



DENTAL

TRAINING

PROGRAM

2016

**Tokyo Medical and Dental University**

**Oct 6<sup>th</sup> - Oct 19<sup>th</sup>, 2016**



**AN UNFORGETTABLE EXPERIENCE**

# Table of contents

<b>Contents</b>	<b>Page</b>
1. Introduction to the Program .....	3
2. Pre-departure Preparation .....	4
3. Departure and Arrival .....	7
4. Opening Ceremony and Orientation .....	10
5. Global Retreat .....	13
6. Laboratory and Clinic Visits .....	15
7. Cultural Exchange and Tokyo Discovery .....	43
8. IT Simulation Learning .....	55
9. GC Company visits .....	57
10. Internation Research Day .....	60
11. Closing Ceremony .....	61
12. Sharing after program .....	63

# Introduction

The dental training program in Japan is in accordance with a cooperation agreement regarding student exchange between Tokyo Medical and Dental University and University of Medicine and Pharmacy at Ho Chi Minh City.

Information about the program:

- Duration: October 6th-19th, 2016.
- International support: round-trip expense (air ticket), hotel accommodation cost during the program.
- Number of participants: 8 dental students.

Application process and candidate selection.

Applicants registered through an online application form and have to take part in the tests on writing and speaking English.

Also, students who participate in this program must meet the following requirements:

- Dental students from 3rd to 6th year.
- Minimum qualification of three most recent terms from 2.5 GPA.
- Good English skills (Students who know Japanese will have a high priority).
- Students who have positively taken part in activities of Ho Chi Minh Communist Youth Union and Students' Association of the University.
- Interested in and eager to participate in international exchange program.

Based on these criteria, 8 students were chosen to represent University of Medicine and Pharmacy at Ho Chi Minh City to join the dental training program 2016 in at Tokyo Medical and Dental University.



# Pre-Departure Preparation

After strictly thorough stages of selection, we were so excited to gain a great opportunity to be one of members of TMDU Exchange student experiencing 14 days in one of the biggest dental universities in Japan. Even though some of us had not known about the others before, we came together as friends who wanted to visit and explore different cultures of the world, especially to get an in-depth understanding and real experience of Japan and their interesting culture. Additionally, it gave us a chance to be friends working, sharing co-operating and travelling together. That made our student's life become more colorful and memorable. As soon as received the passing result, we were excited to start preparing carefully. These pre-departure days was so busy but we did try our best to be ready for our wonderful up-coming exchange program in beautiful Japan.

## Art performance

We began to prepare an art performance in order to bring a colorful and happy dancing for Cultural Exchange



Show which would be organized in 3-day-Global Retreat with the attendance of many universities from other countries. It would be great opportunities for us to introduce Vietnamese culture and customs and exchange with our foreign friends. We hoped our traditional dances and costumes that expressed our country love mingling with human love would leave a good expression as well. We spent at least 3 days a week to practice and prepare everything. That was so happy and exciting time we had together.

## Vietnamese souvenirs

To express our appreciation for all friends from other countries who attend this Exchange Program in TMDU, we did not forget to prepare some cute souvenirs. We were so happy to have a chance to make friend with all students from other universities. We hoped that we could have a valuable memory about each other and keep in touch after this program. These cute souvenirs should help them to remember us as well. Additionally, we prepared some kinds of special peanut and Green bean that were specific in Vietnam as an interesting gift for introducers and supporters in order to

express our gratitude for their warm and kind helping.



## Travel accessories

This might be the first opportunity for all of us to travel abroad or beautiful country- Japan. 14 days were not too long but not too short to prepare everything to be ready, especially with some joyful members in our team who were still living under their family caring. So, it was an ideal chance for them to experience and help themselves. We were so happy but also worry a little bit. There were lots of new thing that we have to prepare for our up-coming interesting trip, from many small thing like personal objects, coat, medicine ...to other big things: passport, visa, insurance...they were totally new that we had not experienced before. Sometimes, these little things could help us to realize it was time to be grown up and prepare enough skills for our own life.

Anyway, we did have many first experience together.

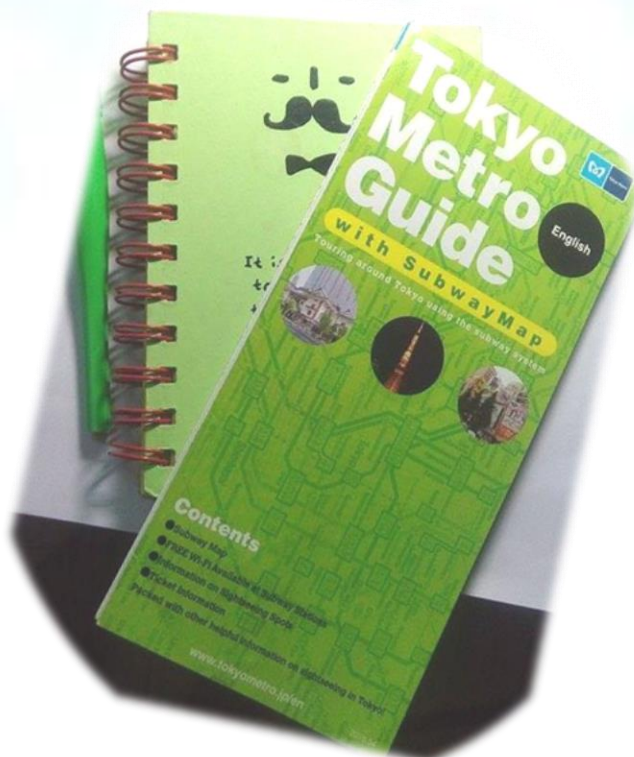
## Living experience

It should be a big mistake if we had not given our gratitude and appreciation for our supporters: Miss Thanh Tam and many other seniors who are studying PhD in TMDU. At the early days after official results, we were prepared thoroughly about essential and basic skills that might be necessary while we were studying in TMDU in 14 days. We learned how to act and communicate properly with friends, people in Japan, especially in public area.



Additionally, we were also introduced how to get a train, how to use money, how to buy food or personal things or contact with each other in Tokyo. We spent time exploring many beautiful sceneries, shopping center, station.... around TMDU as well. By that way, we felt our 14-day new life in

TMDU was more friendly and interesting. Their thoughtful caring helped us to be more confident and ready to enjoy life in TMDU.





# DEPARTURE

We gathered together at Tan Son Nhat airport at 10 pm. After checking our luggage for several times, we checked in. The night was still young for many funny stories and even expectation of a good trip. We could not wait to get on the plane. At 12pm, our plane took off. TOKYO, HERE WE COME!!!



We landed in Narita Airport at 8pm after a 6 hours flight. The weather was a little hot, however, we took a photo of our first moment in Japan. We all looked so excited.

The first Japanese we met were the entry staffs. They were gentle and smiled so much. What a beautiful first expression!



Then we got in a minivan to get to Tokyo. Once again, we were welcome by a friendly driver. The scenery was peaceful which reminded us of what we had seen in Japanese manga. It was a dream come true.

*Dreams  
Come true*



# OPENING CEREMONY

We had The Opening Ceremony on second day we have stayed in Tokyo and the first school day. It took place at Special Lecture Hall 4F, Dental Building North at 9:00 AM.

Prof. Ishida started the Ceremony by introducing us – foreign students about the schedule of the whole program. His We also had interesting Japanese lessons by Prof. Yonemoto. We learned some basic Japanese conversation and we were all exciting to practice a brand-new language totally different from ours. It was promising to be two weeks full of experiences.

warm speech made us feel extremely eager about the following days.

We also made a lot of friends from Thailand and Indonesia, they are all so friendly.



## Disaster Drill and Welcome Lunch

Then we had the amazing “Disaster Drill” lessons, we experienced getting out of the full-of-smoke house and standing in the shaking room. This is the best experience of the day and it was so much useful for all of us.

After that, teachers and students, we all

had the warm welcome lunch together. “Welcome lunch” helps us get to know each other, makes us get closer and renders us so touching!





# GLOBAL RETREAT

We went to Chiba for attending Global Retreat 2016 in 3 days.

It was the chance for me to know everyone. After arriving by bus, we received a warm welcome from Yoko Kawasuchi sensei and a lecture from Prof. Clive about “Population and health insights: the future challenges for the dental profession”. From the lecture, I learned that “Population growth”, “Technology” and “Ageing” are three challenges of today healthcare system. It was good information and I told myself that I had to know more about the old population when I came back to Viet Nam. I didn’t realize that the old people is quite different from young people. For me, the best activity was

the drawing game. I’m pretty bad at drawing and I didn’t draw anything in years. Because of it, me and my partner, Nick were very shy at first. I didn’t want to upset Nick because of my drawing. But after some agreements, I started to draw Nick and it went very well, I drew her. And then she drew me. The result wasn’t good but at least



it’s still recognizable. Nick drew me with thick lips. And when I showed it to my teammate, they said that I have very “sexy lips” and it became my nickname. Next activity was the guessing game, my team which is team A and team D both had talented artists and good skills in face recognition.

