


# Reflection Essay

<b>Name</b>	CHEN, YU-CHEN			
<b>Home University</b>	Taipei Medical University			
<b>Faculty/School</b>	Nursing			
<b>Program Dates</b>	<b>From</b>	2023/06/26	<b>To</b>	

## 1. Why did you choose OMPU for your international experience?

Choosing Osaka Medical College as a training site is driven by several factors. Firstly, the college's excellent academic reputation and high standards in medical education make it an ideal choice. Its modern facilities and resources provide students with practical learning opportunities. Collaborations with medical institutions offer valuable clinical internship experiences. Additionally, Osaka's vibrant medical and research environment presents diverse cases and professional networking opportunities. Moreover, the city's cultural richness adds to a dynamic learning experience. In summary, selecting Osaka Medical College ensures quality education, practical exposure, and a stimulating cultural setting for trainees.

## 2. What is your impression about OMPU, before and after the program?

Initially, I thought that Osaka Medical College would be similar in scale to Taipei Medical University. However, I was greatly surprised to discover that each department has its own independent campus. The facilities and environment within the teaching buildings are modern, spacious, and bright. Additionally, I noticed that students here rely significantly less on electronic devices during classes compared to Taipei Medical University, where nearly every student has a tablet. Instead, there is a higher prevalence of using paper-based methods to record lecture content. This aspect has left me with a sense of cultural impact and adjustment.







## 3. What have you gained through this program?

During my internship, I witnessed the high level of respect for the elderly and the dignified attitude towards long-term care in Japan. While Taiwan's long-term care system is also rapidly developing and has made significant progress compared to the past, many concepts and institutions still discourage the elderly. However, similar to Japan, long-term care facilities provide a comfortable environment in Taiwan where the elderly can engage in activities such as socializing, exercising, doing crafts, and dining together. It is surprising to see that the elderly willingly participate in these activities at long-term care facilities. This contrast surprised me because, based on my own family's experience, elderly individuals in Taiwan often consider the costs to be high, don't want to burden others, or have fears about long-term care facilities, leading them to reject participating in long-term care services. This, in turn, creates a disconnect between the elderly and society, reducing their ability to interact with others and potentially causing feelings of depression, helplessness, and boredom. Perhaps, as the administrators of long-term care facilities have mentioned, providing services that align with the costs paid by the elderly is crucial. In this way, they would feel that their money is well spent, and the caregivers would also be satisfied with their wages. Therefore, I believe that Taiwan's long-term care plan still has a long way to go, whether it's the transformation of the elderly population's perception of long-term care or the quality of services provided by the government and institutions.


## 4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

During the two weeks of my internship at OMPU, the teachers warmly and kindly welcomed us. Although many of the courses were primarily taught in Japanese, it took some time to wait for translations and to understand and absorb the content on our own. Even some of the handout materials needed to be translated using Google Translate. There was a slight difference in teaching style compared to my previous institution, but the teachers made their maximum effort to help us understand and patiently answer our questions. Through the courses, we learned about Japan's healthcare system, nursing methods, and hospital management. The teachers also brought in props to provide us with hands-on experiences and a better understanding of Japanese nursing practices. Seeing many items and educational tools that are not commonly found in TMU made me feel very special. I also hope that we can bring back what we have learned at OMPU to Taiwan, as it will become nourishment for our future growth.

Once again, I want to express my gratitude to all the teachers, nurses at the hospital, fellow nursing students, and international exchange students who have made our time in Japan unforgettable. We have witnessed many differences in healthcare and culture between Taiwan and Japan, gaining understanding of the health development status and healthcare systems and practices of both countries. Despite the short duration of just two weeks, I have learned a great deal and look forward to the visit of Japanese students to our institution next year.

		
<p>Taiwan-Japan student exchange course</p>	<p>Introduce Taiwanese culture to Japanese students</p>	<p>Kyoto Day Tour</p>
		
<p>Children's education doll</p>	<p>Therapy dogs in long-term care institutions</p>	<p>Farewell party</p>

# Reflection Essay

<b>Name</b>	Hsueh, I-Ching			
<b>Home University</b>	Taipei Medical University			
<b>Faculty/School</b>	Nursing			
<b>Program Dates</b>	<b>From</b>	2023/06/26	<b>To</b>	

## 1. Why did you choose OMPU for your international experience?

The first reason for choosing OMPU was my love for Japanese culture and cuisine. I wanted to immerse myself more in Japan by seizing this opportunity to study abroad. Secondly, when I saw OMPU's program and lecture schedule, they aligned perfectly with my interests. Additionally, I have never been to Osaka, so I was eager not only to learn something new but also to experience the city firsthand.

## 2. What is your impression about OMPU, before and after the program?

The first day I entered OMPU. I was shocked about the buildings and the interior decorating of the hospital wards. It's more different than TMU and Taiwanese hospital I have seen. And when I on the last day in OMPU, I still very enjoy this place and campus' environment. Specially the classroom, it's bigger than our school and the windows are wide and clean, making the classroom brighter and more comfortable.

