

During the spring of 2026, I had the opportunity to spend five weeks in Shanghai as part of the final semester of my medical studies at Lund University. With the generous support of a scholarship from the Swedish School in Beijing, I completed four weeks of clinical training at two of Fudan University's affiliated hospitals: the Obstetrics and Gynaecology Hospital and the Department of Plastic Surgery at Zhongshan Hospital.

The experience gave me an invaluable opportunity to develop both professionally and personally. At the Obstetrics and Gynaecology Hospital, I spent most of my time in the delivery ward, where I was able to follow a large number of vaginal deliveries, caesarean sections and inductions. As I am considering a future specialisation in obstetrics and gynaecology, this placement was particularly meaningful. It allowed me to build on my previous clinical experience from Sweden while gaining insight into how obstetric care is organised and practised in a different healthcare system.

My placement in plastic surgery at Zhongshan Hospital gave me the opportunity to explore a medical specialty that is not included as a standard clinical rotation in the medical programme at Lund University. Much of what I encountered was therefore new to me, from unfamiliar diagnoses to surgical techniques that I had not previously seen. I observed both reconstructive and aesthetic procedures and was exposed to some complex cases referred from other hospitals across China. The placement therefore gave me insight into highly specialised plastic surgery, including rare conditions that are not commonly encountered in Sweden or in other settings in China.

Living in Shanghai also allowed me to experience Chinese society beyond the hospital environment. I especially valued the opportunity to improve my Mandarin in a professional and medical setting. Communicating with patients and healthcare professionals in Chinese was initially challenging, but over the course of the placement I became increasingly confident in using the language in clinical situations.

The scholarship was an important contribution in making this experience possible. It allowed me to focus fully on my clinical placements and make the most of my time in Shanghai, and I am very grateful for the support I received.

Since returning from Shanghai, I have graduated from Lund University and started my postgraduate clinical training (*allmäntjänstgöring*), alongside continued research within obstetrics and gynaecology. The experience in Shanghai will be valuable in both my clinical work and research. Clinically, it taught me to adapt to unfamiliar situations and communicate with patients and colleagues in a different language, culture and healthcare setting. Seeing approaches to patient care that differed from those I was used to in Sweden also taught me that there is often more than one way to approach the same clinical problem. As a young researcher, the experience gave me a greater appreciation of how differences in patient populations and clinical practice can influence how research findings are interpreted and applied. I hope to stay in contact with the clinicians I met in Shanghai and that these connections may lead to future exchange and collaboration.