition between departments each other here. For some departments, it has been divided to sub specialize in Indonesia, it is different than Indonesia. For student here, they don't need to look for patient to be subjects of their requirements, it is different than in Universitas Indonesia. Their curriculum are also different than us.

Here, we have also visited many places, I think Japan is beautiful.

Hopefully, I can come to this country next time to be a student here and get scholarship.

Ninda, Nadia Safira UI 4th year

On October 6th, we arrived at Narita International Airport in Japan. After we checked in at Edoya Hotel, we met our teacher in Tokyo Medical and Dental University (TMDU) and had a small tour around TMDU.

On October 7th, we attended the opening ceremony and had an orientation and surviving Japanese disaster drill such as smoke and earthquake disaster. After we did a survival drill, we had welcome lunch and a campus tour around the TMDU accompanied by TMDU students, Yukiko, Kotaro and Nanami. We receive our scholarship right after we finished our campus tour.

On October 8th until October 10th, we went to Chiba to attend Global Retreat at seminar house, university of Tokyo. We did some teamwork activity, such as drawing our friend's face in pairs and did a group discussion about ideal dentist. We also attended some lectures and did a cultural show with a traditional dances from Indonesia.

On October 11th, we did clinical or basic lab visit. In the morning, I visited periodontics department at the 6th floor of dental building. In the afternoon I visited clinic of oral diagnosis and

general dentistry.

On October 12th, we did clinical or basic lab visit. In the morning, I visited clinic room for maxillofacial prosthetics at the 6th floor of dental building. In the afternoon, we visited oral health promotion department at the 10th floor of dental building.

On October 13th, we did clinical or basic lab visit. In the morning, I visited orthodontic clinic in the 2nd floor of dental building and showed the research they were doing in maxillofacial orthognatic department such as research about which part of someone that you see the most. In the afternoon, I visited sports medicine department. We were explained about the mouthguard and the faceguard. We also made our mouthguard.

On October 14th, we did clinical or basic lab visit. In the morning, I visited gerodontology and oral rehabilitation department. In the afternoon, I visited cognitive neurobiology in the afternoon.

On October 15th and 16th, we were having our own Japanese Culture Experience. We went to Asakusa temple, Tokyo Skytree, Harajuku, Shibuya, Shinjuku and many more. We also went to Disneysea on Sunday while several of us going to Fujikyu Highland.

On October 17th, we were having lecture in the morning about anesthesiology in dental practice. After lecture, we attended the IT simulation which is very interesting for us. In the afternoon, we were visiting GC dental company and saw the newest technologies and materials in dentistry.

Rona Laras Narindra ***UI 4th year***

This program offers a student of dentistry inter-university exchange experience for 14 days. The program allows the students from UI, SWU, CU, and HCMU students to experience both academic and non-academic (culture) in TMDU, Japan. And vice versa.

This program lasts for 14 days. On the first weekend, we went to Chiba for global retreat, it was very fun, we got to know each other well, thus making me closer to other university students. We had various activities, such as; games, brainstorming with KJ method, and also cultural night. I think KJ method is a fun way to brainstorm and collect the ideas of each person in a group. At the cultural night each of the university performed their traditional dance and wore traditional costume. Universitas Indonesia students perform a dance from Riau, which represent the feeling of the tree when there are fire in the forest.

On the weekdays, we had morning lecture every morning. We had morning lecture from prosthodontics department, endodontic department, dental anesthesiology department, and oral pathology department. Then we assigned to different class. So in one class we have 5-8 students from different university. On the first day of the week I had oral pathology class, there we got to see how to make a specimen of the cyst and also see got to see the video of an autopsy. Then I went to general

dentistry department, it was so interesting how the professor told us about the clinical year system in TMDU which was different than in Indonesia, Vietnam, and also Thailand. I also visited the laboratory for students and residents in TMDU and also the skill's lab where it has the newest machine, a simulation for treating the teeth, for example cavity preparation or crown preparation, with a really amazing 3D projection.

On the second day of the week, I went to special care clinic, it was interesting because we don't have that special clinic in Indonesia. After that my second class is removable partial prosthodontics where I got to see the demo of making a crown using CAD/CAM technology. On the third day, I went to my basic science class with, Khoa, a student from HCMU, there we did a small research to compare the VHN of 4 resin composites. Then my second class is sport dentistry, which we also don't have in Indonesia. It was so fun I got my own custom mouth guard and we got to see the whole process to make one of it. On the fourth day, my first class is pediatric dentistry that makes me realize how different is Japanese and Indonesia's children towards receiving dental treatment. My second class is oral maxillofacial surgery where I got to see the whole process of odontectomy.

On the 17th we have an IT simulation test, which consists of 6 scenarios plus 3 extra scenarios about patient coming to a dentist with dental problems. I think, the IT simulation test is really fun, it is a good way to measure our knowledge towards the learning material. It is fun because it is like we're trying to diagnose the patient based on the informed consent, oral examination and also the radiograph. The best reason is because the test is giving the right and wrong answer with the reason why it is either right or wrong, that's why we could gain a lot more knowledge. I also got the chance to visit one of the biggest dental supplier company, GC.

During my stay in Japan, I also experienced Japanese culture. On the weekend I went to Disney sea, which one of the happiest place in the world, and I really enjoy it. I also got to explore the city of Tokyo, such as Akihabara, Shinjuku, Shibuya, Harajuku, Asakusa, Omotesando, Tokyo Tower, and also Tokyo Skytree. It was so fun strolling around Tokyo, because it is clean and also the train, even though so busy, but makes us easier to go to places, and I think it is tourist-friendly. What I really like the most is the work ethics and attitude of the Japanese people. They are really discipline, but all of the Japanese people that I know are all friendly and have a big respect towards each other.

I am very thankful that I got the opportunity to study in TMDU, the best dental school in Japan. I gained a lot of new knowledge, and also now I have a lot of new friends. There are many good things that I can learn from Japanese's people, like their hard-working, friendly, yet still respectful. I think Japan offers a nice environment for study and also comfortable for living.

It's been 12 days since the first day I came to Japan for this program. I gained a lot of experiences, knowledge, and friends for these past 2 weeks. In the first day we went to the opening ceremony at 9.00 a.m, got an introduction about the purpose of this program, and learn some basic japanese language that would be usefull for our stay. We had a disaster drill with an earthquake and smoke simulation and learn how to survive in those condition, then we took a stroll around TMDU with japanese students as our guide.

For the 2nd until 5th days, we went to global retreat at seminar house in Chiba. We were divided into some groups for our rooms and each group consist of 1 student from each University. We got a lecture from dr. Clive about the condition of oral health status globally and how it affects us as a dentist. We had teamwork activities such as we drew each other's face, discussed about ideal dentist, cultural show, and saw presentations by post-graduated students about their life as an exchange students in TMDU. In the cultural show everyone wore their country's traditional clothes and showed their traditional dance or games. I think global retreat activities is a great chances for us to socialized with each other and learned about each country's culture better. It was so much fun and memorable experience for me.

