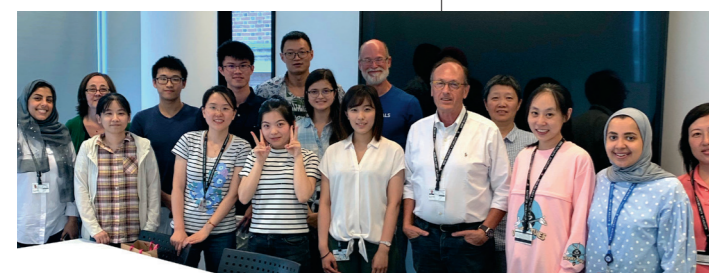


experiment technique needed for the project. Though I had learned some techniques in Japan, at Harvard I encountered difficulties learning unfamiliar protocols and new, challenging techniques. I found euthanizing mice to be particularly difficult. We had to dissect mice as fast as possible to get fresh samples, but the process was extremely time consuming. After much practice, I was able to do it more quickly. My first month was spent primarily acquiring knowledge and experimental technique.

My main project started the second month there. It was a collaboration with a researcher at DANA-FARBER, a can-

cer institute, where we euthanized mice and obtained bone material. Later we analyzed the mice in our laboratory using the new technique I learned. The Harvard laboratory experience was invaluable because it provided opportunities to learn about career paths from mentors and co-researchers and observe first-hand the environment of a large laboratory on a scope I had never seen in Japan.

It was also my first time to visit the U.S. I was surprised at the rich international environment. In my laboratory, Dr. Baron was from France, and other members came from other countries,



With members of my laboratory

such as Italy, China, Saudi Arabia and more. They all had different backgrounds. I really enjoyed talking with them and learned much about their respective countries. As most of them were doctors or dentists, I could ask them about the medical environment and education for dental students in their country. Outside the laboratory, I had dinner and lunch with them. At the end of my stay, they held a farewell party for me, complete with cake, and kindly gave me a card wishing me the best. I had a great time thanks to them.

I visited sightseeing place in Boston on my holidays. There were many famous places, for example, Museum of Fine Arts and Freedom trail. I usually went out with medical students from Taiwan in my laboratory.

My experience in Boston was invaluable. I am determined to make use of my experience there in my future career as a dentist.

Report 06

### My Nine-day Special Experience in Thailand



**Yuri Nakahama**

3<sup>rd</sup> year student, School of Oral Health Care Sciences  
Study Program in Thailand



**IN SEPTEMBER,** I visited Mahidol University in Thailand for nine days. I really enjoyed my stay in Thailand and gained a lot of valuable experiences.

In my overseas training, I experienced and learned three major things.

The first is about Thai dental education. At Mahidol University, dentistry students participated in actual treatment in hospitals as practical training. For

example, in the practice of elementary school screening, children were given treatments that are generally performed in dental clinics in Japan, such as removal of tartar, instruction on how to use floss, and application of fluoride. We were also allowed to participate in this training assistance. The children



With Thai students

were very friendly and cute. I was able to interact a little with them by teaching them simple Japanese, like “Arigato”.

Second, I learned about Thai dental treatment. After visiting various facilities, I was surprised to learn that dental treatment in Thailand was at a level not much different from that in Japan, or even better. The most impressive of these facilities was a clinic that provided a large volume of dental aesthetic treatment to foreigners. In this clinic, cleaning, sterilization, and packing of instruments were performed in a single set of treatments. The clean area was managed very strictly. This can only be done because the hospital is very large, which is difficult in a small dental clinic



At community health center



During the actual treatment

ic in Japan. I imagined that foreigners would be pleased to receive treatment in such a well-managed clinic.

There were plenty of opportunities for me to speak English. Although I'm not particularly good at speaking English, I enjoyed communicating and interacting with Thai students.

Finally, I learned a lot about the cultural aspects of Thailand. I experienced

various activities, sightseeing and shopping. My favorite in particular was Thai food. I really like to try unfamiliar foods, especially exotic dishes sold by street vendors, various delicious sweets, and fruits that are not accessible in Japan.

Overall, through this overseas short-term training program, I was able to have many invaluable experiences. I

gained a lot of knowledge, so I hope that I can use that new knowledge in my future career as a dental hygienist. I would like to thank all those involved in this overseas training, teachers who sent me overseas, the professors and family members who took care of me in Thailand, and students from the School of Dentistry at Mahidol University who kindly made contact with us.

Report 07

### My Overseas Stay in Sweden



**Kimika Nakajima**

3<sup>rd</sup> year student, School of Oral Health Engineering  
Study program in Sweden



**I PARTICIPATED IN** a dental technology course in Sahlgrenska Academy at Gothenburg University (Sweden) from September 7th to 28th, 2019. While it was a short stay, I really learned a lot.

Firstly, I was surprised to learn that each procedure in the laboratory work class entailed many different aspects. I struggled to even grasp a hand piece engine. Just getting used to Swedish machines and tools was confusing and almost impossible at first. But in the end I figured things out and actually found such strange differences quite interesting. Of course, when I came back to Japan I had to relearn how to use the tools here! Naturally, I learned many things from my conversations with the university students about dental technician matters in Sweden. They were very kind and reached out to me early on. Thanks to them my lab work was fun. I felt like they always cared about me. When I was having difficulty, they

immediately gave me a helping hand. It was very heartening.

Secondly, I was very happy to be able to visit a dental material company and hospitals. I went to Dentsply Sirona Atlantis in Mondal. Ms. Sugata showed me around the company office and factory lab. She is the only Japanese in the office there. I learned much about implants, procedures, materials, machines, and people there. However, the most impressive thing is that there are job opportunities for non-Swedish people such as Japanese. Ms. Sugata working at the company showed me that it was possible to work abroad. It really encouraged me to set my own goals and to think about my future career.

I went to two hospitals in the university. One is Branemark Center, the other is University Hospital.

Branemark Center is named after the researcher, Professor Per Ingvar Branemark, who invented implant technology.



Designing teeth using CAD

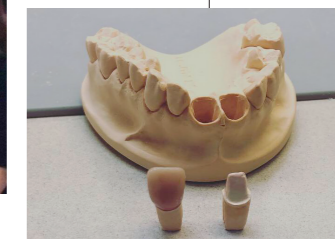
He was a professor of the university. I had the opportunity to observe implants being used for dental treatment. Unlike Japanese insurance which does not cover implants, Swedish national health insurance covers implant treatment fees for any and all teeth. In fact, I heard the more teeth you had treated, the more insurance support you received. I was very impressed with dentistry in Sweden.

Because I was the only Japanese student in residence at Gothenburg, I had to learn overseas survival skills. Wherever I went, I had to do everything myself. This experience forced me to grow up mentally. Also, seeing people working outside Japan is really valuable to think about my future career. I am interested in working abroad, so living in Sweden helped me form connections outside Japan for the future.

I greatly appreciate with this opportunity. It is a lifetime treasure for me.



Farewell dinner with my close friends at the university



Waxing up for emax