

Newsletter

International Exchange Center



Inaugural Issue: Autumn 2016



Welcome to the International Exchange Center

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Director of the International Exchange Center, Showa University*



I feel honored to publish the first issue of the International Exchange Center Newsletter. Our center celebrates its 25th anniversary this year and our activities have been expanding year by year. I believe this newsletter is a valuable resource to introduce our activities. We currently have five full time staff in the center in addition to me. Our office is located on the first floor of the #15 building at Hatanodai campus, which is the main campus of the university. We support the operation of exchange programs related to

both the dispatch of our staff and acceptance of foreign guests, including undergraduate students.

During 2015, we sent 85 students from our university to different foreign facilities, including an international medical cooperation program in Madagascar. In addition to undergraduate students, 59 post-graduate students and 586 faculty and medical staff visited foreign countries to attend conferences and engage in collaborative research. In addition to the dispatch of our students and staff to foreign countries, we also received 61 foreign students, post-graduate students, and research fellows from 19 countries in 2015. We support foreign guests so they can stay in Japan safely and enjoy our culture. I hope many people in the world are interested in our international exchange program and find any chance to spend valuable time with us in the near future.

Coming soon: IEC English website!

To deal with the growing number of international visitors who are interested in studying/training at Showa University, we are excited to announce the creation of an English website for the International Exchange Center.

For those who are interested in learning more about Showa University, the International Exchange Center English website will provide useful information about our exchange program and training fellowships, as well as connect them to other relevant websites where they can access more information. For example, visitors will be able to find information about the application process and learn about

our housing for international visitors. For our exchange students/international fellows who are already studying at Showa University, they can find a host of information designed to support them and make their daily life in Japan easier, such as our orientation packet for international visitors and suggested places to shop and eat near campus.



The English website is currently under construction and should be available soon. Please check Showa University's main English website regularly and keep an eye open for our new website!

Previous exchange students

In 2015, more than 20 international students visited Showa University. This year, we expect just as many! Below are a few of the international students who have already studied here in 2016.



4th-Year: University of Hawaii, JABSOM



7th-Year: Taipei Medical University



6th-Year: Albany College of Pharmacy and Health Sciences

What are your impressions of Showa University?

I thought all the people I met at Showa University were incredibly nice and welcoming - from the IEC to the physicians and staff to the other students...It has been a privilege working with them, and I can only hope that I will be as committed as they are.

What did you learn/observe? Was it fruitful training?

Faculties in Showa hospital are all very polite and hard working. Yes, the training is good.

What are your impressions of Showa University?

People in Showa are very kind and willing to help.

What are your impressions of Showa University?

I am very impressed by Showa University. The staff is amazing. They are very kind and welcoming. I'm also impressed by the research they are conducting. I think the students at Showa University are very lucky and will be well prepared for life as a pharmacist in the future.



Visiting pharmacy exchange students

Professor Hiroyuki Itabe, PhD

Chairman, International Exchange Committee, Showa University School of Pharmacy

Showa University School of Pharmacy has agreements with Albany College of Pharmacy and Health Sciences (ACPHS), New York, USA, and Faculty of Pharmacy, Mahasarakham University (MSU), Thailand, and we have been enjoying international exchange programs with these schools for the past several years. This year we welcomed four 6th-year students from ACPHS and two from MSU to Hatanodai campus from June 23rd to July 1st. In turn, a few Showa 5th-year pharmacy (P5) students visit ACPHS and MSU every winter.

During the 6 weeks of stay in Showa, they experienced a lot of activities. They learned about the medical system and the roles of pharmacists in Japan by visiting the hospitals of Showa University, a community pharmacy, and drug museums. They also had chances to experience Japanese culture, such as tea ceremony, unique foods, and the busy crossing at Shibuya Station. Most importantly, many events were aimed to facilitate friendships with Japanese students. They participated in P3



practice classes and P4 laboratory research works, visited Fuji-Yoshida campus to talk to our 1st-year students, and joined a voluntary circle called “English Salon” meeting. In addition, many other events provided by the International Exchange Center, such as Welcome party, Chat club and Asakusa tour, were also fantastic.

We had a really nice time having the visiting students. The guests from other countries with different backgrounds and cultures always have a strong impact on our students as well as the faculty members. So far, the exchange programs have been successful, and it will be very nice if many medical and dental students also come to join in our events.

