

INTERVIEW SERIES WITH ALUMNI OF 'LOOK EAST POLICY'

NOR ZIHAN BINTI MAHDI

Tell us about your study in Japan

I was in Chiba University in Chiba prefecture from 1999-2006 for studying in Medicine and moved to Kashiwazaki, Niigata from March 2006 to Jul 2007 followed my husband working there, before came back to home country.

What surprised you in Japan

a) Punctuality :Public transport as bus and trains are available anywhere in Japan. Buses are arrived at scheduled time. Rarely its delay. Also for train, its arrived on time. Rarely it delayed due to certain unavoidable circumstances such as weather issues.

b) Self Discipline: They all follow rules in public space and anywhere. They lining up waiting turn without pushing other. They respect others privacy at public. Rarely we see they talk in loud voice/laugh at family restaurant unless in a their group private room.

c) Omoiyari (Considerate for others): Always thinking towards others needs. Their toilet very clean without needs to put labels to do so and so. They clean their table after finished meals at restaurants or public food

halls. Public garbage are very clean without unwanted smell or spills/leakage anywhere.

Look East Policy & you

I learnt all the values that is a norm in Japan as I mentioned before such as punctuality, discipline and considerate caring to others. I realized that it is the values that Islam teach us, but it is not being practised in our beloved country. Knowledge not translated into actions. There are something missing. I hope that all Japan Graduate could be role model for practising what good values that has been learnt in Japan.

Your favorite:

Person

Professor Sadao Kimura (Department of Biochemistry & Molecular Pharmacology, Chiba University)

Place

All places in Hokkaido

Food

Tendon (Tenya)

Custom

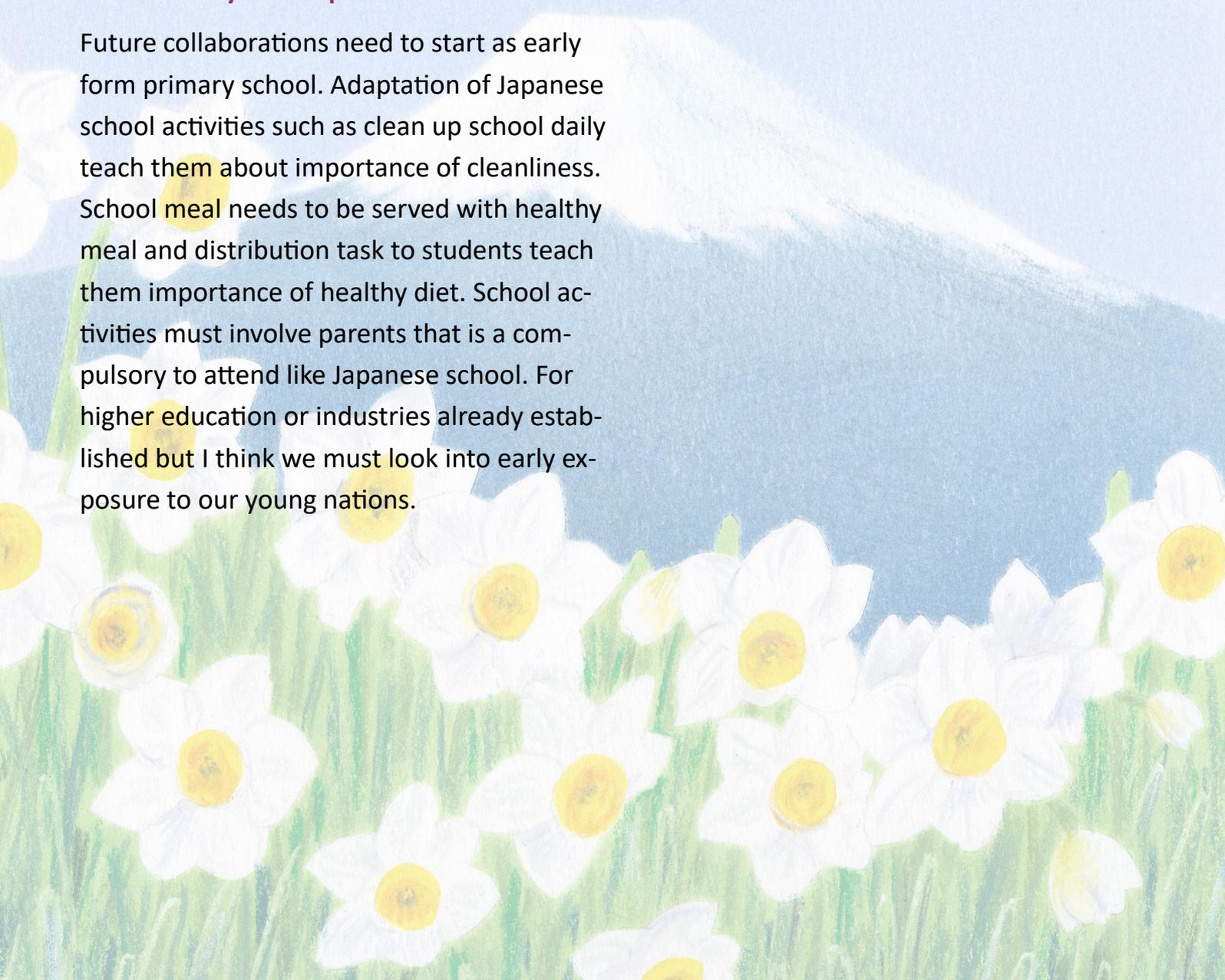
Omoiyari

Future Malaysia & Japan

Future collaborations need to start as early form primary school. Adaptation of Japanese school activities such as clean up school daily teach them about importance of cleanliness. School meal needs to be served with healthy meal and distribution task to students teach them importance of healthy diet. School activities must involve parents that is a compulsory to attend like Japanese school. For higher education or industries already established but I think we must look into early exposure to our young nations.

Additional

Japan is a country that creative thinking people are everywhere. They are very passionate and proud about their job. To our Kohai who will go to pursue study in Japan, you are chosen to the best country that you can learn good values ,high technologies with good resources. Focus on your study, don't forget to travel and see beautiful places with nature, eat fresh and delicious yet healthy Japanese food and involve with any community activities. Learn good values and bring back to Malaysia! Ganbatte Kudasai!





Graduation 24 Mac 2006 with my Ma



Covid-19 Sampling and assessment team 2020
(KK Padang Luas)



With my Japanese best friend also my tutor Kamata Sensei (2006)