

薬学部 薬学科

山口愛唯

私は、2024年度水田三喜男記念奨学生として、ハンガリー研修（国際グローバル研修）に参加しました。「誰もが住みよい街づくりを考える」をテーマに事前研修を行い、その後、約10日間にわたるハンガリーでの学びを以下にまとめました。

This program provided me with many new experiences, and I would like to share with you some things that impressed me.

The first thing to mention is communication. During my staying in Hungary I learned a lot of Hungarian words, and I learned how to read and speak them day by day. I saw Hungarian words everywhere, and when I was speaking in English, I often wondered "How can I say this in Hungarian?" Hungarian students taught me many new words. I first learned the word "utca". I saw it everywhere, such as at stations and bus stops. But I struggled with its pronunciation. Also, they taught me how to greet others, reply, and talk about hobbies. Every time I had a conversation, they taught me how to say it in Hungarian. After about half of this program, I was able to read Hungarian words (although I didn't know what they meant). Maybe it's because I was studying there. I was surprised, but very happy. Furthermore, my Hungarian friends were happy with me, so I was even happier. I wanted to use Hungarian in my daily life more. I'm grateful to the Hungarian students who taught me so many words. I will work to improve my English and Hungarian speaking skills so that we can communicate smoothly. Because I realized that my fluency in speaking English was lacking.

The second thing to mention is food. I ate a lot of delicious Hungarian dishes such as Gulyásleves, Lángos, Palacsinta, and Kürtös kalács. Among them, the Gulyásleves I had at a Hungarian restaurant was especially memorable. When I was asked "Which Hungarian dish do you like?", I had a hard time answering because Hungarian dishes are all delicious. Now it's a good memory.



Gulyásleves

The third thing to mention is lectures by the Hungarian teachers. I found all the lectures interesting, especially those about the buildings, and I learned a lot about Hungarian history. I was able to see what had been taught in the lecture in person, and I understood it more deeply. I also visited barrier-free schools. There was a lot of ingenuity that Japan didn't have. I sympathized with the educational policy of "increasing the number of things students can do and building confidence," and I thought it would be great if there were similar schools in

Japan. The guide said that barrier-free systems in Hungary are still developing, and that there are many issues in living. I thought that if Japan's and Hungary's barrier-free systems were introduced to each other, the urban development of both countries could improve. Additionally, I met the mayor, who is focusing on urban development in Terézváros. I was able to think about urban development from a different perspective, as it aims to create a city that is not only people-friendly but also environmentally friendly. After a lot of learning, we discussed "Creating a Livable City" as a group. I'm sure there will be no other program with local students to prepare for the presentation from scratch. We had many conversations that wouldn't have happened without presenting, such as checking each other's pronunciation, rewriting sentences in simpler words. Above all, after the presentation, everyone's expressions were beyond words. I realized that we could create good presentations by overcoming differences in culture and values, respecting each other and cooperating, more than I expected.

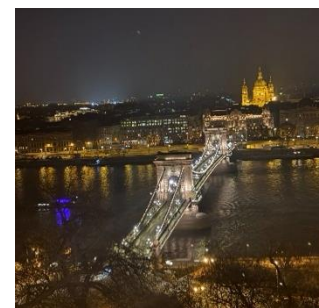
As a pharmacy student, I noticed pharmacies everywhere during sightseeing and while moving around the city. Pharmacies in Hungary are similar to drugstores in Japan. There were many kinds of vitamins in addition to various medicines, and the store was very large. They were not found in independent stores; instead, they were in a corner of a building or in a commercial facility. Also, I was surprised that headache medicine contained more ingredients than in Japan. Additionally, there were no pharmacists wearing masks, and few patients wore them either. Other than that, giving prescriptions after a number was called. It was very interesting because there were many differences compared to those in Japan.



デパート内にある薬局
"gyógyszertár"

The experience I gained from this program is an unforgettable treasure in my life. I went to places with beautiful night views, went ice skating, went bowling, and ate a lot of delicious Hungarian dishes. Then this program ended in no time at all. I really appreciate the Hungarian teachers and students for welcoming us with all their hearts and giving us so many wonderful experiences. When I close my eyes, my days in Hungary come to mind. I will remember it many times from now on. I will never forget the friendships we made, the beautiful scenery of Hungary, and everything I learned there. I will make use of it in my future life.

Finally, I would like to express my gratitude to Dr. Sano, the Hungarian teachers and students and everyone who helped this program. Once again, I would like to express my deep gratitude for the successful completion of this program.



ブダ城からの夜景

I believe that I will see them again. Thank you very much.

Bízom benne, hogy még látni fogom őket. Köszönöm szépen.