On Monday, I got a chance to met with Koichi sensei in health care economic class and learned about the economics in dental services. After that I went to Implantology department aand got a chance to saw implant surgeries on the spot. We were guided by Kuroda sensei of Implantology department. In the afternoon we had an international symposium about the evaluation of the program for the last 5 years.

For the rest of the week we got a lecture every morning and 2 lab visit after that. We got a lecture by Satoshi Omori from fixed prosthodontics department, Junichiro Wada from removable partial denture, and Tomoka Matsumura from dental anesthesiology department. I got to visit pulp biology and endodontic department, oral health promotion, maxillofacial orthognatic department, fixed prosthodontic departement, anesthesiology and physiology department, and radiology department.

On Sunday we experienced IT simulation and went to GC company in the afternoon. We had a hands on training in GC about how to glaze a denture to make the color look like a natural tooth. We also got a tour around GC Company and saw many advance machine, appliance, and dental supplies. They let us to use whitening paste, tooth mousse, and many more.

I felt this program have given me many benefits and advantages. I gained a lot of knowledge and met many friends as well as a memorable experiences.

University of Medicine and Pharmacy at Ho-Chi-Minh city

Nguyen Anh Phuc UMPH 6th year

Two weeks for TMDU Dental Training Program 2016 was extremely incredible and I wish the end could not occur right now. With unforgettable experiences I got and awesome foreign friends I had from this program, I thought that I felt like I needed more time staying here; however, every party had to come to an end. Sitting here writing this report, I memorised all the events in last 2 weeks that could come and go fast like magic.

This exchange programs were organised for undergraduate students with a focus on quality management. It includes practical contents such as research experience training, hospital visiting, clinical training, field work in regional health-care, dental skill competitions, visiting a dental materials supplier, mutual exchange and more. In this year 2016, we had the participants who were students from Chulalongkorn University, Srinakharinwirot University, Universitas Indonesia and my university of Medicine and Pharmacy in Ho Chi Minh City.

Taking part in this program, I got better results. With the opportunity of living and learning with my foreign friends and using the mutual English language, I could communicate with overseas dental students and staffs about general matters and even dental professional discussion. It was my first time to go overseas and communicate too much with foreigners. Day by day I felt my English ability be better and better. I stopped being shy and became more confident. Everything happened like what I had expected before program.

The most important thing that made me become the richest people in the world, I secretly thought, was the new relationships I got in this program. Friends from Thailand, Indonesia and Japan too, they were too much friendly and helpful. The difference of cultures and regions could not make us so far from each other. Global Retreat Program provided us a chance to be closer with the teamwork activities. I remembered the time we sat around together and drew each other, which was very funny but cute with hand-drawing sketches. I will bring it home and save it in somewhere.

I thought that the Japanese culture was extremely awesome, unique and variety. I love Japanese style in everything such as the roads, the houses, the food and the people too. Before arrived Tokyo, I had planned to try to experience everything, but 2 weeks seemed too short to get it. About Japanese cuisine, it's not just sushi, there are hundreds of unique varieties of Japanese food. It tastes a little bit salty. People said that Tokyo was the most crowded city in the world, but when I came here to my Edoya hotel, the street was almost empty. Then I wandered around, I knew Japanese people walked and had lifeful activities underground near the stations. The train system was complicated

for the first time visitor like me. I came to Shibuya Crossing and I believed Tokyo was the most crowded. And, the most impressed experience of days in Tokyo for me was taking a shower in an onsen. It was too shy for the first time, however when I get used to taking a shower publicly, I felt a lot comfortable and enjoyed.

TMDU provided us the opportunity to visit some dental departments with their laboratory, experiment rooms and clinical areas. Lot of lectures and researches were presented. I got some knowledge about new techniques, procedures and dental devices that it was not available in my university. The enthusiastic professors from departments that I took the courses gave me a great motivation to do the life-long learning. Joining these dental courses, I realised something I love in dentistry and got an orientation plans for future career. Besides, studying with the foreign friends from other countries, I got the international viewpoints and got motivated to learn leading roles among national and international dental professional communities.

Nguyen Ngoc Tan UMPH 4th year

Time flies much faster than I have expected, today is already the last day of mine in Japan taking part in TMDU Dental Training Program 2016. I remember every single moment staying here including the very first day of my arrival at Narita International Airport. At that time, I was a little bit nervous, so eager to know what I could experience during the stay and still could not believe that my dream came true – my first journey to a new country and it is Japan.

In the Opening Ceremony, I felt motivated by the speech of the Professor Tagami and felt warm and loved when one Indonesian started talking with me. There are over 30 international students from Thailand, Indonesia and Vietnam but just after the Welcome Lunch with chatting and getting to know each other, we became close friends.

The next 3 days were for Global Retreat. We had a variety of activities such as special lectures, Country and University presentation, Teamwork activity, Cultural show and more. We worked hard and played hard to. Through those activities, the more we worked together, the tighter our bond got. Maybe Cultural show was the most colorful memory when everyone looked stunning in traditional costumes and performed traditional dances. At the last night of Global Retreat, we ourselves held a small party talking, playing and drinking. We all enjoyed the time there, it was so cheerful and truly a night to remember.

Back to working and studying, we had 4 days for mini lectures in the morning and after that basic and clinical lab visits. Those 4 days were also the most precious time of my life because I learned

so much from professors and the other students, I tried new things that I have never done before like witnessing maxillofacial surgeries, conducting experiments on cells and gap junction,... and I had an opportunity to be exposed to the up-to-date technologies from all over the world. Those experiences were certainly useful for my study and of course my future too. They helped me draw a clearer future vision, figure out which I love the most, which best suits me and what I would do after my graduation.

During the stay here, I have tasted so many kinds of food comprising ramen, udon, soba, sushi,... travelled to so many places like Akihabara, Shinjuku, Harajuku, Shibuya, Kamakura,... visited some shrines, Tokyo sky tree, commuted by trains and metro and much more. Even though we had daily reports and other 5 kinds of report to finish, we still had time for ourselves and I have to confess that we went out almost every night. It was frustrating but interesting, crazy but happy, tiring but it worths. On Saturday 15 October, we went to Kamakura to admire firework display, it was so appealing and beautiful.

Today is extremely a hectic day, we have a full schedule of lectures, poster viewing and oral presentation, International Symposium and Closing Ceremony. It is supposed to be very exhausted and go to bed right away but I do not want to because I know when the daylight comes, I have to go back to my country, back to my casual life, say goodbye to Japan, to TMDU but I will come back one day I am sure about it.

