

The letter from Wong, Ho, and Chan

We are year 4 students from the Faculty of Dentistry of the University of Hong Kong. Our university recommended us to go abroad to visit other schools to broaden our horizons, and we found Nara Medical University through the internet. Thank you Professor Kirita from oral surgery accepted our visiting request at the very first place. We choose to visit oral surgery department because it is one of the specialty pathway in dentistry. We are interested in it, and we want to know more about how exactly the operations and patient care is done, investigating what is the difference of it between our hometown and another country. This time we choose NMU for its more remote location, for the sake of experiencing a more rural atmosphere of Kashihara. We have visited Tokyo and Osaka for sightseeing before, so coming to Kashihara let us escape from the crowded urban city in Japan. Also it is great that NMU campus is attached to a hospital so that we can have more chances in seeing real patient care.

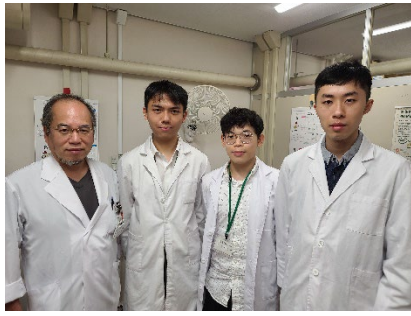


All the people here are very nice to us. Thank you Ms Yuki Koda from international center. She contacted us and has been so helpful in arranging all the details about our visit. Thank you Mr Satoshi Suzuki and Tomotaka Tamaki from NOFIS supporting our visit. Tom guided us around the campus and we had a dinner together at the first day of our visit.

Basically during these five days, we were mainly meeting doctors from oral surgery. We may seemed a little bit shy and did not speak much, but please do not think that we were not enjoyed. We really liked our stay. It is just because we speak very limited Japanese and the doctors speak very limited English. The communication was so hard. If we know more Japanese, we would have been expressing ourselves more frequently and comfortably. They explained a lot of details to us in operating rooms, outpatient clinics and wards. We followed doctors around these places and observed a lot of procedures, including mandible resection, neck dissection, implant, sialolithiasis removal, etc. We were always staying next to the doctors. We even got a chance to assist some procedures. We really learnt a lot from the procedures. Sometimes the doctors were so busy, the room was a bit small, but they still needed to spend time explaining the procedure to us. We hope that we did not disturb them much, but to be honest, we really enjoyed it. The cases were all very interesting and we learnt a lot from them. Especially this year our university taught a lot about oral surgery, including swelling of neck, salivary gland, palate, etc., and cysts, TMD, sinusitis, etc. We just had an examination question asking about anterior neck swelling. We only learnt these through lectures. We were really happy to see a lot of real cases in NMU after studying for all those in exams.



The fun fact is that sometimes it is difficult to remember the Japanese names of the doctors since there was a lot of syllables. Thank you Prof Kirita, he was the first doctor we met in our visit. His English was so good. We remembered we were a bit nervous



at the first day during the welcoming chat. Soon we found that he was actually so nice to us. Sometimes our impression to professors are the ones who are busy doing research and writing journals in the office, but Prof Kirita did a lot of clinical works himself, including outpatient consultation, ward visiting. At the first day he entered the operation theatre, explained the procedure to us and asked us questions. We were so thankful that he made a lot of effort taking care of us. Thank you Dr Yamakawa for explaining the cases in the outpatient clinic. We also observed his sialolithiasis removal operation which was so fascinating. Thank you Dr Nakagawa for teaching us Japanese manners, such as saying “お大事にしてください” to the patients, saying “ありがとうございます” to the head nurse. Thank you Dr Nishitani and Dr Yamazato for bringing us to different locations everyday, and spending their own

free time taking us to the restaurant for lunch. Thank you Ms Fujimoto for giving us snacks when resting in the oral surgery office.

We were so surprised and happy that Dr Atarashi, Sato and Nishitani brought us to Nara city on Friday afternoon. We did not expect we even got a chance to sightseeing with the doctors. The deers in Nara Park were so cute. They were very hungry. Once they smell the snacks, all of them will run to us. The weather was hot, we ate kakigori together. Dr Nishitani explained the history of himuro (氷室) in Nara. It was really great to have him as the tour guide, so that we can learn more stories behind the sightseeing places.



We stayed at a rental place called 古民家民泊かえるて. There was a 7 minutes walk from the stay to Miminashi station. It costed about ¥ 20000 yen per night. It was a big house with two floors. The host couple was so nice. They lived the next door, we met every morning and night. They even gave us a ride to the station on the first and last day for carrying our luggage. Everyday we went to NMU by train, followed by bus. The total travel time is within 30 minutes. We recommend this accommodation to other international students as the stay was so comfortable and the host were nice.

Thank you for all the support and care from every people in NMU. We hope to meet you again someday somewhere else in the world.