Both team earned the highest score which is 30/30. We have decided the winner by playing one-two- three

game. After this game, I think that I found a new habit: drawing.

In the first night, I was very scared to take a public bath. I never did that before. But the encouragement from Viet Nam's team leader, Tan. I went to the bathroom and took a very long and nice bath. It

was really nice and very strange to take a bath like that.

The next day, I learned about the "KJ method" for teamwork and brainstorming. I knew that my mind was blown away. I usually have many teamwork and it's like a big fight. Everyone want to talk their own opinions and no one is listening. I tried several ways to improve it but nothing was improved. I'm pretty sure I'm going to use KJ method for my next teamwork



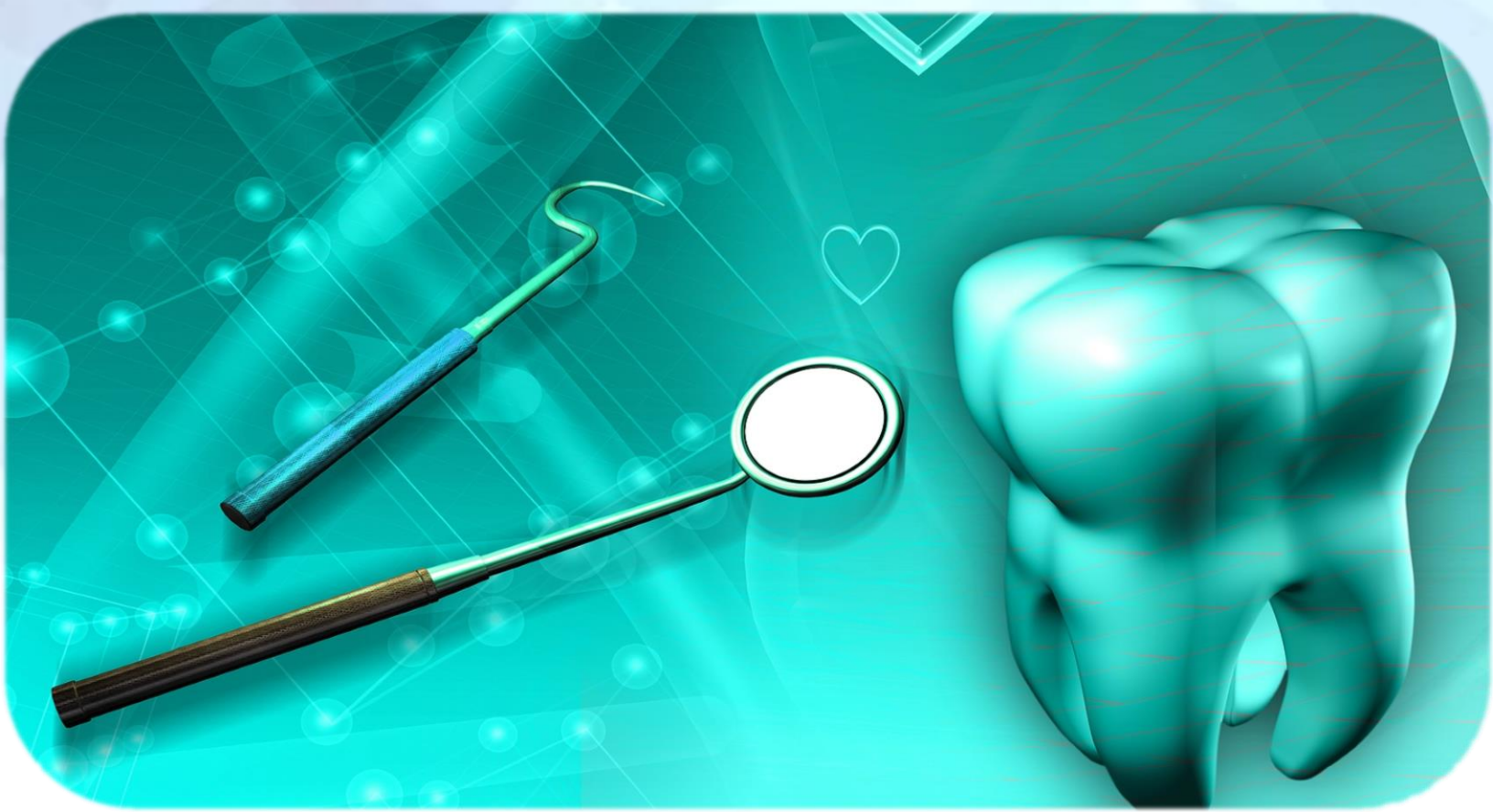
activity. Right after I learned about KJ method, we had a chance to practice it with the topic "IDEAL DENTIST". My team worked quite effective and we have finished it in 2 hours. The presentations from

other groups provided many useful ideas about an IDEAL DENTIST like: Dentists must have good habits first, or Patient-centered method, or the balance between IQ and EQ.

The last presentation in the third morning from post-graduate students from TMDU explains for us about the life of a international in Japan. We went back to Tokyo at noon. After Global Retreat, we can remember the name of almost everyone.







# **LABORATORY AND CLINIC VISITS**



# 1. Oral and Maxillofacial Surgery

I headed to the Oral and Maxillofacial Surgery Department to have a class with Doctor Yuji Tshushima and Doctor Kae Tanaka. Before visiting the Oral Surgery outpatient clinic, we had a small chat to exchange our knowledge about our faculty, our university as well as the dental hospital in our countries. Then Doctor Kae Tanaka leaded us to the outpatient clinic and showed us materials and instruments.

After that, I was taught some lesson on suturing.

I can learn from the manner and the method of working in the clinic from the Doctor of Oral and Maxillofacial Surgery Department. They work in the effective way and the working atmosphere was quiet but really professional.

Then Doctor Yuji Tshushima and us went to the operating room and recovery room.



## 2. Pulp Biology and Endodontics



At the Department of Pulp Biology and Endodontics, Doctor Hiroyuki Matsumoto leaded us to visit the clinic, showed us some machines and devices using in endodontic procedure. Firstly, we observed the endodontists perform the root canal treatment on a real patient. He was so good that he did not need to use the microscope. However, he used it so we could have a better view. Secondly, we practiced the root canal preparation by using the root canal imitation. There were several types of file which is only used for 8 times. Then it will get broken easily and cause serious complications. To prevent these situations, they sticks a plastic flowers which has 8 petals in to the files, each time they used it, they will tear one petal. As the last petal get teared, they disposed the files.

The whole visit to Pulp biology and Endodontics departments was exciting but the counting flowers is the most impressive thing, in my opinion. Prof. Hiruyuki Matsumoto repeated again and again that we have to remove a petal after every time we use the files even though we were just practicing on a fake tooth. I realized it was really important to keep an eye on the minor things to provide the safety for our patients.

Finally, with the help of the supervisors, I performed a root preparation on the root canal model using Ni-Ti files. Besides the interesting information and performance in the class, I had another lesson from the way Doctor Hiroyuki Matsumoto organizing the time, he split schedule and followed them in good way to help us have the best lecture in accurate time and Endodontics Department.

### 3. Psychosomatic dentistry

I had a Psychosomatic dentistry class which I was taught many useful lessons. I learned the definition of some psychosomatic problems in dentistry and how to help the patients, how to listen to the patients and treat them in proper ways. In Vietnam, I have heard about

burning mouth syndrome but I have paid very little attention may be because I could not fully understand the feeling and the difficulty of the patients. But through this morning lecture, besides the new knowledge I have got, I also get the sympathy with the patients.

### 4. Removable Partial Prosthodontics

I had a class at Removable Partial Prosthodontics with Doctor Eiko Kohno

and Doctor Hironari Hayama. I was introduced some removable dentures and



then was led to the clinic and the laboratory.

Doctor Eiko Kohno showed us the clinic, the prosthodontic materials and how dentist perform a procedure. Then Doctor Hironari Hayama gave us information about CAD/CAM technique and I observed a whole procedure to make a crown using the high-technique machine.



Doctor Eiko Kohno was very nice, she tried to speak English very slowly and clearly to help us fully understand the lesson and she helped us so much. Then the CAD/CAM technique was amazed



me, not only because of the modern of the machine but also because of the interesting teaching method of our supervisor- Doctor Hironari Hayama. He was very humorous and devoted. Our class was eventful and everyone got very excited.

## 5. Diagnostic Oral Pathology



Dr. Rei Toyama gave us a handout about basic Pathology knowledge, how to make a pathology specimens. It contains 6 steps: Fixation, Grossing, Processing, Embedding, Sectioning and Staining. There are many types of Pathology specimens such as: surgical biopsies, incisional biopsy, punch biopsies, shave biopsies, curetting, core biopsies. Then, Dr. Rei Toyama took us on a tour around Pathology labs in Medical Hospital and showed us how the doctors and technicians work to make specimens.

