



# Experiences as a JSPS Summer Research Fellow

Narin Aker



# About me

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- JSPS Summer Programme 2024 fellow
- Final-year PhD student at UCL: Inequalities in access to end of life care for people with dementia from minoritised ethnic backgrounds
- Osaka University: Health and wellbeing in returning evacuees from Naraha, Fukushima



# Welcome to JSPS Summer Program Orientation in HAYAMA!

18 おはようございます。

Good Morning!

今日も良い一日を!

Have a nice day!





# Orientation week at Sokendai

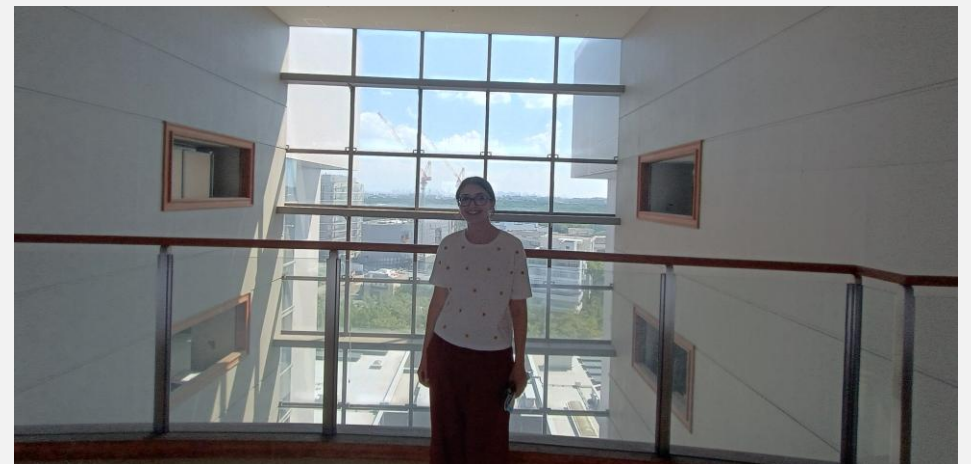
- Split luggage
- Language lessons
- Poster presentations
- Talks
- Cultural activities
- Dietary options
- Regional groups
- Coach to Tokyo



# Being a JSPS research fellow

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- Different work environments
- Ask host about accommodation
- Accessing your allowance
- Research support allowance
- Business cards
- Language practice



*Osaka University medical building*



# Homestay

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“Everyone was so nice despite my mid Japanese. And I met up with them later again!”

- *Nadine Mathe*

- Sign up with registration form
- Two sets of weekends
- Experience local life



# Visa

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!! Visa requirements - check with host !!

- Certificate of eligibility
- Visa pickup from Japan Embassy
- Can take 2-3 months
- Delays to arrival



*Cat on the Nakasendo trail*



# Life in Japan

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- Cash
- SIM cards & data
- Wifi access
- Travel
- JSPS community



Osaka castle



My local area (Osaka suburbs)



# Challenges

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- Language barriers
- Cultural differences
- Weather – rain, heat & humidity
- Work expectations
- Communication with host
- Suitcase space



*Very rainy day in Nara*

# Future collaborations

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- Keeping in contact
- JSPS Alumni Association
- Further JSPS opportunities



*Sake tasting with host*



*Eating oden at my leaving do*



*WHO Kobe event at Osaka University*



Thank  
You



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*Tokyo Tower*