These last words, I would like to say to TMDU, to organizers, to professors, to staffs, to post-graduate students who helped me during the time of my stay here. I wish to say thank you for thousand times for giving such a precious chance to participate in this wonderful program.

THANK YOU.

Nguyen Dang Khoa UMPH 4th year

The last 14 days were the most amazing days of my life. I left my country for the first time, I flew on a plane for the first time, I went to a different country with a different language for the first time. Everything is new to me so I was scared a little bit. But the encouragements from my friends calmed me down and gave me the confidence to step on the plane and went to Japan.

I knew a little bit about Japan before I went here and I had my own expectations. But I was wrong, everything is far better than my expectations. The streets are so clean, people use public transportation daily, people walk on the street, technology is applied to every aspects of life. Japanese are friendly and enthusiastic, when I walked into a door, they gave me a warm welcome, they help me to choose the right products for my needs in a way that I can not find a word to express that but it is different and better from Viet Nam.

During my stay in Japan, I tried many delicious dishes, experienced Japanese culture, went to many places in Japan, walked around Tokyo, used the public train, used futon in bed, wore Jukata,... I did many things when experiencing Japanese culture but the most unforgettable memory was onsen bathing. I was forced to use the public bathroom in Chiba during Global Retreat program. I hadn't took a bath in a public place before, so I was pretty shy at that time. But I had to clean myself up so I had no choices. After I gathered enough encouragement, I took an onsen bathing. It was actually relaxing and comfortable.

Furthermore, I'll talk about the professional aspects during my stay in Japan. Even though I'm learning in a dental school, I'm really interested in computer science. So I participated in this program to explore the way to combine dental development and computer science together. I think I found the way. When I visited Maxillofacial prosthetics department, there are many researches based on modern technology like 3D printers, 3D cameras, sensors, devices, ... I especially like Dr. Mahmoud from Maxillofacial prosthetics department. He was very kind to all the students visited his lab that day.

I also like to talk about Dr. Motohiro Uo, a professor from Advanced Biomaterial Section. He taught me basic knowledge about composite resin. He also showed me how to do a Vicker's hardness test on several types of composite resin and let me practiced it. I really like him and his lab.

Beside professional aspect, culture exchange is also an important goal of this program. I had a chance to meet and make friends with other dental students from Japan, Thailand and Indonesia. We talked, we shared information about dental education in our own countries, the differences between our nations, our cultures, ... We also follow each others' Facebook, Line, Instagram. I think this can help me build a network among dental professionals.

I had to leave Japan early tomorrow, there are many places that I planed to visit but I didn't have a chance, many things I planed to do but I couldn't find the time to do it. I'll keep in mind that I'll comeback to Japan someday to do all of those things whether a researcher, as a PhD student, or even as a tourists.

Finally, I want to thank you TMDU, JASSO, Sakura foundation had gave me this opportunity. Thank you very much for your warm welcome, for your hard work on establishing this helpful program and for everything.

Dental training program provided various activities which I have many unforgettable and meaningful experience.

My most memorable story was three- day- Global Retreat. Students who came from many different countries, different religions, different cultures could stay together, have meals together, dance and draw, and talk about many things. We shared our stories, our knowledge, our feelings and in particular, we shared our viewpoint on “ideal dentist”. I learned two great lessons; first, respect the rule when working in a team to get a final result; and second, it take time to understand one person, maybe long time. On the last night in Global Retreat, we played a board game, we had laughters and punishments, and moreover, we had a strong connected friendship.

Fortunately, I had experience the early autumn in Japan, the weather was fresh and beautiful with sunny and cool air; one morning, Tokyo was beautiful with light rainy, the people, the trees, the buildings, the trains, the rivers.... everything intertwined to make a sweet scenery. Two- week in Japan was not short to travel around but too short to experience Japanese people and culture. I had chance to visit many famous landmarks near Tokyo and luckily enjoyed an outstanding firework performance. The people whom I had met was hospitable and they work in professional ways.

At TMDU, I had lectures, visited the clinics and the laboratory. Thanks for the enthusiastic lecturers, I was introduced many researches that providing me profound and up-to-date knowledge. I was interested in many studied which was opened my eyes and reminded me that the scientific knowledge was the only road to get to the best career.

I was introduced the study-life of many international students taking courses in TMDU, they shared their stories, their challenges as well as shared us their wills to confront with the difficulties in new strange environment. I could feel the great care from the seniors and the strong believe in us.

Taking the visit in clinic and laboratory was a great opportunity to me, I had time to practice some clinical skills, discuss many dental issues, observe some dental procedures. I also was introduced many high technique machines and materials that was very interesting. Besides the academic knowledge, I also could learn the organization in the clinic as well as the way the supervisors organize their works and communicate with their colleagues and patient, which were very professional. I could learn their sympathies for the patient, and I

think that is the main motivator to help they enjoy their works and keep moving forward.

Finally, I want to give my deepest gratitude to TMDU professors, staff and lecturers to give me chance to learn and practice in professional environment; I would like to thank to JASSO and other contributor to support this program and to all my supervisors and all my friends jointing with me to make this unforgettable memories.

Nguyen Nhu Hau UMPH 4th year

14 days in TMDU is the most valuable milestones in my dental student life, setting officially the strong and stable pedal for me to reach the higher goal. At the begining when I decided to take part in this program was the time I allowed myself to change. I brought all of my respectatiosn about a new horizon in my new chapter of my life and gradually cultivated them in this program. Until now, I can say for sure that I was not wrong becaus all knowledge, skills, memories and unpriced value that I had achieved from this program are more than my repectation.

Firstly, I want to talk about what I achieved from this program, including knowledge, skills, ethics improvement, and many other things: I had heard Japanese is credited with a modern technique and high proficiency. I was facilitated to open my mind about the modern dentistry when taking part in many lectures, laboratory and clinic visiting and introduction of TMDU Proffesors, dentists and staff who were always willing to support us whenever we need. Although they can not speak English well but someway they were not afraid of explaining or introducing everything for us in detailed. That should be good point that I was so appriciated. I attended many departments like Pharmacology, Implantology, General dentistry, Maxillofacial Surgery, Prosthodontics,....and many other one. I also experienced the first time with many new skills in laboratory, preclinical practice or experiments. With each aspect, I found out the interesting point and received useful basic knowledge that can help me to realize what exactly I want to get in by means of setting the almost clear diraction to keep studying. Additionally, I had a fortunate opppotunity to study with many excellent professors, dentists and very active students as well. I learned not only in lecture or theory, but also from each other. I learned their positive way to gain knowledge, to express their ideas or viewpoints, analyze the problem and find out flexible problem solution. These unwritten principle should be useful for my professional career. The notable mark was that I can contact with lots of modern technique and machines that I had just heard in media, book or reference. Moreover, Our English abilities have been improved a lot during 14 days studying in TMDU, including Speaking skills, Writing skills and even discussion and idea expression in English. We gradually speak English more fluently as a means of communication. This is the good chance for us to express ourselves through discussion and

