

I've gone to Naested Hospital for practice, that moment was very happy and impressive. I learnt about skills, culture, and travelling About the skills, I learnt that the patient with hip or knee surgery can bear his weight just the first day after, chest percussion is not popular but drainage machine instead, short stay in hospital but continues at Kommune when they are home, various exercises for heart condition such as yoga, aerobic exercise with step, walking with stick around the hospital in cold weather, and additional workshops such as pelvic floor exercise, ACL and PCL surgery-related knowledge, and ambulation techniques.

About cultural exchange, I and my friend taught Danish physiotherapists Thai classical aerobic dance with attracting their attention and laugh. On the last day, we did coconut jelly to express our gratitude and also gave them some souvenirs from Thailand. Also, our mentor prepared a traditional Danish breakfast for us all, it's marvellous.

The last thing we cannot forget to mention; the journey both domestically and nearby countries such as Germany and Sweden which gave us good experience and friendship. All I have mentioned are the good unforgettable memory for me.

Siriwan Yotsungnoen

