

I went for practice in Aalborg, Denmark getting many experiences regarding medical and physical therapy matters, culture, and living. The first and main issue, I got knowledge about treatments, e.g., using secretion drainage machine instead of manual percussion (Danish physical therapists said that they didn't apply manual percussion 20-25 years ago). Wow!!! The cases with hip and knee replacement could bear their weight since the first day after surgery. Aquatic exercise, we had joined it with the patients who need a rehabilitation program after cardiac surgery; we applied the exercise in the style of go-and-catch, etc. The treatments here mainly based on active participation. Due to language difficulty, Danish, we treated not much patients by ourselves, we needed a Danish physical therapist to be an interpreter for us. Most teenagers and middle-age people can speak well English.

The next experience we got is greeting, they said Hi Hi. Dining culture, Danish people prefer black-cereal bread but we didn't. We took white bread instead, it is for ducks, so sad!!! The popular confectionery is "Ammonia candy", I had tried once offered by a patient, but I couldn't finish it because of its ammonia. About Danish education, after students completed high-school level, they don't need to be hurry for university. Some of them work and then study. About living condition, it was very cold, temperature ranged from -8 to -2 °C. We needed to prepare full option of our winter coats and clothing. We also prepared foods by ourselves because it was more economy and tasty.

Another experience, we had opened our vision by traveling to nearby countries such as Germany, the Netherlands, and Sweden. It was both fun and exciting. This is another way of study that cannot get from textbooks or internet. Because we learnt to survive, observe, plan, communicate with others (using hand languages). All I have mentioned are a little part of my whole experience compared to what I have experienced. Anyhow, it was very valuable. If anyone has this kind of opportunity, please don't let it go.

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