



## Saki Nara

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### An Invaluable Experience in Taiwan

I participated in an exchange program to Taiwan for 5 days from November 19th to 23rd, 2019. All 3<sup>rd</sup> year students in the Track of Oral Health Engineering attended this overseas program. In this program, I had a chance to visit Taipei Medical University and some dental laboratories. For the first time in a long time I left Japan and visited Taiwan for the first time, so everything was new and exciting. The airport, city, people, and food. I absorbed many things in a short time, and I enjoyed this overseas program.

On November 20th, I visited Taipei Medical University and they showed us around the campus and hospital. Taipei Medical University Hospital is an exceptionally large hospital. There is a department called Family Dentistry in Taiwan. I thought it was one of the things that was different from Japan. Our guide explained that if you did not know the cause of the pain and did not know which department to go to, you should go to Family Dentistry. I thought it was like General Dentistry in Japan.

During my stay in Taiwan, I visited 4 dental laboratories: Arch Dental Laboratory, Evolution Dental Laboratory, Jien-Shin Dental Laboratory, and Smilden Dental Laboratory. They welcomed us and showed us how they work in the dental laboratory. They are proactively adopting digital systems for making dental prostheses. What I noticed during the tour of the four dental laboratories in Taiwan was the high level of English proficiency of the dental technicians. I am convinced that this exchange program in another country is a wonderful experience for students who are eager to work globally in the future.

November 21st was the day for us to show our practice results for the presentation and carving. We started presentation preparation 6 months before the program. We were divided into groups and practiced English with native speakers. I gave a presentation in English with more confidence than when I was practicing. In the competition for carving skills, we competed with students from Taipei Medical University. I had a very meaningful time. There were still some points that required improvement, but I was incredibly happy and satisfied with the result. I could say I'm proud of myself for improving my carving skill further compared to what it was before by practicing my carving repeatedly for the contest.

During my spare time before the awards ceremony, I went to Taipei 101 with students from Taipei Medical University. I really enjoyed talking with Taiwanese students.

During this overseas exchange program, I was able to spend my 5 days productively because I explored not only dental technology in Taiwan, but also the Taiwanese culture. I would like to express my gratitude to all the people who supported me.



At The Carving Contest



At Taipei Medical University



Night View of Jiufen Old Street