

EXPERIENCE REPORT

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Lab: Cell physiology

Thank you very much for all the guidance and help you have given me during this summer program. I am a fifth-year student from Peking university. I have gained a lot of valuable experiences and insights that have benefited me greatly during this time.

Last week, a group of five of us travelled to Japan to participate in the summer exchange program run by Nagoya University. During my time in Japan, I participated in a variety of colorful activities. From eating sushi to visiting Ukai, every experience made me deeply feel the profoundness of Japanese culture.

We saw a lot of views and met many friends in Japan. We visited Nagoya University Hospital and got some insight into the system and management of Japanese hospitals.

We also went to the lab tour. I visited Cell physiology lab in the first day. I really enjoyed this tour. Professor Kuba gave me a thorough introduction of his research. The aim of this group is to understand mechanisms underlying neural circuit function. He mainly introduced homeostatic plasticity at the axon initial segment. I also chat with his students. To my surprise, there are many Chinese students there. They were kind and patient. We had a good time. In the evening, a welcome party was held, which was new to me. I had never participated in a party before. We chatted with students from Japan and America. We made some friends during the party. After the party we went to the market nearby, which dept our relationship.

The next day, we visited the XR Centre and experienced how virtual technology contributes to the development of medicine. We experienced the advanced technology.

Even more memorable was the experience of observing community healthcare. Later on, we visited Gifu's community healthcare system, working with family doctors, going into patients' homes, and realizing the ward level of care at home. There, I saw the scene of medical staff caring for every patient, not only as doctors, but also as patients' relatives and friends. This kind of humanistic care touched me deeply and gave me a deeper understanding of the medical career.

Through this experience, I have a clearer outlook on the future of medical care in China. Seeing a different doctor-patient relationship and healthcare system touched us a lot. There is still a lot that can be done to reform our healthcare system, and we can use the valuable knowledge we gained this time to contribute to the future of health in China. What impressed me the most was the experience of observing community healthcare in Japan. I was fortunate enough to visit a community medical center and see the full range of medical services they provide to their residents. The doctors did not only focus on the treatment of diseases, but also on prevention and health management. They established a good interactive relationship with the community residents, making healthcare more human and closer to life. This made me feel the warmth and power of medical services, and inspired my passion and aspiration for a career in medicine.

Back in China, I have more vision for the future of healthcare in China. I hope that our healthcare system will focus more on prevention and health management, as Japan does, and make healthcare more humane and inclusive. I believe that with the joint efforts of all of us, China's healthcare will have a brighter future.

Once again, I would like to thank the teachers of Nagoya University for the valuable opportunities and experiences they have given me, and this experience will be a valuable asset in my life that will benefit me for the rest of my life. I hope that there will be more exchange opportunities in the future, so that we can work together and contribute to the development of medical care in China and Japan.

