

Academic year: 1st year master's degree, general course

Time period: 1st year master's Semester 1

	6:00	7:00	8:00	9:00	10:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	0:00	1:00	2:00	3:00	4:00	5:00
Mon	Sleep			Home	Lab		Lunch	Lab			Dinner	extracurricular activities		Home				Sleep					
Tue	Sleep		Home	Hospital			Lunch	Lab				Dinner	Lab		Home			Sleep					
Wed	Sleep			Home	Lab		Lunch	Lab				Dinner	Lab		Home			Sleep					
Thu	Sleep		Home	Class		Lunch	Lab			Class		Dinner	Lab		Home			Sleep					
Fri	Sleep	Home	Class			Lunch	Lab		Class		Dinner	Lab			Home			Sleep					
Sat	Rest day																						
Sun	Rest day																						

Helping with hospital work:

Hospital work includes RALS treatment planning and machine QA. If I am on duty for RALS, I will report at 9am. The session will last 2hr-6hr, depending on the number of patients and devices used for treatment. If I am not on duty, I will report to the hospital at 11.50 am for QA.

Lab:

I usually work on projects and class preparation.

Rest day:

I may continue with my unfinished work, exercise, watch YouTube, or hang out with friends. I usually like to explore different places (e.g. nature), eat different cuisines, visit cafes, go shopping, and go to festivals in Sendai with friends.



Taiyaki from Taiyaki shop near Kotodai Park



Durian sold at the Sendai Thai festival



Pet store in AEON mall