At the end of the tour Dr. Rei Toyama showed us a video about the difference

between frozen study and paraffin fixation. If the surgeon want to diagnose tissues during the surgery, he/she will send a sample to the pathology lab using a special elevator. The pathologist will perform a frozen study on the sample. It will be frozen with nitrous oxide, be sectioned and be diagnosed by pathologists. After that, the pathologist will inform the result to the surgeon via phone. All of this process takes about 10-15 minutes. Finally, we watched an autopsy video on a female patient.

## 6. Gerodontology and Oral Rehabilitation

I went to Gerodontology and Oral Rehabilitation. I visited the clinic, the prosthodontic laboratory and then I was introduced the CAD/CAM method to make a full denture. Finally, we had a small experiment with colour-changeable chewing gum which was use to estimate the masticatory function of elderly people.

The color-changable chewing gum invented by Gerodontology and Oral Rehabilitation Department the made me feel really enthusiastic. I found that they was trying hard to invent new methods, new techniques, new materials to make the work become more effective and then, bring the best treatment for the patients.

## 7. Oral Pathology

I went to the conference room of Oral pathology department on 4F of Building 1 East to meet Dr. Kei Sakamoto. He took us to many rooms of this department laboratory. Pathologists in laboratory were keeping on their works. He showed us a basic procedure of diagnostic oral pathology with biopsy specimens. I could see the process of how to make a specimens including a lot of complex steps. I was very interested in this lesson. It provided a wide knowledge about diseases diagnosis through histology. Three basic items to be checked for pathology's severity diagnosis were stratification, rete ridge

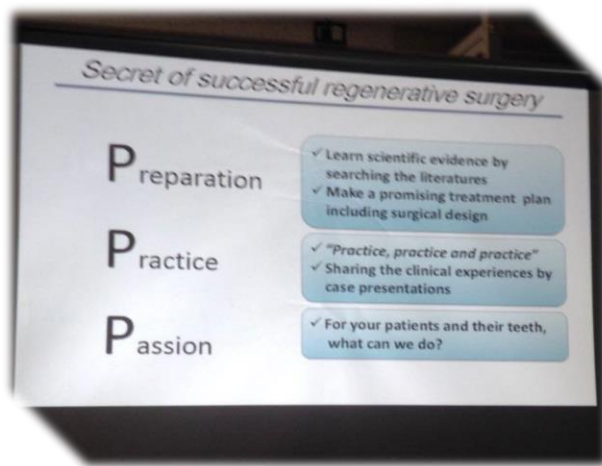
shape and inflammation. He also showed us a lot of clinical cases which were really helpful for our career.

I was impressed by the lecture by Dr. Kei Sakamoto which gave me the difference look about the Oral Pathology department. Before this lesson, I was scared of this subject because of this too much knowledge and documents. It had lots of diseases to be diagnosed through microscope. Observed his study, I felt that oral pathology was definitely interesting and colorful. Therefore, I hope I will have a chance to study further about this department once day.

## 7. Periodontology

Periodontology was the first department that I visited and Prof. Yuichi IZUMI is the chief faculty. My three Vietnamese friends, two others from Indonesia and Thailand and me were supervised by Dr. Koji MIZUTANI. We had an opportunity to visit the clinics in Dental Hospital of Tokyo Medical and Dental University where periodontists, post graduate students give treatment to the patients.

After that, Dr. Koji MIZUTANI introduced a lecture of advanced periodontal researches in that department. He gave us the basic theory about some periodontal treatment plan including stem cell, scaffold, signaling molecule; however; they only administer stem cell in laboratory for researching purposes and do not apply it in clinics. Before concluding the main subject of “Periodontal Regenerative Therapy for



Teeth Preservation”, he presented diverse clinical cases that he and his students had been treating.

It was the first time that I have watched many videos of periodontal pocedure including applying emdogain at exposed gingiva which is a popular method of biologicals. That is why I was very impressed

## 8. Oral-facial Pain Management

I had found my friends Bosco, Did and Chat to go together to Oral-facial Pain Management Department in the room 507 on 5<sup>th</sup> floor of Building 10. 4 of us had the chance to meet Professor Masahiko Shimada. Anyway he was so busy that we just talked in around 15 minutes and then he had to leave. Dr. Quynh Anh and Dr. Ngan who were really warm-hearted took us to clinics. I experienced some strange but interesting devices there such as Relaxation Chair. This was the chair that when I sat down the hat would cover my head and music from CD player started to play. The

sound was exactly soft and comfortable that I didn't hear any things else outside. It was the most impressed for me besides other methods such as acupuncture technique, iontophoresis, nerve block, photodynamic therapy.

The most impressed methods in Oralfacial pain treatment for me besides other ones such as acupuncture technique, iontophoresis, nerve block and photodynamic therapy was Relaxation Chair with music. The exactly soft and comfortable sound of this device made me relax very much.

## 9. Maxillofacial Orthognathics

I had a class of year post – graduate department of student guided us to visit the clinics of Orthodontics between 2 types of metal Maxillofacial the clinics of Orthodontics wire used in orthognathic Orthognathics that Prof. and introduced some treatments. The new one Keji Moriyama was chief instruments including seems to be a big faculty. First of all, Dr. L&H wires which were innovation for having Eric who was the second – very convenient for having

more advantages than the old one. Then I also visited the eye-tracker lab where I took part in a text using the newest technique. They showed me many pictures and the machine will observe to calculate where I looked at first and where I looked for the longest time. Since i am studying odonto-stomatology, my attractive sight is the oral areas. And then we were showed many dentine models. Every patient has many models of their teeth through each phage of their treatment so they can easily notice their changes. We all had introduced about ourselves before Dr.

Takuya Ogawa took us to clinical rooms and gave a view of orthodontics practicing in live. Firstly, Dr. Takuya Ogawa spent so much time to explain clearly about the Orthognathic instruments. Once again, I have to emphasize the important of having good material in practicing as a dentist. Secondly, the orthognathic treatments always improve patients' appearance so much. Therefore, in my opinion, orthognathists create the magical works which can change the whole life of their patients. Everybody in the clinical room was really busy with

their works. He showed us about the wire and the pincers. Then we went to the laboratory and had a discussion of orthodontics problems in cleft patients. Dr. Takuya Ogawa and Dr. Eric gave some examples of clinical cases that they were following. There were some complicated cases that patients had to experience oral surgery to generate better occlusion.





## 10. Oral and Maxillofacial Radiology

I attended another department of Oral and Maxillofacial Radiology that Prof. Tohru Kurabayashi is chief faculty. Dr Hiroshi Watanabe instructed us to visit the facility of this department. There were varied modern machines conveniently serving approximately 2000 patients per day. It was easily understanding as Japan is famous for the advance of technology and it is also applied in medical and dental system. Then, he gave us five questions of five clinical cases of interpreting radiological

films. I am a fourth-year student so I haven't studied about this aspect and cannot answer correctly all these questions. However, I learned how to diagnose some different pathological cases.

About Oral and Maxillofacial Radiology, I wish I could have studied this subject more to discover more about it. I believe that after today, I will have motivation to study this issue.



## 11. Dentistry for Persons with Disabilities

Prof. Osamu Shinozuka is chief faculty of Dentistry for Persons with Disabilities. My supervisor was Dr. Yasuka Kusumoto who was a very kind and wise teacher. She explained to us about criteria of disabilities including people who are hard to understand oral care, dental treatment; have difficulties in communication: blind, deaf and muted. They may be difficult to maintain their posture and they need medical care because of diverse systematic diseases, dental problems, depression and panic disorders. After introducing behavior management of patients with disabilities, she let us to experience the inhalation sedation with monitoring of the vital signs such as SBP, DBP, pulse, SpO<sub>2</sub> and so on. We took turns to be an operator and an patient to practice this method. The oxygen concentration was 100% for the first time, and then decreased



gradually. However, an extremely dose was 70% nitrogen and 30% oxygen.

Dr. Yasuka Kusumoto was extremely conscientious and enthusiasm. It was twenty to twelve but I hadn't experienced the inhalation sedation and she tried to find another dental chair for me. When we asked more questions, she always made an effort to explain to us although sometimes we had difficulties in different languages.

## 12. Sports Medicine/ Dentistry

I attended a class of Sports Medicine/ Dentistry that Prof. Toshiaki



Ueno is chief faculty. We studied how to fabricate a mouthguard to protect teeth from dental trauma. Because we did not have enough time to make mouthguards for each student, Bosko from Indonesia was the one to be chose to have his own mouthguard. Dr. Hiroshi Chuei took impression of Bosko's teeth and then make an artificial model of his denture. While we were waiting for the model, Dr. Chuei introduced the lecture named "Study of relationship between the occlusal motor function and the sport



performance. It was the first time that I have watched a video of the way how to fabricate a facial guard.

Actually, we do not have department of Sports Medicine/Dentistry, so I hadn't imagined what I would learned. I was also keen on watching Dr. Chuei fabricating a mouthguard and my friend, Bosko, was very excited at his own mouthguard.

Sport Dentistry was a good experience. However, this is not a popular field in Vietnam. In my opinion, it is because Vietnamese people don't aware enough of the accidents in playing sports.

