

I have practiced overseas in Denmark for 4 weeks at Regionhospital Holstebro Hospital, Holstebro, Aalborg 3 weeks and Regionhospital Herning Hospital, Herning, Aalborg 1 week. From this experience, I have got many things regarding academic matters and living experiences. In every morning, I and my friend had to walk to the hospital for 20 minutes in the extremely cold weather, which was about 0 to -15 °C, average on -2 to -8 °C. This could be considered as the worst walking experience in my life. When we arrived, we had to change into hospital's uniform, which consists of white shirt and blue trousers, it's very large!!! I had to put on the smallest one. Anyhow, I needed to fold the trousers up. And then, we changes into our clothing before leaving in the afternoon, that this is one of my routine.

About the practice, I mainly did in musculoskeletal field including hip and knee replacement surgery, shoulder surgery. In cases with cardiopulmonary problems, I just attended the rehabilitation program for cases that had undergone heart operation. It was very impressive. Besides, I was also impressed by the clinical students and health professionals from every department, and of course, all patients because they came to greet me and made a conversation, and also offered us help. This might be due to me and my friend are strange, tiny, wearing black hair, wandering around the ward.

About living experience, I think this cannot be found from any others. During the stay, we tried to cook by ourselves. I couldn't eat Danish bread, I had to buy some bread that ducks eat, and it's funny. We also went for outdoor ice-skating, we stumbled all the times. It's so cold so I felt my feet hurt but we still went on ice-skating, nothing to lose!!!, because we had paid for shoe rental. Besides the practice, we also traveled in many countries such as Germany, the Netherlands, and Sweden. The mode of transportation we took was railway mainly. We had to make a connection between routes, so sometimes we caught it, sometimes missed. This could be a good experience also. Seeing different culture apart from Thai's, Getting assistances offered along the trip, witnessing the real friendship, these were worth going. This good moment will be in my memory onwards.

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