



# FIMSO *Newsletter*

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## GODSPEED, Class of 2022!

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**ON SATURDAY**, July 23, 2022, the graduating class of 2022, more commonly known as MBBS16, faced warm congratulations and celebrated their 6-year journey through Fudan University Shanghai Medical College. Organized by FIMSO's Social Committee, the online event began with a cheerful welcome to the graduates, professors, and parents present for the occasion.

The concluding event felt even more bittersweet than usual with the shadow of the last two years held online, but still, as the graduates reminisced the joyful moments and the endless challenges, the sense of comradeship could not be denied.

Positive messages from the class's professors were shared. Of note was Dr. Hao Ming Bai. As guide and teacher throughout all six years, he provided a heartfelt and emotional farewell. He commended, "There is a well-known saying "survival to the fittest"... you are not

only the survivors but the most go getters, I'm so proud of you!"

Class monitor Katamon Klaichart, fondly called Kale, also spoke. "I'm really glad to have you all as my classmates and I'm grateful for all the times we've shared together. I truly wish ... you the best, no matter which path you chose to take - good luck!"

Quickly followed was a myriad of games, from charades to guessing which toddler picture belonged to which student. After, photo compilations and videos of the graduates' academic journey were shared, along with video messages from alumni.

In the words of Lani Jane Chong, \*plays Looney Tunes soundtrack\* "That's all folks!" A huge round of applause to the class of MBBS16 and Godspeed to the newly fledged doctors!



## *Internship Spotlight:* **Sam Nithish,** **MBBS17, India**

**Manav Devalraju Sai Rajesh, MBBS20**

*In this issue, we spotlight an internship experience of a current student of Fudan University, where they'll share their experiences, advice, and ruminations.*

### **Why should one consider doing an internship outside of China?**

As students of various international backgrounds who plan on becoming successful doctors in the future, I believe it is important to observe, study and take away positive healthcare practices via overseas internships. Experiencing healthcare offered in other countries around the world can help you gauge the positives and negatives of each country's healthcare system. It allows you to observe how a patient is managed, starting from their admission to discharge. Wherever you end up, this exposure allows you to offer holistic patient care, focusing on the patients' physical, psychological, and emotional needs.

### **Who do you have to contact in Fudan to be able to do the internship outside of China? Are there any restrictions or limitations?**

You will have to contact the Dean or the Vice-Dean in order to ask for a reference letter, which is the most vital process in order for a successful application. You can send a pre-made letter for them to sign, but make sure to add in that the course is taught completely in English. It is also important to accurately write the letter and double check for your current GPA and your contributions towards extra-curricular activities. Finally, these do take a while to get signed so plan in advance!

In order to get your credits from the overseas internship transferred, a form called 境外交流学习安排表 needs to be filled, which you would have to ask from your counselor.

### **Where did you do your internship? How was the day-to-day experience of working in a hospital?**

I did my General Surgery internship under the Upper GI team at Addenbrookes' Hospital, Cambridge. My elective was around 6 weeks, which was a healthy amount of time to get to grips with the hospital, the consultants, and the junior doctors working in the wards. Most of my internship was focused on ward rounds, scrubbing in and assisting minor surgeries, observing major surgeries, and clinics. I was also allowed to take patient histories, perform physical examinations, collect blood samples, and write discharge notes to build up my clinical skills. During my time, I also attended lectures held by Cambridge university professors and consultants, which really increased my knowledge and passion for medicine.

### **Any words of advice for current medical students?**

As students return to resume offline classes and hospital visits, make sure you can get a feel for how the hospital system works, and how a patient is managed. Take notes of things that you feel are not handled properly and see if you can find that aspect improved during your time abroad. This will allow you to become not just a successful doctor, but one that strives to make real change in the community you will work in!





FROM AUGUST 26-28, the incoming freshmen students from the MBBS program and the Chinese Clinical Medicine program were warmly welcomed in an online event organized by FIMSO's Social Committee & Academic Committee.

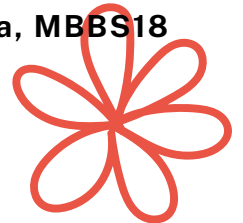
The three days were dedicated to creating the smoothest possible entrance for all students, online and offline. Ice breakers and other games, as well as introductions to FIMSO and tips & tricks to the lectures they would face in their first year, equipped students to put their best foot forward. The ensuing Q&A sessions at the end of every day were lively, with the many questions from the students answered by the upperclassmen who also participated.

Freshman Abhimanyu Arora, from India, said, "it helped to settle fears I had about moving to another country and helped me ... establish relationships with some wonderful people that I look forward to meeting once in Shanghai."

Welcome to the first days of many, class of 2028. Welcome to Fudan University!

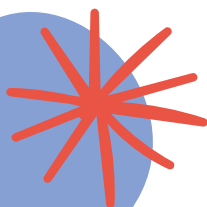
## Welcome, Freshmen!

Juliana Yasha, MBBS18



## BACK 2 SCHOOL

Alvina Hee, MBBS20





# *A Return to CHINA*

Justine Jiang, MBBS21

**THE JOURNEY** to China can only be equated to that of a storm. The slow buildup of visa applications and booking flights is followed by the sudden crescendo of airport PCR tests, form filling, and code scanning. Then a grace period comes in the form of quarantine, a lull. When you sail out from the eye of the storm you again meet the second wave of PCR tests, more form filling, and code scanning. The unfortunate, yet required, flurry of checkpoints gets you past Fudan's iron clad security to your ultimate goal: campus.

The path into China and onto campus is manageable, even if difficult. However, that doesn't make it any less challenging. The sheer amount of form filling, HelloFudan induced anxiety - *did I do it today?* - and the overall administrative shenanigans will be the largest test to your patience. I suggest you revisit the three R's repeatedly: recollect, revitalize, and reinforce.

- **Recollect** your thoughts and take a deep breath, as there will be times where you find out that certain documents are missing or rejected.
- **Revitalize** your soul and spirit by taking breaks between all the administrative work to decompress.
- **Reinforce** yourself with friends, seniors' knowledge, lessons from failed attempts, and equip yourself with a HelloFudan daily alarm.

The saying "in it for the long haul" has never rung truer. Despite arriving and experiencing campus, COVID regulations are still very much intertwined with daily life. Your journey to China has ended, however the challenges remain. Keep strong and happy navigating.

**This issue was edited by:  
Sarang Park & Vivien Qinrui He**