

【Campus Asia Report】Kaede Kouno

Major in your home university : Public Health

Period of your stay : February 2019 – March 2019

Name of the host department : Preventive Medicine and Public Health, Yonsei University

1. Program description

The program was consisted of study part and cultural part. About study part, I took three lectures by professors (explained below). Moreover, I visited and observed the research site of the CMERC cohort study. I learned the overall process of follow-up, and the contents of the questionnaire. Lastly, I participated in the hospital tour. I was impressed by the International Health Care Center, which provides quality medical care to foreigners. Also, the whole building was not like “hospital” for patient’s comfort. As for cultural part, I joined the traditional tour and took Korean language classes (explained below). Also, Professor Kim and members of the laboratory invited me to the welcome dinner. The last day, I delivered my final presentation to professors and we discussed about my topic.

2. Learning outcomes

I took three lectures by professors. In the first lecture, I learned health problem in Korea and how social economic status affects people’s health. In the second lecture, I learned about the occupational health and each responsibility of the Government, employers, and workers. The last lecture was “linking mental health and physical health”. I learned two linkage that are changing health behaviors and biological alterations. I got many aspects of public health to compare with Korea and Japan. In addition, about the cohort study, the process was similar to Japanese one. However, the study conducts jumping test in order to check the body condition (in Japan, standing test is conducted). It was interesting that the way of testing is different depends on the country.

3. Experiences in the country you studied

I joined the traditional tour planned by Ms. Kim (the coordinator of the Campus Asia Program). I wore the traditional costume of Korea “Chima jeogori”, walked around the place “Gyeongbokgung”, enjoyed the Korean dishes, and tried Korean calligraphy. Moreover, I learned Korean language. My teacher was very kind, so I enjoyed learning

every time. I will continue to study after I come back to Japan. At the first weekend, I had a trip to Busan with participants of the program. I visited the artistic village "Gamcheon Culture Village", beautiful seacoast "Igidae Natural Park", and so on. Lastly, I tried Korean food when not only when I ate out, but also when I ate at cafeteria at my dormitory. Some of them were similar to Japanese dishes. I love all the Korean food which I tried. Someday I want to be able to cook Korean food.

4. Influence on future career goals or choices

In my stay in Yonsei, I was interested in the dietary reference intakes of Korea because I saw the nutrition facts every day. I found some differences between Korea and Japan. According to the Korean standards, for example, the standard of sodium intake is same as the standard of WHO. It means that it is more strict level than Japan even though Korean diet also includes salty food as Japanese diet. Moreover, I saw the sign for "Green food area" in Seoul city. It indicates that it is not allowed to sell foods which have bad effect on children's health in all areas around elementary schools. I realized again, that it is important to improve the environment for people's health. Therefore, after I graduate, I want to contribute such improvement for the viewpoint of dietitian.

5. Comments

During this program, the Yonsei University was at the end of the fiscal year. Therefore, the number of lectures was not many. Of course, I was satisfied with not only lectures, but also cultural experiences. However, I had plenty of time several days per week, so if more lectures had been scheduled, it would have been better. Also, I spent a lot of time with some Chinese participants from the same laboratory. We talked a lot about our own thoughts, culture, and feelings in Korea. So, including the time out of program's timetable, I spent precious time.