During my first year of medical school, my advisor often talked about doing activities that fill your cup. This means doing things that make you feel more fulfilled and more inspired to carry out your goals. I feel like this program at Nagoya helped me both literally and figuratively fill my cup after a challenging semester at Duke. For example, a lovely elderly patient whom we visited in Gifu offered Paloma and me beautiful sake cups as a gift. This physical cup reflects the friendliness and openness I felt from the other program participants and from the patients or doctors we met during our trip. On the more figurative side of "filling my cup," I feel like I'm leaving this program even more excited for my clinical rotations in my second year at Duke, particularly because of the clinical experiences we were able to observe while at Nagoya.

To this end, I'd like to talk a bit more about my favorite clinic we visited, Kagayaki Clinic. I found even the clinic tour interesting, particularly seeing the pediatric rehabilitation center. The gamification of PT/OT exercises was very cool to observe, and I imagine these games put the patients at ease in a possibly stressful environment. It also reminded me of my experiences as an ALT in Japan, since during that time, I taught English at a special education school. Similar to Kagayaki Clinic, the school I worked at had a high patient-to-teacher ratio and focused on enriching games for children with limited mobility. We would go on field trips to the swimming pool, connect with nature by planting flowers, learn through music or games, and more. In both the case of the school I worked at and Kagayaki Clinic, I could see how valuable a well-designed and engaging curriculum could be for children with disabilities, ultimately improving their physical and mental health.

Kagayaki Clinic also had a very beautiful architectural design that radiated warmth and positivity. The clinic had big glass windows, overlooking the gardens, and open, wood-lined rooms. I'm sure that if I were a parent, bringing my child to Kagayaki Clinic, I would feel more physically at ease given these carefully planned design features. When I think about the Duke clinics I've visited, including the children's Autism Clinic, the appearance is often very medical and not particularly welcoming. For children who are autistic or have other special needs that make them more sensitive to their environment, I wonder if any changes could be made at Duke to make the clinics more pleasant, whether by changing wall colors or reducing the harshness of the overhead lights.

Also at Kagayaki Clinic, I'm so grateful to Dr. Fuji for taking Paloma and I along on his morning home visits. It was wonderful to be able to talk with him about his professional experiences, including his transition from being a cardiovascular surgeon to pursuing his true passion for home healthcare. It was a great reminder of the importance of choosing a career that feels fulfilling to each of us as individuals (i.e., filling our cup), instead of being overly swayed by outside forces to pick a medical speciality. Dr. Fuji did an amazing job explaining his work during the patient visits.

One thing I observed was how much Dr. Fuji's and the nurse's presence brightened up the patients' and their families' days. The second patient we visited, an elderly gentleman with pancreatic cancer, excitedly shared his photos of local archaeological sites and expressed his eagerness to attend his grandson's upcoming wedding. The social interaction from home visits appeared to work wonders on the mental well-being of these patients and offered the opportunity for them to express themselves within the comfort of their home. I'm thankful to the patients for allowing us into their private spaces, and I hope they know how valuable this opportunity was for us. It reminded me of when I used to do street outreach at Boston Healthcare for the Homeless. By reaching a patient where they're at, whether it be at home or outside in a tent, we can make them feel seen and heard.

Amidst all these amazing clinical experiences, I'd be remiss to not mention the amazing Nagoya University students who helped make this experience great. Yuri was an amazing buddy who answered my many, perhaps annoying, questions with grace and insight. By talking with the Japanese students, I feel like I learned so much about their training and what it's like to be a learner in Japanese hospitals. As someone who is interested in psychiatry, it was also surprising to hear the differences in the perception of psychiatry compared

to in the US. Though psychiatry is not particularly popular as a career choice in America, it's still more common than in Japan. Perhaps it's due to a different philosophy in how pathologized mental health should be. However, concepts like ikigei and combatting loneliness are mental health concepts that are taught as part of Nagoya's curriculum. I'm interested in tracking how perceptions towards psychiatry change in Japan in the following decades.

Overall, I'm so grateful for the opportunity to participate in this program, explore beautiful Nagoya, and meet so many wonderful people. I feel like my cup is overflowing!



Sophia and I in Mino City, posing with the mascot.



Yuri and I in yukata at Uji River before watching Ukai



Meiji period medical office at Museum Meiji-Mura in Inuyama