Furthermore, we don't play sports as much as Japanese people so the need is



too little to develop this field. I think as Vietnamese Government are now encourage people to joint in more sport

activities, Sport Dentistry will soon become a good specialty to persue.



## 13. Fixed Prosthodontics

I started with a lecture of Fixed Prosthodontics presented by Dr. Satoshi OMORI. We had general introduction of lectures, courses, clinic services and some of researches before he focused on Zirconia which was a crystalline dioxide of zirconium. His recent research was about effect of thickness of zirconia-ceramic crown frameworks on strength and fracture pattern. They have been expanding the clinical applications of zirconia-ceramic restorations as thin Ce-TZP/A ceramic crown framework provide not only less reduction for tooth preparation, but also minimal

intervention and preservation of pulp vitality.

I had studied the subject of Dental Materials including ceramics. In our faculty, ceramic crown is classified into 3 groups consisting of porcelain, glass ceramics and oxide ceramics and zirconia is a type of oxide ceramics but hadn't had an opportunity to know much about zirconia. That is why I listened carefully while Dr. OMORI was presenting. However, I think that he may speak slowly and show more pictures of real instances of this kind of ceramic crown to make the presentation more lively.

## 14. Forensic Dentistry

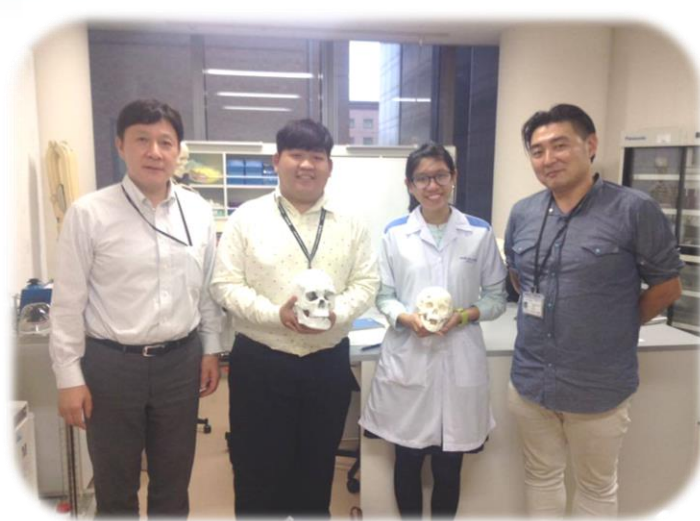
I attended a class of Forensic Dentistry. I was honored to be instructed by Prof. Koichi Sakurada and Assistant Prof. Hajime Utsuno. I received a handout of forensic dentistry and dental findings. Basic works of dental findings are made up of preparation of postmortem

effective for identifying. Assistant Professor Hajime Utsuno took part in the work of identifying in the period of tsunami in Phuket in January and he showed us some of pictures of his work.

And then, I want to say thank you to Prof. Koichi Sakurada and Assistant Prof.



record, antemortem record and comparison between these records. Besides, DNA typing such as STR (Short Tandem Repeat) typing and Mitochondrial DNA typing are also



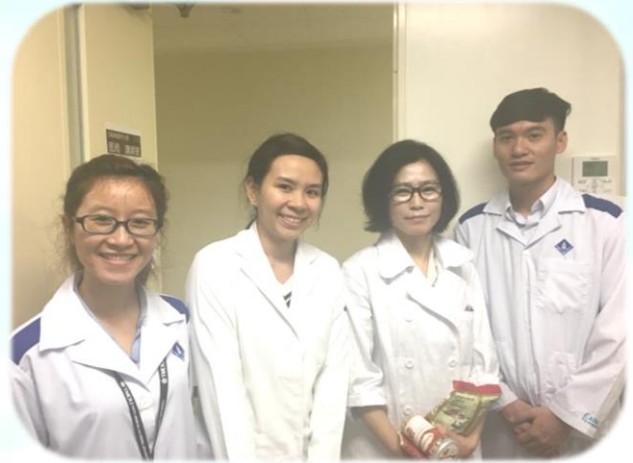
Hajime Utsuno who warmly welcome us to the department. Although it is a new aspect in dentistry, I think that it is especially significant for identifying and it is going to develop in the future.



## 15. Cariology and operative dentistry

I spent over 2 hours to take a course in Cariology and operative dentistry department on 10F of dental building. Professor Junji Tagami was extremely enthusiastic. She emphasized the importance of minimal intervention that was the most modern philosophy in caries treatment. She and her department's staffs introduced a newly developed optical caries diagnostic device with using directly computer and the latest dental adhesive materials.

I experienced lots of new things in the laboratory of Cariology and operative dentistry department. I saw the scene of the scientists fed the experiments mice. I had a chance to do a step of the laboratory process by myself under the help of the supervisor. Biopsy specimens were



complicatedly made but the process was really interesting. Finally I was impressed when I had a chance to approach the latest modern ICT device for easily diagnosing dental caries.

## 16. Oral Surgery

I went to the dental building on floor 6 to join a course of oral surgery outpatient clinic. Dr. Yuji Kabasawa took us a visit to the oral surgery outpatient clinic and operating room. I observed a dental extraction surgery case for wisdom teeth. Before removing a wisdom tooth,

he used the local anesthetic to numb the area of the tooth. Then he opened up the gum tissue over the tooth and took out any bone that was covering the tooth and separated the tooth into smaller pieces to make it easier to remove.

## 17. Pediatric Dentistry

I had a Pediatric Dentistry class with Dr. Manhal Ijbara. I have known that the chief complaints of patients are caries, occlusal guidance, trauma, soft tissue problems... And insurance in Japan is national Japanese coverage but orthodontics, dental implantation, aesthetic dentistry are uninsured. Some clinic cases and X-ray images were presented to help us understand more

about some work of this department. Then we visited the clinics and laboratory where he also introduced a stereomicroscope with fiber optic.



## 18. Gerodontology and Oral Rehabilitation

I attended a class of Gerodontology and Oral Rehabilitation. Dr. Mai Okubo let us to visit the clinic of prosthodontics, dysphagia rehabilitation, and special care. I had an opportunity to observe a clinic case of a woman suffering from scleroderma and her medical record. After that, she introduced the process of fabricating temporary bridge and Professor Shunsuke Minakuchi were treating a clinical case using temporary bridge. Furthermore, some introductions of the researches in their department were offered. One of them is CAD/CAM system for fabricating complete dentures

and dentists only need to scan patient's teeth instead of taking impression.



Beside Dr. Mai Okubo, Dr. Thuy was also very kind. She enthusiastically asked students if we understood and had any inquiries.

## 19. Anesthesiology and Clinical Physiology

Prof. Fukayama, the chief of the faculty guided us around his department clinics and operation theatres. He even showed us how to measure the ECG by using the new technique. There was a patient who was too afraid of going to

dentist. She came to the Department to have a scaling procedure under the anesthesia treatment. She was conscious. However, the drug prevented her from being afraid. There were also three surgeries in the morning where I can

study about the machines measuring clinical physiology index.

## 20. Psychosomatic Dentistry Department

This department mainly focuses on 4 kinds of disease which are: burning mouth syndrome, atypical odontalgia, phantom bite syndrome occlusal dysesthesia and oral cenesthopathy oral dysesthesia. This is a field of dentistry not psychiatry, which treats many patients every day. These patients come for having abnormal feeling in their oral region but actually having no abnormal physical findings. They are treated mainly with antidepressed medicine and changing their bad habit to release stress. Psychosomatic Dentistry is a new specialty for me. However, Dr. Tu Thi Huyen Trang explained basis things so

well that now I am really interested to it. The diseases mainly occur in the countries having many old people and always having stress. And women have a greater percentage of having these diseases than men. He explained this was because women having more stressful thing than men in Japan. I've been in Japan for 1 week and I think Japanese work really hard. It has many advantages but disadvantages also, and the psychosomatic diseases are one of them. The icon of faculty is Rilakkuma which Prof. Toyofuku explained was to encourage people relax (rilak=relax, kuma= bear) more.



## 21. Cognitive neurobiology

Dr. Ojima Hisayuki taught me about the basic knowledge of sounds and his experiments with the mice. There were some first outcome on the reactions of them before listening to the sound which they were trained to get used to. He also analysed the sound by using the modern machines. Professor also used these new technique to separate my voice into many different frequency. Now I can distinguish the differences between a noises and comfortable sounds. I did not aware the simple sounds we listen to daily

actually have many interesting characteristics.

Since this was the first time I've acknowledged Cognitive Biology science, I had many question for the professor. He tried his best to answer and gave us many examples to illustrate his opinion. However, the time that we had was little that he could not explain clearly enough. I may contact Dr. Ojima Hisayuki to get a deeper understanding about this study because I found it interesting.



## 22. Oral Maxillofacial Surgery

Firstly, Prof. Yuji Kabawasha answered all the questions about their department and study. After that, we visited their clinic. We observed the dentist perform an extraction. It took only 20 minutes to finish the whole surgery. The extractions in TMDU clinics were much faster than in my university clinics. Usually, we have to schedule a surgery

for the next days to do more tests and then the surgeries will be performed inside an operation theatre instead of a dental chair like in TMDU. I haven't decided yet which is better. In my opinion, the first priorities are to remaining the sterilized condition and stopping the pain so that the patient get well soon.

