



REPORT OF STUDYING IN BELARUS IN 2018

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WRAP UP

Report of practical
training at Gomel &
Minsk from April 2 to
May 10, 2018

1. Duration of study abroad

April 2 - May 10, 2018

2. Places of practicing

April 4 - April 22, 2018 Gomel Medical University

April 22 - May 9, 2018 Belarusian State Medical University

3. Schedule

Together with Koh Oikawa of the same grade, we conducted practice on the following schedule.

Date	Practice	Free time
April 4 (Wed)	At the department of military medicine, took explanation about the course. With foreign students from other countries, participated in emergency medicine class (English)	
5 (Thu)		TBOE (clothing store)
6 (Fri)	Institute of researching natural science in 30 km zone School and clinic near 30 km zone	Book store Pharmacy
7 (Sat)		War historical museum in Gomel city Paskevich Palace
8 (Sun) Easter		Church Park
9 (Mon)	At the department of military medicine, took explanation about the command system of the country and the local government in case of the emergency situation	Art gallery
10 (Tue)	Participated in the international student class	Photo museum Tower in Paskevich Palace Park

	of Public health (About how to communicate smoothly with patients)	
11 (Wed)	Watched survey at Gomel Regional Clinical Hospital	
12 (Thu)	Attended conference at Gomel Medical University	
13 (Fri)	Did presentation to 3 rd year students	Church in Paskevich Palace Gomel History Museum
14 (Sat)		Art Shop Went to a circus
15 (Sun)		History museum in the Vetka district Concert Hall near the university
16 (Mon) Holiday		Visited teacher Anastasiya's home
17 (Tue) Holiday		Walked around Paskevich Palace Park
18 (Wed)	Visit the Institute of Radiobiology and Research Institute of Radiology	Chocolate shop Little Zoo
19 (Thu)	Visit Institution for children rehabilitation	Shopping mall
20 (Fri)	Attended conference at Research Institute of Radiology	College student beauty contest in Gomel city
21 (Sat)		St. Nicholas' Church Shopping mall
22 (Sun)		Move from Gomel to Minsk
23 (Mon)	At the department of Public Health, took explanation of the National Health Project	Riding boat at the lake near Nemiga Station
24 (Tue)	Did presentation in public health class (Nakajima)	
25 (Wed)	Did presentation in public	St. Simon and Elena Church

	health class (Oikawa)	
26 (Thu)	Talked with a teacher at radiation medicine	Ballet appreciation at the National Ballet Theater
27 (Fri)	Visited the department of neurology at Main hospital of Belarusian State Medical University	Souvenir shop near Kastychnitskaya station
28 (Sat)	At the department of military medicine, took explanation about the department and case of emergency.	
29 (Sun)		War historical museum near Nemiga Station Victory park
30 (Mon) Holiday		National art museum
May 1 (Tue) Working day Holiday		Belarusian Culture Museum
2 (Wed)	Watched surgery of thyroid cancer at 1st city clinical hospital Listened the lecture of honorary consul of the republic of Belarus in akita at Belarusian State Medical University	
3 (Thu)	Visited the department of Nuclear Medicine in 1st city clinical hospital Did presentation in Belarusian National Language University (Nakajima)	
4 (Fri)	Participated in international student Physics class	National library

5 (Sat)		Botanical garden
6 (Sun)		Experience the traditional Spring Festival in Belarus at the Belarus state Museum of folk architecture and rural lifestyle
7 (Mon)	Attended conference of the department of cardiology at City clinical emergency hospital Did presentation in Belarusian National Language University (Oikawa)	
8 (Tue)	Watched surgery of cardiovascular department at city clinical emergency hospital	Received certificate at Belarusian State Medical University
9 (Wed) Victory day Holiday		Visited the Holy Spirit Cathedral Walk around near Sendai square with students of language university

4. About Belarus

◎Formal name – Republic of Belarus. Republic country of eastern Europe. The name comes from 'white Russia'.

◎Area – 20,7600 km².

