

My four weeks in Tokyo

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Ákos, Kata and I arrived to Tokyo on 11 November, where our long seen friends from April, Yuki Enomoto and Yamato Yoshioka came to pick us up from the airport. We were very happy to meet them, just as well as meeting our new contact persons, Minami Endo and Yumiko Ushiyama at dinner. I was amazed by Tokyo at the first sight, it was so different from anything I have ever seen before. I really loved how everything was so organized and clean despite having so many people living there.

I spent my first week at the Ophthalmology Department, where my attending doctors were Keiko Fujii, Marina Ogawa and Lira Fujii. I felt very lucky to be here, as everyone was very nice and kind, and their English was very good, I understood every explanation that they gave me on the different kinds of diseases and their treatments. I spent most of my time at the operation room, and there was always someone who told me about the patient and the operation method. I learnt a lot from everyone, not only my assigned doctors, but everyone in this department was very nice and enthusiastic about their job, and it made me enthusiastic too. I also went to the outpatient clinic with Professor Goto, and he taught me a lot as well, I've seen patients with different diseases in one morning, that I would have only been able to see in Hungary in several months. I felt very good at this department, I was only sad that I could only spend another week there.

I find it quite challenging to write about my second week at the ophthalmology department, as it was very eventful. On Monday I was able to join and scrub in for an emergency operation with Dr. Hayate Nakagawa, and I can honestly say that it was one of my best experiences in medical school, and even though the operation lasted until 1 AM, I felt very lucky to be a part of it. I loved every day at the Ophthalmology Department, I learnt a lot here, and they really made me feel a part of their team for these two weeks, which makes me feel very grateful, and I will miss the whole department. I was more than humbled to receive a dinner invitation from Professor Goto and my attending doctors on Wednesday, which I enjoyed very much. All in all I am very happy that I chose this department, I think I spent my best two weeks of medical school here.

Next week I started my Neurology practice, which was very nice. The doctors were incredibly nice to me, they did everything they could to explain everything to me in English, and I really appreciated that. My day mostly

consisted of shadowing them, and they taught me how to perform neurological tests on the patients, and even let me try to draw blood from them. Luckily as soon as I told my doctors that I'll have a Neurology exam soon they were very helpful about it, they gave me a lot of self studying time, and I could use their English textbooks to look up the diseases, and they were also teaching me a lot whenever I had some questions. So I think it was very useful for my exam, and also to my general neurology knowledge to see a different kind of perspective than in Hungary.

On my last week at Tokyo Medical University Hospital I spent my time at the Neurology Department, and my week was very similar to the last one. In the mornings I joined Dr. Ido's team with Dr. Tomoko Saito and Dr. Remi Arai. They taught me a lot, and they always made me feel a part of their team by explaining every patient and their diseases, and letting me perform tests. On Tuesday I joined the case conference, where the department was kind enough to prepare everything in English only because they wanted me to understand it, and I appreciated this very much. After that I joined the Professor's rounds, which was very useful and informative. I really liked everyone on my team, they were always very kind and we spent the days always in a very good mood, and had a lot of laughs as well. On Wednesday Dr. Nakagawa from the Ophthalmology Department was kind enough to tell me about an emergency operation that he thought I would be interested in, so I was able to scrub in once again to assist him, so I felt very lucky and happy to see this operation.

All in all I think I'm very lucky to choose these two departments, where I met some amazing doctors who became my mentors. Their enthusiasm and professionalism inspired me to become a good doctor, and I'm very thankful for everyone to teach me not only about the theoreticals of medicine but also about how to be a good person as a doctor.

In this four weeks I not only learnt a lot in the hospital, but I also spent a lot of time with medical students and my fellow Hungarians in Tokyo, and I absolutely fell in love with this city, with its beautiful sights, crowded stations, polite people and amazing culture. I feel very lucky that I was able to spend this time in Tokyo, and that we were able to see other Japanese cities and sights after our clerkship, just as Kyoto, Nara and Yamanouchi. I will always remember this experience and hope I can come back some day.