

## Through the New York Training Program

I wanted to improve my English communication skills and shyness through this program. I like traveling abroad, but I do not have a chance to go abroad these days, because of the COVID19. So I was worried about speaking English before I went to New York. When I arrived in New York, I found that the local people were different from Japan (They said "how are you doing today? Your clothes look nice!") I feel people in New York are very active. I think that I can improve my skills through the training. I would like to describe what I learned from this program below.

At Pace University, I learned how to make medical interviews and physical examinations. At first, I could not listen to what they said at all, because I did not know many English words for symptoms. Through practice, I was able to express my empathy for the other person and my level of understanding by repeating what the other person said. I think that I was able to communicate well little by little.

We also had a workshop with Yusui Minami. She is a performer on Broadway. We graduated from the same high school. So I felt a sense of affinity with her. At that workshop, she gave us homework to report whatever I talked with a stranger in NY.

I reported that I talked with a staff at a pharmacy to buy laundry soap. Because I did not have many clothes for the training, so I had to clean my clothes many times. In addition, I especially remember the word "Sky is the limit."

I also learned that it is important for us to get out from the comfort zone and not give up everything. I can experience how to convey words only through non-verbal communication.

In Shadowing, I had the opportunity to visit Dr. Anzai, Dr. Asoma, and Dr. Reberbar. I was able to learn what kind of patients come to the hospital in New York and how the medical examinations are different from those in Japan.

Thank you very much for this wonderful experience. I sincerely hope that this program will continue in the future.

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