## 23. Bacterial Pathogenesis Department

I spent two hours visiting the Bacterial Pathogenesis Department. I was really impressed with the instructors' generosity and devotion. We did the experiments about DNA purification from *E. coli* and DNA electrophoresis, which are basic skills in Bacterial Pathogenesis. After watching videos, the doctor showed us the procedure step-to-step and we did

it by ourselves. Even though there were too many steps that made us a little confused, but it's still an absolutely amazing experience, because in my university, I only learned this through lectures and we didn't have the chance to do it in real life.

## 24. Maxillofacial Surgery Department

Dr. Koichi Nakakuki welcomed us and took us on a tour around the Department. Oral Surgery is a wide field including maxillofacial prosthetics, temporo-mandibular disorders, dental implants and oral surgery. We visited the in-patients ward and the out-patients clinic. Unfortunately, we couldn't

observe the surgery because today is Friday and there was only one case which had finished before we arrived at the Department. Then he gave us a lot of information about history of Oral Surgery in Japan, and more specific, in TMDU and after that, characteristics of Oral Surgery in Japan.

## 25. Implantology

We arrived at the office of Oral Implantology & Regenerative Dental Medicine and then moved to the dental clinic which is located on 7<sup>th</sup> floor of Dental Building. Assistant prof. Shiji Kuroda, who has worked 25 years at TMDU and has many students from other countries, gave us the warm welcome. Implantology is a promising space in orthodontics. It's appropriate to each patient. The method does not have long history and numerous researches, so the doctors might meet some unexpected

problems. The most severe one is periodontitis or peri-implantitis. In TMDU Dental hospital - Implantology department, there are about 200 patients a day, a large number. Prof. Kasugai, the



chief of the department. He gave us some interesting information about implantology. After finished the implant, doctors have to ask patients come to check for peri-implantitis. The price is 4000 dollars per one and insurance doesn't cover implants. We had the chance to observe an operation using IV anesthesia method. Dr. Kuroda reminded

us of untouchable places and wearing mask during the surgery. As an assistant of the operation, he could be able to answer all of our questions. But he was helpful to provide us many information about the implant surgery procedure because I didn't learn about implant in my university.

## 26. Maxillofacial Prosthetics



Dr. Mahmoud gave us a tour around the department's labs and clinic. There are 5 dental units in the department's clinics



and a special clinic for speech disorders. At Maxillofacial Prosthetics department, all patients must be diagnosed by Prof. Hisashi Taniguchi on every Wednesday. The departments treat more than 200



patients per year. Dr. Mahmoud told me that

the key for success is the good patient relation.

Dr. Mahmoud research is about using 3D technique for the treatment. By taking images from MRI or CT and sending it to

the 3D printer to make a real patient model.

Below is an example model of the skull of a cancer patient.

I also tried the “nasal meter” which measures if the patient sound comes from the nose or the mouth. Finally, Dr. Mahmoud took 3D picture of our faces. It’s really cool.

## 27. Advanced Biomaterials

Laras and I went to Advanced Biomaterials lab. We were taught by Prof. Motohiro Uo. First he taught us about composite resin material. I learned about the content of composite resin, the polymerization methods. It is almost the same when compare with the lecture I learned at my university. Then Prof, Motohiro Uo taught about Hardness tests. I used to think that the harder the material is, the better. But I was wrong, if a material is harder than enamel, the enamel will be wore off. Common material used in dental restorations

usually harder than enamel so the restoration surface must be polished carefully. Next we went the lab to do Vicker’s hardness test on 4 different types of composite resin. They are: PMMA, 2 conventional composite resin and flowable resin. Here is the result of myself and Laras:

	Unif ast	Clea rfill CR	Beautifil CR	Beauti fil flo CR
VHN	4.0	91.9	62.0	34
	6.6	85.1	59.8	36.7
Load	50g	100g		

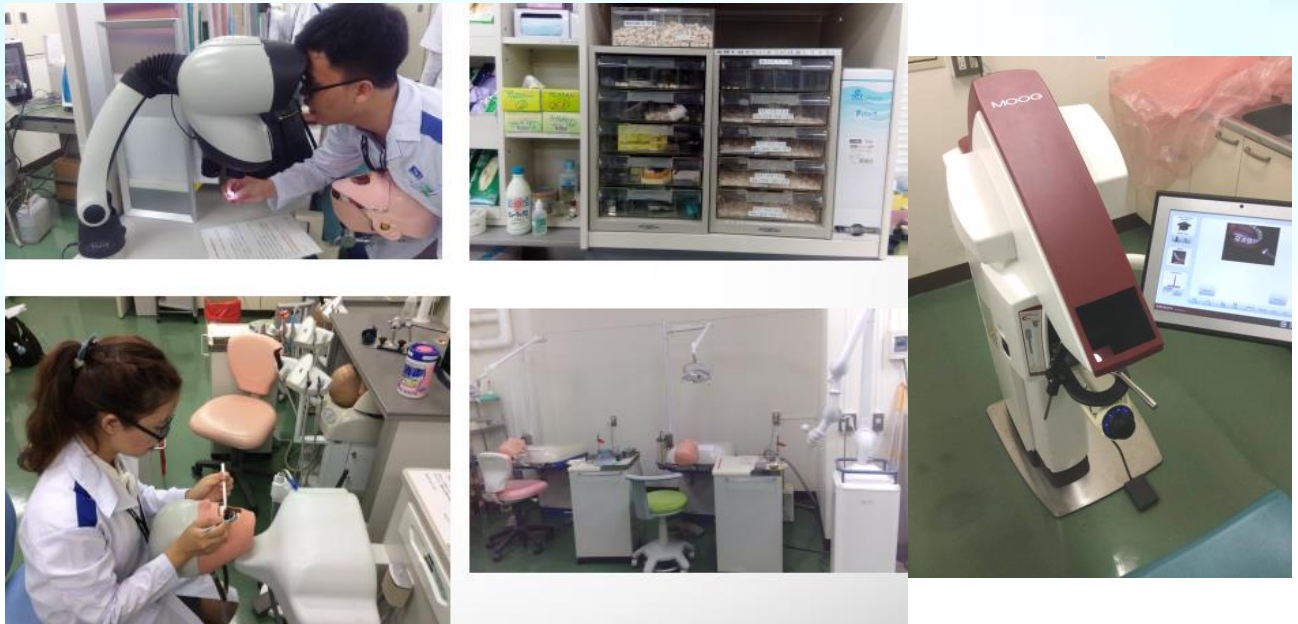
The difference between mine and Laras's result is small so I can say that we did our test very well. According to the test's result, PMMA is very soft and only suitable for temporary filling.

Conventional composite resin is very hard and suitable for permanent filling, flowable composite resin is a trade-off between dentist's convenient and the hardness of the material.

## 28. General Dentistry

I visited the clinic of oral Diagnosis and General Dentistry Clinics for undergraduates and trainee and skills lab with the introduction of Dr. Kenichi Tonami. He was so friendly and thoughtful. He took us to visit around the clinic and introduced some machines that were usually used in laboratory, serving for treatment supporting: Stream jet alpha, Model trimmer, Powder lift mixer, Jet blast III, Vacuum mixer...

We were introduced about MOOG simulator dentistry- one of the most modern simulation technique that helps dental practitioners to improve their own clinical skills. After our class, we gathered in a room and started to discuss about the difference in the system of dental education, training system between Asian countries and Japan: Insurance, Japanese awareness, Equipment, materials and tools, Academic course, Laboratory work.

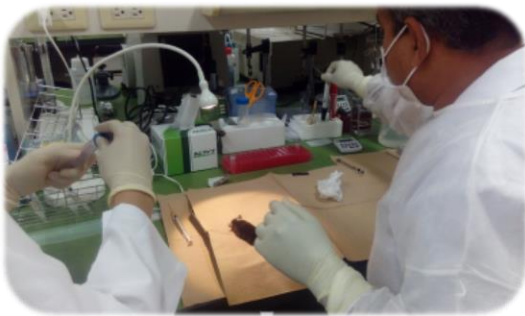


## 29. Pharmacology

I attended Pharmacological class with Mr Digg from Thailand university. We were introduced by Professor Masato Taira. We started our lesson with a warm introduction about each other in a few minutes. After that we were excited to learn about the Pharmacological and the histological methods for hard tissue research: Protein/ peptide combo and gel promote bone formation- (BMP-2 AND OP3-4) : delivery of RANKL- Binding Peptide OP3-4 Promotes BMP-2 ->

induced Maxilloxary Bone Regeneration. OP3-4 and BMP-2 injection induces alveolar bone formation in mice by the low- invasive method. Since a single injection is easy and minimally invasive, our bone formation method might be useful for orthopedic surgeons as well as treatment. Learning about the mechanism of this biological process helped me to open my mind so that I could have a pedal to update my knowledge about new aspect in diagnosis and treatment.

