



JAPAN TRIP 2010

Harvard School of Public Health Student Club of Japan



JAPAN TRIP 2010

– Introduction –

Since its start in 2006, the Japan Trip of the Harvard School of Public Health has now reached its fifth year. This annual trip has been made possible by the continuous effort of our hosts as well as our encouraging supporters. Our area of visit has expanded each year from the original cities of Tokyo, Osaka, and Kyoto to include Hiroshima, Toyota, Nagano and Okinawa. From Boston, approximately 200 people including students from various countries have been able to visit Japan. We can sense the growth of our public health community through the interactions of our participants with the medical officials and students in Japan.

This year our trip was arranged into two parts. The former part of the trip was divided into two groups bound for either Nagasaki or Kansai, while the latter part of the trip took place with everyone in Tokyo. The structure of the trip allowed our participants to interact with more people, increasing the breadth and depth of public health understanding. The theme for this year's trip was "to experience the disease prevention and food culture in Japan." We firmly believe that our participants have been able to grasp the intimacy between Japanese food culture and health: witnessing the reality of the health institutions in Japan, learning current medical systems such as the health monitoring system as a prevention method, experiencing the nutritional education in the provisional lunch system at elementary schools, and indulging in the seasonal ingredients used in "*Kaiseki Ryori*."

Upon completion of the Japan Trip, our participants and staff shall return to their individual paths and lives. Yet, they should find themselves influenced to a certain degree by their trip. It is our earnest desire that this report can serve as a reminder of this change and provide a foundation for this promising activity to continue in the years to come.

May 20th 2010

Harvard School of Public Health Student Club of Japan
Japan Trip Committee





Summary of Japan Trip 2010

- Purpose -

Many professors and students at the Harvard School of Public Health exhibit an interest toward Japan, which has one of the most excellent medical and public health systems in the world. Hindered by the limitations of language and geographical distance, the reality is that the actual situation of these systems in Japan is not well known. In order to strengthen the knowledge of Japan, it is not only necessary for students and researchers at the Harvard School of Public Health - our potential future public health leaders - to learn about the current situation in Japan, but it is also crucial for us to speculate the role of Japan in the international realm, especially in the area of public health. In our attempts to accomplish this, we have facilitated visit to relevant organizations and opportunities for dialogue between relevant parties during the one-week Japan Trip, enabling an understanding of the existing systems that pillar medicine and public health in Japan.

- Main Destinations and Purposes -

Tokyo :

- Promote greater understanding of the health incentives taken in Japan through discussions with management level personnel regarding the accomplishments and issues of the public health administration at the Japan Ministry of Health and Labour.
- Learn of Japanese food culture.

Kansai:

- Learn of the medical education in Japan at Osaka Medical University.
- Learn of the health examination system in Japan at the affiliated health science clinic.
- Learn of maternity child health in Japan at the Osaka district Maternity Child Health Comprehensive Medical Center.

Nagasaki:

- Observe remote medicine provision at one of the distant islands.
- Learn of disease prevention through visitation of the current atomic bomb victim medical institution and deepen the understanding of radiology medicine through listening to testimonies from inpatients and inhabitants.

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JAPAN TRIP 2010

**March 14-18
Nagasaki/長崎**

**March 15-18
Kansai/関西**

**March 18-20
Tokyo/東京**

March 14 th (Boston-Fukuoka)
Free time in Fukuoka
March 15 th (Fukuoka-Nagasaki)
Institute of Tropical Medicine, Nagasaki University
Welcome party
March 16 th (Nagasaki city-Iojima)
Ioujima Administration center/ Elementary school
Ioujima Clinic, Elder care facility
March 17 th (Iojima-Nagasaki city)
Nagasaki Atomic Bomb Museum
March 18 th (Nagasaki city-Tokyo)
Nagasaki airport- Haneda airport

March 15 th (Boston-Osaka)
Kansai global health study group
March 16 th (Osaka-Kyoto)
Osaka Medical Center and Research Institute for Maternal and Child Health
Kamagasaki (Airin) Area
March 17 th (Kyoto)
Osaka Medical College
Osaka Medical College Health Science Clinic
March 18 th (Kyoto-Tokyo)
Sanjusangen-do
Bullet Train from Kyoto station to Tokyo station "Nozomi Express"

