

Temple University

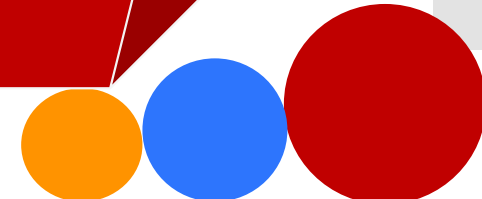
Research Clerkship Program

Yokohama City University, School of Medicine 5th Year
Ayaka Yukimori

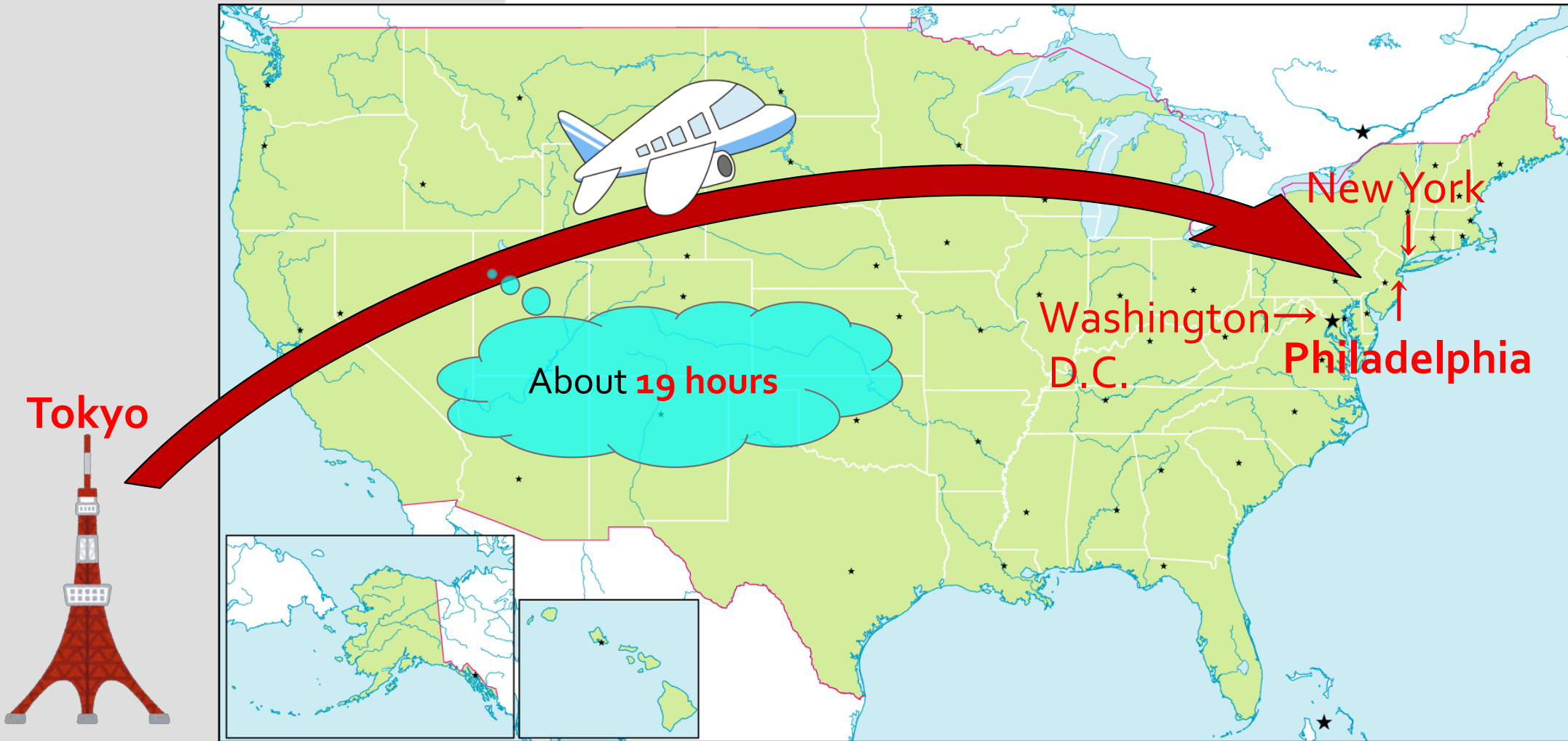
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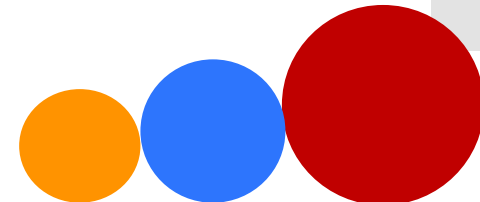
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Where is Philadelphia?



