

## **【Campus Asia Report】 Huang Chao**

Home university : Peking University

Period of your stay : March 2017 – April 2017

Name of the host department : Public Health

### **1. Program description**

Global aging has made a paradigm shift from communicable disease to non-communicable disease, dementia and other aged-related diseases. Asian countries, composing a large world population, boosted the global aging with declining birth rates. So advanced research on prevention, treatment and medical care will be essential to provide new evidence, skills and technologies to solve the health problems of global aging. This program aimed to raise research leaders in medical science and public health to solve global health problems through the Campus Asia Project among Japan, Korea and China.

### **2. Learning outcomes**

First, I learned lots of lectures, including the cohort studies and outcomes in exchange laboratory and Japan, environmental medicine, maternal and child health. Also we have learned some basic theories about epidemiology, such as cause of disease, regression and correlation, three levels of prevention and so on. Then, I gave two presentations to teachers and classmates in the exchange laboratory about my own current work and some data on non-communicable diseases in China. Professor Iso and other teachers gave valuable advice on my work and we discussed current situation on important health problems in Japan and China together.

### **3. Experiences in the country you studied**

I thought this would be a good memory for me. Thought it was a short time, I have experienced much about the culture and customs about Japan. First, we had abundant lessons covering different fields in public health. Then, I visited lots of places of interesting, such as Kyoto, Osaka Castle, Tsutenkaku. Third, I tasted kinds of food, like Takoyaki, Okonomiyaki and Sushi. All of them were delicious. Last, I made many new friends and took lots of photos. All in all, I really felt very lucky to have this opportunity to be in Japan.

#### 4. Influence on future career goals or choices

First, teachers gave me much advice about my research which would help me to improve my design and work. Second, I have considered to get a PhD degree when I finish my graduate school for a long time, but I have not decided which school to apply for. Through this short-term exchange, maybe I will think about to go to Japan, especially Osaka, to learn for my PhD degree.

#### 5. Comments

I think all the relative staff were very enthusiastic and kind. Which is the most important thing is that teachers and classmates were pretty serious and careful about this project and I felt comfortable and convenient to do many things, so I just want to thank for all the people I have met in Japan.