

## Academic Mobility Program—University of Kochi

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In 5 – 16 March 2014, Faculty of Food Science and Nutrition (FFSN) received the visit of a group of lecturers and students from Faculty of Nutrition, University of Kochi (UOK), Japan. The visit group was led by Associate Professor Reiko Aramaki, alongside with two researchers (Dr. Mamoru Tanaka and Ikuko Shimada) and two second year undergraduate students (Chihiro Ito and Manami Hori). The academic mobility program is one of the collaboration activities outlined under the Memorandum of Understanding (MoU) signed between Universiti Malaysia Sabah and University of Kochi in November 2012.

A series of academic activities were arranged. The students attended a few lectures: Food Microbiology, Eastern and Western Cookery, Food Habits and Nutrition Education, Nutrition in Life Cycle, Therapy Diet; as well as had hands-on practical training in Food Microbiology Lab, Food Sensory Evaluation Lab, Food Habits and Nutrition Education Lab, and Quantity Food Preparation Lab. The students were also invited to join the muffin baking organized by the Student Association of FFMS (PMSSMP), which is a daily business operation run by the association. Besides classroom-based learning, the delegates were arranged to tour the campus, to visit Sabah State Museum, Queen Elizabeth Hospital and a few popular tourist spots in Kota Kinabalu. These activities enable new learning experiences for the Japanese student, also provide opportunity to gain competency in soft skills, adaptability, endurance and team-work.

During the stay, Associate Professor Reiko Aramaki conducted a brief survey and test to identify the food habits among the staffs and students of the faculty. A seminar was also held for three of the researchers to disseminate their respective research findings so as the faculty researchers can have better insights about their research interest and specialization.



Food Habits study conducted by Associate Professor Reiko Aramaki.

A special sharing session with students of Food Science and Nutrition Program was held towards the end of the attachment where the Japanese students presented their learning outcomes and experienced gained in UMS. They also took the opportunity to introduce their homeland and university to the faculty members.



Several social activities were also organized like badminton match and BBQ dinner among FSMP students and UOK delegates. In order to promote cultural exchange, a few cultural performances (singing, dancing and martial art) were presented by the UMS and UOK students in the BBQ dinner held in the lobby of the faculty.

Learning experience sharing by Chihiro Ito (left) and Manami Hori (right).

Overall, the short term attachment by delegates from UOK is a worthwhile education endeavor that strengthens institutional linkage between UMS and UOK. This platform also provides the students with a range of opportunities to expand their international learning experience. It is hope that more mobility programs will be carried out in future for mutual benefits of both universities.



Social night with delegates from University of Kochi, Japan.