

## **【Campus Asia Report】 Yan Fangyu**

Major in your home university : Public Health

Period of your stay : February 2019

Name of the host department : Department of Public Health, Yonsei University

### **1. Program description**

This program contains vivid activities which make me feel valued during the program. It contains Korean class, Lectures, Culture Experiencing program, Hospital Tour and CMERC cohort studies field study.

### **2. Learning outcomes**

During the 20 days I started to learn of some easy Korean language like alphabet, greeting phrase and some easy sentences, words and grammars. I learned a lot through this class and will continue to learn Korean.

I also learned a lot from the lectures. Professor Kim gave us a lecture about the health condition and the change through the years. He also introduced the data base they have and introduced the CT research center they have, which impressed me a lot. The insurance database is a valued data resource which can reflect almost all the health condition changes. Then I had a lecture about the occupational health given by professor Jin-Ha Yoon and mental health problems and the related chronic diseases lecture given by professor Sun-Jae Jung. The occupational health lecture is carefully designed and really interesting. I knew the basic knowledge of occupational health and what we should focus in this Subject - that is change something we can change like the working conditions and the worker's awareness. Professor Yoon introduced the obligations and rights of the workers, governments and companies. Something I used to believe is the companies obligations actually is something should be done by governments. After this lecture, we had the lectures given by professor Jung. Professor Jung is really smart and knowledgeable. She introduces her research in PTSD patients and their chronic diseases condition. It is the first time that I know the PTSD patients also have the high risks of cardiovascular diseases. If we know what kind of problem they may have, we would know how to protect them better. The psychological problems may become more severe these days in Asia. So psychological epidemiology may be a hot point of epidemiology research. Professor Jung also

introduced some other research topics like GWAS which inspired me with my future research a lot. I also joined the CMERC cohort studies field study during my stay. I observed how the students and researchers collect the data of the patients and what kind of data they are collecting. I have read the papers of the CMERC baselines and one difference I noticed was collecting the saliva of the patients which is now showed in the former study. That is collected just from this follow-up. And they will test the biomarkers which can reflect the cardiovascular and metabolic disease. And this also reminds me that we could also do this kind of test in our cohorts. With the development of technology and with the price of the test goes down, we should have more possibilities in our cohort.

### 3. Experiences in the country you studied

This is the first time I visit Korea. I watched several Korean dramas several times before. The drama was selected and with great quality. At that time I was looking forward to visit Korea and thanks to the Campus Asia Program I finally have this chance. Like China and Japan, Korea has long history, and as a part of Asia, Korea share the similar culture to China and Japan. As for the eating habits, Korean has a great vegetable intake. They have several kinds of vegetables in one meal. The pickled Kimchi which made by cabbage increases Korean People's vegetable intake a lot. I have not eaten the same dish during 20 days. I love Korean food so much. The price is much cheaper and the taste is really great. The spicy flavor makes me feel home. I visited Busan and Incheon during this time. I really admired Korean artists work which is really gorgeous. And the natural scenery is also attractive. The coast line and the mega city goes together. It is a kind of view which I never saw before.

### 4. Influence on future career goals or choices

This time visiting Yonsei University make me know much about their studies which inspired my future research. I have more idea about the future research and after my coming back I will find out what I am going to do with my research during the doctor program. In addition, I know a lot about the Public Health Department in Yonsei University. I appreciate their research very much and want to have the chance to study there. I was astonished the Big Data study in the national insurance study. I want to have the chance to do this kind of study in the future.