



**HKU
Med**

LKS Faculty of Medicine
School of Nursing
香港大學護理學院



HKU Nursing
Vision to Lead • Mission to Serve



EXCHANGE ENRICHMENT



Forward



In line with the university's strategic theme of internationalisation, many efforts have been made by the School of Nursing in expanding students and staff diversity and collaboration network. As of December 2019, the School has entered into agreement with 46 renowned School of Nursing around the globe, providing opportunities for students from our partner universities and HKU nursing students to learn, feel and experience a different learning environment, a different culture and a different taste of life.

This booklet showcases our international exchange and life enrichment learning programmes in 2018 - 2019.

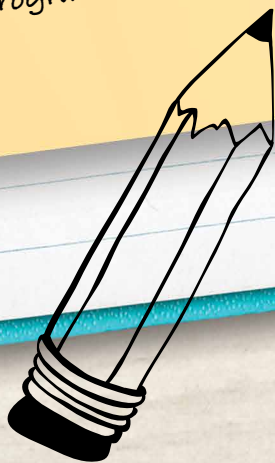


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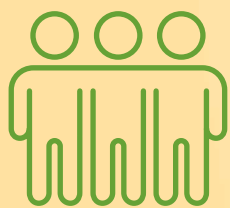
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Incoming Exchange Programme



Outgoing Exchange Programme

168 Students joined



36



Outgoing Exchange Programmes
across 13 countries/regions

SPAIN

- University of Navarra

CANADA

- University of British Columbia
- University of Toronto

USA

- Case Western Reserve University
- Duke University
- University of Connecticut
- University of Pennsylvania
- The University of Texas Health Science Center at Houston





UK

- Edinburgh Napier University

SWEDEN

- Jönköping University

CHINA

- Capital Medical University
- Central South University
- Fudan University
- Peking University
- Second Military Medical University
- Shanghai Jiao Tong University

SOUTH KOREA

- Korea University
- The Catholic University of Korea
- Yonsei University

JAPAN

- Chiba University
- Hokkaido University
- Kobe University
- Kyushu University
- Osaka University
- The University of Tokyo

TAIWAN

- Kaohsiung Medical University
- National Taiwan University
- Taipei Medical University

AUSTRALIA

- The Queensland University of Technology
- The University of Sydney
- The University of Melbourne

THAILAND

- Chiang Mai University
- Chulalongkorn University
- Mahidol University

GREECE

- University of Athens

SINGAPORE

- National University of Singapore



AUSTRALIA

The Queensland University of Technology, Australia

Pinky Pui-Yung Lau

Aiden Yu-Hang Yip

Year 4, Bachelor of Nursing (Full-time) students

Sabina Tsz-Ching Au

Year 2, Bachelor of Nursing (Part-time) EN student

Bowie Po-Yi Yeung

Year 3, Bachelor of Nursing (Part-time) EN student



We had a very fruitful and unforgettable experience in our exchange to The Queensland University of Technology (QUT). On campus, we attended lectures, laboratory practices, a simulation laboratory session, workshop and tutorials from different years. We made friends and had cultural interactions with the QUT students.

The highlight of our exchange was visiting a leading public hospital in Queensland, The Princess Alexandra Hospital. We observed the differences in the hospital setting and structure of the nursing workforce between Australia and Hong Kong. During our free time, we were also able to join some local activities and enjoy the lifestyle of Australians. We enjoyed every moment in our trip.



The University of Melbourne, Australia

Jessica Yan-Bo Lam

Winnie Wai-Han Tse

Year 4, Bachelor of Nursing (Full-time) students

Angel Pui-Shan Wong

Year 2, Bachelor of Nursing (Part-time) EN student

Ocean Ho-Nam Fung

Year 2, Bachelor of Nursing (Part-time) EN student



This experience has given us a taste of Melbourne's university education and healthcare system. Not only were we exposed to nursing practice and principles through lectures, workshops, laboratory sessions and clinical placements, we were also able to make new friends and understand more about the Australian culture and lifestyle.

Through our interactions with Australian student nurses, we realised the similarities and differences in the development of the nursing industry and healthcare systems between Australia and Hong Kong. During our clinical placement in Williamstown Hospital and Sunshine Hospital, we observed the role of nurses in Melbourne's mental health nursing care and cardiac and pulmonary rehabilitation centres.

It was a great honour to be the first HKU group to visit the University of Melbourne and we highly recommend students join this exchange programme next year. Melbourne is a beautiful place with loads of friendly people!



The University of Sydney, Australia

Hazel Yuk-Tung Chan

Andrew King-Sheung Choi

Tiffanie Laam Wong

Crystal Sze-Nga Yau

Year 4, Bachelor of Nursing (Full-Time) students

It was a great honour to join the exchange programme at The University of Sydney Susan Wakil School of Nursing and Midwifery. We had a 2-week clinical placement in a respiratory ward in Royal North Shore Hospital, where we paired up with a registered nurse and provided hands-on nursing care to patients. We also visited the hospital museum and the neighbouring North Shore Private Hospital, where we learned the history of Australia's medical system and the differences there between public and private health care. It was a fruitful and joyful experience to learn alongside friendly local students under the guidance of our professional clinical facilitator.