research presentation. We did share our thoughts, concepts and analysis with each other, even daily life. For Vietnamese students particularly and international students generally, we have many chances to communicate with overseas dental student in daily and academic activities through lectures, laboratory and clinic visiting and report writing. Additionally, we can understand more about the role of English proficiency for developing professional career. Nowadays, we are living in a non-stop developing and integration world, not only dentistry but also the other aspects has to update continuously. Improving English should be the most essential factor that can shorten the distance of unequal development between each countries, especially in medical, dental or other health-care aspects. English is known more important to improve education and exchange. English is also the first selection criteria of international students. English abilities facilitates us to get more opportunities to study higher. We attended many team-work activities: drawing portrait, KJ method Practice, discussion about Ideal Dentist...and so on. Even we come from many countries, there should be absolutely many difference of culture, religion, language between us, but we did have a wonderful time together with many memories and learn from each other as well. We also practice a very effective method that increases the production when working in a team. We were so excited to express our English abilities in presenting and problem-solving.

Secondly, I will mention about wonderful experience in Japan, including visiting sight-seeings, traditional places and enjoy great traditional cuisine. I love and want to have an occasion to visit Japan. I love Japanese people who are very kind and energetic. I love how they treat and help each other. That love was bigger than before when I experienced 14 days myself in TMDU. I visited many beautiful places. I also had many opportunities to experience Japanese culture. I was so amazing that in a very busy and bustling city- TOKYO, the traditional culture is still kept stably as the priceless value that Japanese is proud of. During a short time in Tokyo, I had changed many thing, not even in my mind, but also in my appearance, attitude or performance. I feel more appreciate for this occasion to let me to be grown up.

Finally, I would like to mention about relationship. As I was 1st year student, I used to be very timid. But this time, I was excited to make friend with many overseas students. 3 days taking part in Global Retreat were so happy. I stayed with many friendly friends from other countries. Despite we have different cultures, languages and religions, we still had a great time together. We shared and learned the culture, some common sentences in different languages as well. In the second day, we gathered in living room and played game. That was so fun. We laughed together, played together and shared together. It led closer relationship between us, breaking the barrier and finding out many thing in common. I would love to express all of my gratitude to TMDU because of this opportunity for me to know and make close relationship with all of nice friend.

After this course, I have to come back to my daily life in Viet Nam. This course is not too long but

not too short for me to realize the next step in my study career.

Nguyễn Trần Yến Xuân UMPH 4th year

Three years ago, I was a freshman of University of Medicine and Pharmacy, Ho Chi Minh City. At that time, some seniors had chances to take part in the Inter-university Exchange Program at Tokyo Medical and Dental University. Then they inspired and encouraged me to study hard in order to apply for this program in next few years. I have been making preparations for this opportunity with excellent academic performance, high trained social skills and responsibilities and above all a solid mind to face to harsh challenges forward. Finally, I fortunately joined the last year of FY2012 Re-inveting Japan Project (TMDU).

Thanks to this program, I have been challenging myself in a new study environment and acquiring knowledge and skills in varied fields that I think I should summarize in three principal goals.

First of all, in every international exchange program, the obvious advantage is improving English ability. Communicating with overseas dental students, I was able to enhance my listening and speaking skill although in the beginning of the program, I found difficult to start conversations with students from different nations as sometimes we did not get used to hear English voices from diverse areas on the world. Beside that, I have been keen on Japanese language. Because of practicing in public places, I am capable to speaking some simple sentences in Japanese and I am thinking of taking a Japanese course when I come back Vietnam.

Secondly, I have been making new international friends and promoting my cross-cultural understanding. The Inter-University Exchange Program created several opportunities for us to have time to share and respect our traditional cultures. Take the cultural event as an example. I think everyone will never forget the atmosphere when lots of dancing performances took place. Each traditional culture interact with the others that created the connection between people from different countries. Moreover, my friends and I spent time to discover Japan - one of the most fantastic country with high discipline, the specialized technologies and a thick but charming layer of Japanese history - including try Japanese food, wearing yukata, taking onsen bath and visiting famous attractive tourists. I also save some 5 yen coins because they are considered as lucky money when being insert in the wallet. Not only did I experience Japanese culture, but I have also understood more about cultures in Indonesia and Thailand. I am very happy that I have lots of new friends that I am sure that I will keep in touch with them.

The last point that I want to mention is understanding the oral health situation and dental education systems. Medical insurance in Japan is quite popular and residents have chances to choose any hospitals and clinics that they prefer with the same treatment fee. I also discussed and compared the medical system in my country with the others and from then, I can get international viewpoints. Furthermore, I made a research of dental education system in Tokyo Medical and Dental University and consider it as an excellent study environment and the sixth position in the subject of dentistry ranked by QS World University Rankings 2016. I am thinking of applying for the post – graduate program after graduating. I am getting motivated to do life-long learning as a result of cooperate with other students and learn leading roles among national and international dental professional communities.

In conclusion, attending the Inter-university Exchange Program is one of the most impressive ways to prepare as dental students in globalization era. Being a part of this program is a huge encouragement for me to go on my own path, to build first steps of my dreaming ladder to become future ideal dentist as we discussed in the program. Finally, I want to say thank you to JASSO, Professor Junji Tagami, Dr. Sachiko Takehara, Dr. Ikuko Morio and other members from Tokyo Medical and Dental University for enthusiastic supporting during 14 days of the program. I hope that I will have another chance to be a part of Tokyo Medical and Dental University in the future.

Bui Ngoc Huyen Trang UMPH 4th year

“Someday, I will go to Japan”, a little girl said. And several years later, it still feels like a dream that I could stay here for two weeks joining the TMDU Dental Training Program 2016.

Fortunately, this year’s Global Retreat also took place in this occasion so that we could have a chance to tighten our friendship with students from different countries. Besides participating in a lot of teamwork activities, we shared the rooms, had meals together, shared our thoughts and our opinions. I made friend with many other students and I hope that our friendship will last long.

The first day at TMDU, I felt like I was in a maze because the University has a lot of amazingly enormous and complicated buildings. But with the kindness and clearly instruction of TMDU students, I didn’t feel confuse anymore. We experienced learning Japanese and disaster drills, which is different from other years’ programs. Japan is famous for its technology, and participating in this Exchange Program was also a great chance for me to approach and update the most advanced technology. I observe numerous high-tech equipment and materials, useful for precise treatment and effective treatment. The program provides students with an opportunity to study in a different country and environment. After four days visiting labs, both clinical and basic sciences. Each

department gave me different experiences and knowledge. I also did experiments and used many modern machines which my university doesn't have. I visited eight departments in total, and my knowledge was broadens with a lot of up-to-date information that I hadn't learnt before.