I also impressed by the students of OMPU. We talked to each other at the first day, and we sometimes meet at school for some interesting courses. And then went to Kyoto on Sunday with them and other countries students. That day was a wonderful and memorable day for me. Making me want to go to Kyoto again because of the special day.

## 3. What have you gained through this program?

Before join this lecture, I think I had not much knowledge of elderly care, dementia, and so on. So I learned many things same or different between Taiwan and Japan. Such as long-term care system, medical care insurance, and how to assist cancer patient. Discussing with teachers and students would let me learn more details. I like the part of discussion, I can absorbed more clear and funnier information by talking to each others.

This is my first time visited Osaka and Takatsuki city. All I learned and saw made me impressed. The scenery and the people are different than what I saw in Tokyo, and I think I like here more. I really won't forget all I happened here.

## 4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

Thanks for your kind words. We are grateful to have been of assistance during your time at OMPU or OMPUH. You are all kind and friendly people, and you have made my experience here truly memorable. I am certain that I will never forget the moments and experiences I had in this university and Takatsuki city. I hope that someday I will have the chance to see you all again! If you ever visit TMU and Taiwan, I would be more than happy to show you around, just as you showed me around Osaka and Kyoto. Thank you once again for the amazing two weeks!



Me and OMPU students



Hospital equipment for diluting vial



Last day at OMPUH



Pediatrics course




First day with OMPU students



Nishiki Market with OMPU students

## Reflection Essay

<b>Name</b>	CHEN, LI-JIN	
<b>Home University</b>	Taipei Medical University	
<b>Faculty/School</b>	nursing	
<b>Program Dates</b>	<b>From</b> 6/26 <b>To</b> 7/7	

<b>5. Why did you choose OMPU for your international experience?</b>
<p>I believe this school has abundant resources. Here, I can experience a more comprehensive understanding of Japan's nursing education and hospital facilities, as well as the differences in patient care compared to Taiwan. In the two weeks since I arrived here, through the introductions of teachers and hospital staff, I have indeed encountered many things I have never seen before. There are astonishing equipment and learning methods that have amazed me. I also feel that the learning space and faculty provided by this university are sufficient, which is why I chose to come here.</p>
<b>6. What is your impression about OMPU, before and after the program?</b>
<p>Before going to Japan for studying, I felt quite anxious and unsure about the whole thing. Due to the language barrier, I worried that the learning outcome might not be good, and I had no idea what I would learn in Japan. So, I came here with a mixture of excitement and apprehension. After two weeks, I feel that apart from the academic achievements, the most impressive aspect for me has been the interaction with Japanese teachers and classmates. Despite our limited English skills, we were still able to communicate our thoughts and ideas to each other. We gained a lot of understanding and also made many friends, which was something I couldn't have imagined before. I am deeply impressed by every exchange we've had.</p>
<b>7. What have you gained through this program?</b>
<p>I made some Japanese friends during the program, I think they are so kind and generous to share all things they know and they are also very energetic, I had great time when I chatted with them. Also, I saw lots of differences between Japan and Taiwan, whether the nursing education, nursing system or culture, every day I can learn lots of things from lessons and the OMPU hospital, and teachers always give us lots of supports when we had problems.</p>
<b>8. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?</b>
<p>Thanks for students and teachers from OMPU, I enjoyed the time stayed in OMPU and OSAKA because of your passion, I learned lots of knowledges and gained lots of precious memories during the program, and I will bring those memories back to Taiwan and share to my friends, teachers, and family, hope you guys can come to Taiwan and experience different culture from Japan.</p>



We have the city tour with OMPU students.



The welcome party at the afternoon of the first day we went to OMPU, and we chatted with Japanese students.



We have the culture exchange class with nursing students in Wednesday, and we also played some interesting games together.



We visited a senior care facility in Takatsuki City to gain an understanding of the living environment for the elderly.




This is a machine used for compounding cancer medication. The pharmacist informed us that there are only three machines like this, and one of them is located here at OMPU hospital.



We had the lymphedema class, and the teacher taught us how to use the elastic bandage.



## Reflection Essay

<b>Name</b>	Chen, Wei-Ru		
<b>Home University</b>	Taipei Medical University		
<b>Faculty/School</b>	Nursing		
<b>Program Dates</b>	<b>From</b> 06/26/2023	<b>To</b> 07/07/2023	

### 9. Why did you choose OMPU for your international experience?

Osaka Medical and Pharmaceutical University is located between two major cities in Japan, Osaka and Kyoto, making it easily accessible with convenient transportation options. Moreover, the university has an affiliated hospital that offers a valuable opportunity to understand the nursing work environment in Japan. Taipei Medical University's School of Nursing provides a one-month international internship program, which often includes a combination of placements at Osaka Medical and Pharmaceutical University and other institutions. Additionally, during our time at Osaka Medical and Pharmaceutical University, we will be accompanied by six other participants, which I believe will be helpful for someone like me who is traveling abroad for the first time. For these reasons, I have chosen Osaka Medical and Pharmaceutical University for my international internship.



