
ランチョンセミナー

外国人留学生のニッポン体験記

Fri. Sep 16, 2022 12:00 PM - 1:00 PM Zoom会場3 (オンライン)

主催：(公社)日本畜産学会 若手奨励・男女共同参画推進委員会

12:30 PM - 1:00 PM

[YGLS-02]Pursuing Higher Education and Career Development in Japan

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Dating back to 2007, it was my first time visiting Japan. At that time, I was a 3rd-year student at Kasetsart University, Thailand. I decided to step out of my country to see the world and was lucky enough to join an exchange program in Kyoto. During that year, I learned and got inspired by many new things. After finishing my bachelor's degree in 2009, I applied for scholarships to continue studying in Japan, but I got rejected because of my English. In 2010, I got myself improved and was selected as a MEXT scholarship student to pursue my master's and Ph.D. degrees at the Laboratory of Food Analysis, Kyushu University. At that time, I gained knowledge about peptide biochemistry and its disease prevention. After obtaining the Ph.D. degree in 2015, I continued working as a postdoc fellow in the same laboratory and struggled to decide whether to work in a food company in Thailand or continue my research life in Japan. Fortunately, I trusted my instinct and got a job as an Assistant Professor in the Laboratory of Molecular Nutrition at Hiroshima University in 2016. It has been almost 15 years since 2007, and I am still here in Japan to continue doing what I love the most. Recently, I have found my interest in nutrition linked to muscle function and appetite regulation. These areas are new to me, and I am learning with my students every day. As a female foreign researcher from a small country like Thailand, I am very grateful to be where I am now. I want to encourage the younger generation that no matter what gender you have or where you come from, as long as you are passionate about what you are doing and try your best, then people will recognize you. Do not be afraid to go out of your comfort zone and take on any challenges that may come into your life.