◎Population – 9.47 million people (2014)。

◎Capital – Minsk

◎Race – Belarusians 81.2%, Russians 11.4%, Poles 3.9%, Ukrainians 2.4%

◎Religion – Russian Orthodox around 60 to 70 %, Catholic about 10 %

◎Language – Belarusian, Russian

◎Currency – Belarus Ruble

(As of May 22, 2018 : 1 Belarus Ruble (BYN) = About 55.5 Yen (JPY))

◎President – Aleksandr Lukashenko

©Parliament – Bicameral system

©Life expectancy -Male 64.2, Female 75.8 (2013)

©Infant mortality rate - 4 % (2010)

©Literacy rate - over 99% (2008)

©Region in Belarus

Belarus is divided into six administrative districts, Minsk region, Vitebsk region, Brest region, Grodno region, Mogilev region, Gomel region.



5. About medical faculty in Belarus

Belarusian students of medical faculty should study at university for 6 years. This is the same system as that of Japan. However, when the third grade is over, students in the medical faculty can work as nurses in the hospital (Actually, they have to practice of surgery and therapeutic at the hospital in the summer before they work at the hospital.). Because of this, students can participate in surgery. So they can improve their clinical skills during they study at university.

There are some faculties in Gomel Medical University and Belarusian State Medical University. For example, Belarusian State Medical University provides educational

services at 9 faculties (Faculty of General Medicine, Pediatric Faculty, Dental Faculty, Faculty of Preventive Medicine, Pharmaceutical Faculty, Faculty of Military Medicine, Medical Faculty for Foreign Students, Faculty of Career Guidance and Pre-university Training, Faculty of Advanced Training and Retraining).

6. Introduce of practice

I would like to introduce some of our practices.

6-1. A tour of the Chernobyl nuclear power plant 30km zone <ХОЇНИКИ district>

On April 6th, we went to 30 km zone of the Chernobyl nuclear power plant, visited the Institute of Natural Sciences in the zone, the elementary and junior high school and the hospital around 30 km zone. I would like to explain about the scientific center.

The scientific center was established in 1988. We have to get special approval to visit this center. This center aims to protect the forest and to prevent intrusion without permission. They are also investigating the animals in 30 km zone, and they are tying up with other research institutions such as IAEA.

This picture is exhibition in the science center. You can see the model of the radiation detectors.



On the left side of the photo, there is a machine looks like a chair and cylinder. This is an old body counter for measuring internal exposure. This machine was introduced in 1990, the detection limit is 2-3 Bq/kg.

The 30 km zone is divided into three areas, and the radiation dose is measured not to exceed 20 mSv/year. Nowadays, average radiation level of all of this region is 1.8 mSv/year.

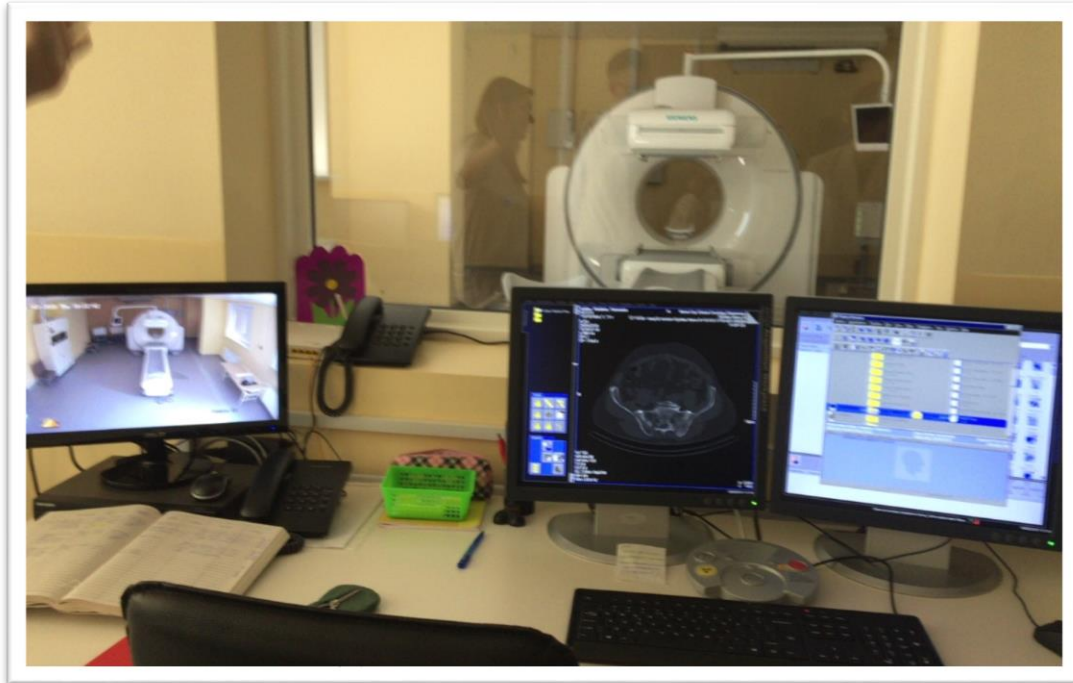
30 km zone is a nature reserve area, so there is no human activity. Because of this, this area looks like a heaven for animals. After the accident occurred, ecological system in this area changed. The number of animals such as reindeer and bison increased compared to before the accident. Regarding plants, 1048 type of different species inhabit, of which 100 are endangered species.

