

【Campus Asia Program Report】 LI PIN 李玘

Your major in home university : Nutrition and Food Hygiene

The period of your stay : 2019.07 to 2019.08

The laboratory you were accepted : Osaka University, participated in Summer Workshop

1. Why did you participate in the Campus Asia Program?

Firstly, I planned to conduct a research on related nutrition problems of the elderly, so learning the latest researches about the elderly would help a lot. The Campus Asia Program aims to raise leaders in medical science and public health to solve global health problems, such as non-communicable disease, dementia and other age-related diseases, so it's a precious opportunity for me to deepen my interests of research and widen my capacity of problem solving. Besides, I believed that communicating with different students from other countries and subjects could improve my flexibility of thinking as well as logical thinking. At the same time, I wanted to feel the academic atmosphere of foreign universities and bring new inspiration to my study and research. Also, this kind of experience could bring me many new friends.



2. What did you study in this program?

This exchange enables us to have a certain degree of understanding of the current situation of Japan's aging problem and relevant coping policies, think more about China's aging problem, and look into the future direction of China's aging society construction. Meanwhile, the similarities and differences between China and Japan in



the field of public health are also compared, such as the main research direction of scientific research projects, public health institutions and public health policies. We attended various academic lectures in Osaka university and visited nursing station , Osaka U Hospital & CoMIT and public health center in Japan. Visiting Osaka University and Osaka university medical department also made me experience different campus cultures.

3. How was the stay in the country you visited?

Life in Osaka is very fulfilling and meaningful. The academic activities at Osaka University are very rich and involve different specialties and projects. In addition to the explanation of theoretical knowledge, what is very rare is the experience of several field visits. The interaction with the elderly in the senior center has become a very unique memory. In addition to our studies, we also took time to visit some scenic spots and had a better understanding about the Japanese culture and life. All the teachers received us warmly and treated us seriously and responsibly. Several upperclassmen from Osaka University also gave us a lot of help. So this visit was very successful and enjoyable in every way.



4. Others or some messages for future participants

In fact, Osaka University has already arranged various aspects of the communication. The main advice for the following students is to cooperate with the university, reasonably plan their time in Japan. You can consult the person who has participated in the school for specific details. If you have not been to Japan, it is recommended to carefully look up the Japanese travel strategy, such as how to apply for the traffic card and the way of garbage classification and so on. Take the daily necessities you need, so as not to be in a hurry after arriving in Japan. Before the program starts, Osaka University will send an email to the participants. The email contains many important information. Please read it carefully. After you have made preparations in all aspects, you can enjoy your exchange time in Osaka University more leisurely and comfortably. The team of Osaka University is very professional, so you don't need to worry too much. You would have your own wonderful memories in the project.