One of the most wonderful things in this program is that we have a chance to experience Japanese culture. We spent time together to discover Tokyo, a fabulous city with amazing landscapes, the perfect combination of modern architecture with tall buildings and tradition with temples, pagodas and shrines. We visited Tokyo Skytree, the tallest structure in Japan and the second tallest tower in the world. We also went to Akihabara and Harajuku, which are very popular destinations for shopping. It was absolutely lucky for us that the Kamakura Fireworks Festival took place on Saturday, Oct 16th. I was amazed by colorful explosions reflecting of the surface of water. Moreover, we experienced living in a Japanese style hotel, the Edoya Hotel, not far from the university, with great services and beautiful yukata that we could wear as pyjamas. I hadn't known that the hotel was very famous with foreign tourists and was rated with high score on TripAdvisor. As a gastronomy lover, Japan seems to be a paradise which offers numerous specialties and symbolic dishes. Every dish has delicately presentation that sometimes I feel a little bit pity ruining them. I tried abundance dishes, such as soba, ramen, sushi, okonomiyaki. Furthermore, Japan is a country of binaries. It straddles both the traditional and ultra-modern, both international and traditional. I really enjoyed pizza and pasta, which origin in Italy.

In conclusion, fourteen days in Japan joining the TMDU Dental Training Program will always be a wonderful and unforgettable experience of my life. Thanks to this exchange program, I had an opportunity to have great time studying and sharing with many professors and international students. I believe that this chance has a great impact not only in my thoughts, my mind, but also in my future career choices. It have enhanced my interest in academic study and effected my decision to pursue higher degrees. I would like to express my sincere gratitude to TMDU for providing me this experience and supporting me in the whole program and I'm looking forward to come back here soon.

Doan Thi Phuong Hong UMPH 3rd year

The dental training Program 2016 in TMDU was a useful program where I studied many interesting things. I hereby will focus on my main activities for the last 14 days. In each one, I will talk about what I learned and what I thought after the experiences.

Firstly, I'd like to talk about the Global Retreat 2016 in Chiba. This is a wonderful trip. I learned about the necessities of taking good oral healthcare for the old people. Then I studied and practiced the KJ method through working as a group discussing the topic "Ideal Dentists". After the

presentations of the 6 group, I now aware of the goals I want to achieve to become an ideal dentist. The painting game in the morning connected us quickly. We talked so much that I soon get closed to many foreign students. The Cultural Show is also a highlight of the 3 days. All the performances and presentation illustrates the four colorful cultures. In my opinion, having a deeply understanding between different countries and different cultures is the basic requirement to strengthen the relationship. The closer and friendlier we get, the more we learn and help each other.

Secondly, all of the mini lectures and visiting the TMDU departments are helpful. When we get to every department, the professors, doctors and staffs always tried their best to provide us the basic knowledge on their studies and their modern technique. The mini lectures include many interesting information also. The most impressive thing I noticed through these days is that all the people have a huge enthusiasm on what they are studying. Before attending the program, I had never thought of being a researcher. Now as I recognized the necessity of researching, I am concerning to pursue a PhD in TMDU to take part in the research work.

Thirdly, I'd like to mention about cultural experiences. Besides acknowledging the culture of Indonesia and Thailand on the Global Retreat Program, Japanese is the one that I exposed most to. I tried Japanese food every day. They are well-performed and nutritious, however, they are a bit salty than my country's flavor. On the other hand, taking Onsen is my favorite acquaintance of the days I spent in Japan. At first I hesitated to try but then I enjoy it so much. Then I had some further searches on this kind of Japanese public bathrooms and the rules we have to follow in these. Now I can assume that I can take Onsen as Japaneses. Furthermore, there are many good experiences such as sleeping on the futon, wearing yukata and happi, watching the firework performance, etc.

Fourthly, the good habits that I've taken up after the program are helpful to my future. The first habit I'd like to talk about is walking. Japanese walk so far and so fast every day. My phone has an counting steps app and my average amount was 13000 steps per day. As we know, walking is good for our heath so I/m really happy that now I get used to walking much every day. The second one that I am mentioning is being puncture. People here in Japan always show up on time, which is a civilized habit.

Last but not least, the living style in Japan impressed me so much. This is a country where the modern things and the traditional things combined so smoothly that you can find them all in every daily activity. For example, you can get on a modern train which is only available in the developed countries and sit next to a man wearing Yukata or a woman in kimono. People update new technique but at the same time they preserve their traditional value. It amazed me a lot.

In conclusion, the Dental training Program in TMDU provided me with many knowledge and

experiences. I would like to express my deepest gratitude to TMDU and the program organizers for offer me such a great trip. I am also thankful to JASSO for your financial supports. Without this, I may cannot afford to join in this helpful program.

Srinakharinwirot University

Saranya Serirukchutarungsee SWU 6th year

2 weeks for this program seems not enough for me. I'm very impressed with this program. It is a priceless opportunity. I have learned a lot in this program for example, the leadership, teamwork, solving the problems, and dentistry knowledge. Before attended this program, I am quite scared of knowing new foreigner friends. I am not confident with my English language. But after I have met my friends from many countries here, I know that I can enjoy it. All of them are very nice and I can communicate with them without any problems. I get connection here and I will stay in touch with them. Because I need to use English all the time here, I think my English is also improved. I can speak English with my friends confidently and can think and write English faster. Working in group with new friends, make me learned about the teamwork. Everyone has their own different characters. I learned to accept and respect others. This program provided me an opportunity to use my skill and capability. In addition, visiting the science laboratory in TMDU with different friends is very interesting. I have seen a lot of new and different stuff form mine such as the different technique, instrument, system, and technology. Some of them is better and more up-to-date so, I can use this experience to develop my country in the future. Not only academic, I also enjoy staying in Japan because my Japanese friends, teachers and staffs are very nice. It was excellent weather and delicious foods. This is priceless experience.

Pornchanok Sangsuriyothai SWU 6th year

My program began on 6 October 2016 when I was arrived Japan with my friend. I learnt to use NEX to travel from Narita airport to Tokyo. Japan is the country that has many line of train. At first I was confused, but the system was easy to use. So, I took short time to understand. The next day, the first day of program at Tokyo Medical and Dental University, I had a class for opening ceremony and orientation. At first I was thought that it must boring to listen to a schedule but I was wrong. The orientation was also had a little Japanese class in everyday life to survive in Japan that was very fun. I had practice to introduce myself in Japanese and also know more about my international friends. After that, I was introduced how to survive in disaster drill. This activity consists of fire fighting training and disaster drill. I had never been to those situation before because

in my country, rarely did they happen. Then I had a campus tour to know more about map of TMDU.

