



Message from O-NECUS Students

2011.10~2012.9



私は日本に来て、外から知識を受けるだけではなく、自分の頭で考えて問題を解決し、勉強に対して能動的に取り組みました。問題の解決口を探るために、迷い、疲れ、時には絶望を味わねばなりません。その意味では学問の道を歩むためには、苦勞を厭わず、挫折を恐れず、孤独に耐えられる強い精神力が必要だと思います。しかし、このような苦勞と引き換えに、学問は私達に大きな喜びと充実感を与えてくれます。要するにこの1年間の留学を通じて、私は研究者としての自覚、学問に対する真摯な態度を学んだと思います。将来自分が帰国し、日本と中国の文化交流のために貢献することで岡山大学に、恩師に、そして日本の皆さんに恩返しをしたいと思っています。

在来到日本之后，不仅仅是被动的去接受外来的各种知识，更重要的是学会了用自己的头脑去思考问题。为了解决所面临的问题，必须体味各种迷茫，疲惫，绝望的感触。只有这样，我们才会在探索知识的道路上，不辞辛苦，不怕困难，耐受寂寞。更重要的是，我们所付出的艰辛，也会得到在学识上的成就感。总之，在日留学的一年中，我深刻的领悟到了要以真诚的态度去对待研究。将来回到祖国，一定会为中日文化交流作出贡献，同时也对岡山大学，以及我的教授筒井老师，神经遗传学研究室的各位表示真诚的感谢。

張立民
中国医科大学



How time flies. It has been half year from I came to Okayama University. During the past 6 months I got a lot and experienced a complete new life.

At first, the teachers responsible for ONECUS project are so kind to provide much thoughtful help. For example, if it is needed, we can choose the Japanese class of different level. What's more, in the lab every of us has a tutor, who gives us help from study to life. All of these make us quickly adapt to the new surroundings.

During this period in the lab the Japanese spirit of modest and serious in scientific research deeply impressed me. Everyone here, no matter professors or students, work from day to late night. There are also seminars to learn the latest published papers every week. Without doubt patient teachers, advanced technology and well research environment will let me grow up quickly.

In addition to the gains of doing experiment, there are also many interesting activities, such as short time travelling and barbecue. And of course, our students travelled to some cities by ourselves. Toward these experiences I am getting to know more about the culture and history of Japan and Japanese. All of these broaden my horizons and enriched my life.



时间过得真快，转眼间来日本已经半年了。在过去的半年中我收获了很多也在这里体验了一种全新的生活。

首先 ONECUS 项目为我们提供了很多贴心的帮助，以帮助我们更快的适应这里的生活。比如，如果有需要就可以参加适合自己的日课程。另外学校还为每一个人配备了一名私人教师，他们会为我们解决从学习到生活的各个方面的问题。

在实验室期间最令我影响深刻的莫过于日本人在科研方面的认真和谦虚。这里从教授到普通同学，每一个人都从早工作到深夜。周还有研讨会学习最新的发表的论文。相信有这么耐心的老师，先进的条件和良好的治学环境，我将会很快的成长。

除了实验方面的收获，实验室还经常组织一些课外活动，比如短距离的旅行和烧烤等。当然我们学生也会自己组织旅行。通过这体验我对日本的文化、历史和人文有了更深的了解。这次经历不但大大开阔了我的眼界也丰富了我的生活。

李佳益
大连医科大学



私は、日本に来るまで中国で外科の研修医として忙しい毎日を送っていました。研究についてはあまり考えたことがなかったので、研究について詳しく知りたいと思い、今回 O-NECUS プログラムに参加しました。今は、消化器外科学の藤原俊義教授の指導を受けながら消化器外科学第二研究室で研究をしています。消化器外科学の先生方との交流で多くの知識を得ることができ、有意義な研究生活を送っています。細胞生理学の松井秀樹教授のご好意で、他の分野の人達とも交流出来て大変勉強になっています。日本で研究を行うことに興味がある方は是非応募して下さい。岡山大学には、O-NECUS プログラムというすばらしいチャンスが用意されています。

在国内我作为普外科的临床型研究生，每天过着繁忙而充实的生活。此前对研究还没有完整的认识。抱着进一步了解科研的想法，我参加了 O-NECUS 交换生项目。现在，在消化外科藤原教授的指导下，与消化外科第二研究室学习。通过与老师们的交流学习，体验到有意义的科研生活。有幸的是，在松井教授的好意下，我得到能够与其他领域学者交流机会，学习到不少新知识。想在日本体验科研的同学请务必报名参加这个交换生项目，岡山大学为你们实现梦想提供了名为 O-NECUS 的舞台。

李 云成
大连医科大学



I will show my sincere thanks for this O-NECUS program giving me a chance to broaden my horizons, acquire knowledge and experience a different culture. During the period of time at Okayama University, I have plenty of new experiences and beautiful memory.

