

Exit Questionnaire

NAME: Caroline HERAULT

Home Institution: Joseph Fourier University (Grenoble 1, FRANCE)

Dept. of Acceptance: Molecular Oncology Department

Training Period: October 20th – November 14th, 2014

1 . Please describe the actual training you have received here.

In the Molecular Oncology department, the researchers team had me taking part to their projects, conducting experiments with various technics for molecular and biology analysis (cell cultures, electrophoresis, western blotting, DNA sequencing...). They have been spending a lot of time with me to explain every detail very well, and to supervise my practical training. After a little while, they gave me a bit more autonomy to perform some technics that I had learnt with them (purification, electrophoresis etc.). The actual experiments I conducted with them gave some good results and they are part of some important research projects of the department.

2 . Was that what you expected? If not, in what way was it different from your expectation?

It was way more than what I could have expected.

(good/better points)

The research team could not have been nicer. They have been very welcoming and did everything they could to make me feel like part of the team. They had me participate to the progress meeting (held in English so that I could understand) and even organize welcome and farewell parties.

They were always available to teach me, explain and let me perform the experiments. The content of the training itself is the dreamed internship for any medical/science student, with a lot of practice, on a real research project with a chain of various experiments.

(dissatisfying points)

None.

3 . Please comment on the items below:

	good points	dissatisfying points
Housing	Host family: very nice, very welcoming, they did everything to make me feel like home, and everything was perfect.	None.
Saku Central HP visit	Very interesting approach of medical practice	None.

Research Seminars	Very interesting Good point : small group of audience	None.
Weekend Excursions	Apple picking, slack-lining, Obuse, Hokusai museum... : wonderful time	None.
Livelihood in general	Perfect.	None.

4 . List as many things you think you have gained from this experience of living and studying in Shinshu.

- The internship itself: a very good training that will be useful in my curriculum (and quite unique for a French medical student, as we can rarely have such practice for research in my university)
- Being in a Japanese environment: very rich culture, very different from the European cultures, not only regarding food, habits, language etc... but also regarding social standards and human relationships.
- Meeting other international medical students and having some cross-cultural time with them.

5 . How are you going to utilize what you have learned here?

Later in my curriculum, I would like to do some research work, and the training I got here in Shinshu was excellent.

Moreover, having such an experience is an excellent point for further applications for medical internships abroad (research or clinical) and has improved my ability to adapt and work/study in English, with people having a different culture.

Finally, even though I did not know anything about Japan before my arrival, the cultural experience was amazing and I will definitely come back to Japan and Matsumoto.

6 . Please make any suggestion for the program improvement.

Everything was perfect, in every single detail.

7 . Would you recommend Shinshu University School of Medicine to other students?

Yes, I would definitely recommend Shinshu University to international medical students.

Date: November 14th, 2014

Signature:

Caroline HERAULT