<https://www.abysse.co.jp/america-map/images/americanapo4.jpg>





Overview of Program

* Term

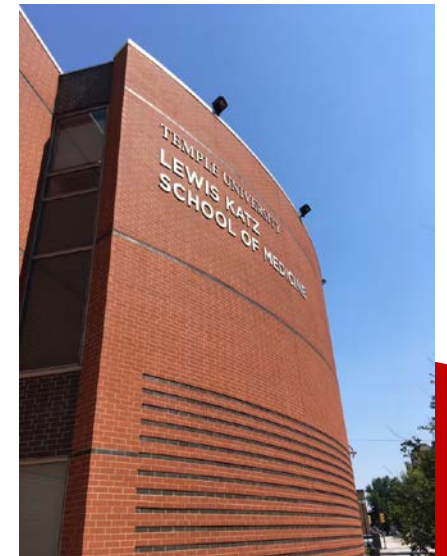
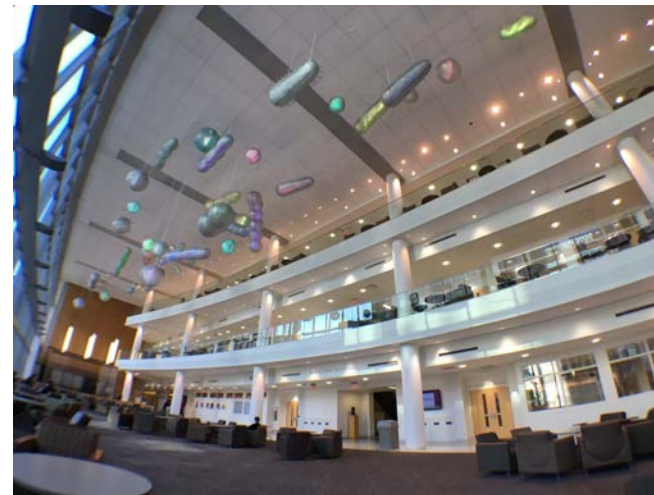
- 31st March-30th June, 2019 (**3 months**)

* Temple University Cardiovascular Research Center

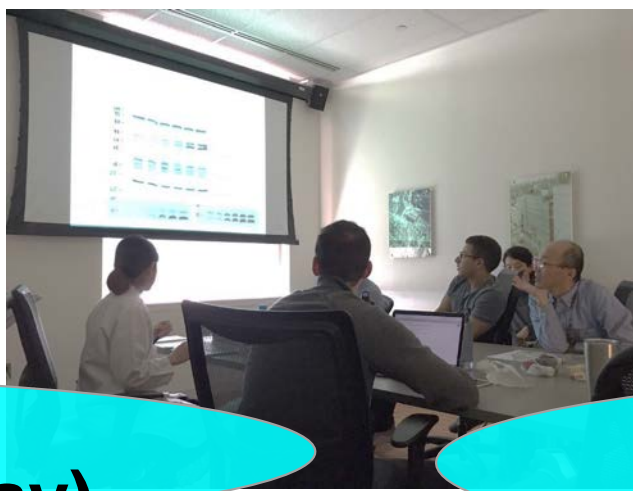
- on 10th floor of the medical school building in front of Temple University Hospital
- operated by 3 professors(Dr.Eguchi, Dr.Rizzo, Dr.Scalia)
- the surrounding area is a little unsafe at night