Besides, I also had many opportunities to perform or learn about the experiment process with Doctor Kazuhiro Aoki. He performed and introduced the experiment in mice to find out how phosphonate effects bone remodeling. He also explained in details the biological mechanism of this process: Bisphosphonate inhibits osteoclast and then stops resorption procedure -> get more bone formation than usual. Because of the lifespan, inhibiting bone resorption in a long time will interrupt bone remodeling -> pathological bone fracture causing bone cancer.



Returning Pharmacology in the second time, I was introduced to make frozen-undecalcified section and bone histomorphometric technique. I was so happy because I finally made a sample correctly that met their requirement by using Iced slice machine.

Additionally, we learned how to Prepare Rat dental pulp cell and Osteoblast cell culture with Professor Tamura. He was so thoughtful and humourous.

He introduced Storing cell sample technique and Cell Count Reagent SF and Cell counting technique (traditional or Microplate reader). Then we also performed to cultivate cells in the wells and practice to count them in both traditional method and by machine. We had learned lots of knowledge and improved our experiment skills after that.







## IT Simulation Learning

It was the first time that we had undergone IT Simulation Learning. By using a special material with earphone, we were given approximately 10 clinical cases. These cases were composed of medical records, intraoral examination, X-ray images so that we can practice to diagnosis and gave medicaments.

This material is so convenient that it provides users with the correct answers and explanation of both correct and in correct answers. In the end of the cases, users could get scores which is not

seriously important but they are able to



evaluate their knowledge. Thanks to this material, users have learned many useful cases that may occur in reality.



## GC Company Visit



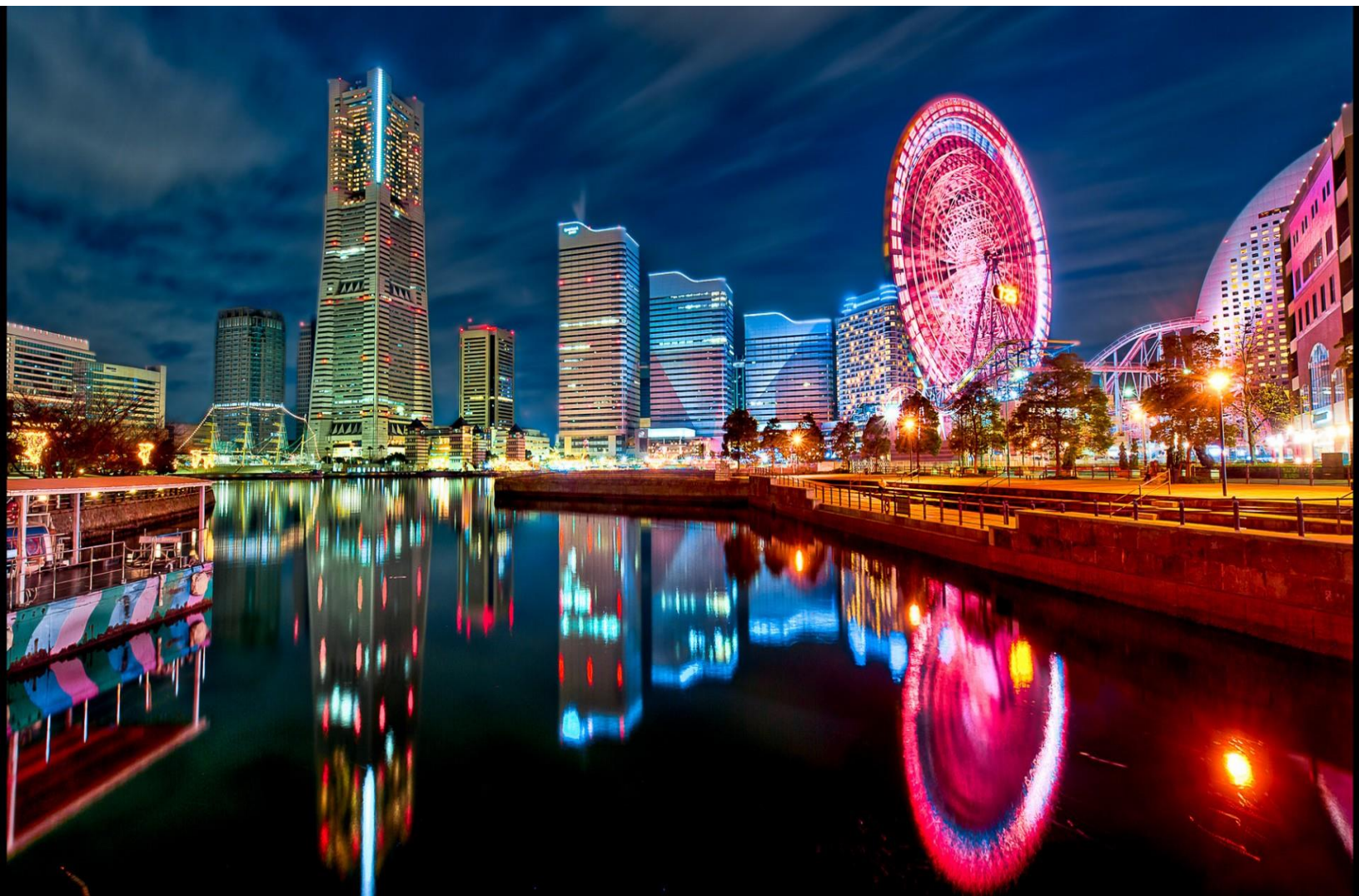
We visited GC Company in a rainy afternoon. It took about 5 minutes to walk from TMDU to the Head Office of GC. We were lead to visit the company and was introduced the company history, their foundation as well as their materials, devices and equipment. Then we had a small class to learn and practice to use GC lustre paste to paint to a model crown to change its colors make it look more natural.



We were amazed with this method and had a “painted-by-ourselves-crown”. Then we went to the showroom of GC Company where exhibited many modern devices and equipment, some of these we had not had a chance to see before. This visiting was broadened our mind and all of us were very excited.



# Tokyo Discovery

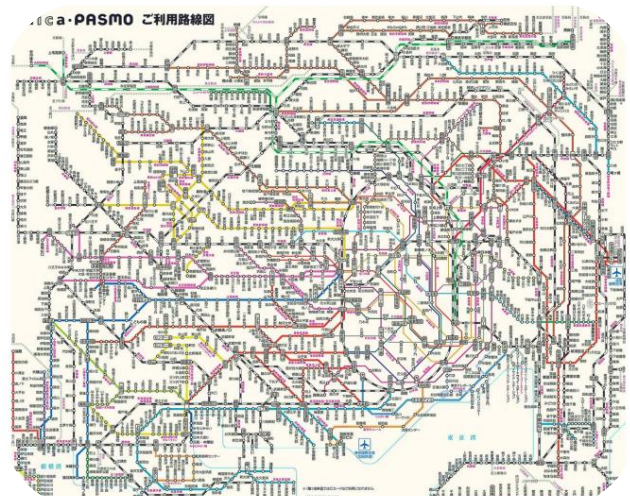




## *Travelling Experience*

While we were studying in TMDU, most of time we moved by train. We were so impressive about modern and convinient transport system in Japan, especially metro, train and subway system. We had heard about this point before, even seen on TV or the Internet.

But we could not prevent our exciting and happiness when experienced travel around Tokyo by subway train ourselves. We were introduced to buy tickets at the first time. We could feel the convenience and interesting while travelling by that way. We also owned our personal cute





Pasmo card which was used to move by subway train instead of buying ticket each time. It was more convenient. While sitting on the train, we felt so peaceful and impressive with the silent atmosphere. We could enjoy the sceneries outside when the strain was passing. We also learned how to act politely when

using a public transportation. At the beginning, we were a little confused because of the complicated subway map even though we had learn before. After one week experience, we felt more familiar with finding a suitable subway line to get where we want. That was so happy and memorable. right, with great shopping, dining, and some top hotels. There are even some excellent museums and galleries.

## Tokyo Station

Tokyo Station is a broad, imposing brick building in the Marunouchi business district just east of the Imperial Palace. Tokyo Station serves numerous lines, most notably as the terminal station for several shinkansen bullet train lines.

Tokyo Station is directly south of the electronics area of Akihabara and a little north of the luxury Ginza shopping district...

The Tokyo Station and Marunouchi District is more than just the gateway to Tokyo: It's a thriving urban hub in its own

For many travelers, Tokyo Station will be their entry point to Tokyo and their first experience of a Japanese city. Once you make your way out of the sprawling maze of the station, you'll be pleasantly surprised to find the surrounding neighborhood to be attractive and easy to navigate. The area between the north side of the station and the Imperial Palace is known as Marunouchi. This area feels a bit like Midtown Manhattan and is home to some of Japan's most powerful companies and banks. This is an area of wide boulevards, well-dressed businesspeople and good restaurants.

South of the station, you'll find a neighborhood thick with restaurants, department stores, smaller shops, hotels and bars – in short, everything that a traveler might need or want.