IEC Event: One-day tour of Tokyo

The International Exchange Center offers foreign students and research fellows a one-day tour twice a year. This year, we went to the Asakusa and Ryogoku areas on June 4th.



6 exchange students from USA and Thailand, 3 research fellows from Mongolia and Egypt, and 10 Showa students as student instructors participated in this tour. We used the buddy system with Showa students and international students (one foreign guest paired with at least one Showa student) so that they could get to know each other and become closer. Moreover,

we were able to avoid anyone getting lost! Our foreign guests enjoyed the one-on-one interaction while taking a saunter down Nakamise Dori and praying at Sensoji temple.

Then, we rode on a boat down the Sumida River to Ryogoku. We enjoyed the 10-minute cruise, looking at the Sky Tree, which is one of the famous landmarks in Tokyo, and going under the bridge.

After lunch, we visited Edo Tokyo Museum to learn about the living style during the Edo period, explained by English volunteer guides. The foreign students and fellows showed interest in this unique period of Japanese culture.

We have received very positive feedback that this was the most memorable day for everyone.

IEC Event: Japanese culture class

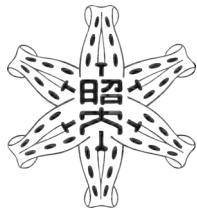
We occasionally have a Traditional Japanese Tea Ceremony upon request for the international guests who visit Showa University. For the exchange students from Pharmacy schools such as Albany College of Pharmacy and Health Sciences (ACPHS) and Mahasarakham University, we hold this as an official part of our school's exchange program, called "Japanese Culture class".

We started this class 3 years ago to introduce Japanese tea through Japanese culture. In the class, we explain how important Japanese tea is for our daily life and then show them a Traditional Japanese Tea Ceremony explaining to them about the history, background, and so on. After showing them how to make tea, exchange students enjoy the experience of drinking "Ousu" with Japanese-style confectionery made of sweet beans. Then students have a chance to make tea using authentic tea ceremony tools by themselves. We believe that by getting hands-on experience, the

exchange students become acquainted with the spirit of heartfelt hospitality.



This year, it was held on Monday, June 13th. We asked Prof. Sinichi Iwai, Division of Pharmaceutical Regulatory Pharmacy at Showa University, who studies tea polyphenols such as catechin, to give them a lecture. The title was "Variety of physiological functions in the tea polyphenols". Students had many questions and looked more curious than we expected. Since we combine Japanese culture and science at Showa University, this class became something of an exuberant experience. We will definitely continue this program.



IEC Event: Baseball game



While likely not the first thing to comes to visitors' minds when they think of Japanese culture, baseball has a long and distinguished history in Japan, and is quite different than the variety played in

other countries. For the first time, the International Exchange Center hosted a trip to see a professional baseball game for the pharmacy summer exchange program students and interested Showa students.

The game was held at Tokyo Dome and pitted the home team, the Yomiuri Giants, against the Chunichi Dragons of Nagoya. As part of the trip, all the students received an original Giants towel and t-shirt, and the entire group appeared on the Tokyo Dome's giant "Aurora Vision" screen. For our exchange students from Thailand, there are no professional baseball teams in their

country, so it was their first time to see a baseball game. Showa students made sure to sit next to them throughout the game and help explain the rules as they watched. For our American exchange students, they noticed several differences in a Japanese baseball game, such as the cheering sections with waving flags and blaring trumpets, the individual chants for each player, and cheerleaders! While the home team was shut out, everyone had a good time and we hope to make this an annual event for our pharmacy exchange student summer program!



Welcome party for international fellows

On Monday, May 23rd, Showa University held its annual “Welcome Party for International Fellows for 2016”. Showa University has hosted over 900 international fellows as part of this program, and its goal is to train international medical professionals so that they can return home and improve the medical system of their countries.

At this year’s party, 9 international fellows from 7 different countries (China, Ecuador, Iraq, Kenya, Egypt, Philippines, and Mongolia) were introduced, along with 6 pharmacy exchange students from Albany College of Pharmacy and Health Sciences (U.S.A) and Mahasarakham

University (Thailand). Showa University was also honored to welcome the ambassador of Ecuador, Mr. Leonardo Carrion Eguiguren, and the Second Counselor from the embassy of Kenya, Mrs. Lucy Njeri Njihia. These two representatives were able to meet the international fellows from their respective countries and learn about their work at Showa University.

Afterwards, the fellows spent the rest of the party interacting with each other as well as meeting some of the faculty and staff from each of the four schools at Showa University.



