

【Campus Asia Report】 Wangxiao TAN

Your major in home university : Chinese Materia Medica, Tianjin University of Traditional Chinese Medicine

The period of your stay : July 22, 2019 – Aug 8, 2019

The laboratory you were accepted : Public Health Graduate School of Medicine Osaka University

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

The Campus Asia Program is cooperatively established by Osaka University with the partner universities in Korea and China, of which the objective is to raise research leaders in medical science and public health. I am a doctoral student mainly engaging in the research of cardiovascular disease from Tianjin University of Traditional Chinese Medicine. This program is an opportunity for me to broaden my academic horizon. First of all, I can have an understanding of Japan's ageing society and public health, which may provide reference for my future research. On the other hand, communicating with foreign teachers and classmates may help me to better understand the humanities and social customs of Japan and improve language skill. Altogether, the program is an opportunity and also a challenge for me to broaden my international vision.



2. What did you study in this program?

The workshop at Osaka University run from 2019 July 22 to August 8, during which time the department of public health of Osaka University held a variety of activities, including lectures, fieldwork, seminar, presentation and party. The theme of this program is ageing society. Through these lectures (the picture below is one of the lectures), I have had a preliminary understanding of ageing society, especially the severe ageing situation in Japan, Korea and China. Population ageing will bring a series of social problems, such as age-related diseases, which can seriously affect life quality of old people. Therefore, more effective measures are needed to solve the problems. On the theme of ageing society, we visited Nursing Station, Osaka U Hospital, Center of Medical Innovation and Translation, Osaka International Cancer Institute and Fujiidera Public Health Center. These successful practices of ageing community building and the public health system impressed me deeply. In addition, visiting and communicating with teachers and other participants broadened my vision and improved my language, thinking and communication skills. This program is a good exchange platform for young scholars in medical science in Japan, Korea and China.



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

I had a wonderful time in Japan. The teachers at Osaka University and the people in the dormitory are nice, and with their help, my study and life in Osaka went smoothly. The environment in Japan is very beautiful. The sky in Osaka is blue and the clouds are white, like paintings. After a day's study, I liked to take a bus for a while and then walk back to my dormitory, enjoying the beautiful scenery by the roadside, which was a wonderful experience. (The picture below is the scenery along the way back to the dormitory.) It was a pity that the schedule was tight and the dormitory was too far away from Osaka University, which took a long time on the road, so that there was not enough time to go around the campus and stay in the library. Overall, exchange study at Osaka University was an unforgettable experience.



4. Others or some messages for future participants

As an exchange student for the Campus Asia Program, I have some suggestions for future participants in study and life. First of all, this program is a good platform for learning and communication. Keep curious and be brave to ask questions and communicate with each other, which is an opportunity to improve thinking ability and language skill. Secondly, Osaka is hot in summer, but it's cool indoors; it's better to

carry an umbrella and a coat with you. The distance from the dormitory to the school may be far, and some visits will be arranged in the schedule; preparing a pair of sneakers will reduce your fatigue. In addition, Kobe, Nara, Kyoto and Uji are all good tourist attractions, and they are close to Osaka, so you can take short trips in your free time to get a better understanding of Japan's local customs and culture. I went to Kyoto and Uji on one Saturday, which was an amazing trip. Finally, there will be a presentation at the end of the workshop. Prepare well and it is an opportunity to show yourself. I wish all the future participants a good time in the program. (The pictures below are Uji and the presentation respectively.)