6-2. Department of Nuclear Medicine in 1st city clinical hospital

Next, I would like to explain about the department of Nuclear Medicine in 1st city clinical hospital in Minsk. This department is a very new department for radiation medicine of cancer and we could see new devices such as PET-CT and SPECT in this hospital.



This device is PET-CT. With this device, they can measure the accumulation of nuclides in bone and cardiovascular. Inspection with this device takes about an hour, and it is still planning stage. It's about just a month since this was introduced.



This device is SPECT. With this device, they inspect 10 to 15 patients per day, although it has been just three months since this device introduced. Inspection with this device takes about 30 minutes. Fortunately, we were able to see a patient was undergoing inspection of scintigraphy.

In Belarus, SPECT is only two. (In this clinic and Institute of oncology in Minsk) Therefore, patients from other areas also visit this hospital for inspection. Besides that, Belarus experienced the Chernobyl nuclear power plant accident and it has doctors who is good at treating thyroid cancer, so some patients of thyroid cancer come from other countries.

In Belarus, patients can receive all remedies for free if it is necessary for patients, and SPECT or PET are also free. However, if they do not need it but want to take that treatment, they need to pay money.

6-3. Presentation at the National Language University

In Japanese class at the National Linguistic University, I and Oikawa made presentations. I presented about gender equality in our university, Oikawa presented about the theme of the history of Fukushima. As students of Japanese language class are interested in Japan, we were happy that they listened to our presentation seriously. After we did presentation, we were able to ask the students' opinions on what they think about Japan, how to catch the accident of Fukushima nuclear power plant and accident at Chernobyl nuclear power plant, why they wanted to learn Japanese.

7. Introduce of famous places in Belarus

I would like to introduce 2 of famous places in Belarus.

7-1. National Library



This is a national library in Belarus. We were able to enter inside the library and listened the guide explain in English. Even if we are foreigners, we can make registration card if we have our passport, so we made it for commemoration. As this building is unique shape, it is sometimes called "Diamond", and some people in Belarus think that this building is strange. The inside of this building is very clean and calm, so I think that it is the best place to study.

7-2. Paskevich Palace

Tourist attraction in the center of Gomel. This palace is a beautiful wooden building in the 18th - 19th century and this is one of the most beautiful buildings in Belarus. Within the palace park there are chapels, gardens and an amusement park and the tombs of the Paskevich family.



This palace park is near Gomel Medical University and we visited this place many times during we stayed at Gomel.

8. About language

Basically, we talked with teachers and students in English. Sometimes we talked in Russian because there are cases where we had to talk with dorm mothers and staffs in supermarket who cannot understand English. We studied Russian in Japan for a few hours before going to Belarus, so we could speak simple phrases and could read the Russian alphabet.

9. After finishing study at Belarus

I am grateful to the Belarusian people for having been very kind during my stay. All the students I met were highly conscious of studying medicine and I felt that they were seriously facing medical issues. I think that I learned a lot from their attitude. I would like to continue making efforts to become a more ideal doctor by taking advantage of this experience.