The next activity was Global Retreat at Chiba campus. In this program, I had a chance to stay overnight with international friends and do some activities. I also had a special lecture from Professor Clive in the topic of “Population Oral Health Insights On the Future Challenges for the Dental Professions” which was very useful for the future in Thailand. The activities in Chiba were diverse. To illustrate; drawing a friend’s face to make students remember all friends name and face. I loved this game, since I was a person who found that remember all name and face were hard. This game was helpful. The next activity was teamwork activity. Students were assigned to do a group discussion about “Ideal Dentist”. With this activity, students were allowed to think by their own and present their idea with members in group and other student from different group that made students improved in many way, especially speaking and listening. In Chiba, there were cultural shows in the evening. My university was performed fon-ma-lai. The Thailand’s northern style dancing. It was a great experience to make cultural exchange with other countries namely; Japan, Vietnam and Indonesia.

Then I came back to TMDU and attended for clinical/ basic lab visit to each department such as department of Maxillofacial Anatomy, department of oral and maxillofacial radiology, department of pulp biology and endodontics, department of maxillofacial surgery and department of sports medicine/dentistry.

All of departments were giving me much information to make me easier to decide what to be in the future. The technology in Japan was fantastic. I saw many comfortable materials and equipment for treatment patients in many ways. So, the procedures for treatment of patients were reduce and safe time. I also had a chance to attend IT simulation learning which was interesting for me. IT simulation learning allowed me to practice myself and review my knowledge. Furthermore, I had visit dental company at GC corporate center. Which are the great opportunities for me to visit the world’s largest company of dentistry.

This program allowed me to have cultural exchange with international friends and do some activities which were increase my skills in many ways such as; speaking to the public, listening and learning how to do group work. The experience for visiting TMDU was priceless. TMDU Training Program helped me to know more about each branches of dentistry that were different from each other. I also met many new friends from different countries, this opportunity was hard to find if TMDU wasn’t set up this program for us. I was so lucky to have attended to this program.

Throughout this exchange program, I had attended to many activities which can be roughly divided in to two main categories which are academic one and non-academic one. Started with academic activities, I was provided to attended many clinics, department and lecture and I found many differences in Japanese concepts, techniques and sequences used in the treatment compare with Thai. For example, Japanese dentists are less likely to ask their patient to change the position of his or her head during the treatment due to the better access of operation while Thai dentists concern more about their own ergonomics and more likely to ask their patient to change to head position. In the treatment of temporomandibular disorder, TMDU use behavior modification strategy to manage contributing factors focus on controlling of tooth contacting habit and occlusal splint is considering not a treatment of choice while the occlusal splint is a treatment of choice in my faculty. Furthermore, Japanese public insurance is very good and cover many kinds of treatment. Some Japanese doctor said that the efficiently insurance in this country make Japanese people ignore their oral hygiene because the treatment fee was really cheap and Japanese people prefer any treatment that preserve the tooth, while Thai insurance provide only 800 bath per year for dental treatment but Thai people are ignore their oral hygiene also and Thai people prefer extraction because their can not afford further expenses to preserve the tooth. All the things that I mentioned earlier help me to understand the oral health situation and dental education system in Japan and lead me to many interesting things that drive me to see how important of the lifelong learning is.

For the non-academic activities, I attend to the global retreat and learnt a lot to communicate with overseas dental students also leant to appreciate and respect for cultural differences among nations without prejudice. During the camp I learnt speaking Japanese, Indonesian and Vietnamese languages also their traditional dance, games and cultures. I love when Japanese people have to say “Itadakimasu” before they eating together, and enjoyed many other Indonesian and Vietnamese games that we played in the party.

Finally, I have some suggestion for this program. The participants of this program composed of pre-clinical students and clinical students, which might established some difficulties to learn things together. Me, as a clinical student can understand the clinical process and treatment faster than other pre-clinical students and sometimes asking about the further techniques that was too advance for them. Basic clinical procedures can be so exciting for the pre-clinical students because they have not learnt about it yet and have not seen before, for example mixing alginate, which I considered not that interesting. So, for grouping the students I suggest to consider the grade of students also the pre-clinical/ clinical status of the students.

Anusara Tongpoon SWU 6th year

This is the first time I visit japan. I didn't know much about this country. So, after I arrived Japan I thought I know more about Japan. The first I arrives Japan, I used NEX from Narita

international airport to get into central of Tokyo and use metro to go to my hotel. Japan transportation system had always amazed me, especially when compared to Thailand (where I live).

Next morning, it was the first time for me visiting TMDU. I joined the opening ceremony with other exchange students from Thailand, Vietnam and Indonesia. After a warm welcome speech and introducing staffs, the professor explained about the program and wished us to enjoy and have a great time in Japan. Then I learned some useful Japanese sentences to introduce myself, to ask about a food etc. After that, I learned how to do when there is an earthquake or a fire. And after lunch, Poppy and Sumiko took me and my friends from SWU to look around the campus and explained how TMDU students live and learn in the university.

Second day I joined Global retreat camp. When we arrived Chiba campus of Tokyo university around 10 am. Professor Clive Wright gave us a lecture about “Population oral health insights on the future challenges for the dental professions” at the seminar house. And then we took every baggages into a dormitory room. The students from same university was separated and I had to join the room with others people from others country. There was students from Indonesia, Vietnam, Japan and also Thailand in every room. That made me so nervous because I have to live with people I’ve never know them before. After that, we went to the cafeteria for having lunch. In the afternoon, there was an teamwork activity. All students were separated into 4 groups; A, B, C and D group and in the group, we had to pair 2 peoples and drew each other face with in 15 minute. And then other groups had to try to match the portrait with the real one who is the model of this portrait. Which group can guess more was the winner. So, I think this activity was a very good way to make all of us closer. I felt more brave to go talk to other students from oversea after this activity. After breakfast of Day 3 in Japan, the professor introduced us about KJ method. I’ve never knew it before. And we had to discuss about “Ideal dentist - this is what I would like to be...” with the KJ method and we was grouped into 6 group. I talked too much in this program because you have to explain to other people if you want them to know something clearly. So, I thought this program was so helpful to make me more brave and less timid. After the presentation, it was an competition. Which group have highest score is the winner. After the presentation. We had only 1 hours to prepare for the traditional dancing. The order of a cultural performance was SWU-UMPH-UI-TMDU. And I thought we did a great job.

Next day, There was the presentation of life at the TMDU by TMDU international students. It was very interested. And we had a closing ceremony before go back at TMDU. This global retreat camp made me more brave to talk with other people, and I thought if you want to be a good dentist, you have to good at communicate to other people to. So, I just really like this kind of camp.

After come back to Tokyo. My schedule was like 'lecture class in every morning and go to the department' for 4 days. I learned many things in this time and I had to write daily reports everyday. It helped me to improve my english skill.