There are several dining areas in the station; my favorite is Kitchen Street, which is located on the ground floor at the northern end of the station (follow signs for the Nihombashi Gate). This food

court has some really good restaurants and it's less hectic than the excellent but crowded Tokyo Station Ichiban Gai (First Avenue Tokyo Station) shopping/restaurant street, which is directly downstairs under the main Yaesu Gate. This arcade contains the popular Tokyo Ramen Street.





# Admiring firework display

After a number of hard-working days, we decided to travel around exploring a couple of near-by places. All day commuting by trains, walking from place to place, visiting, taking photos and enjoying a variety of different kinds of food, we finally made it to Kamakura to admire firework display. It was the most crowded place we have ever seen since we got to Japan, we guessed, like everyone came here joining us. The display lasted about 15 minutes with stunning firework shows. It reminded us of firework display held in Lunar New Year's Eve in my country.



## Shibuya



“It would be a shame to come to Tokyo and not take a walk across the famous intersection outside Shibuya Station”. It’s a quote from Tokyo’s tour guide. I didn’t know what is so special about Shibuya until I visited it.

This is a photo of Shibuya crossing I took from the Starbucks coffeeshop. So many people at a single place, which I only saw in the holiday back in Viet Nam.

After experienced the crossing twice, we took some pictures with Hachiko statue. I'm so admired the

Next we went to the mall to buy some cosmetics, nothing special there. But in the basement of the mall is a paradise. Cheese cake, it has many kind of cheese cake. I ate like 10 cheese cakes that day. They are all so delicious.

loyalty of Hachiko. We saw Hachiko movie that night and some of us have cried.



The last activity at Shibuya that day was taking selfie. It was pretty fun see our faces look funny. Each of us keep a picture as a reminder for Shibuya.

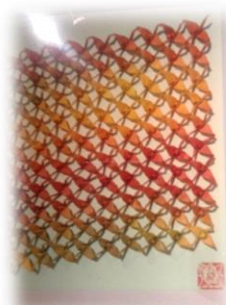


# Ochanomizu Origami Kaikan

Some of us are fans of Origami, so, what is happier than visiting “the world of Origami” right at the country that it derives from? After a day of school, we walked to Ochanomizu Origami Kaikan because it was not far away from the university. It took approximately 15 minutes to get there. We were extremely impressed by those art



working. It appeared like that every art working tells us different stories.

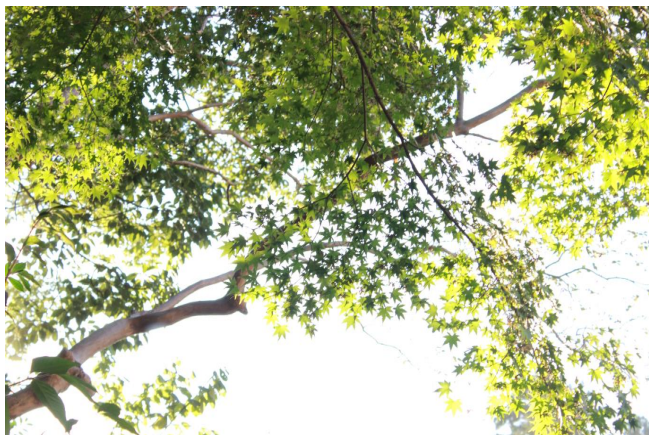




# Ueno Park

Ueno Park is a large public park next to Ueno Station in central Tokyo. The park grounds were originally part of Kaneiji Temple, which used to be one of the city's largest and wealthiest temples and a family temple of the ruling Tokugawa clan during the Edo Period. Kaneiji stood in the northeast of the capital to protect the city from evil, much like Enryakuji Temple in Kyoto.

During the Boshin Civil War, which



followed the Meiji Restoration in 1868, Kaneiji suffered nearly complete destruction in a battle between the victorious forces of the new Meiji government and loyalists of the overthrown shogunate. After the battle, the temple grounds were converted into one of Japan's first Western style parks and opened to the public in 1873. A statue of Saigo Takamori, one of the generals in the Battle of Ueno, stands near the park's southern entrance.



At the southwestern end of the park lies Shinobazu Pond, one of many reminders of Kaneiji Temple's former grandeur. The pond represents Lake



Biwako (in a reference to Kaneiji's model, the Enryakuji Temple of Kyoto, which overlooks Lake Biwako). On an island in the middle of the pond stands Bentendo, a temple hall dedicated to the goddess of Benten.

Today Ueno Park is famous for the many museums found on its grounds, especially the Tokyo National Museum, the National Museum for Western Art, the Tokyo Metropolitan Art Museum and the National Science Museum. It is also home to Ueno Zoo, Japan's first zoological garden.

# Tokyo Skytree

The Tokyo Skytree is a television broadcast tower and landmark of Tokyo. It is the centerpiece of the Tokyo Skytree Town in the Sumida City Ward, not far away from Asakusa.

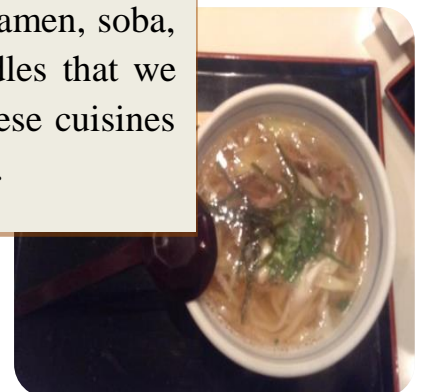
With the height of 634 meters (634 can read as “Musashi”, a historic name of the Tokyo Region), it is the tallest structure in Japan and the second tallest in the world at the time of its completion.







People said that one of many ways to understand the culture of a nation is trying its cuisines. We had chances to enjoy many kinds of food in Tokyo. We were invited to use a lovely lunch box in the welcome lunch on the first day. It was nice that we were explained more about raw material to make a lunch box by our Japanese friends. Moreover, it is truly to say that Japan is the nation of sushi that we can find this kind of food in almost food courts. Ramen, soba, udon were the three of five famous noodles that we tried in some restaurants. Enjoying Japanese cuisines is an unforgettable impression in our heart.







One of the most memorable Japanese experience was Onsen. We first tried onsen in the trip to Chiba to join the Global retreat 2016. Our Japanese friends explained about their custom and we decided to try it. We were shy at first. But when we got used to it, everything got much better. It is relaxing and comfortable. They said it was

good for your health to onsen after a hard working day. Luckily, when we back to Tokyo, our hotel Edoya has Onsen bathroom also. However, it was a little pity that some friends of mine could not get used to it.







## Confucius Temple

After visiting TMDU for the first time, we walked to The Confucius Temple. The atmosphere there was fresh and silent with many old trees. This is where people come to pray before taking important exams. It is a Japanese custom to put a 5 yen coin in the wooden box at the gate to pray for their wishes. “Because 5 yen in Japanese is pronounced like lucky”- They explained. We also heard that the TMDU and the temple were built on the “Land of scholars” in ancient Tokyo, which TMDU students proud of. This were a beautiful ending of our first day in Japan.





## Research Day

The Research day was a long and exciting day which we gained lots of knowledge, experience and had a chance to broaden our vision in dental professional.

In the morning of the day, we had lectures from Professor Tagami about “Creating a future dentistry with the

adhesive dentistry” and from Professor Kawaguchi about “Global perspective of promoting oral health”. There were many wonderful ideas which encouraged us to think deeply and care more to our social.

Then we moved to Faculty Lounge to have poster viewing. The posters of





students from many countries were very good with interesting topics, especially the ones which was conducted in laboratory with many experiments made us admire so much. They were very talent students and we learned and shared many wonderful things together.

We took a short break and then entered Akio Suzuki Memorial Hall to attend the Oral Presentation of student researches. Each university has 2 presenters and they had to introduced their studies in 10 minutes. The presentations were outstanding. We

found that the scientific basement in other countries was develop to a high level. There was interesting information from the other studies which was impressed us a lot. They had good ideas and they conducted their study very well. At the end of the day, two best presenters got the prizes in the applause and admiration of many people.







# Closing Ceremony

Period of time we stayed in Tokyo seemed to pass extremely quickly when we were joining the Closing Ceremony on our final day before going back to Vietnam. I still remember clearly the ceremony was held on the highest floor of M&D Tower in the evening of October 18<sup>th</sup> 2016. Our tiredness after a hard-working day during Research Day and International Symposium disappeared

when it had turned dark and the city had lighted up. The view of Tokyo from there - 26<sup>th</sup> floor was so spectacular that we cannot stopped contemplating.

During waiting for TMDU's professors to mark and announce the results of Research Day, we were served a lot of delicious Japanese dishes. It was exact to say that party was our unforgettable buffet



dinner. There was beautiful food in abundance at the party. We had Japanese beer and wine glasses in hand. When we raised our glasses and said “kan-pie” with one voice, everybody was excited and happy. We had our friends by our sides to chit-chat together. I understood that all of us

seemed to become close friends after only 2 weeks in Japan. We talked about things that happened in the last time and about promising date someday in our own countries - Thailand, Indonesia and Vietnam. We took an umpteen number of pictures to save our new friends’ faces and moments.

