

Trip Report

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1. introduction / はじめに

I went to Finland on an overseas training program at the Chuo medical health vocational college. I would like to summarize here what I experienced in Finland on that occasion.

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

For me, the theme of Omnia training was the difference from Japan. I have summarized it into three parts.

Firstly, Finland has a good balance of strengths and weaknesses. Japanese hospitals keep patients' medical records and are careful not to leak them. In Finland, medical records can be viewed by other hospital personnel and patients themselves. Although the data can be misused, it can be useful in emergencies.

Second, we have a system in place to support the improvement of patients' QOL. In class, we were introduced to many tools that we had never seen before in Japan. I was impressed by the facilities that allow you to ski while in a wheelchair.

The third thing is for each person to think about how they can have fun. Finland has an environment where you can learn even after entering the workforce. I felt that it is important for people in Japan to devise their own ways of working.

However, there were some similarities with Japan. I felt that the process of analyzing what a patient needs and providing intervention is the same.



3. About Training at Villa Tapiola / ヴィラタピオラでの研修の感想

I was surprised at the difference in facilities at Villa Tapiola compared to Japan. There is also a sauna, and I felt that the environment was set up so that even people with disabilities could use the sauna. The facility had an open feel, with no dead ends in the hallways and the garden could be freely accessed. There are rooms where couples can stay together, and private is ensured, so it was stress-free. When we asked facility staff what they are careful about when interacting with users, I said I would treat them like normal people. I think this is something we should never forget when dealing with patients. I don't know what the right answer is, but I think that not interfering too much will help both of us live stress-free lives.



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

I had never had a chance to go to an art museum before, so I had no idea what it was like. I was able to see it with friends who are knowledgeable about museums, and I was able to learn how to enjoy museums. I want to go to the museum again. I was able to eat reindeer meat, which I have never eaten in Japan. The dessert that came out when I ate the reindeer meat was the most delicious. I bought a lot of souvenirs at the Moomin shop. The Moomin key chain holding the Finnish flag was so cute. Helsinki Cathedral was impressive. The cityscape was very beautiful and I took many photos. In Japan, when using public transportation, you cannot go to your destination unless you can prove that you have paid for the fare. In Finland, you can get to your destination without proof. I was surprised that the relationship was built on trust.



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

I was happy to be able to go to a country other than Finland. The scenery in Kiki's Delivery Service was beautiful. It was a shame that the old drug store was not open, but the exterior had a nice atmosphere. It's good to travel to one country, but going to a nearby country allows you to see different scenery, so it was a good plan.



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

Finland's nature is quiet and the air is clean. Mushrooms were also growing there and it was fun to look for them. I also have fond memories of roasting sausages and marshmallows over a bonfire. My teacher told me that Finns refresh themselves by closing their eyes and breathing in the air. I was able to forget about time and refresh myself by going into the forest and breathing in the fresh air. Nuuksio Park was marked as wheelchair accessible. Mountain roads in Japan have many stairs and are not accessible to wheelchair users. I felt that Finland has an environment where assistive devices are easy to use.



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

The first thing I felt was that I no longer felt reluctant to go abroad. I thought I wouldn't be able to go abroad if I didn't understand English, but when I actually went overseas, I realized that even if I didn't understand English, I could get by with an app. However, I think it would be more fun if I could listen and speak directly, so I will study it little by little and try my best to be able to have a conversation without an app the next time I go abroad. In Japan, there are school rules that are strict about things like hair color, but in Finland, some students were wearing Halloween-style makeup. There were many people who valued themselves without worrying about what others thought of them. When I went to the library, I talked to a Finnish man who could speak Japanese, and I was surprised at how clearly he told me what he was thinking. Many Finns value themselves. Then, in order to be happy, they take actions such as going to school. Sharing the knowledge learned at school and creating a comfortable working environment. I felt that valuing yourself and continuing to learn is the reason why Finns feel happy.

8. Acknowledgments / 謝辞

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