

Health Check-Up

Atiqqoh Binti Apandi, MJIT UTM KL

Preparation before winter season (Atiqqoh Binti Apandi)

Konnichiwa minna-san! Right now is the peak autumn season in Tsukuba University area. The scenery is very beautiful with all the leaves change the color to orange and red color. This is our first autumn and will also be the first winter in our life.

Since the weather is getting colder, University Tsukuba offer regular free health checkup for students. The purpose of this checkup is to know students health condition and their wellness to prepare them for the upcoming cold winter. At first we did the physical examination to check our eyes, neck and chest to check for anemia, thyroid gland and cardiac sounds respectively.

Then we did the x-ray, urine test, body measurement, visual acuity and emotional state checkup too. These test was held in International Student Centre building and Tsukuba University Health Centre. For me, University Tsukuba is very concern toward their student especially international students for held this kind of health checkup. If we get some physical or emotional injuries we also could ask for help for any treatment in Tsukuba University Medical Centre, and it's also free. I think that all for now. Amigos Minna!



PHOTOS: ABOVE: Beautiful autumn scenery in Tsukuba University area, BELOW: Health Centre in Tsukuba University