Here I do not aim to talk too much about how clean or how beautiful the city is, even though it really does. When I first arrived at Okayama, I felt so excited, cause it was a new country, new experience and a new start. I am major in pharmacology, and I still remember the first day when I came to the lab, on that day all the members from pharmacology organized a greeting party for me that surprised me a lot.

What impressed me most was not only the high level of scientific research, but also their strong sense of responsibility and treat research earnestly. I have learned a lot and I do appreciate.

This one year exchange taught me another lesson. "How to deal with lonely" was the name.

When the sense of freshness passed away, I used to feel lonely, homesick, and sad, it was terrible.

The only way to solve this problem was focusing. Focus on your own research or others, and learn more skill, it would be precious treasures which you may find out not far in the future.

On no account can we ignore the value of knowledge, learning always make life more enjoyable. The harder you work, the more progress you can make.

I won't cry because it is over, but smile because it happened.

Maybe it is not over.....

首先对 O-NECUS 这个项目给予我开阔眼界, 提升自己的机会表示感谢, 在冈山大学做交流学生的这段时间, 给我留下的许多的经验和美好的回忆, 冈山是个非常干净整洁的城市, 这里就不一一赘言了。

当我初到冈山的时候, 感觉很新鲜, 很激动, 在一个全新的国度, 将开始新的起点和体验, 我的专业是药理学, 记得第一天来到药理教研室的时候, 全体成员为我开了迎新派对, 带给我惊喜。

不过真正使我感受颇深的要数先进的实验仪器与方法及他们对研究尽心尽责的态度和强烈的责任感。我学到好多并且衷心感谢他们所让我学到的一切。

在这一年的交流学习教会了我另一门重要的课程, 那就是如何学会享受孤独, 当初到的新鲜感逝去, 我也曾感受孤独, 失落。更加专注于自己的研究或是学习新的实验方法技术, 对于减轻孤独感会有很大的帮助, 而就是这些逐渐积累起来的经验, 可能就会成为你在未来珍贵的礼物。

任何人都不能忽略知识的价值, 学习总会给人们的生活带来无限的乐趣, 未来的你一定会感谢现在努力拼搏的自己, 对于即将结束的交流学习, 我想我不会哭泣, 反倒会微笑面对, 感谢那些带给我的曾经。

也许, 还未结束。。。



富麗
大连医科大学



I am so glad to be one of the exchange students in Okayama University via the program O-NECUS. From the arrival day, I have spent every day with curiosity and long for enjoyment, long for liberty. First, talk about the daily life, as we all know that life in Japan is not much difference with Chinese and Japan is definitely a civilized society. In a word, once experience you will get a better understanding. As to study, I have majored clinical medicine in China for 5 years and known little about Lab things, but it is no need to worry because teachers will be teaching you everything pretty patiently. Everyday here is a new challenge and a brand new mission. So, in one year study not only means the different culture but also a number of knowledge. You're Worth It.

名好医生。所以, 这一年的交流生活既可以体验到不同文化, 又可以学习到各种很有幸成为了大连医科大学的 ONECUS 项目的其中一员, 从 2011 年 10 月到日本冈山大学以来, 抱着好奇心和学习的动力来度过每一天。先来说说生活方面: 众所周知日本文化和中国反差不是太大, 的确是一个文明的法制社会, 大家都很谦逊礼貌, 社会服务等各方面也很发达。总之, 亲身体验之后才知道。学习方面, 本科和硕士都是临床医学的我, 可以说没有做试验的基础, 来到日本才真正接触到实验室的一切, 不过试验室的老师和同学都非常热情, 不会的地方会给你讲的很仔细, 所以这一年我觉得会学会很多东西。其间最大的感受就是大家的热情, 让你感觉不到背井离乡的酸楚, 大家就像一家人, 为你开欢迎会, 生日会, 送别会, 新年会, 各种会。在这里的每一天都是新的挑战 and 任务, 每一天都是面对的新的学习和知识。对临床学生来说, 学习科研技术和科研思维才能更好的服务于临床实践, 做一不同的知识, 你值得拥有。

許家琪
大连医科大学





Through interviews, I was selected to be a member of O-NECUS students and began to study in Japan. The teachers here are friendly. They hold a welcome party for me when I just came here. Moreover, they are warm-hearted and treat me patiently. Whenever I meet trouble in study and life, they will help me solve problems. For I cannot speak Japanese, I communicate with other people in English here. But not everyone can use English very well in laboratory. So students who want to take part in O-NECUS had better learn Japanese in advance, which will make both of your study and life easy in Japan. Besides Japanese and Chinese, there are also many other country researchers such as French, Bengalese and Burmese. It is interesting that people from different countries work together. What's more, the life here is also colorful. My friends and I saw sakura in spring and red leaves in autumn. We visited traditional Japanese garden and castle in Okayama, and also travelled to Osaka Park, Golden Pavilion in Kyoto and other famous places. I hope students who will participate in O-NECUS program make good use of one year time to learn more knowledge and have a full life in Japan.

