

## **Experience Report**

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Institution: Peking University, China / 2025

Laboratory visited: Department of Endocrinology and Diabetes

My name is Hu Xiaodan and I am a 5th year medical student from Peking University, China. I am truly honored to participate in this summer program hosted by Nagoya University. It's such a meaningful and unforgettable experience.

### **Hospital and Laboratory Tour**

The tour of the Nagoya University Hospital and its laboratory was a definite highlight of this program. We had the opportunity to observe cutting-edge medical technologies and innovative practices in action. The staff were both knowledgeable and passionate about their work, and they generously shared insights into their research and clinical approaches. The XR experience was also impressive. It's remarkable to see such advanced teaching tools being integrated so seamlessly into daily use.

### **Community Medicine Exploration**

Exploring community medicine was another invaluable part of my experience. We visited the Kagayaki Clinic in Gifu, where we learned a lot about home healthcare and comprehensive care models designed for aging populations and patients with disabilities. It's quite different from community medicine in China. And home visit experience was particularly insightful, offering me a new perspective on community healthcare.

### **Japanese Culture Experience**

The program also included a series of Japanese cultural experiences. We tried traditional yukata and strolled through the Mino city, a town renowned for its historical beauty and local craftsmanship. We also enjoyed a wonderful dinner on the boat while watching Ukai. In addition, we had a chance to try sushi-making, which was really interesting and delicious.

### **Friendship with International Students**

One of the most rewarding aspects of the program was the friendships formed with fellow international students. We shared our diverse backgrounds and perspectives, engaging in meaningful discussions about healthcare systems in different countries.

### **Warm Hospitality from Staff**

Throughout the program, the staff at Nagoya University and Kagayaki Clinic were incredibly welcoming and hospitable. They tried to make us feel welcomed and supported us in every interaction. They went above and beyond to facilitate our learning and cultural experiences.

In conclusion, the summer program at Nagoya University was an unforgettable experience that expanded my horizons both medically and culturally. I am really grateful for this unique opportunity and look forward to applying the insights gained during this program in my future work.

