

Trip Report

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1. introduction / はじめに

I would like to go to Finland to learn about the differences and similarities in healthcare with Japan. I would like to learn about Finnish healthcare professionals' views on healthcare and use them as a reference for future classes and practical training. In addition to Finnish medicine, I would like to learn about the culture and history of Finland and understand the country itself. I also want to know about the differences between Japan and Finland in terms of culture and history, and what the differences are in terms of healthcare. I have heard that Finland is the happiest country in the world, so I would also like to know what kind of life people lead in Finland. I would also like to see with my own eyes what the differences are between Japanese and Finnish global design. I like studying. It has been a little over a year since I started learning about physiotherapy, and while I think it is difficult, I also think the human body is interesting, so I really enjoy it. I can ask a lot of questions. By asking questions to the teachers, I deepen my understanding.

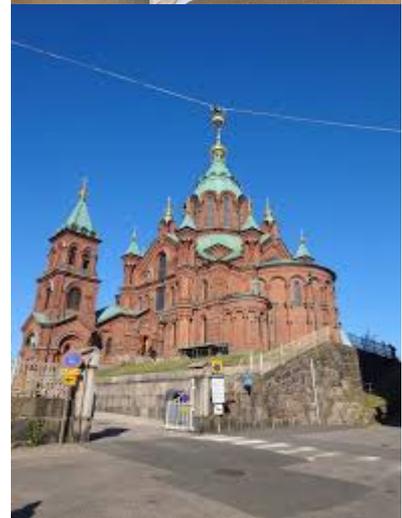
2. About Training at Omnia / オムニアでの研修についての感想

Each student was actively engaged and asked the teacher many questions. Everyone was also friendly and spoke slowly to me, even though I couldn't speak English very well, and explained things clearly and answered my questions carefully. They were all very kind. During class, the students didn't take notes and listened carefully to what the teacher was saying, which made me realize how different it is from Japan. When the practical training started, they were quick to try things out themselves and immediately asked their friends or the teacher if they didn't understand something. Everyone was also communicating a lot with each other, and I thought it was amazing how they taught each other.



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

On the first day, I was able to see the Uspenski Cathedral and Helsinki Cathedral. Unfortunately, Helsinki Cathedral was under construction and I couldn't see it properly. If I have another chance to go to Helsinki, I definitely want to see it again!! On the last day, I went to Helsinki's famous sauna. I was surprised that the cold bath was in the ocean, and the sauna was very hot. Finnish saunas are still a bit too hot for Japanese people. But I love saunas, so I was happy to be able to go and it felt great. At the stall right next to the ocean, I heard that handmade items are recommended in Finland, so I bought a lot of handmade goods. I bought a scarf my grandmother had knitted for me, a wooden cup, and a lot of antler key chains because reindeer are famous. They also had reindeer fur for sale, which I thought was amazing. The fruit in the meal was delicious. It was my first time trying raspberries, and they were stickier than I expected. I also tried a small version of kiwifruit for the first



time, and I was surprised at how sweet it was! The staff spoke a little Japanese, and it was exciting to hear someone other than my friends speak Japanese for the first time in a while. Everyone was so friendly and fun. It was near the sea, so there were lots of birds, and my friend bought some fries and they all gathered around and ate them. It was so funny, and the people nearby were laughing too.

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

In Tallinn, we went to the old town and saw some great views. The streets were so stylish, it felt like we were in a different world, and it was really exciting. Tallinn is one of the settings for Kiki's Delivery Service, one of my favorite Ghibli movies, so it was a great experience and it made me want to see it again when I get back. In Tallinn, we went to a place with a great view and it was absolutely beautiful. After lunch, we were all supposed to meet up to catch the ferry, but we got separated and got lost, but a really stylish man showed us the way and saved us. I felt like I'd gotten something out of it.



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

It was a great place where I could really feel nature. The lake in particular was very beautiful. It made all the unpleasant things that had happened recently seem like nothing to me. Also, I saw people sleeping in the forest and really enjoying nature, which made me realize how different it is from Japan. There was also a small park, which really got me excited. After that, we went to a cafe. We ate outside, and although it was a little cold, we were able to drink a delicious cafe latte.



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

What I learned from this training is that the schools in Finland are very well-equipped. I was envious of the wonderful environment, even though tuition and school meals are free. The students at Finnish schools listened carefully to their teachers without taking notes, and each and every one of them was very serious about their lessons, asking lots of questions, so I thought I would try to incorporate this into my daily classes. There were a lot of trash cans, and I thought it was a clean city. There were also trash cans with cigarette butts next to them, which I thought was smoker-friendly. There were far fewer people using smartphones on public transport than in Japan, and I decided to cut down on how often I use them too.

8. Acknowledgments / 謝辞

Thank you for the three-day training. Through this training in Finland, I was able to experience many things that I would not have been able to experience in Japan. My values have changed a lot, and it was a lot of fun. I'm really glad that I participated in this training. I would like to use what I learned in this training in my future classes, work, and relationships. Thank you so much for the 3-day training center.