We will cannot forget the moment that we heard professor Tagami giving his closing speech. Then, we received our certifications of taking part in this program. The atmosphere was grave and we became happy in the applause of friends around.

The buffet party had to come to an end but noone wanted to return to Edoya Hotel. All of us hoped time in Tokyo could last longer. However we actually had the most beautiful, incredible and unforgettable moments in Japan. These memories will be held in our hearts forever.



# **SHARING**

## **AFTER THE PROGRAM**

Three years ago, I was a freshman of University of Medicine and Pharmacy, Ho Chi Minh City. 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. Finally, I fortunately joined the last year of FY2012 Re-inventing 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 two principal goals



Firstly, I have been making new international friends and promoting my cross-cultural understanding. 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. 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, 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.



**NGUYỄN TRẦN YẾN XUÂN**

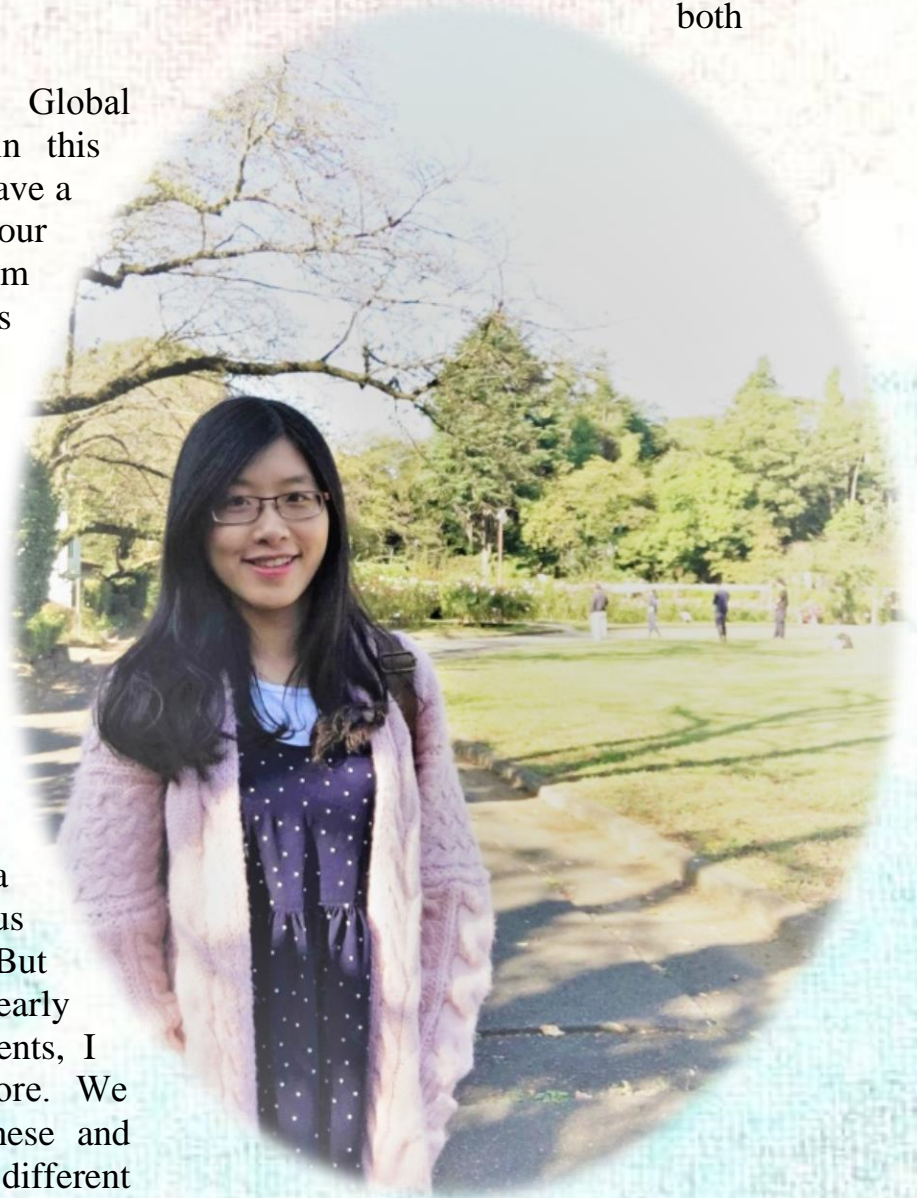


“Someday, I will go to Japan”, a little girl said. And several years later, it still feels like a dream that I could stay here for two weeks joining the TMDU Dental Training Program 2016.

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.

**BÙI NGỌC HUYỀN TRANG**



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 took time to understand one person, maybe long time. On the last night in Global Retreat, we played a board game, we had laughter 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 those unforgettable memories.

**HUỖNH BẢO TỔ UYÊN**



Everyone has their own imagined limitation and so am I. I was used to be a timid student who hesitated to break my box to walk outside and express as well. As soon as receiving the announcement about this program, I spent lots of time on thinking about it. Finally It was time to make the big quote for my student's life. I did do a big decide in my life to apply my form for participation. I was so honoured and excited to be one of 8 members exchange student in TMDU. There was not any word to express my happiness to get that opportunity to challenge myself with lots of new thing that I have to cope with myself, gradually forming an independent spirit.

This was my first travelling abroad so I was more excited. 14 days in TMDU was such a great memory that I was so appreciated. Every thing I got from learning, exploring and experience in TMDU and routine life in 14 days was so fantastic more than my expectation that I am still excited. I took this adventure as a great point so I can be happy when I look back. I feel so grateful for giving me this valuable opportunity. Every thing could be more impressive because of warm and

hospitable people in TMDU so that I could feel familiar like my home after a few days. Moreover, through taking part in laboratory and clinic visit, I did broaden my horizons about professional knowledge. This program gave me and other students a chance to study in a well-known modern environment equipped with many modern machines, appliances and techniques. I could have a clear



overview for more choices to get in. So, I had change my mind about study methods and attitude, encouraging me to keep improving myself to get a comprehensive development. That can be one of an important pedal for my

higher education. Additionally, I was so grateful and appreciated with thoughtful supporting and introduction of TMDU professors, doctors and staff. We did not only update our professional knowledge and skills, but also learn how good attitude and the equalisation to treat on patient. I completely admired with their professional manner from the first and simple stage to the final one in a treatment procedure. Besides, I had many opportunities to make friend with students from

other countries. I could understand more about the education, life and hospital condition and system in their countries. We also had many interesting sharing so that we could come closer.

Especially, 3 days taking part in Global retreat held in Chiba suburban was the most impressive memory that I had during the days. My relationship with other students from other universities should be formed and cultivated. We had a great time to live, study, experience and share out thought together. We did understand more clearly about the other. I learned many thing from these 3 days, from team-working, KJ method, culture to many other precious skills. That was also a chance for me to express my confidence. We did had lot of funny memory together. We gave each other many cute gifts as the way we could remember each other when we come back.

I could feel that there were no limitation of language, country or religion between us, we totally lived together as members of 1 house. That was so warmly.

There were still many other points that made our 14 days in TMDU more interesting than ever. After class, we spent time visiting and exploring to get an in-depth understanding and real experience of Japan and their interesting culture. We visited lots of famous places in Tokyo by subway train. This was the first time that I experience travelling

my this way. I love Anime comic and I also hoped one day I would have a chance to sit on a train moving through the sea and enjoy the sceneries outside. I were so impressive about modern and convenient transport system in Japan. I could not prevent our exciting and happiness when experienced travel around Tokyo by subway train ourselves. 14 days was not too long but also too short for us to satisfy our curiosity about this city. I was so happy to visit Shinjuku, Shibuya, Tokyo sky tree with my friends. Luckily, I did have a chance to enjoy the Autumn rain on a certain day. That was also surprises. I also enjoy firework in Sport festival with my dear friend in a warm Sunday. That was so great. Finally, I could not forgot to mention about the food in Japan. I could try many delicious Sushi, Natto and many kinds of noodle. That was so great with a girl in "Food soul".

Returning from 14-day in TMDU, I gained many precious thing that can help me to keep my motivation on the next professional career. Every memory I had from this adventure is so great. I feel that I got matured from my mind to attitude. I love to give my big gratitude to TMDU and Japanese government for giving us the valuable opportunity to exchange, learning and developing.

**NGUYỄN NHƯ HẬU**



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 realized 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.

**NGUYỄN ANH PHÚC**



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 other's' 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 planned to visit but I didn't have a chance, many things I planned to do but I couldn't find the time to do it. I'll keep in mind that I'll come back 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.

**NGUYỄN ĐĂNG KHOA**





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.

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.



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

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 worthed. On Saturday 15 October, we went to Kamakura to admire firework display, it was so appealing and beautiful.

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.

**NGUYỄN NGỌC TÂN**



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 health care 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 health 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.



**ĐOÀN THỊ PHƯƠNG HỒNG**