March 18 th (Nagasaki/Kansai-Tokyo)
Ministry of Healthcare, Labour, and Welfare
March 19 th (Tokyo)
Tsukiji Fish Market/Kaiseki Lunch/ Teikyo University Hospital
Farewell party
March 20 th (Tokyo-Boston)
Tea Ceremony/ Free Time
Tokyo-Boston

<Trip Theme for 2010>

“Japanese food culture and disease prevention”

<Schedule>

March 14th -20th 2010

<Participants>

Public Health Students and Researchers (29 participants)

Nagasaki

長崎

Institute of Tropical Medicine, Nagasaki University It was a great plan to meet the local students in Nagasaki university, and JAIH-s students! Great choice of activities, very educational, good balance with free time, loved the hot spring resort, enjoyed opportunities to get to know everyone's experiences and background and personality (just casually on the bus, plane, walking, hotel, etc)



Ioujima Administration Office/ Elementary school People in Ioujima area are very old, older than I could imagine. The staff on the boat, taxi drivers, and even the taxi passengers are older than 60 I think. It is not common to see so many old healthy people still working or moving around in Montreal.

Also the elementary school visit was very nice. I learnt to use chopsticks and I wonder how I ever thought it was impossible to use sticks to pick up grains of rice: Luckily the rice is sticky so it's easy to pick up. My teachers were Yadumi an elementary school pupil, Sachiko, and a classmate Leesa. They all deserve good marks for they did an excellent job!



Ioujima Elder care facility We visited an old peoples homes and I gave a rendition of the song 'Iyaniwura' which I am sure I messed up properly, I could never sing the words right. I was thankful that there were no Yoruba speakers there listening to me, but some people recorded it and horror of horrors there is a record for life!



Nagasaki Atomic Bomb Museum

We went to Nagasaki and visited the Peace Museum which was a collection of photographs and relics from the Atomic Bomb. It was a moving experience...



Kansai

大阪/京都



Maternal and Child Health Center Hospital

I really enjoyed the Maternal and Child Health Center Hospital; I am someone interested in child health, so I appreciated learning about various health issues affecting Japanese children .

It was amazing to see the pediatric facilities. I found the methods of painting the radiological equipment for the children very thoughtful and forward thinking.

Osaka Medical College and reception party

The Osaka Medical College and reception party were wonderful. I particularly enjoyed interacting with the Osaka medical students and faculty! The sushi was good too...

This was an awesome experience. I really enjoyed meeting the other students. I made many contacts that I feel I can carry on in the future.



Osaka Medical College Health Science Clinic

As a medical student, this was an amazing experience. I found the thoughtfulness of having the clinic in a central and accessible location was superb. I really enjoyed seeing the facilities and updated medical equipment. This was very similar to many of the advanced clinics in the United States. The holistic approach used at the facility can be used in the United States to improve care.



Airin

Visiting Airin was eye-opening. This is an area that I would not be able to have been if I had not attended this HSPH trip. It was great to learn about health issues affecting poor and marginalized Japanese persons.

This was a very enlightening experience. I found it very helpful to view this part of Japan. I found the organizer's passion with helping the men in the area inspiring. This is an area, I would not otherwise have exposure to.



Thank you!

(Farewell Party at Tokyo)

'Not only did I learn an enormous amount about health issues in Japan, I even learned a lot about Japan's geography, language, culture, history, and education. I thoroughly enjoyed getting to know my fellow HSPH classmates as well as local volunteers by sharing meals, discussion, and activities together. Overall, FANTASTIC trip, I had a great time. Thanks to the organizers from the bottom of my heart!'



ACKNOWLEDGEMENT

We sincerely appreciate your contribution and collaboration.

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“I never knew I could learn so much and have so much fun at the same time, all in just 1 week.”

“Amazing Kindness; une rencontre, une chance.”



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JT Organizing Committee
<http://www.hsph.jp/JT/index.htm>

