

Course Title: USANZ Trainee Week 2023, Glenelg (Adelaide), Australia

Submitted by: Takanori Sekito

**Department / Institution: Department of Urology, Okayama University
Graduate School of Medicine, Dentistry and Pharmaceutical Sciences**

Country: Japan

Date: Sunday, 19th November 2023 to Thursday, 23rd November 2023

A) Background

My primary goal is to gain research and clinical experience abroad in the future. Gaining experience as a doctor in another country is crucial in my future career. Learning about various clinical differences between my country and other foreign countries is especially meaningful.

As a senior urology resident in my final year, I studied general knowledge about managing various diseases in Japan. I became interested in differences in education, knowledge, and skills among overseas urology residents in the same generations.

I considered that this program would be an essential experience to help me grow as a urology resident by acquiring overseas clinical knowledge and connecting with doctors worldwide. I was finally selected as a Japanese Urological Association (JUA) representative to participate in this USANZ trainee program by the selection of the Urological Association of Asia (UAA).

B) Program objectives

To recognize the contents of urology training in Australia and New Zealand (e.g., how to deepen clinical knowledge and learn academic knowledge, and what the mandatory exams look like).

To learn differences in clinical knowledge, management, techniques, and medical circumstances between our country and foreign countries and rethink our country's present situations in various urological medical aspects.

To establish friendships with trainees in Australia or New Zealand and international members through close communications during academic sessions and social activities.

C) Lessons learnt

I recognized and was surprised by the educational system for the trainees SET1-4 in Australia and New Zealand. In this program, some SET3-4 trainees took practice oral exams in four fields while SET2 observed behind the examinees. This system surprised me because trainees could directly watch how the tests were performed before taking them. It was a good system for trainees to deepen their essential knowledge of urology. During this program, some trainees also summarized each specialized clinical topic in various fields through well-organized presentations. I thought these many opportunities during the trainee program to express the trainees'

opinions based on studied knowledge would lead to high-level urologists in the future. These aspects seem to be limited in Japanese educational training for urological residents.

In addition to the differences from Japanese medicine and the discovery of new knowledge during the sessions, it was a precious experience to interact and exchange information daily with selected residents worldwide. Some of the international members were looking for fellowships in other countries or planning to do so. I was very inspired by how they pursued such training in foreign countries. Concerning English, even if English is not your first language, communicating confidently and actively to expand your possibilities and the willingness to convey are very important, and being able to communicate in such a way this time gave me more confidence.

D) Networking

I exchanged the contact details of all the international members: Dr. Alvin Lee from Singapore, Dr. Yasir Rasheed from Pakistan, Dr. Mezbahul Moker Rabin from Bangladesh, Dr. Victoria Mari from Greece, Dr. Wouter Van der Sanden from The Netherlands, Dr. Kaleem Atchia and Dr. Nancy Nimer from Canada, Dr. Ibrahim Ibrahim from Scotland, and Dr. Thomas Reid from England. I also exchanged details of Australian trainees Dr. John El-Khoury (SET2) and Dr. Bridget Heijkoop (SET3). I want to keep in touch with these excellent colleagues.

E) Benefits

For this program, trainees in Australia and New Zealand gathered in one place once a year, passing on the necessary knowledge from the higher SET trainees to the lower ones, and each trainee tried to learn through friendly competition and active comments. Such programs strengthened the bonds between trainees and led to a higher level of excellent medical care. This time, I was very impressed with these educational systems, and we Japanese could refer to the attitudes toward learning. Although it is sometimes said that we Japanese are introverted, we can learn much from their attitudes and update our knowledge through active discussions.

Through all the sessions and communication with all participants, I learned about the different medical circumstances of each country while making a good friendship. International trainees were from all over the world, and we could talk about various things with each other during this week. These precious experiences were very stimulating and could not be established in Japan, which is definitely due to this program providing an excellent opportunity for everyone. I am grateful for this precious experience that will lead to my global career in the future.

Moreover, we thankfully had a few free afternoons to enjoy the nature and culture in Adelaide. I also could walk along a beautiful beach. We had a perfect time at Cleland Wildlife Park, where we could watch a lot of animals. I also enjoyed myself very much at dinners with participants while tasting great meals. All events personally became my fond memories.

F) Recommendations

The residents in urology who are interested in international medical care and a well-organized academic and social program should participate in this supreme program.

The perspectives from each session and meeting trainees worldwide will definitely lead you to develop global insights and lifelong friendships.

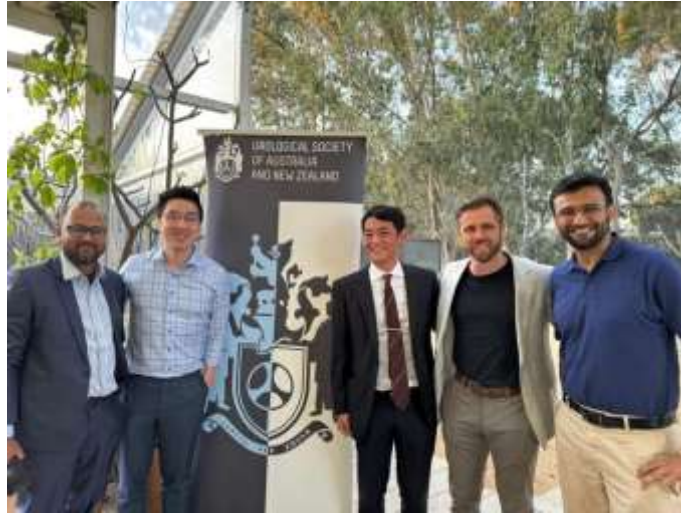
G) Photographs



All International Members with Ms. Jennifer Hislop and Ms. Deborah Klein, the Training Administrators, at Major Sponsor and Sponsors Dinner



All International Members at Welcome Function



International Members from Urological Association of Asia (UAA) and Dr. Rick Catterwell, the Convenor, at Final Dinner



At Cleland Wildlife Park

H) Any other Comments

In my X (formerly Twitter), using @Takanori_Sekito, I shared my comment on this program using the @USANZUrology and the hashtag #usanztw23.

Once again, many thanks to USANZ!