

## Trip Report

Date: Sep, 22, 2025  
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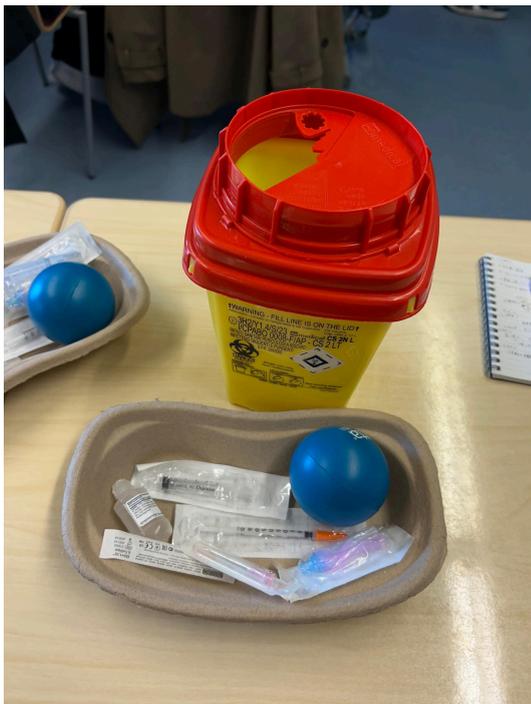
### 1. introduction / はじめに

I chose Finland because of its world-renowned healthcare system, its commitment to equality, and its innovative approach to education. As a healthcare student, I am keen to learn about Finland's approach to preventive care, patient communication and collaborative working.

I am eager to experience different healthcare values and contribute by sharing my own cultural perspective and motivation to learn. This opportunity will help me to grow both personally and professionally.

### 2. About Training at Omnia / オムニアでの研修についての感想

Through the overseas training, I was able to learn about patient transfer and injections as a healthcare professional. In patient transfer, I realized the importance of prioritizing safety, not only for the patient but also for protecting the caregiver's body. During the injection practice, I learned that accuracy and strict cleanliness are essential to building trust. This training allowed me to gain not only knowledge and technical skills but also an international perspective on healthcare.



### 3. About Helsinki Sightseeing / ヘルシンキ観光の感想

Sightseeing in Helsinki was very enjoyable and became a memorable experience for me. I was impressed by the beautiful scenery and lively atmosphere at places like the Cathedral and Market Square, and I especially appreciated how calm and clean the city was. The kindness of the local people also made me feel safe and comfortable while exploring. Through this experience, I was not only able to enjoy the unique culture and lifestyle of Northern Europe, but also realized the importance of embracing and learning from different cultures with an open mind.



### 4. About Tallinn Sightseeing / タリン観光の感想

Visiting Tallinn in Estonia was a wonderful experience, and I was impressed by the beautiful townscape that still preserves a medieval atmosphere. Walking through the old town with its stone-paved streets and historic buildings felt like stepping into a storybook, and it was very enjoyable just to explore. I also had the chance to experience the local lifestyle through cafés and small shops, which allowed me to feel the culture more closely, not just as a tourist.



#### 5. About Nuuksio National Park and Haltia / ヌークシオ国立公園の感想

Visiting Nuuksio National Park was a valuable experience that allowed me to feel the richness of nature up close. Walking through the vast forests and along the lakes, I felt very calm and relaxed in the peaceful atmosphere. Experiencing the unique Nordic nature, which is different from Japan, made me think once again about the importance of protecting the natural environment.



#### 6. What I learned from this training program / 今回の研修で学んだこと

Through this overseas training, I was able to gain not only practical knowledge and skills in healthcare, but also valuable insights from experiencing different cultures. Sightseeing in Helsinki, Tallinn, and Nuuksio National Park taught me the value of flexibility and having an international perspective. By putting these lessons into practice, I hope to make steady progress in my studies and personal growth.

#### 7. Acknowledgments / 謝辞

I would like to express my sincere gratitude to the local staff who planned, prepared, and guided us throughout this overseas training. Thanks to their support, I was able not only to learn medical skills but also to experience the culture and warmth of the people, which made this training very meaningful. I will make sure to apply this valuable experience to my future learning and personal growth.