* Schedule

- from Monday to Friday
- research, lab meeting, seminar



Weekly Schedule



**Lab meeting
(every other Tuesday)**

**Report the results of
the week to Dr.Eguchi**

Mon

Tue

Wed

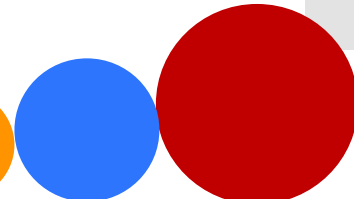
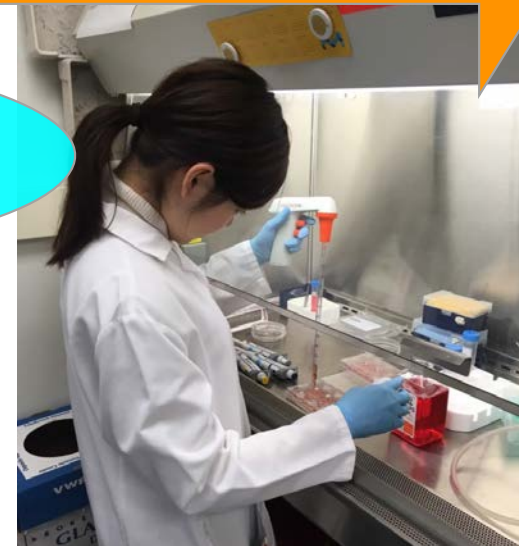
Thr

