

Chiang Mai University

Moemi Miyazaki

2015/4/12~2015/5/9

Hospital

Chiang Mai Hospital was much bigger than Kobe University.

We were told not to speak in the elevator because it would be rude to do that.

Dorm and Facilities

The room is clean and large enough for two people.

It has a fridge, TV, closets, and air conditioner (only on 7th floor)

Hot shower is available. You can use coin laundry (20 bahts) or laundry service if you want (We didn't use it so we don't know the price.) There are some convenience stores, a super market and restaurants in five-minute walk. Many canteens around the dorm are open from morning till 4 or 5. Fitness is just beside the dorm. (10 bahts)

Family medicine

All staffs were nice in this department. Our schedule is seen below. We had quite a long free time every day and residents were nice enough to have lunch together with us. Some residents took us to a hot spring and some famous places out of the city. There were also fifteen 5th year students learning family medicine, and we could attend a lecture with them. 5th year students took us to walking street (night market), ice cream shops and night safari. Everything and everyone were nice here so we enjoyed every single day in this department. We had a chance to learn Thai massage and acupuncture. It was a great experience for us because we don't have any chance to learn that kind of therapy in Japan. It was impressive for me that some patient hadn't improved his pain in the back for 15 years even though he had been treated with some medicines, but one practice of acupuncture made his pain better.

Activities on holiday

1. Dam

3rd year students took us to the dam. I've never thought of such an enjoyable dam! Although the water didn't look clean, we swam there and it was a lot of fun to have lunch on the floating restaurant and do some water sports.

2. Elephant camp

We already ridden an elephant in Ayutaya, we just watched the show. It cost us 300 bahts to watch it, but it was worth it. You can enjoy riding elephants if you want (800 bahts).

3. Doi step

We had a chance to go to Doi step with our professor from Kobe University. Chiang Mai University staffs took us there. We were so lucky to know a monk whose sister is Chiang Mai university staff. He showed us around the Wat and told us about the history about the Wat.

4. Walking street

We enjoyed night market every Sunday. You can get many handmade Thai stuffs and foods here. Everything is cheap and you can get anything here.

5. Short trip to Thaton

I love traveling, so I went to one day trip to Thaton, which is 4-hour drive from Chiang Mai. It was a beautiful city and you can see some tribe people. I enjoyed visiting a temple on a small mountain and have lunch on a floating restaurant. I had a chance to meet an American lady traveling around southeast Asian countries.

Foods and Drinks

There are so many nice foods in Thailand. You can't miss kaosoi which is famous in northern part of Thailand. There are also somtam (papaya salad) and herb sausages. There are also some non-spicy foods so you don't need to worry about it. Many kinds of fruits are delicious and cheap here so you can eat mango, papaya, lychee, and durians every day. There are many fruit shake shops in the city, so you can try many kinds.

Conclusion

In Chiang Mai you can easily find that people are very nice and if you drive out of the city for ten minutes, you can see beautiful scenery of green fields, trees and some animals.

I enjoyed and learnt a lot here thanks to many staffs in the hospital and people in Chiang Mai. I really appreciate their help and would like to do the same thing to the people who visit us in Kobe University.



With 3rd year students @ a dam



With Family Medicine staffs and 5th year students



In Thatchon

Apinun

Draft Schedule for elective medical students at Family Medicine Department, FOM, CMU; 20 Apr - 1 May 2015

| Medical Students | | University/Country | | Notes | |
|------------------------|-----------|------------------------|--------------|---------------------|----------------------|
| 1. Miss Moemi Miyazaki | | Kobe University, Japan | | 20 Apr - 1 May 2015 | |
| 2. Miss Kasumi Tsubaki | | | | | |
| Day | Time | 08.30-12.00 | Staff | 13.00-15.00 | Staff |
| Mon | 20 Apr 15 | OPD | Dr. Surin | OPD/Acupuncture | Dr. Wichuda/Anuchart |
| Tue | 21 Apr 15 | OPD | Dr. Peerasak | Thai massage | Dr. Winthana |
| Wed | 22 Apr 15 | OPD | Dr. Chawin | SDL | |
| Thu | 23 Apr 15 | Home visit | Dr. Nipon | OPD/Acupuncture | Dr. Withita/Anuchart |
| Fri | 24 Apr 15 | OPD | Dr. Withita | Conference | Residents and staffs |
| Mon | 27 Apr 15 | OPD | Dr. Surin | OPD/Acupuncture | Dr. Wichuda/Anuchart |
| Tue | 28 Apr 15 | OPD | Dr. Peerasak | Thai massage | Dr. Winthana |
| Wed | 29 Apr 15 | OPD | Dr. Chawin | SDL | |
| Thu | 30 Apr 15 | Home visit | Dr. Nipon | OPD/Acupuncture | Dr. Withita/Anuchart |
| Fri | 1 May 15 | Home visit | Dr. Peerasak | Conference | Residents and staffs |

**Orientation with Dr. Apinun at the office (9.00-9.15); OPD = Out Patient Department; SDL = self-Directed Learning
 Department of Family Medicine Office: 0-5394-5462; OPD: 0-5394-5463
 Head: Dr. Apinun Aramrattana Tel: 0-53945461, 0-815958831; Email: apinun.a@cmu.ac.th

Staffs:
 Dr. Anuchart Mathanasarawut Dr. Chawin Letsirirongkol Dr. Surin Jiraniramat Dr. Winthana Kusirisin
 Dr. Peerasak Lertrakarnnon Dr. Anawat Wisetbonsute Dr. Rannapob Uapanthaset Dr. Nipon Sempanich
 Dr. Wichuda Jiraporncharoen Dr. Withita Janglam Dr. Surasak Boonyaritchakij Dr. Kasem Utawichai

Schedule at the Family Medicine



Somtum, my favorite Thai food at Sunday market

With 4th year students

