

A close-up photograph of pink cherry blossoms with yellow stamens, serving as the background for the text.

JSPS SUMMER PROGRAM '17

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MSc, PhD



ABOUT ME

- Karolinska Institutet graduate
- PhD dissertation, 2018
- My goal with JSPS summer program was to gain a pre-post doctoral experience
- Engage in a new field of research
- Nagasaki University Institute of Tropical Medicine - 長崎大学 (NEKKEN)
- Nepal field research expedition
- Juntendo University, Tokyo



JSPS

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PRE-DEPARTURE TIPS

- arrange your accommodation, get help from your host, arrange transportation from SOKENDAI to the university of choice
- answer the JSPS questionnaire carefully: your homestay family will be matched according to your preferences
- pack well: 1 big luggage (to be sent to university), 1 trolley (to SOKENDAI). Do not forget the swimsuit (there is a pool)
- pocket WiFi / international SIM card
- if you are planning some travel, order JR pass (only from abroad)
- bring gifts (hosts, supervisors), it's very appreciated
- get to know the faces of the other JSPS Swedish fellows
- cash is king!
- ask and receive permission regarding changing the conventional itinerary (e.g. staying extra days)



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INTRODUCTION WEEK IN SOKENDAI

SCIENTIFIC EXCHANGE

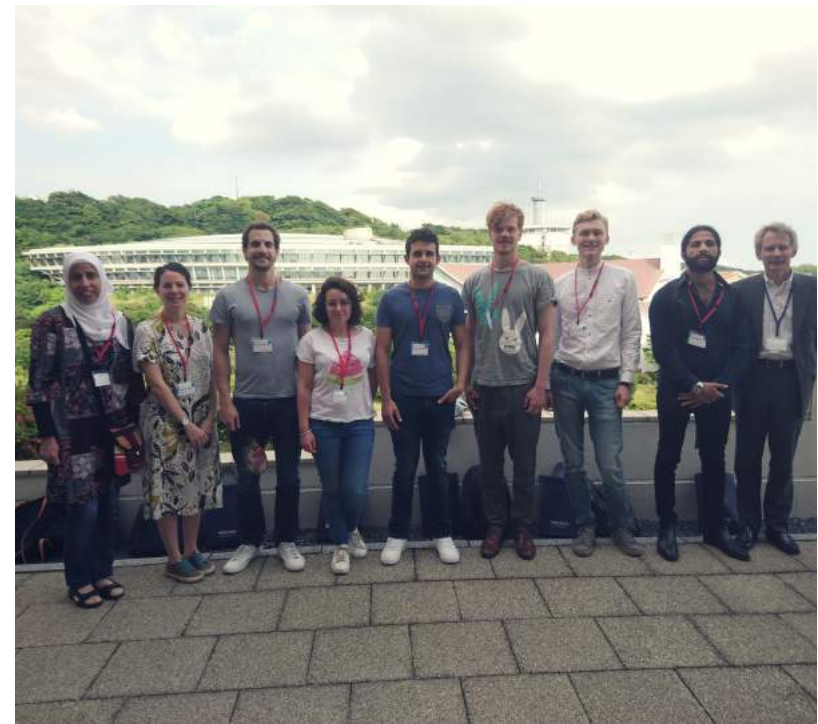
There will be a poster session, a few research talks about science career and a group discussion according to your subject

CULTURAL EXCHANGE

Japanese cultural priming: language classes (pay attention), a day trip to Kamakura, cultural activities (tea ceremony, origami, kimono/yukata dressing) --> remember to sign up in the atrium's board!

JSPS-FELLOWS NETWORKING

Meet other JSPS fellows who will be at your same university or in your region







3 RESEARCH PART 1: NAGASAKI

Prof. Taro Yamamoto

Nagasaki University Institute for Tropical Medicine

RESEARCH PROJECT

Setting up telomere analyses for rare population samples: Nepalese ethnic group living at 4000m asl (Mustang District) and children of mothers who were pregnant during Fukushima disaster

SCIENTIFIC OBSERVATIONS

- Zika Virus culturing
- Setting a portable sequencing device for study in resource-poor settings

