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Executive board member to the UK-JSPS Alumni  
Association since 2005

# 2002-2004 JSPS Fellowship: A personal perspective

- Where?
- Why?
- What?
- How?
- A retrospective
- Summary

# Where?

- Kyoto

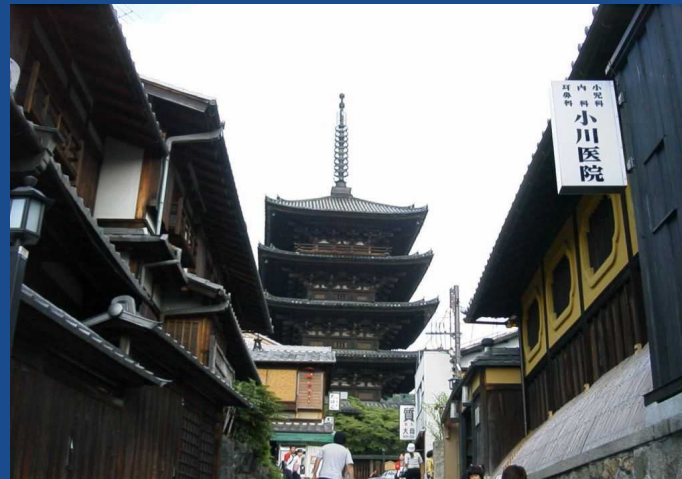


Tokyo 8.0 mil  
Yokohama 3.4 mil  
Osaka 2.5 mil  
Nagoya 2.1 mil  
Sapporo 1.8 mil  
Kobe 1.5 million  
Kyoto 1.4 million  
Fukuoka 1.3 mil  
Hiroshima 1.1 mil

# Kyoto



- Ancient capital known for its many beautiful old temples and gardens
- Also academic research



# Kyoto Prefectural University of Medicine



# Why?

- For the science
- For my career
- For the adventure

# What?

- Ophthalmic research
- Corneal Stem Cell Transplantation

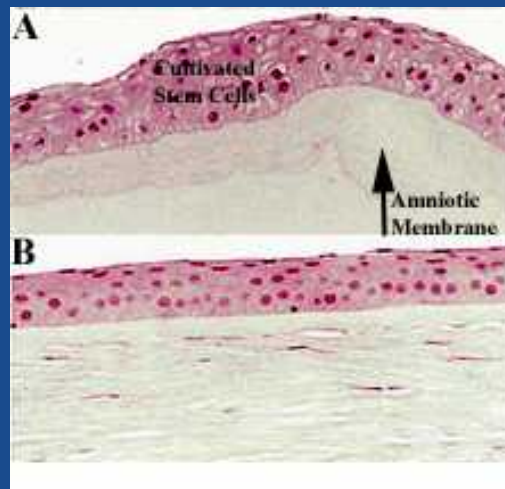
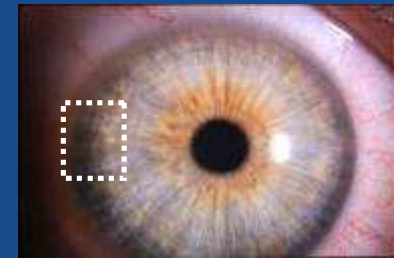
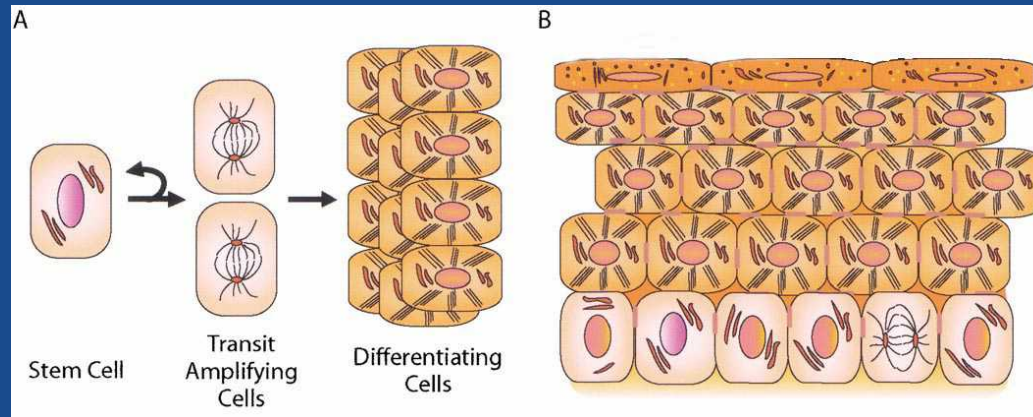


Vision seriously impaired –  
Cloudy cornea  
(Stevens-Johnson syndrome)