Woraphaluck Tachaveeraphong SWU 6th year

From this program, I had a lot of chances such as visited a seminar house of university of Tokyo, visited the clinic of each department in TMDU, used the IT simulation learning and visited the GC company. In the first day of this program, I felt very impressive because it was the first day that I met my new friends, and in that day, I learned Japanese for the first time that has a lot of fun. This program gave me a lot of experience that some of its I can't find in my hometown. Then, in the next day we went to seminar house for global retreat which is very impressive too because this activity give a chance for get to know more of my friends, we can talk and exchange the culture from our country and improve the groupwork skill, but I had a little surprise about the bathroom. Because of the culture in Thailand we rarely use the bathroom like onsen, so it's not convenience for me to take a bath. After that, I came back to Tokyo and attended the class in TMDU which has professor from many department teach all of us. Then, I visited many department in the following day which is quite interesting because TMDU has a lot of departments and each department has their own technology and technique that made me feel interesting. Meanwhile, I visited the IT simulation learning room which I really like and enjoy with it because it had to combine every knowledge that I had learned and then apply and choose for the answer. This IT simulation learning can gain my knowledge and clinical skill that why I like this activity. The last activity before the research day was visited the dental company visit which is the GC company. This company is very interesting because they have a lot of products that I have never seen before. In conclusion, I think this entire program is very good and very impressive and I have to do something that I never do it before such as draw a portrait drawing of my friend. I really enjoy all of the program and love that this program help me improve my knowledge, my language skill and my communication skill and in my opinion, this program should continue for the young student can get the chance to improve their personal skill and get a new friend like me. Thus, I have to thank you all of staffs that take care all of us entire this program and TMDU for teach me a lot of knowledge and thank you JASSO for supporting this program that give me this experience and have a good time entire of this trip.

Since I have joined this program, I have been educated about dental systems in global. Oral health situation and problem have changed. Due to an advanced healthcare system, a number of aged patients are increasing and those patients tend to have more teeth than present. Also, the trend of having aged patients who come with chronic diseases and oral health problems is rising. Therefore we need to prepare ourselves to be a good dentist to take care of the elderly patients.

Moreover, studying in Japan has several advantages. Firstly, as widely known as a developed country with advanced technology, Japan is a great place to acquire new knowledge. Integrating my strong academic background with leading-edge technology in Japan would also be a big plus. Secondly, this opportunity helps sharpen my soft skills such as communication and language skills. Living in Japan allowed me to share our culture among foreign students including Japanese, Indonesian, and Vietnamese students. I believe this will enable us to work smoothly with foreign staffs in near future.

Apart from self-improvement, I determine to develop my faculty by sharing what I have learnt from the program to next generations. Also, I could lead them by example by being a good dental student and dentist.

In conclusion, we have to keep developing ourselves to be a good dentist to take care of our patients. In order to be successful in international platform, it is necessary to be well prepared. Therefore, I am confident that extending our knowledge and skills through experiences in developed country like Japan will be beneficial to our future career.

VI. 評価委員会

平成 28 年度「大学の世界展開力強化事業」外部評価委員会

日 時：平成 28 年 10 月 7 日（金）15：00－17：00

（15:00－16:00 本事業参加学生・教員等からの聞き取り調査）

場 所：M&Dタワー7階北 歯学教育開発学分野セミナー室（N-717）

参加委員：Dr. F.A. Clive Wright (Australia)、Dr. Yupin Songpaisan (Thailand)、魚島勝美（新潟大学）、片岡竜太（昭和大学）、森尾郁子（東京医科歯科大学）

聞き取り調査協力者：

学部学生；D6 大沼 啓、D6 齋藤夏実、D5 見越葉介

大学院生；内川雄太、Dr. Dong Thi Kim Uyen（ベトナム留学生）、Dr. Prima Buranasin（タイ留学生）

随員教員；Dr. Nathawut Kaewsutha（シーナカリンウィロット大学）

本事業の 5 つの目標

1. To improve English ability

To communicate with foreign students and staff in English about general matters and also to promote international discussion and debate about dental professional matters

2. To promote cross-cultural understanding

To appreciate and respect for cultural differences (traditional culture, religion, belief and lifestyle diversities) between nations and to accept the differences without prejudice

3. To understand oral health situation and problems of the visiting countries

To focus on the health needs, prioritization and strategic implementation plans for meeting different nations' dental health needs under supervision or by themselves

4. Commitment to life-long learning

To motivate the participants to do life-long learning

5. To learn the roles of future dental leaders

To cooperate with others and to develop a leading role among national and international dental professional communities

本事業の 5 つの目標に対する外部評価委員の評価（4 点中）

目 標	委員 A	委員 B	委員 C	委員 D	平均値
1. 英語能力の向上	4	4	3	4	3.75
2. 異文化理解の促進	4	4	4	4	4
3. 各国の口腔保健状況・課題の理解	3	3	4	4	3.5
4. 生涯学習への動機付け	4	3	3	4	3.5
5. 将来の歯科を担う指導者育成	3	3	4	4	3.5

各目標に関するコメント・助言など

目標 1

- ・ Demonstrated a high field of ability in this field.
- ・ 今回の聞き取り調査協力学生は皆語学力が優れており、プログラム参加により英語能力が向上したことの一つの証ともなった。
- ・ 随行教員からは、英語を母語としない国では、こうした海外研修の機会が英語クラスへの積極的な参加や、結果的に英語能力向上を促す点で、非常に大きな意味があるとの意見が出された。海外から学生を受け入れることも英語による意志疎通の機会を増大するので、派遣だけでなく、受入の効果もあるとのことであった。

目標 2

- ・ Issue noted by all participants
- ・ 聞き取り調査では、ほとんどの参加学生が歯科事情・医療・教育における違いを知るとともに、歯学以外の社会・文化の領域でも、多くの違いを肌で感じたことがわかった。
- ・ 学生からは、東南アジアは日本よりも遅れていると思っていたが、研修によりそのイメージが変わった。また、他国の歯科学学生の学習意欲に触発されたとのコメントがあった。
- ・ 海外からの随行教員からは、日本での研修を終えた学生が時間通りに授業に来るようになったのは、時間厳守の日本の文化を学んだからではないかとのコメントがあった。

目標 3

- ・ Recognized cross-cultural issues and their importance
- ・ オーストラリア研修参加学生からは、予防歯科、医療倫理、歯学教育の点で、本学歯学科教育との違いを学んだとの意見があった。

目標 4

- ・ All participants demonstrated through their personal experiences their commitment to research and further study
- ・ 海外研修が将来のキャリアを考えたり、変えたりする機会になったことが伺われ、卒業後に留学を希望している学生もいることがわかった。