2016 international fellows

NAME

Jue Chen

Yan Liu

Nicolas Albert Rikeros Gehrenbeck

Omar Al Azzawi

Collins Ongut Olang

Shaimaa Ibraheim Seleem

Joshua Emmanuel Tuason

Ganburged Ganjargal
Bat-Erdene Myagmar

COUNTRY

China

China

Ecuador

Iraq

Kenya

Egypt

Philippines

Mongolia
Mongolia

DEPARTMENT

Department of Physiology (Medicine)

Department of Breast Surgical Oncology (Medicine)

Department of Plastic and Reconstructive Surgery (Medicine)

Department of Plastic and Reconstructive Surgery (Medicine)

Digestive Disease Center, Northern Yokohama Hospital (Medicine)

Digestive Disease Center, Northern Yokohama Hospital (Medicine)

Digestive Disease Center, Koto Toyosu Hospital (Medicine)

Oral Health Care Center (Dentistry)

Oral Health Care Center (Dentistry)



Staff training of practical English

The International Exchange Center is having a monthly English lesson for employees and staff working at not only the hospitals but also the university. The first lesson was held in August 2014 and we have had 22 lessons so far. These lessons focus on teaching hospital staff English necessary for basic conversations with patients who don't speak Japanese.

Topics that we have taught include: "Asking questions to the patients during their first-time visit", "Guiding patients in the hospital", "Phone conversation", "Conversation during medical examinations and tests" so on. These lessons are also a good chance for the participants to learn medical English from a native English speaker, Dr. Mike Myers from our center. At the

end of the each lesson, we make time for role-play and participants can enjoy learning English.

We hope this lesson can be a help for the increasing number of foreign patients who receive treatment at the Showa University Hospitals without experiencing any language problems.



New faculty member at IEC



Starting in April of 2016, the International Exchange Center welcomed its newest member, Dr. Michael William Myers – or "Mike sensei" ☺. Mike sensei was born in St. Louis, Missouri and moved to Japan in 2009. Before coming to

Japan, Mike sensei studied Social Psychology and he received his Ph.D. from the University of Oregon in 2009. For the past 5 years, Mike sensei has been working at Showa University, first as the instructor of the graduate English course for the School of Dentistry, and later, the

School of Pharmacy's graduate English course.

His hire as a full-time associate professor is part of a larger goal by Showa University to further develop and expand the role of the International Exchange Center. The IEC first expanded in 2009 when Dr. Miyuki Hashimoto became the first full-time faculty at the center and helped to develop the exchange programs for Showa University undergraduates. Mike sensei will work with Dr. Hashimoto to further increase the number of exchange programs both to and from Showa University, and to promote Showa University to the rest of the world through a variety of media (e.g., English pamphlets, DVD's, and websites). He looks forward to the challenge!

Alumni profile: Dr. Noriko Salamon

Much of our success at the International Exchange Center could not be possible without the hard work of dedicated alumni members. We would like to focus on one such member: Dr. Noriko Salamon. Dr. Salamon is a Professor of Radiology, Section Chief of Diagnostic Neuroradiology, at the Ronald Reagan UCLA Medical Center and Visiting Professor of Radiology at Showa University. Every year, she supports the 2nd-year medical and 3rd-year pharmacy students who attend our UCLA



My name is Noriko Salamon (Murayama). I graduated from Showa University in 1984 and have been working as a radiologist in foreign country for almost 26 years. I did Radiology residency in Showa University from 1984-1988. I was the first woman radiology resident in Showa. After residency, I decided to go to France. Why France? Because I liked European culture. The most important thing France taught me is being independent. Japan is a country where everybody cares about others and you're always protected. If you live in

a foreign country like France, you are by your own and this is very tough. After living 5 years in France, I decided to go to USA. Why? Because in France, Japanese medical License is not recognized. Getting into the USA system is tough but living is easier than France. USA has a very well organized educational system. Japan could learn many things from these countries. I hope students from Showa University will go out and discover the world. You can only understand things when you see, touch, and feel by yourself. Putting yourself into a different environment is a very refreshing experience. Don't be afraid of failing. This is your own life. Try something different and find yourself.

Upcoming fall 2016 events

Saturday, October 8th:
Middle October:
Oct. 3 – Dec. 22:

One-Day Tour of Tokyo
International Exchange Party
Medical Exchange students from Medical
University of Vienna

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