

IB 推進室 NEWSLETTER

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1# EDITION FEATURE

*A look into
the student
lives of IB
students
studying
medicine.*

THIS MONTH'S AUTHORS



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MIYU TERASHIMA

医学部医学科2年
ボート部、医英会



MIZUKI SEYA

医学部医学科4年
弓道部、医英会



MANAPO ISHIKAWA

医学部医学科2年
ボート部、医英会、
三又診療班



WELCOME MESSAGE

from Dr. Sabina Mahmood, MD, PhD

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Hello everyone! Welcome to the first edition of the IB Promotion Office Newsletter! This new IB office opened on April 1st, 2021. The IB student community at Okayama University presently consists of 82 IB Students in 10 Faculties and GDP, of whom 11 have already graduated and found their dream jobs!

Through this Newsletter, we would like to introduce IB students, their activities and their exceptional ways of thinking. As a growing IB Community, we hope to spread international mindedness and further globalize our very own "Okayama University". In our maiden issue, 3 IB students have talked about their lifestyles and club activities. We hope that you will enjoy reading our newsletter! If you would like to know more about IB students and communicate with them, please feel free to contact the IB Promotion Office.

On behalf of our whole IB community at Okayama University, we look forward to interacting with you again in the near future. We are very excited to connect with you! Please visit our Homepage too!

よろしくお願いたします！

皆様、こんにちは！岡山大学 IB推進室 ニュースレターの初版へようこそ！IB推進室は令和3年4月1日にオープンしました。

このニューレターは、岡山大学に在学中のIB生の考え、ライフスタイル、課外活動等を皆様に紹介するプラットフォームです。岡山大学のIB生コミュニティのメンバーは、現時点で、10学部とGDPを含めて、82名です（海外・国内IB校出身者）。そのうち、11名が卒業しました。

もっと詳しい情報は岡山大学IBホームページを御覧下さい。そして、IB生のことを直接聞きたい方又はIB生とコミュニケーションを取りたい方は是非IB推進室にお問い合わせ下さい。お待ちしております。

ニュースレターの初号には、3人のIB生が自分のライフスタイルや課外活動について書きました。お楽しみ下さい！

ACKNOWLEDGEMENTS

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IB STUDENT LIFE

with Miyu Terashima

Hello everyone! My name is Miyu Terashima, and I'm currently a Year 2 student from the Faculty of Medicine. Before Okayama, Hong Kong had been my home for the past 18 years where I've learned to love dim-sums, noisy crowds, and shamelessly shimmying to groovy music in public. Adjusting to the Japanese environment was quite the challenge I had to tackle since my arrival.

Here are some of the things I've learned:

LEARNING HOW TO RIDE A BICYCLE

Yep, you read it right. You would've probably expected the average Japanese to know how to ride a bicycle, but I wasn't one of them. I never had the need to cycle prior to life in Japan. I was quite horrified to know that one of the most basic methods of transport used in Okayama was to use a bicycle. Old me couldn't comprehend the logic of balancing myself on a two-wheeled vehicle without stability. In fact, I actually contemplated using assistance wheels like what my five year old cousin was using. But through persistence and practice, I had finally managed to tick this off my list.

BREAKING THE LANGUAGE BARRIER

I never studied science in Japanese throughout my entire life - suddenly, I was thrown into an environment where I had to study for Japanese medical exams. The good thing was that for half of our year 1 exams, we were re-learning IB content. I was taking my sweet time breaking down Japanese vocabulary into English all term, where I came to realise that Google Translate, although inaccurate, had become

my best friend. While I was taking twice as long to complete Japanese report tasks than my peers, I found myself gradually getting used to studying in an unfamiliar language.

PEOPLE ARE GREAT

The environment that I surrounded myself with here at Okadai, are some of the most supportive I've ever encountered. Although the pandemic brought along a range of restrictions, virtual platforms had somehow made people interactions available. I am a believer that mutually supportive relationships are necessary in order to stay happy! From becoming part of clubs (currently part of the varsity medical rowing team) to making friends in and out of the faculty, I'm just really glad to have become part of this community. Although I have so many other things I'd like to mention, I'll end it here. Can't believe that one year at Okadai has just officially ended for me, and I cannot wait what the future holds for the next five years. Super excited that the IB community is expanding on a greater scale at Okadai.

