

## Report on completion of the study abroad program

Department of Physiological Sciences, School of Life Science

Name: Penphimon Phongphanphanee  
Destination country: United State of America  
Receiving univ./institute: Duke University Medical Center  
Period of study: 1 month

### About a final report

- 1) There is no specific form for a final report. You can substitute it with a report prepared for filing to your laboratory, or personal website made during the stay. However, most of the items below must be contained.
- 2) Your final report may be posted at the Sokendai website.  
Would you prefer to remain anonymous? Yes
- 3) Submit to: The Office for Inter-departmental Activities

### Items to be contained in a final report

Basic information: School, department, and name of the student, destination country, receiving university/institute with the name of school/department/laboratory, period of study

About the receiving university/institute

Preparation before leaving Japan

How the plan toward completion of the doctoral course (including how other activities, such as a doctoral thesis, were managed) was worked out?

Others including how to get information on the program, prepare for the domain of expertise or language required, prepare with the supervisor at the receiving university/institute if you belonged to a laboratory, and obtain a visa, etc.

Study and/or research during the stay

Registration of the class: Registered/unregistered, impression of lessons, or research methods.

Activities other than study or research during the stay

A wide range of experiences, such as travel, sports, etc.

Expenses

Please report as far as you don't mind, using a financial plan etc. prepared in advance. Travel expenses, living expenses, grant, etc.

Language at the receiving university/institute

For example, Language A was required for research, but Language B was used for living. Score XXX of TOEFL was enough.

Things you found difficult (if any)

Advice for future applicants

### 1. Duke University



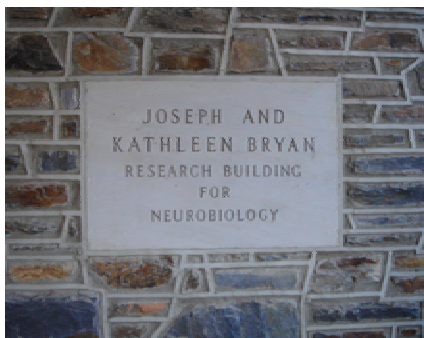
James B. Duke had a remarkable vision in 1924: to transform a regional liberal arts college into one of the world's top institutions of higher education. Younger than most other prestigious U.S. research universities, Duke University consistently ranks among the very best. Its graduate and professional schools — in business, divinity, engineering, the environment, law, medicine and nursing — are among the leaders in their fields.

Duke is situated on nearly 9,000 acres in Durham, North Carolina. Known as the City of Medicine, Durham was the fastest growing North Carolina city in the 1990s and now has a population of more than 200,000.

Duke University medical center, established in 1930, comprises clinical, training and research programs.

My working place:     Laboratory of Professor William (Bill) C. Hall  
                              Department of Neurobiology  
                              327D Bryan Research Building, Research Drive  
                              Durham, NC 27710 USA  
                              tel (919) 684-3256   fax (208) 723-5353

Period of stay: September 21 – October 12, 2006 in Durham, NC.  
                          October 19-20, 2006 in Atlanta, GA.



## 2. Preparation before leaving Japan

(1) In my laboratory, I use the slice from mouse brain. Before leaving for US, I am doing lab on

Knocked-out mice. Fortunately, my lab member is very kind. She could take care of my colony of KO mice during my stay in US.

- (2) Two week before leaving, I was concentrated in preparing the poster that would be posted in The Annual Neurosciences' meeting in Atlanta. According to my plan, after lab visiting in Duke University for 3 weeks, I would go to attend that meeting in Atlanta which I have to present the poster.
- (3) To get the information of Duke University, I had searched from internet and contacted with my host Professor and his colleague. Actually, I did not have so much work because my host professor had arranged the accommodation for me.
- (4) I have applied for VISA since July and I went to American Consulate in Osaka about the end of August for VISA interview.

### **3. Study and/or research during the stay**

I have practiced using the photostimulation system to activate the neurons in slice preparation with chemical stimulus. That would be specific stimulation and very useful for my experiment in Japan. The details are attached in separated file.

(\*\* The pictures taken from laboratory room may not allow from Duke University to be uploaded on the public website.)

### **4. Expenses**

The main cost for staying in US is the expense for accommodation. I have stayed in the long term stay hotel. That is cheaper (about 50-90 US dollar per night) than normal hotel. In the room, it was furnish with full kitchen. Usually, I have cooked my meals. The ingredients in grocery shop were not expensive. The vegetable and meat were cheaper than those in Japan. While stayed in Durham, I used the free shuttle service provided from the hotel to go to Duke University. In Atlanta, I used the train. The flat cost per trip was 1.75 US dollar.

### **5. Language at the receiving university/institute**

About the language, I did not have any special preparations. To be a visitor there, the language test was not required.

### **6. Advice for future applicants**

If possible, obtain the visitor-type VISA. Contact officially with the administrative office of receiving department before leaving Japan might be necessary.

To find the accommodation, searching in the internet is valuable. See the comment session in several web sites, in average, the commentators told the truth about each hotel. To reserve and guarantee, the hotels need your credit card. For stay more than 3-6 months, it will be possible to rent the apartment.

The air-ticket should be reserved as soon as possible. When facing the big event, it will be hard to find the ticket. Check and compare the route of each flight including the transit time.