

Participating in the MEXT Nuclear Researchers Exchange Program FY2016 was my great pleasure, the best opportunity I've ever had. I joined in Lab of Prof. Iimoto Takeshi to study "Regulatory science research on radiation safety and protection", mainly focused on regulatory control radioactive material discharge into environment. I concentrated on studying Japanese regulations and practical experiences from nuclear facilities, covered contents of discharge limitation, waste management, effluents treatment and environmental monitoring around facilities.

During studying, I had received great help from Prof. Iimoto and other colleagues, students in not only research life but also daily life. I was facilitated good environment to study in laboratory and opportunities to visit various facilities to learn from practical experiences. All colleagues and students in the Lab are very friendly, open and willing to help and support me.

I learned and increased my knowledge on the Japanese regulation system and radiation protection not only on my study topic but also other aspects, such as risk communication, education radiation, natural radiation exposure,..I would like to use of these useful knowledge and experiences in contribution of developing regulatory regulations as well as increasing knowledge on radiation safety in my country.

My living condition in Japan is excellent and comfortable. I was impressed by the nature beauty, safety and security living environment, friendly people, delicious food in Japan. I would like to express my gratitude to MEXT, NSRA, The University of Tokyo, especially Prof. Iimoto for this great, wonderful opportunity!



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