PS

Might be rare for women in Japan to hit the heavyweight zone in gyms, but I am absolutely one of them. I'd love to connect with any other gym goers out there, drop me a message if anyone is interested :)





IB CLUB LIFE

with Mizuki Seya

Hello! My name is Mizuki Seya, and I'm currently in my 4th year in medicine. I would like to use this opportunity to introduce a club, Ieikai, I have worked to make for the past year with Dr. Sabina and other amazing students.

医英会に関して

日本の医療関係者にとって、言語の問題は患者の症状を確認し、適切な診断を行う上で大きな壁となってきました。岡山大学の国際バカロレア (IB) 生らが中心となって立ち上げた「医英会」は、グローバル社会に生きる医療人として、患者と英語でのスムーズなコミュニケーションを取ることを目的に活動しています。

本部活にはIB生だけでなく、国外の大学に留学経験のある学士、英語に興味のある日本の学生など様々な人が参加しています。国際的な医療人を目指す皆さん、一緒に医療英語を学びませんか？

- **医学部医学科、保健学科の方へ：**
英語での模擬診察を通し、医療現場でのスムーズなコミュニケーションの取り方を学びましょう。
- **上記以外の学部の学生の方へ：**
サビナ・マハムド先生の指導のもと、模擬診察の患者役をしてみませんか？日常英会話をワンランクアップにもつながります。ぜひご参加ください！

ABOUT THE IEIKAI

Whether you're Japanese, Chinese, or American, patient-doctor communication is essential in accessing appropriate medical care. Our new club, 医英会 (i-ei-kai), was established with the goal to develop a generation of medical staff who can understand and communicate effectively in English. Not only have IB students, overseas graduates and local Japanese school students nurtured their English, but also built an organization of students who are interested in the internationalisation of the medical community in Japan. We are constantly looking for individuals to diversify our community! For those who are interested, please do not hesitate to contact us! Contact details are at the bottom of this article.

Who are we looking for?

1. **Medical students & Nursing Students:** For students interested in English communication in medicine.
2. **Non-medical students:** For students interested in role-playing as patients to practice medical interviews with aspiring nurses and doctors.
Dr. Sabina will provide close training so there is no need to worry about medical knowledge!

Find us at the following!

Twitter/ツイッター

@ouieikai

Website/ホームページ

<https://okadaieikai9.wixsite.com/website>

IB CLUB LIFE

with Manapo Ishikawa

Hi! I'm Manapo Ishikawa, a second-year med student at Okayama University. I would like to talk a little about our new club "FIKA"

PURPOSE OF THE CLUB

To create an environment, a **community** where students can feel completely *comfortable* and have the freedom to use English only! When Sabina sensei lined me about an idea about this club, I immediately loved it! I found 3 girls from GDP who also loved the idea and came on board.

WHAT WE DO

Talk about basically anything but ALL in English!! The idea of the club started off as a book club, but since not everyone has time to read, we decided to extend our topics to movies/tv shows, music, cooking, arts, experiences, and just anything! We want to create a place like home where people can just come and relax and have a good time. Being able to use English without compromising, as well as challenging ourselves to keep up our English levels! It's not easy to keep up your English communication skills in a non-English speaking environment! We are super excited about FIKA, and hopefully, we can extend our circle throughout our Okayama university community and further!



The club will first be online to continue the spirit of extracurricular activities until we have permission to meet, but for now, let's go and FIKA!

WHY "FIKA"?

FIKA is a Swedish word that means "a coffee and cake break", but actually has a deeper meaning. It is a state of mind, a concept where you make time for people around you to share a cup of drink and eat a little something. To stop working for a second, step back from your stress, and refresh yourself by having some good time with your friends! This is exactly what we want to create in this club! Plus, we added an acronym and now our "FIKA" stands for: "**F**reedom **I**magination **K**nowledge **A**dventure".

FIKA and SDGs

We can connect FIKA to goal 16 of SDGs, **Peace, Justice, and Strong Institutions**. Especially focusing on the part, "**Promote peaceful and inclusive societies for sustainable development**". After all, English is a universal language, and many club members will have various backgrounds. This club is about using English and also about accepting each other, creating a community where people can feel comfortable, relax, and have fun! As we grow as a community, and gain experience and different perspectives, the circle will become bigger, and I believe this is definitely something that will lead to an inclusive and peaceful society.

A LITTLE ABOUT MYSELF

I have lived abroad for more than half of my life in countries such as Thailand, China, the UK, Zambia, and the Philippines, where I went to International School Manila for 5 years. Moving into an entirely Japanese environment after years of using all English was not the easiest transition for me and probably for other IB students too. Compromising using English can make it harder to express yourself.