Students from disaster and radiation medical sciences double degree (master’s degree) program participated in academic exchange program, as a part of cooperation between universities in Russia and Japan. We traveled to North-Western State Medical University.

Our lecturer was Svyatoslav L. Plavinskii, Head of the Department of Pedagogy, Philosophy and Law. On the first day, Professor Plavinskii taught us about the history of statistics, what is the most interesting in statistics. I was impressed by the style of presentation of the materials by Professor Plavinskii.

The lessons were very exciting, lively, interesting. He explained complex things using a simple language, used extraordinary examples that generate interest.

Another thing to point out that professor used every second to help and educate us, he always answered our questions after the lectures and advised very good additional materials. We used statistical software to describe and summarize data from public health studies.

We understood biostatistics place in public health, also learned the principles of various study designs and their advantages and disadvantages, how to identify the appropriate tests and formulate hypothesis that is tested with those tests, how to measure different types of variables, why case-control studies are so important and where biostatistics might help.

We also learned how to use statistical programs, how to encode, use, create various histograms, maps, etc. Professor prepared books for us in English and Russian so that we could delve into the study of this subject or simply spend time with benefits.

I would like to thank you for the excellent organization of this course “Biostatistics”. Everything from the moment of the meeting at the airport to the last day of the stay was very well organized.