RESEARCH EXCHANGE

Seminars, presentation at the department and the Institute

ACTIVE PARTICIPATION

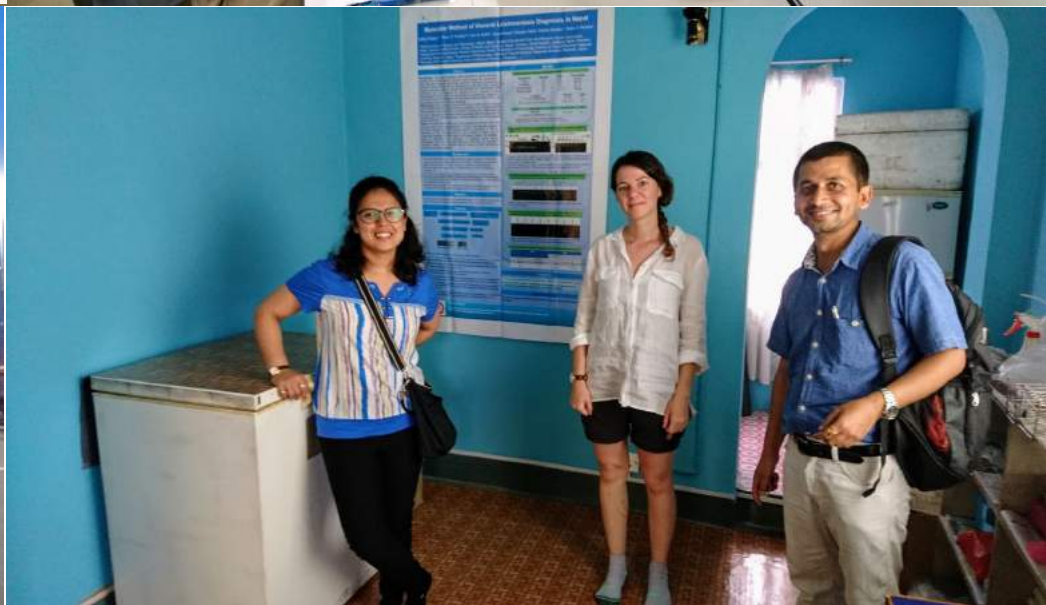
Share tasks with lab members

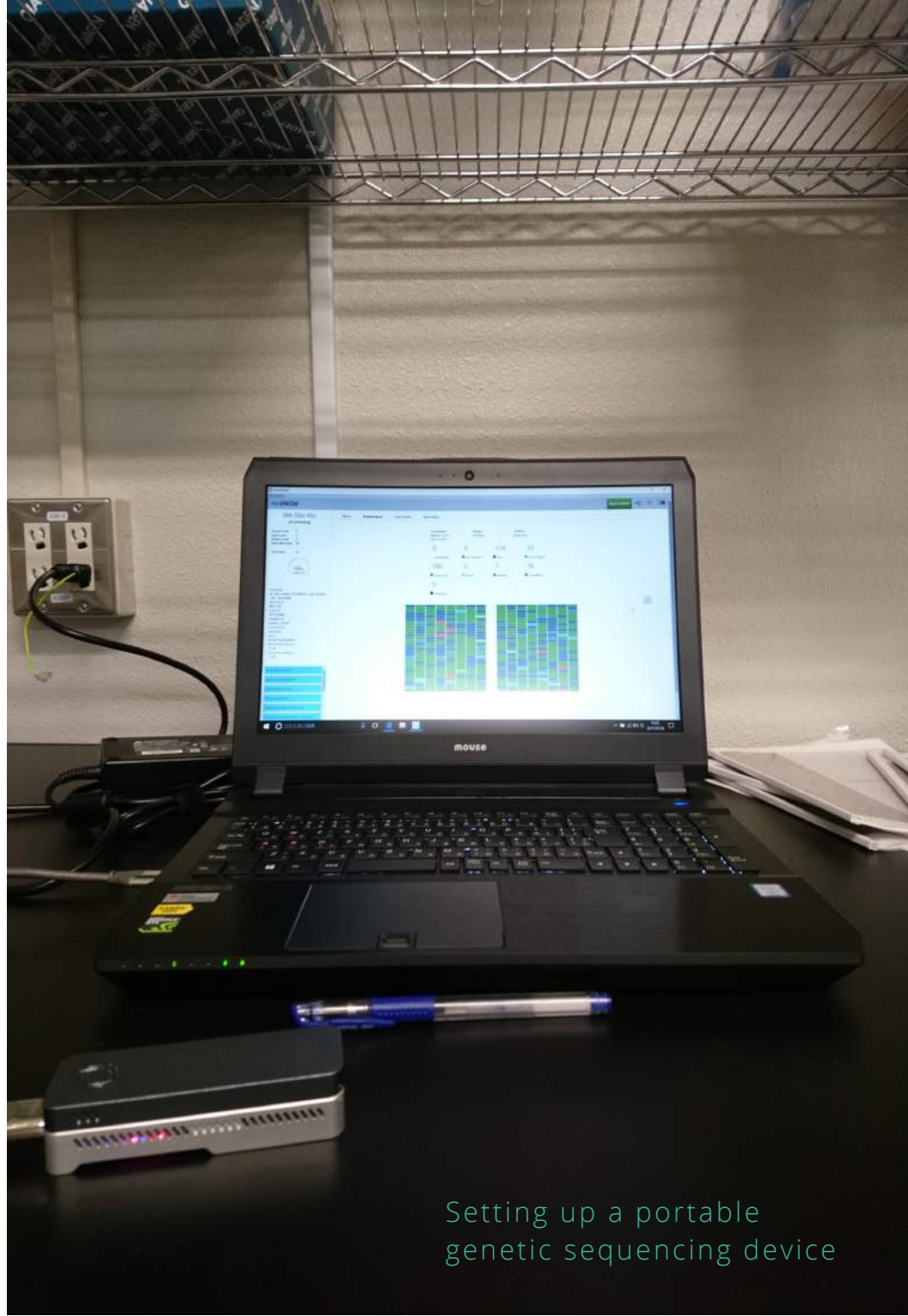


RESEARCH PART 2:
NEPAL FIELD
EXPEDITION



Health camp simulation
and pre-departure
arrangements





Setting up a portable
genetic sequencing device



DNA preparation
in Nepal

LIVING IN NAGASAKI

Nagasaki is mostly known for the terrible nuclear attack during WWII, but its history is long and rich. It is surrounded by beautiful nature, and it is a strong example of resilience and peace.

It is located in Kyushu, which is amazing to explore!





GOTO ISLANDS



UNZEN



OKINAWA



RESEARCH PART 3: BACK TO TOKYO

PROF. Toshihiro Mita Lab
Juntendo University



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TIPS: LEARN AND EXPERIENCE AS MUCH AS YOU CAN!



GEOGRAPHY AND NATURE

6800 islands
86 active volcanoes

Animism (worship of nature)

SAFETY

JAPAN Meteorological Agency
jma.go.jp



HISTORY

Learn about Kamakura,
Muromachi, Edo and Meiji
periods

Japanese unique original culture,
Zen, history of modern Medicine,
Castles, Shrines and Temples



SOCIETY

Shame (Japanese) vs Sin (Western)
