

I am Asrafun Nahar from Bangladesh. I have completed my doctoral course from the laboratory of Reproductive Physiology and Management, United Graduate School of Veterinary Science of Yamaguchi University. I started my PhD in October 2012 and graduated successfully in September 2016. I have completed my PhD research in the laboratory of Reproductive Physiology and Management under the guidance of the Associate Prof. Dr. Hiroya Kadokawa.

During my stay in Yamaguchi city I enjoyed the hospitality of this lovely and quiet place beside its helpful citizens. Yamaguchi city is very nice place to live because of its quietness, and it is a small city that also makes it easy to live and achieve many goals. Yamaguchi citizens are very kind and helpful who helped in our daily life that extended for more than four years and during which I experienced and learned many new things. Due to the small population of foreigners in Yamaguchi city it was very difficult to apply the English language in the daily life especially in the first year, which made us to encourage our Japanese language study.

Laboratory of the Reproductive Physiology and Management belongs to the United Graduate School of Veterinary Science of Yamaguchi University with other universities, which has many activities during the PhD period. It is required for PhD students during their study to participate in the activities of the Graduate School at least three times in the research meeting to get the required points for graduation. From my experience I think these meetings of the united graduate school can help PhD students to improve their knowledge and enjoy by travelling to different cities and interact with their citizens and know new cultures. During the graduate school meetings I met many colleagues from different countries, languages, cultures and variable fields of studies that made us interact and discussed about several types of issues and improved our knowledge.

Laboratory of Reproductive Physiology and Management - the lab which I graduated from- located in Yoshida, Yamaguchi University, and in this laboratory I learned many things along with scientific knowledge and advance researches. The teamwork spirit is one of the most important and valuable things that I learned during the study period, which helped me a lot to overcome challenges that I faced. Students of Yamaguchi University and especially of this laboratory are very polite and helpful, I think this was one of the most important things to improve and achieved the scientific and social knowledge.

My family members – which consist of my son Ruhan Nashid and husband

Mohammad Al-Amin, although my husband joined us for only two times per year because of his doctoral study in South Korea and it was difficult to get frequent leave from his laboratory. During the time when my family members stay together in Japan we enjoyed our life in Yamaguchi city along with our trips and visit to different cities and enjoyed different Japanese sightseeing. Yamaguchi city has different types of food especially the sea food and we enjoyed different types of dishes. We enjoyed also the social activities of different cultures and food by participating in several kinds of parties arranged by City Hall, International Student Support Office and Hirakawa-no-Kaze-no Kai during our stay in Yamaguchi.

I would like to express my sincerely thanks to my supervisor who encouraged and taught me many things during my study. I learned from my supervisor how to get the scientific knowledge beside the guidance to build my character and get more experience. I am very proud of my supervisor who helped and guided me even in my social life. I think, he and his wife's, Yukie Kadokawa positive approach to life and kindness are highly appreciated. My deeply thank to the staff members of Yamaguchi University for their kind support, assistance and co-operation. My thanks also extend to Yamaguchi university students, my laboratory mates, friends and all who helped me during my study. I appreciate the great support from the Government of Japan, the Ministry of Education, Culture, Sports, Science and Technology, for sponsoring my study by providing me the Monbukagakusho (MEXT) Scholarship.

The Doctoral course of the United Graduate School of Veterinary Science, Yamaguchi University has been a fantastic journey that has taken me to visit a lot of places and live in a foreign country for a significant period of time. It has been a great and amazing experience, a spectacular time of astonishing intellectual and cultural growth that I will remember forever. It was a magnificent period in my life where I was able to experience a real sense of camaraderie and form a good relationship with a variety of great people from different countries all over the world. It was a terrific journey to wander culturally and intellectually.

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