

I've gone to Naestved hospital, Naestved, Denmark for training. This big hospital belongs to Naestvd, a small town with 1-hour away from Copenhagen by train. The things I've got are new experiences. It's fun that we have to adapt ourselves for the new setting, patient care, and communication in Danish. The Danish patients speak Danish which driving me to practice so. The Danish patients are kind and taught me basic Danish such as counting. About the climate, we had to take 15-minute bus and half-kilo walk under snow for the hospital. We didn't see the sunlight even though it's 7 am or when finished the training at 2.30 pm everyday. Here, it's a good tradition that the patient who completed the intervention program would go round with chocolates or desserts for others. At the last day of training, the physiotherapists there offered us traditional foods while we offered them Thai traditional foods in return for farewell. Although it's just 4 weeks there, I have got a lot of impressive things and new different knowledge by which I would like to apply it in Thailand later. Group exercise is popular there, which is good for patients to discuss each other. I had performed exercise at the same time, both fun and knowledgeable. I love the practice moment there, physiotherapists, exchanged students who taught us Danish, western friend who guided us about traveling. Thanks everyone for my good memory.

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