

## Trip Report

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### 1. introduction / はじめに

One of the reasons I wanted to study abroad in Finland was that I wanted to go abroad. I had been abroad once when I was young, but I didn't really think about it. Through this study abroad in Finland, I wanted to learn about cultural differences, medical thinking, and why Finland has the highest level of happiness in the world.

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

The first thing I felt at Omnia was that there were people of various races. At our school in Japan, most of the people are Japanese and we live our lives without any trouble in conversation. However, at Omnia, conversations in Finnish or English were a rare sight for us Japanese people. Because there were people of various races, we Japanese students could blend in naturally without being looked at strangely when we visited Omnia, and we were able to concentrate on learning about Finnish medicine.

One of the ways of thinking about Finnish medicine that is different from Japan is the rights of patients. For example, Japan is conservative and wheelchairs are used for the purpose of mobility to prevent patients from getting injured, but there are restrictions on the actions of patients. However, in Finland, they attached skiing aids to wheelchairs so that patients can enjoy them.

Respecting the rights of patients is the same as in Japan, but I thought that the passion for improving QOL was very strong.

I was surprised to hear that there is a six-week vacation in Finland, which is different from Japan. I felt that this is one of the reasons for the high level of happiness.



### 3. About Training at Villa Vuoranta and Villa Tapiola / ヴィラヴォランタとヴィラタピオラでの研修の感想

Villa Tapiola was a residential care facility where many dementia patients were staying. The design was designed to make it easier for patients to walk, with few steps and doors to other rooms, making it less likely for them to fall.

The windows were large, allowing us to view the beautiful nature. In the summer, they eat outside, which is a pleasant experience. The patients' rooms can be used however they like, so I think it must be very comfortable, and I felt that creating a variety of systems contributes to improving their quality of life. I heard that people in Finland often watch movies. At Villa

Tapiola, you can watch movies on a large TV. I thought that even dementia patients can increase brain activity by touching familiar objects from a young age. I was glad that they were happy to receive origami, a Japanese culture, as a gift.



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

I ate a lot of food while sightseeing in Helsinki. Everything was delicious, including chocolate latte and salmon soup. I was worried that I wouldn't like the food when I went abroad when I was little, but all the Finnish food was delicious and became a good memory.

I enjoyed Helsinki Cathedral and the sauna.

I think it was very fulfilling to be able to experience Finland's history and culture.

When I was stuck for a place to go, Finnish people were kind enough to help me when I asked them for directions. Also, the public transportation system was very good, so I was able to go anywhere without any inconvenience.

Alex and Fiona showed me around Helsinki. Thanks to them, I was able to learn a lot about the charms of Helsinki. Thank you!



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

There were many different shops on the ferry, so I was able to get to Tallinn without any stress.

While sightseeing in Tallinn, I went to the sacred site of Kiki's Delivery Service. I was happy to be able to go to a place I had seen on TV.

I also saw the world's first pharmacy. I think this is where the normal delivery of medicine to various people began.

In Tallinn, I was greeted with "Hello" in Japanese. It was good to be able to interact with the local people.



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

Nuuksio National Park is rich in nature and we were able to see beautiful scenery. We saw many different mushrooms along the way. There was play equipment in the forest, and it was well designed to keep the children entertained. Taking photos together in a scenic spot was a great memory.

We also grilled sausages at the bonfire spot. The sausages were delicious after walking along the mountain path.



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

As mentioned above, this training allowed me to experience the differences between Finland's medical thinking and Japan's culture. The differences in thinking and culture, which I would never have experienced if I had stayed in Japan, were a major event in my life. Japan, like Finland, is an aging society. As a profession that involves the lives of patients, I would like to use what I learned in Finland as a foundation for my

#### 8. Acknowledgments / 謝辞

Living in Finland is a great asset to me.

Thank you to Sirje, Sari, Katariina, Isabel, Inke, Alec, and Fiona for giving me this valuable experience!!