*"Ruth Benedict, The Chrysanthemum
and the Sword: pattern of Japanese
Culture"*

- wa Armony
- Cannot say "No"
- Ambiguity

PLACES

Japan Guide

<https://www.japan-guide.com>

Underground/Unconventional sites

Atlas Obscura

SOCIETY and CULTURE

Begin Japanology

(youtube)



LANGUAGE: FILM, NOVELS, MANGA

Make use of language classes at SOKENDAI and join a free course



FUNNY MOMENTS AND MISUNDERSTANDINGS

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- If you live in Nagasaki, you will get to know the word "gokiburi"
- Rules are important, and there are guidelines for almost anything
- Shuinchō (books for shuin) are sacred, so don't stamp it with other stamps
- Onsen is fantastic
- "Happy Science" is not a happy place for scientists, but a strange church
- Natto is weird at first, but then is addictive!
- If you miss Japanese delicacies once you are back, there are few Japanese supermarkets in Stockholm
- People are very kind and will help you out, so don't be afraid to ask
- Japan is safe, just be mindful of the weather
- Be kind and respectful
- Enjoy as much as you can!





KYOTO



TOKYO

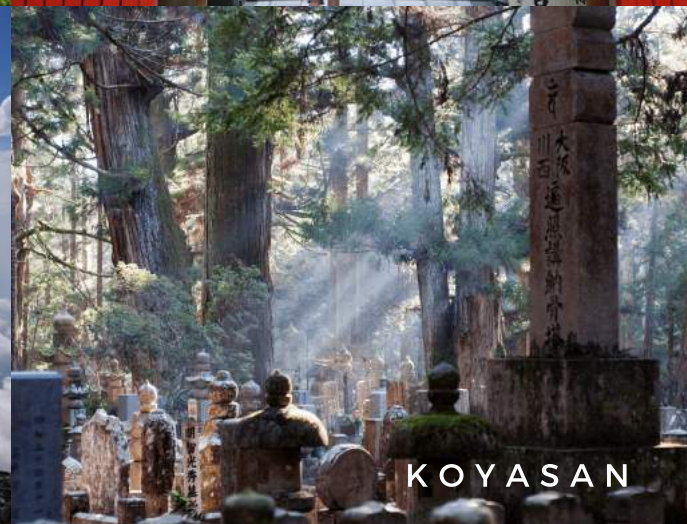


OSAKA



THANK YOU

TOP OF MT. FUJI



KOYASAN



HAKONE



NARA

