

Title: The delegation members of National Taiwan Sports University visited NIFS for a short term exchange



From 30th June to 1st August 2023, a faculty and four students from National Taiwan Sports University (NTSU), including Assistant Professor Ya-Ting Yang visited NIFS for a short-term exchange.

NTSU and NIFS concluded an exchange agreement as a university exchange partner in 2002 and have conducted various academic and student exchanges. During the current exchange, they were mainly involved in the research laboratory of Professor Masaki Nakagaichi (Faculty of Sports and Life Science) in which they make efforts to prevent frailty in the elderly. They also participated in the Muscle Building Circle led by Professor Eiji Fujita (Faculty of Sports and Life Science) and experienced the unique activities such as marine sports at the Center for Water Sports and Science coordinated by Senior Assistant Professor Hiromitsu Eiraku (Faculty of Sports and Budo Coaching Studies) as well as visiting a Kendo class and joining the Japanese language course. Moreover, they spent a month actively experiencing Japanese culture by visiting shrines in Kirishima and

Kanoya on weekends, eating at local restaurants, and mingling with teaching staff, students and locals.

On the final day, 1st August, a presentation was given by students from NTSU. One of them stated that “At first I couldn’t speak Japanese well, but with the help of the teachers and students, I think my Japanese has improved with this short-term exchange. Through activities such as Chokin exercise (muscle strengthening exercise) and square step exercises, we were able to learn how to interact with the elderly. In the future, I would like to continue my studies in order to get a job which supports the elderly. I would like to come back to Japan again. I would be happy if I could keep in touch with you all,” she announced fluently, using the Japanese she had learnt during the stay.

Ms. Yang, who has been both an exchange student (for 1 year) and a graduate student at NIFS, is a student of Professor Miki Yoshishige (Faculty of Sports Humanities and Applied Social Science Department). Professor Miki Yoshishige commented that

“I will be retiring this year and I am very happy that Ms. Yang came to our university for an exchange program as a teacher and with her students.”

In closing, Ms. Yang said “I would like to continue this kind of exchange in the future. I would like to make it possible to conduct not only short-term exchanges but also year-long training programs”. A student from NTSU who attended the presentation also commented that “This is not the end of our exchange. We would like to continue our exchange in the future. See you next time in Taiwan!” The event closed on a high note with a memorable message from the students.



NTSU students gave a presentation during the exchange.