

I went to Esbjerg on the western side of Denmark. It's a good opportunity. I attended at Southwest Jutland Hospital in Esbjerg and Rehabilitation Centre in Ribe, south of Esbjerg with 1 hr ride. These 2 settings have different approach management. But the same point is that these two settings aim to promote early self practice for patients with the support of instruments and welfare. I also witnessed that the patients were willing to do it by themselves. This may due to their own lifestyle of self management and the approach from family which differs from that in Thailand. Danish people live in small family or being alone when aged. I stayed in an international dormitory of University College Syddanmark, campus Esbjerg. I met a lot of European friends there. They studied in many fields which allows me discussions. Also, I learnt Danish culture and lifestyle such as dining, education, language from professors and physiotherapists. They are very nice and cordial. They always gave me good suggestions. In addition, the good experiences are such as attending ice hockey match and travelling to many places.

This time is my good memory which is not only practice in PT dimension but also eye-witnessing many different yet amazing things in another corner of the world from things I have seen and from people I have met. These experiences I will keep them for further application in my life.



Nampetch Ploynamngoen