Fri

Do the experiment as planned

**Make a weekly
experimental plan and
report to Dr.Eguchi.**

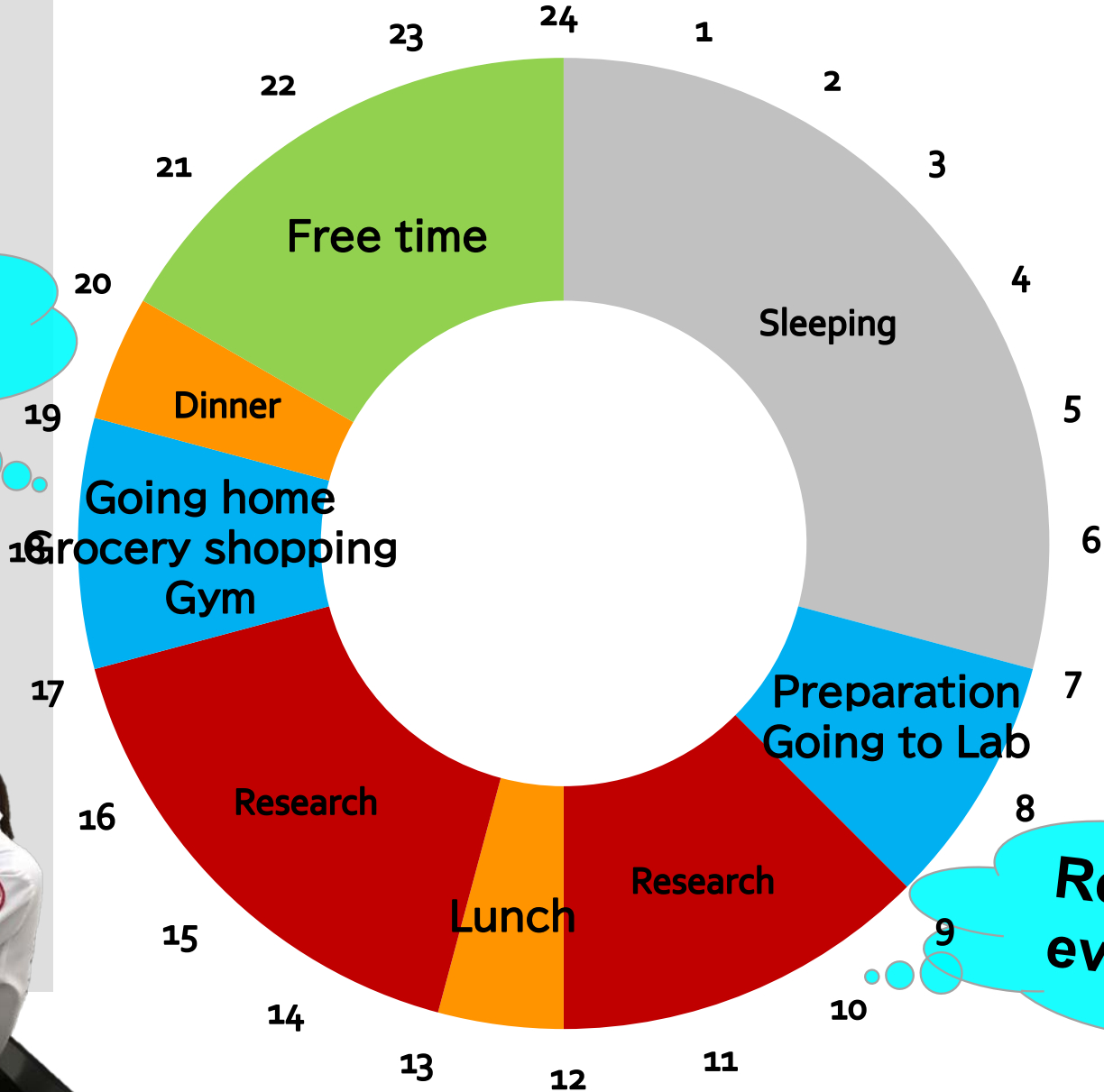
Lunch seminar



One day Schedule (weekday)



