

Experience Report

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Participating in the *Summer Program 2025 at Nagoya University Graduate School of Medicine* was an invaluable opportunity that has left a lasting impact on my personal growth, academic development, and professional vision. Over the course of nine days, I was immersed in a rich blend of academic lectures, laboratory visits, hospital tours, community practice, and cultural exchange. This experience not only broadened my understanding of Japan's healthcare system, but also deepened my appreciation of the role that international collaboration plays in shaping the future of medicine.

On the first day, I had the privilege to join the Department of Pathology laboratory, where I was able to interact with researchers focusing on tumor immunotherapy and neurodegenerative diseases. The discussions with faculty and students were intellectually stimulating and helped me appreciate how cutting-edge science is being translated into practical medical applications in Japan. I was especially impressed by the interdisciplinary approach that integrates molecular research with clinical perspectives, which gave me a deeper understanding of how innovation drives progress in medicine.

One of the highlights of the program was the visit to Nagoya University Hospital. The combination of advanced clinical facilities and the historical medical museum provided a comprehensive view of both the current strength and the long-standing tradition of Japanese medical education. The lectures on the Japanese healthcare and insurance system were eye-opening. I found the "free access" model, which allows patients to choose any medical institution, particularly interesting. While it empowers patients, it also raises important questions about efficiency and resource allocation. This inspired me to think critically about the advantages and limitations of different healthcare systems, including my own country's.

The community practice at Kagayaki Clinic in Gifu Prefecture was a transformative experience. Joining family doctors on home visits allowed me to witness the essence of patient-centered care. I was moved by the holistic service model, which not only addresses medical needs but also integrates nutrition, rehabilitation, and emotional support through a multidisciplinary team. Observing the "Come Come Swallow" project, designed to improve quality of life for patients with swallowing disorders, reminded me that medicine is not solely about curing disease, but also about preserving dignity and enhancing the daily lives of patients. The dedication of the healthcare team and the trust of the families left a strong impression on me.

Equally memorable was the opportunity to experience XR technology in medical education at Nagoya University. Performing a simulated laparoscopic cholecystectomy in a virtual environment demonstrated how digital innovation can enhance learning efficiency and clinical training. This resonated with my own interests in how technology, such as artificial intelligence and big data, can be applied to healthcare improvement.

The cultural exchange activities, including wearing yukata and making sushi, were not only enjoyable but also essential in understanding Japanese culture and traditions. Sharing perspectives with students and professors from Japan and the United States further enriched the experience. During the "Future Vision of Medicine" workshop, our Chinese team presented the concept of a "Healthy China" through creative drawings, which sparked meaningful discussions on global healthcare development.

Looking back, this program has strengthened my determination to become a physician with both a global outlook and a deep commitment to my local healthcare system. I realized that while healthcare models differ across countries, the core values of compassion, professionalism, and patient-centered care are universal. As a medical student in China, I am inspired to integrate these lessons into my future career and to contribute to a more equitable, efficient, and

humane healthcare system.

Finally, I would like to express my sincere gratitude to Nagoya University Graduate School of Medicine, the Kagayaki Clinic, and all the professors, staff, and fellow students who made this program possible. This experience has given me not only academic knowledge but also friendship, cultural understanding, and a renewed sense of responsibility as a future healthcare professional. I believe that the insights I gained will continue to guide me throughout my medical journey, and I look forward to further collaboration between our institutions.