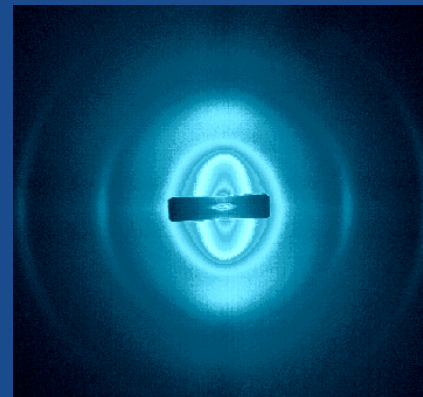
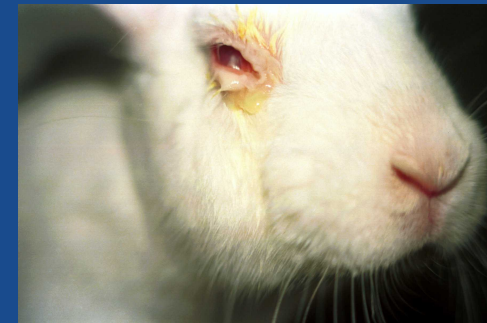
Vision restored –  
Transparent cornea

# Ex vivo expansion of corneal stem cells on amniotic membrane



# Present work

- Development of a non-animal alternative to the Draize eye irritancy test
- Structure of diseased amniotic membrane pPROM



# How?

- Pre-departure
- Organising your home life
- Organising your work life

# Pre-departure

- Do you need to make NI contributions?  
[www.hmrc.gov.uk](http://www.hmrc.gov.uk) for details (£2 p.w. by dd)
- What clothing to take?  
Japan can be cold, no central heating  
Take only clothing for one season, buy clothes once in Japan (N.B. big feet!)

# Pre-departure

- Don't forget your phrase book
- Ask your Host to nominate a helper.

Ideally this person should:

- Be able to speak English
- Have good local knowledge
- Be available from your arrival
- Have previously lived abroad

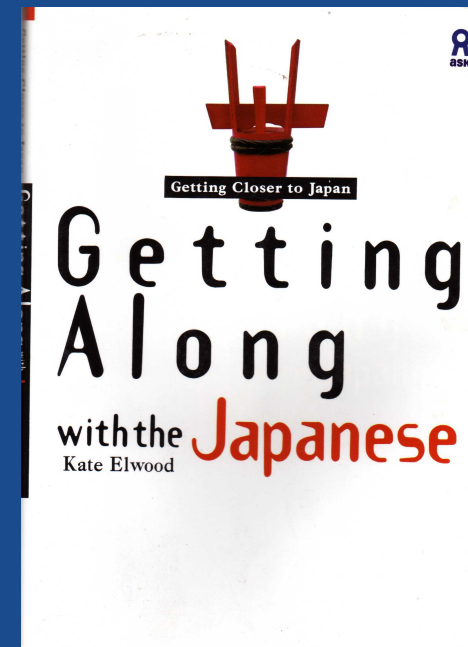
# Organising your (new) home life

- A helper can:
  - Smooth your entry into Japanese life
  - Lessen the number of social blunders
  - Find an apartment
  - Set up bank account
  - Set up utility companies
  - Choose a Hanku?



# Organising your work life

- Bring a present for your lab/Host
- Background reading on culture
- Find English speaker
- Try to speak a little Japanese
- Never pass up opportunities to socialise



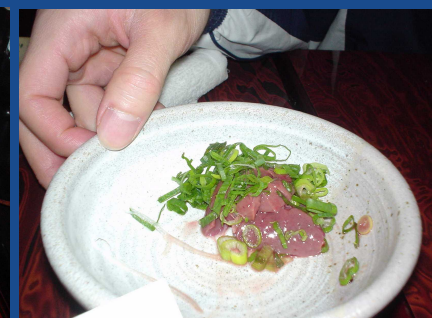
ISBN 4-87217-065-2

# Organising your work life

- Don't get frustrated
- Respect the Hierarchy (it is not a mere formality)
- Be prepared to help you colleagues with their English
- Be prepared to work long hours

# A retrospective

- Cutting edge science
- Strong collaborations
- Improved team working skills
- Chotto Nihongo o hanashimasu
- Love of Japanese food



# A retrospective

- Learnt how to be a more tidy person
- And to enjoy the simple things



# Summary

- Kyoto is a beautiful location
- The JSPS Fellowship made a significant contribution to my academic career
- Established important collaborations
- Returned 5 times since 2004
- Engaged with Japanese culture

# Conclusions

- Japan has a broad and deep cultural heritage, see and enjoy what you can of it
- Think of your fellowship as the start of a long relationship between you and Japan
- Try to remain in harmony with your Japanese colleagues
- Be prepared to work hard and play hard!  
(strong drinkers welcome)

# Sponsors

- BBSRC
- STFC
- Royal Society
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- JSPS