### 10. What is your impression about OMPU, before and after the program?

Before participating in the program, I didn't know a lot about Osaka Medical and Pharmaceutical University. I only knew that it was a merger between Osaka Medical University and Osaka Pharmaceutical University. However, after completing the program, I have come to realize that Osaka Medical and Pharmaceutical University is an excellent institution. It has passionate



faculty and students, state-of-the-art facilities, a spacious campus, and convenient transportation options.

I am impressed by the dedication of the teachers who put in a lot of effort and preparation for the international internship program. I am truly grateful to the faculty, students, and all the staff members at Osaka Medical and Pharmaceutical University and related institutions for their warm welcome and support throughout the program. It was a wonderful experience, and I feel fortunate to have had the opportunity to be a part of this university.

### 11. What have you gained through this program?

In terms of the course, Osaka Medical and Pharmaceutical University provided a detailed arrangement that covered various aspects of Japan's healthcare system, social welfare, insurance policies, an overview of nursing in different specialties, and visits to related institutions. Additionally, there were several on-site visits to the Osaka Medical and Pharmaceutical University Hospital, allowing me to gain a basic understanding of Japan's nursing environment.



Regarding cultural aspects, after living in Osaka for two weeks, I became familiar with the transportation, accommodation, and dining experiences in Japan. Whenever I had uncertainties or needed guidance, I could always seek advice from my fellow participants from Taipei Medical University or ask the teachers for suggestions. This support was a significant advantage compared to traveling alone.

In terms of communication, during the two-week program, English or Japanese was used for all interactions. As one of the students from Taipei Medical University with a better command of Japanese, I had many opportunities to practice my Japanese speaking skills. Fortunately, the teachers and classmates I met were very friendly and understanding, and they didn't mind my occasional stumbles or grammatical errors.

Overall, this program has not only accelerated the growth of my international perspective but also instilled me with greater confidence, especially for someone like me who used to be somewhat timid. It has empowered me to face crowds, express my viewpoints, and engage in meaningful conversations with others.




### 12. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

I am deeply grateful to the faculty and students of Osaka Medical and Pharmaceutical University, the Global Center, the Nursing Department of Osaka Medical and Pharmaceutical University Hospital, and all the organizations involved for your generous sharing and assistance during these two weeks. Thanks to your support, I was able to successfully complete this program and gain valuable insights. I will bring back what I have learned in Japan to share with the faculty and students of Taipei Medical University.



## Reflection Essay

<b>Name</b>	LIU YUAN-TZU	
<b>Home University</b>	Taipei Medical University	
<b>Faculty/School</b>	School of Nursing	
<b>Program Dates</b>	From 6/26 To 7/7	

### 13. Why did you choose OMPU for your international experience?

Inspired by my love for Japan, I also wish to use this opportunity to study Japan's healthcare and nursing practices.

### 14. What is your impression about OMPU, before and after the program?

Actually, I have never had any international exchange experience in the past. Through this learning journey, it has provided me with a great opportunity to gain a deeper and more comprehensive understanding of Japan's healthcare and nursing practices, and I have benefited tremendously from it.

### 15. What have you gained through this program?

Through this learning experience, I am grateful to OMPU for providing us with so many opportunities to visit hospitals and institutions, allowing us to understand the differences between Taiwan and Japan in healthcare. Japan's healthcare practices have many aspects that are worth learning from, and I truly appreciate the chance to explore and gain insights from this enriching experience.

### 16. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

The students and teachers here are very friendly, and I am extremely grateful for their help during this time. I truly cherish these moments and the experiences I have had.

Note)

Please paste 5-6 photos taken during your program.

Your essay including the photos will be posted on the university website.




台湾・台北医学大学看護学生研修来所・記念

聖まます元氣クラブ



## Reflection Essay

<b>Name</b>	Tsai,Hsin-Yu	
<b>Home University</b>	Taipei Medical University	
<b>Faculty/School</b>	Gerontology Health Management	
<b>Program Dates</b>	<b>From</b> 2023.6.26 <b>To</b> 2023.7.7	

**17. Why did you choose OMPU for your international experience?**

Because OMPU has its own hospital. The most important thing is that I am very interested in the issue of dementia, so I choose OMPU.

**18. What is your impression about OMPU, before and after the program?**

I think OMPU is a little similar to my home university. These two schools are not too big, but both have their own hospitals.

**19. What have you gained through this program?**

During the two weeks at OMPU, I not only experienced Japanese culture but also made many new friends. The most important thing is to learn a lot of knowledge and see the different nursing equipment in Japan and Taiwan. To be honest, I felt severe culture shock when I first started the class. But I think that since I decided to come to this country, I must follow the customs and respect the culture of that country. This is what I should learn this time besides knowledge.

**20. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?**

Thank you for preparing the courses attentively and taking us to visit many facilities and hospitals. Also thank to the students for participating in our courses and communicating with us. We have many wonderful memories at OMPU, and thanks again to all the teachers and students.







