Division of Disaster and Radiation Medical Sciences

Nagasaki University Graduate School of Biomedical Sciences

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This program was my first opportunity to go abroad. Before departure for St. Petersburg in Russia, I was anxious. However, when I returned to Nagasaki, I think that I was able to spend a very meaningful time. This program was a big turning point for me to study or work from now on.

We participated the lecture on biostatistics at the North-Western State Medical University named after I.I. Mechinikov by Professor Plavinskii. We studied many themes, for example “Probability”, “T-test”, “Logistic regression analysis” and “Statistical software” from January 25th to February 1st. I had studied biostatistics in Japanese before, but it was very difficult for me to participate lectures in English. I could not understand them completely. However, this lecture was motivated me to study biostatistics. I was able to find the fun of biostatistics.

　I was most interested in statistical software in the lecture. Statistical software that we used was “SAS” and “R”. We can download them for free. Furthermore, we can not only calculate, but also create diagrams or show results on maps in this software. I have had negative images such as difficulty and complexity against statistics until now, so I was pleased when I was able to calculate data using statistical software on my own. It was fun of me to calculate by myself using T-test or Logistic regression analysis and detect significant data. This works made me closer to statistics. We did this works as homework. It was difficult for us to do it by ourselves, so we had to exchange our opinion. This process was valuable time for me, because I was able to train my English skills.

I had many experiences with my first go abroad and study abroad. I was able to touch Russian culture and living, through daily life. I could also learn about current state of health care in Russia, through lectures. However, these experiences are only part of Russia or overseas. This program has changed my outlook. I want to know various things about overseas now when this program has finished. I want to make efforts to study English, in addition to research or study at the graduate school. And I want to try various things.

I deeply appreciate for all staff and teachers who helped me to participate in this program and members who went to St. Petersburg together.