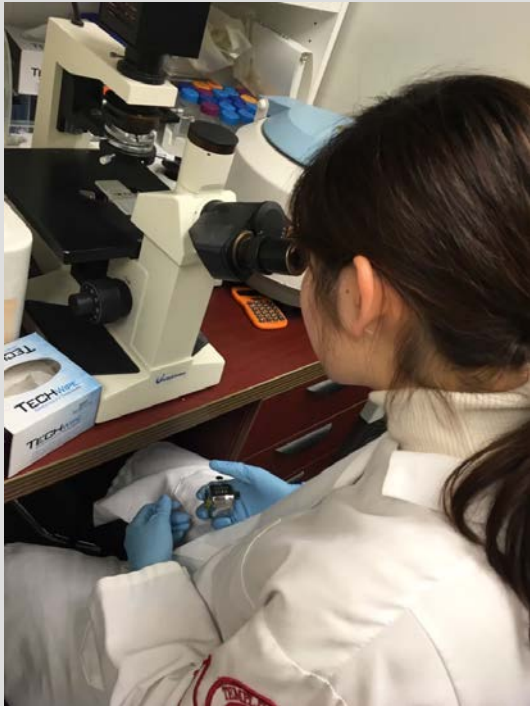
**Gym
everywhere!!!
Not
expensive!!!**



**Report to Dr.Eguchi
every morning**



Research contents

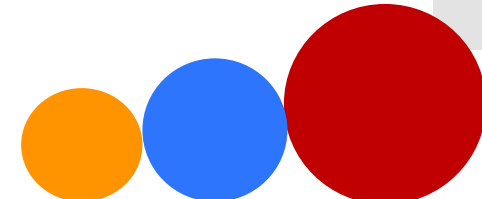
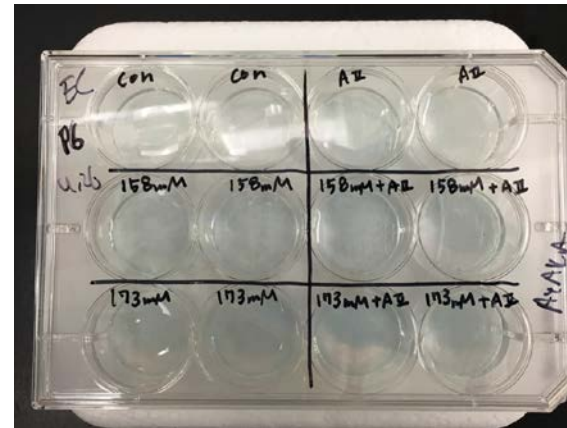
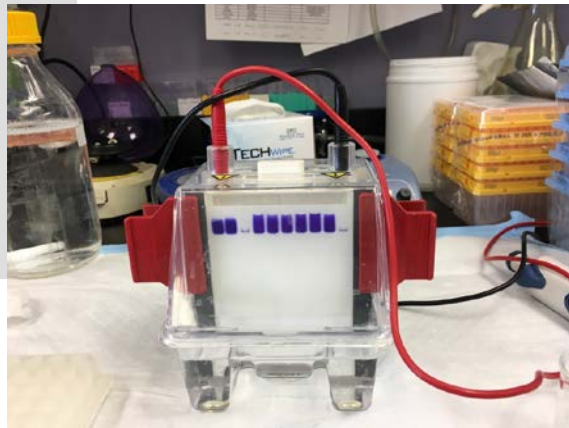


- * what we mainly did
 - Cell culture, Western Blot, THP-1 assay, β -gal staining

If you don't know any of these...

No need to worry!!!

Lab members taught us everything politely.



Daily Life in Philly



International House

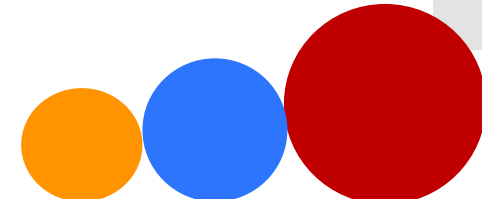
* International House (closed on December 31, 2019)
-safe, convenient,
easy access(30min from Lab by subway)

* Transportation
-subway, bus, Lyft, Uber.



Very convenient!!
Especially in the early morning

We took almost every day



Pros/Cons



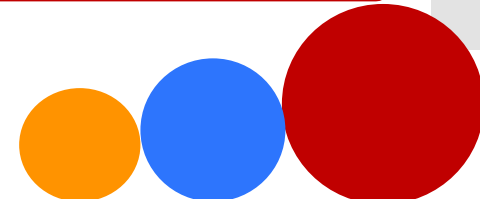
Pros

- * **Sightseeing**
 - without jet lag
- * **Lab members**
 - they are all super kind
- * **Learning about US**
 - culture, language, life style

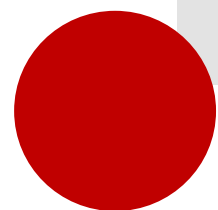


Cons

- * **Money**
 - too much fun and spending too much money...
- * **Food**
 - delicious foods are usually high in calories... you can easily get fat if you are not careful











