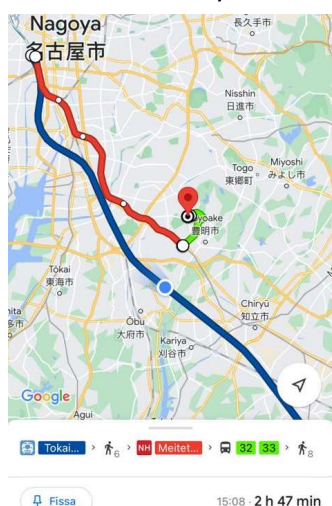


# My experience in Japan at Fujita Health University

Marco Bellomare

I am very pleased to share my exchange experience at Fujita Health University, which took place in May 2023.

On April the 28<sup>th</sup>, after my first thirteen hours flight, I landed in Tokyo Haneda Airport in a beautiful and sunny Friday morning. After staying one night in Tokyo (Ueno) to rest after the long flight, I started my trip to Fujita Health University. I chose to move by Shinkansen, the world-famous Japanese bullet train, so after moving from Ueno to Tokyo Central Station, I bought my first Shinkansen ticket headed to Nagoya Station.



I will be honest: it has been a bit hard to understand where to go, because, as a non-Japanese speaker, I always needed to wait for the English announcements to show up; furthermore, as I was not used to move

inside the huge Japanese train stations, I got lost sometimes! Luckily with time I got used to it and now I consider myself a Japanese train traveling pro (even if I still don't understand how to buy Shinkansen tickets all by myself, I always need help!).

After arriving at FHU, since it was Saturday, I was welcomed by Salvatore, an Italian friend of mine who had already been there for three weeks. He showed me my room (which I really liked) and we spent the rest of the weekend visiting the campus surroundings.

On Monday the 1<sup>st</sup> of May, I met Ms Naoko, who welcomed me and showed me the campus and the hospital. She has been very kind and helpful during all my stay at FHU, I am very grateful! After that, my training schedule started. I had been really pleased and surprised by such an organization: everything was planned day by day during all my stay, and this was something completely new for me, as in Italy the hospital training is not really planned in all its aspects (and in my opinion it is not that efficient). I had been in the Cardiology department for all the month, rotating in every field of it: CCU, ward, imaging, interventions, etc. Everyone was really kind, welcoming and helpful: I met lots of amazing people who taught me several things that I know will be very useful for my career. Some of them also brought me and Salvatore out for dinner and to funny parties in Nagoya.

Here are some pictures with them:







From May the 3<sup>rd</sup> to the 7<sup>th</sup> we had some days off from the hospital training because of the Golden Week, so Salvatore and I decided to visit Tokyo, and we loved it! We also found out the existence and utility of IC cards, which really made life and travel much easier for us. In Tokyo we had the possibility to see many places and to experience lots of typical Japanese food and activities. We really enjoyed it. Here are some pictures:







During our stay in Japan, we also visited Kyoto, and even if it was just for a weekend, we really fell in love with such a traditional and historic city. Here are some other pictures:





Here are some final pictures with the students, both Japanese and international, I met in Japan:



In conclusion, I am really happy I had the opportunity to have this wonderful experience in Japan, and I am also very proud to have been, however briefly, a student at Fujita Health University. I hope to come back in Japan one day and to meet again the amazing people I met during my stay. Thank you.