目標 5

- ・ Difficult to estimate but all participants were very clearly articulate and demonstrated leadership values.
- ・ 本目標は毎年評価が難しいと外部評価委員から言われていた項目であるが、今回の聞き取り調査から、本事業に参加することで、日本人学生が必ずしも得意としないチーム作業やネットワーク作りの点で貢献していることが伺われた。チームワークやネットワーク作りは、指導者として必要とされるスキルであり、この点では本事業がある程度の成果をもたらしたと考えられる。

その他のコメント

- Overall, the program has been successful in terms of shaping visions of the exchanged students and preparing them for the future network.
 - The TMDU program did not include Japanese oral health studies and problems for the visiting students to learn about the Japanese situation in this point.
 - I also learn from the visiting students when they presented their experiences here as well as the Japanese students.
 - The program, if it is not able to evaluate or see the benefit now, I am sure that the benefit will remain for a long term. Congratulations!
- ・派遣の時期について外部評価委員から質問された学生たちは、低学年には低学年の、高学年には高学年で海外研修を行う意味があると回答していた。ある学生は低学年で東南アジアに行き、海外に目覚め、高学年で米国の歯科臨床を見学し、大学院に進学して研究を続けているが、どの研修機会もかけがえのないものであったという。海外研修はそれぞれの学年、研修内容によって、様々な意味を持ちえることが示唆されたと言える。
- ・本学プログラムに海外から参加した学生で、現在本学大学院博士課程在籍中の方からは、本学プログラムの研究室訪問で初めて基礎研究に触れたことが、本学大学院留学への動機づけになったことが語られ、本事業の波及効果として評価できる結果であると考えられる。



学部学生への聞き取りの様子



大学院生・海外からの随任教員への聞き取りの様子



外部評価委員（向かって左から片岡先生、クライブ先生、ユーピン先生、魚島先生）

Ⅶ. 研修風景（写真）



グローバルリトリート集合写真

アイスブレイキング



デッサンを終えた学生ら



自分の似顔絵をもって記念写真



似顔絵当てゲーム



1位グループへの賞品の授与

各国・大学紹介プレゼンテーション



CU学生のプレゼンテーション



UMPH学生のプレゼンテーション



SWU学生のプレゼンテーション

TMDU 留学生による講義



発表をする大学院留学生



大学院留学生による日本での生活の説明



講義後は質疑応答を行った



多くの質問が参加学生から投げかけられた



学生の質問に丁寧に答える大学院留学生



経済的な点など実質的な質問も

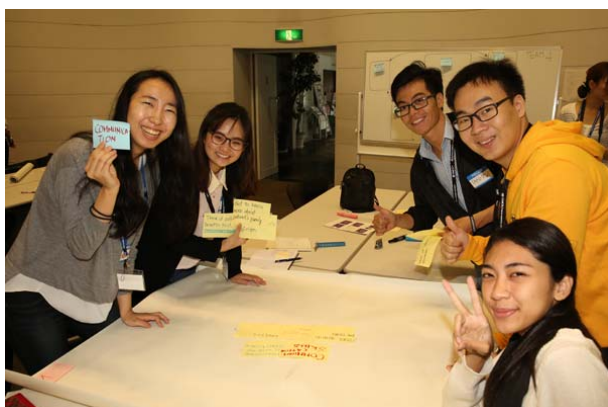
KJ 法によるワークショップ



KJ法の説明



アドバイザーが議論の方向付けを行った



KJ法を用いたワークショップ



英語によるディスカッション



発表ポスターの作成



各グループによる成果の発表



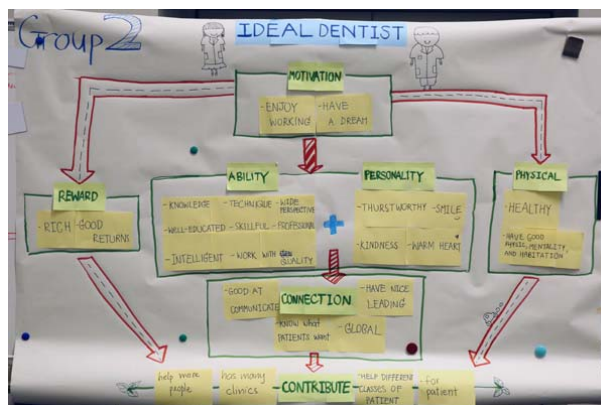
代表者二人がプレゼンテーションを行った



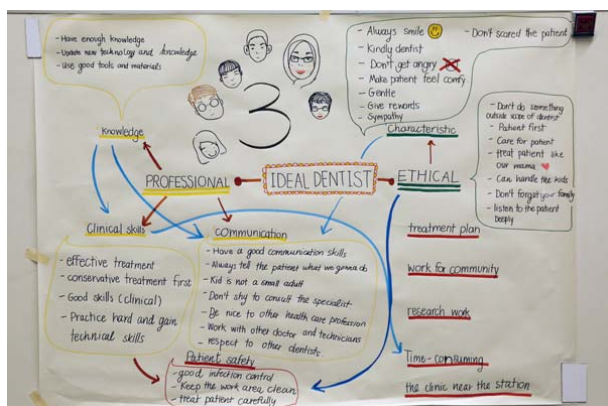
それぞれの班の個性の出た発表となった



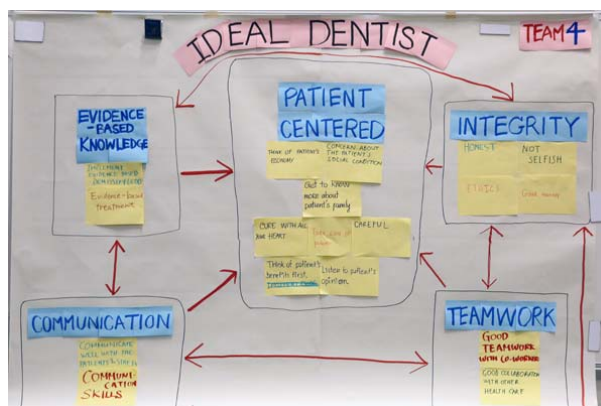
第一班の成果



第二班の成果



第三班の成果



第四班の成果



第五班の成果



第六班の成果



活発な質疑応答



KJ法ワークショップへのコメント

カルチュラルナイト



法被を羽織ったTMDU学生グループ



CU学生グループ



SWU学生グループ



UI学生グループ



UMPH学生グループ



民族衣装に身を包んだ華やかな学生たち



Cultural Nightの司会



カルチュラルナイトでのタイ舞踊



色鮮やかな衣装とインドネシア舞踊



男女のペアで舞踊を披露したUMPHチーム



TMDU学生は留学生らと「だるまさんが転んだ」



日本のこども遊びを楽しむ留学生ら



鬼に近づきすぎて体勢が苦しい留学生ら



タイボクシングの練習の成果を発揮！？



続いてタイ舞踊を披露したCUチーム



Cultural nightの記念写真

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