Advise for next year

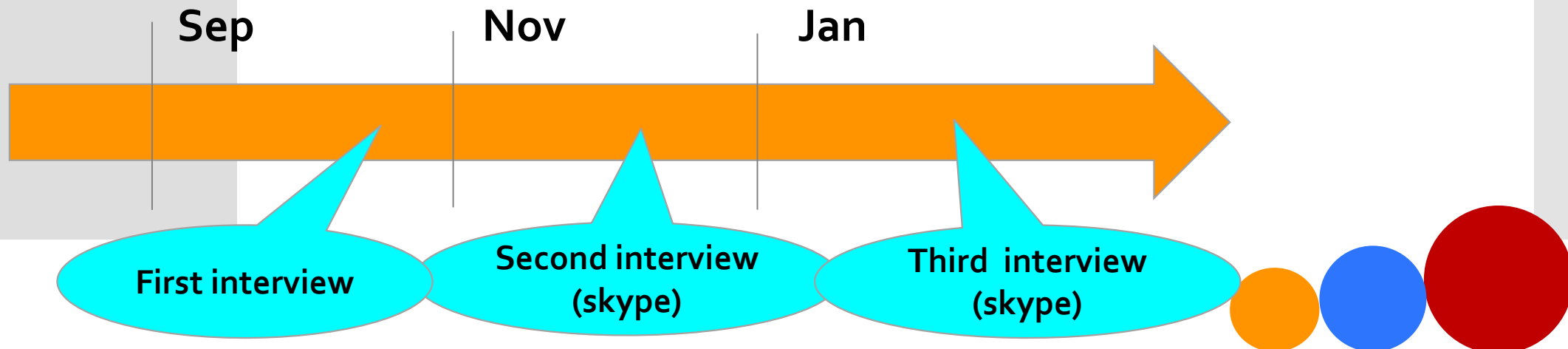
Before first interview...

*** Check if you have a valid English score**

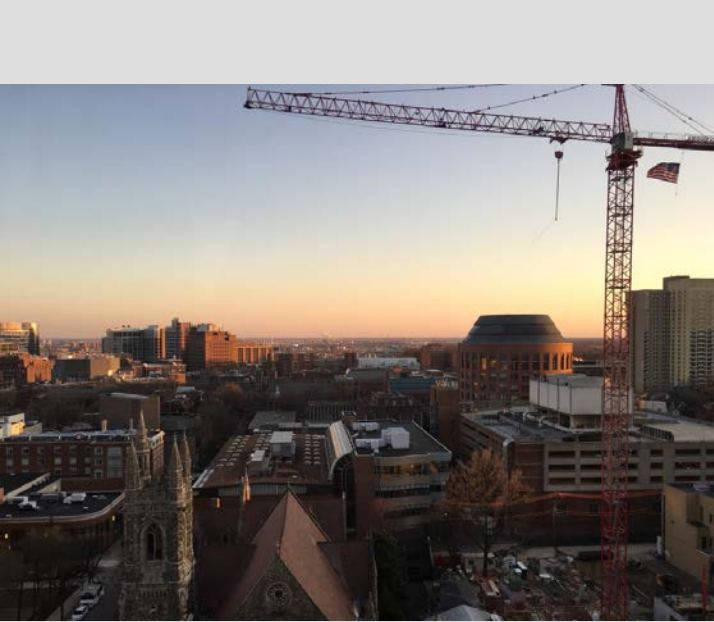
- if you don't have, you should take TOEFL or IELTS!

*** Write your CV and motivation**

- should be checked and revised



Advise for next year



After first interview...

* Set up your living

- look for accommodations

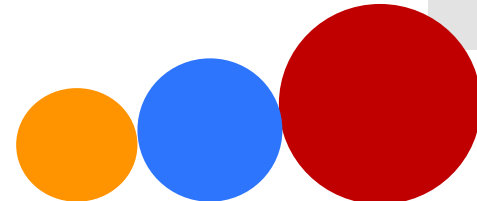
* Book a flight

- tickets prices go up as the departure date approaches

* Get a visa (J-1 visa)

- it takes 2-3 months to apply
- a bit troublesome

* Study English



Advise for next year

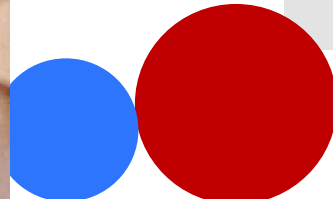


If you're worried about going to study abroad...

* There is **no chance** other than Research Clerkship to study abroad for **3 months** without taking leave of absence

* **We are students**, so we're not expected to achieve that much.

* **Definitely fun!!**



Acknowledgments

- * I would like to express my gratitude for all of those who supported me at Temple University and Yokohama City University.
- * This program was supported by GUSHINKAI.



Thank you for listening!!

