

Trip Report

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1. introduction

This time I had the opportunity to participate in a training program in Finland. During the approximately 10-day training, I was able to learn a variety of things while experiencing the culture of another country.

2. About Training at Omnia

In Silje's class we studied Finnish. The material was based on everyday conversations such as Kiitos (thank you) and moi (hello). There were some similarities to English, but most of it was something I'd never heard before.

Sari Sensei's class focused on body structure and we learned how posture affects the body.

In Professor Inke's class, we used exercise equipment such as leg extensions and ergometers to learn in detail how joints move and what muscles are used.

In addition, we had classes on self-help devices and assistive devices, learning about their roles and how to use them.

In Ms. Katharina's class, we learned about the details of nursing work.

I learned how to determine patient needs and how to interact with patients.

In Professor Isabel's class, cases were presented and the students were asked what kind of treatment should be performed.

OMNIA has a minimum student age of 15 and no maximum age limit. In addition, there are many immigrants from various countries. This provides a global environment where students can enthusiastically take classes while being exposed to a variety of cultures.



3. Training at Villa Vuoranta and Villa Tapiola

Taxes (consumption tax) in Finland are about twice as high as in Japan, so prices cannot be said to be cheap. However, in return, the social security and insurance systems are well developed. I felt this way during my training at Villa Tapiola. The first thing that surprised me was that each user's room was individually separated, giving them a sense of security just like at home. In addition, there was a sauna in the bathroom. The facility was designed to ensure that even residents with dementia would not lose their quality of life.



4. About Helsinki Sightseeing

The distinctive Western architecture of the building was very fascinating. Helsinki Central Station in particular has a very distinctive appearance, the kind of sight you would never see in Japan. While sightseeing at Suomenlinna Fortress, we were able to see a more distinctive cityscape than Helsinki. The old roads and buildings made me imagine what life was like back then. It was windy and cold at the observation deck of Suomenlinna Fortress. However, from the observation deck you can see the artillery batteries that were in use at the time and the beautiful sea. Unfortunately, the Helsinki Cathedral was under construction, but I was still awed by its size and design.



5. About Tallinn Sightseeing

It is about a two-hour boat ride from Helsinki. This is the setting for Kiki's Delivery Service, and the distinctive red-roofed building is also depicted in the story. Furthermore, since it was the autumn foliage season, the fallen leaves were yellow, highlighting the beautiful scenery. Everything about Tallinn, from its narrow alleys to the shop signs and benches, was stylish and beautiful. A wedding was taking place at the Cathedral of St. Mary, and the bells were ringing.



6. About Nuuksio National Park and Haltia

In Nuuksio National Park, we went trekking, experiencing Finnish nature. I was very surprised at how well maintained and clean the roads were. From the observation deck we could see a panoramic view of the lush forest and the large river. Although it was unfortunately cloudy, we had a pleasant trek. After the trekking, we grilled sausages we had bought at the supermarket in a nearby tent. The sausages were delicious after a workout. Next time I want to go trekking on a sunny day.



7. What I learned from this training program

I felt that the well-developed social security and education systems, which are characteristic of Finland, are essential for people to live a life without regrets. Although taxes are higher than in Japan, the service provided makes them worth the high taxes. Through this training, I learned why Finland is regarded as a country with a high level of happiness. I would like to go again if I have the opportunity.

8. Acknowledgments

We would like to thank all the teachers, OMNIA faculty and students who were involved in this training.