Letícia Sarmento dos Muchangos (Mozambique)

Doctoral dissertation title:

Developing integrated and sustainable municipal solid waste management systems in low-income contexts: Lessons from Maputo City, Mozambique

Main paper published during her career with our lab:


Her message:

First, I would like to express my gratitude for Professor Tokai’s supervision and mentorship throughout my stay in the lab. I appreciate all the learning opportunities that he provided, while fostering a research system that successfully combines autonomous and supervised work. Professor Tokai’s constant reminder for the need to work towards my goals actively and steadily, is one of the most valuable lessons that I take with me.

In *Tokai Lab*, I experienced Japanese and international students’ warmth, kindness and a strong cooperation spirit. Students of *Tokai Lab* are both very driven
and joyous, thus, creating a motivating and fun environment that I was happy to be part of.

I am particularly thankful for the help and readiness of the Tokai Lab’s staff and the Japanese students, in any matter that I asked for guidance, making both my school life and life in Japan easy. It is also important to mention and acknowledge the privilege that I enjoyed, in accessing diverse resources and the exposure to different experiences, which enabled the successful completion of my research studies and my personal growth.

I am a proud member of Tokai Lab and wish that they all thrive in their future endeavors and take rewarding risks, because after all, “No Risk No Life”!