通过面试，我被选拔成为 O-NECUS 的一员 并开始了在日本的学习。这里的老师很友好。我刚来到这里，他们就为我举行了欢迎派对。并且他们非常热心，对待我也很有耐心。无论何时我在学习和生活中遇到困难，他们都会帮我解决。由于我不懂日语，我在这里与其他人交流使用英语。但是，并不是所有工作在实验室里的人都能够很好地使用英语。所以想要参加 O-NECUS 的同学最好事先学习一下日语，这样可以使你在日本的学习和生活更容易。除了日本人和中国人，这里还有许多其他国家的研究员，例如法国人、孟加拉人和缅甸人。不同国家的人在一起工作是一件有趣的事。除此之外，这里的生活也是丰富多彩的。我的朋友和我观赏了春天的樱花和秋天的红叶。我们在冈山参观了传统的日本花园和城堡，并且游览了大阪公园、京都金阁寺以及其它著名的地方。我希望将要参加 O-NECUS 项目的同学能充分利用这一年的时间在日本学习更多的知识并且度过一段充实的时光。

袁瑶薇
哈尔滨医科大学



Thanks to the O-NECUS program I gained a pleasant experience of study in Okayama University which is one of the best and well known universities in Japan. Now I have been here for half a year.

During this period, firstly, I have not only learned some academic knowledge and advanced research methods, but also a better way to think and learn about new knowledge, which is one of the most important qualities for an excellent doctor and researcher. Secondly, this is a wonderful chance for us to practice the capability of language. It is a great challenge and a good chance for us to try to express our idea in English or in Japanese. Okayama University organized some free Japanese courses which is a good opportunity for us to learn Japanese and make friends with other foreign students. Last but not the least, this is a cherished chance which can broaden the horizon of our young students. The spectacular view at Tokyo Tower, the beautiful red autumnal leaves at Kyoto, the charming oriental cherry...my life here is full of memorable moments and valuable experience. All in all, study abroad is an experience full of chance and challenge, I cherish and enjoy my life here .

非常感谢 O-NECUS 项目为我提供了一年在作为日本知名学府之一的冈山大学学习生活的机会。在这段时间里，我不仅有可能会接触到先进的知识和实验方法，更重要的是这里的老师帮助我不断提升独立思考和解决问题的能力，为将来成为一名优秀的医生和研究者打下了坚实的基础。其次，毋庸置疑这是一个锻炼和提升语言水平的绝佳机会。另外日本人健康的生活方式和日本的文化传统，使这段特别的经历在开拓我们视野的同时，引导我们如何正确提升生活品质。总之，这是一段值得享受和珍惜的经历。

王静
大连医科大学

A little about my O-NECUS study

I, a graduate student of surgery, belong to Harbin Medical University. As an exchange student, I took part in O-NECUS (2011-2012) project. In Japan, I majored in cell biology in Okayama University Graduate School of Medicine. During this year, I has gained much from this experience in Japan. Under the guidance of the professor Nam-ho Huh, I seriously access academic information and reference books, so that my theoretical knowledge and practical level has been further enhanced and improved. Off the study, though, adapting to life far away from her loved ones, has trained my health the psychological quality making progress. On the other hand, with the foreign culture transplanted, a new way has been indicated for the development of my life, that is, to care more for the ordinary life..... All of these are valuable wealth for me.

O-NECUS 之我见

我是哈尔滨医科大学大学 2010 级硕士研究生，通过 O-NECUS (2011-2012) 这一项目，进入冈山大学医学部细胞生物学学习一年。在这一年里，我在各方面都有很大的收获：学习上，在许南浩教授的精心指导下，掌握了基本的实验技能及实验方法，培养了自己完整，科学的科研思路及科研方法；生活上，远离祖国与亲人的情况下，学会了如何健康向上的生活；心理上，在异域文化的熏陶下，自己的心态变得更加广阔，对事物的看法更加全面；……所有这一切对我今后人生之路必将大有裨益。



刘苏来
哈尔滨医科大学