CANADA

The University of British Columbia, Canada

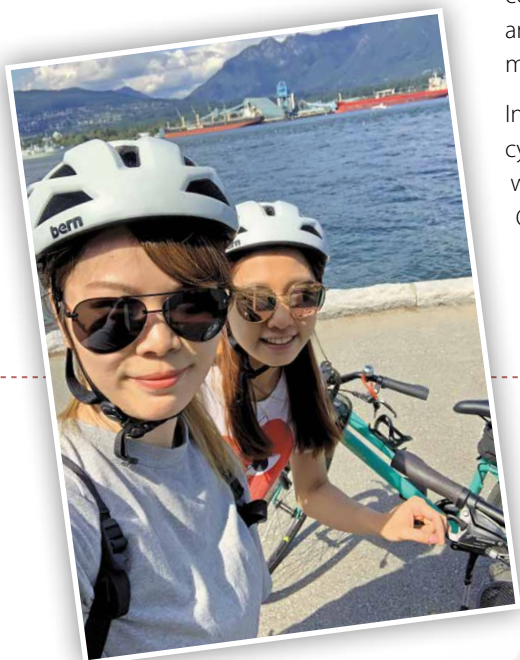
Christy Hei-Yin Chan

Amy Kak-Kak Mak

Year 4, Bachelor of Nursing (Full-time) students

In the summer of 2019, we joined a summer programme organised by The University of British Columbia (UBC) in Vancouver, Canada. It was a very special programme that included both academic and cultural activities. Our course focused on senior care and community nursing in Canada and we had opportunities to visit local elderly homes and subsidized residences. We also joined in their social activities, such as dumpling making and a tea party, and we had a great time chatting with the residents and staff.

In our free time, we enjoyed exploring Vancouver. One of our favourite activities was cycling in Stanley Park. You can enjoy a stunning view and cycle along the sea, it was fantastic! We also met a lot of international nursing students during our stay in Canada such as students from Singapore and Korea. We hope we can keep in touch!



University of Toronto, Canada

Simon Yat-Kei Cheung

Wing-Yi Li

Michelle Cheuk-Lam Ng

Year 3, Bachelor of Nursing (Full-time) students



Although the two-week exchange programme was seemingly short, it was undoubtedly a fruitful and insightful trip to the University of Toronto (U of T). Not only did we experience the life of U of T nursing students, but we also got to learn about the health care system in Toronto.

In particular, we greatly admired the active learning attitude and supportive character of Toronto students. We were also impressed by the advocacy of the value of patient-centred care. Upholding the concepts of "harm reduction" for drug addicts and "think up stream" for addressing public health concerns, nurses in Toronto attend to different health risk groups with respect and empathy.

The exchange broadened our horizons and helped shape our understanding of nursing. The experiences of making new friends, going sightseeing and trying local foods further added to the meaningfulness of the exchange. All in all, we felt this exchange programme was a huge success.



CHINA

Capital Medical University, China

Janice Wing-Yan Choy
Cherina Cheuk-Wing Ho
Sally Weng-Weng Kwok

Year 1 Bachelor of Nursing (Full-time) students

Philips Cho-Wing Liu
Wendy Kwan-Ki Yung
Rocky Lao-Qi Zhao

Year 2 Bachelor of Nursing (Full-time) students

It was a memorable and wonderful two weeks exchange programme to visit the Capital Medical University in Beijing. It was our great pleasure to have this golden chance to enrich our knowledge and obtain the experience to explore.

Thank you for the programme to provide us with a chance to visit the different hospital in the city such as Beijing Obstetrics and Gynecology Hospital, Beijing Traditional Chinese Medicine Hospital, Beijing Chaoyang Hospital, etc. We surprised of their facilities and healthcare system on how to integrate Chinese-Western medicine into the system, and we also admired that the nurses were full of passion and enthusiasm on their job when we visited the specialist ward, they showed their professionalism and provide care with solicitude to every patient.

During these two weeks programme, we had many chances to communicated with the local students, sharing our insights on how to provide better care to the patients and exchanged knowledge regarding on the healthcare system in Hong Kong and China, also we could acquire nursing theoretical knowledge and practical skills through PBL and simulation lab activities. Teachers and students were so nice and recommended many attraction places for sightseeing and traditional food in Beijing which led us to discover more about the city.



Central South University, China

Heida Hei-Man Lau
Rebecca Kam-Ling Lau
Gloria Sze-Ching Mok
Yanki Wing-Yan Ng
Antony Ho-Him So
Man-Lung Wong
Hugo Pak-Hei Yim

Year 2 Bachelor of Nursing (Full-time) students



We had a fruitful and fascinating exchange visit to Central South University from December 27, 2018 to January 5, 2019. Our partner university took us for a tour of their teaching facilities, including Xiang Ya Hospital and the Guanshaling Street Gongyeyuan Community Health Service Station, which deepened our nursing knowledge and enabled us to see the healthcare system from a new perspective. There were plenty of sharing and discussion sessions where we were able to compare healthcare in Hong Kong and Changsha. This was also a precious opportunity for us to interact with local nursing students, who improved our cultural awareness and gave us insights that will enable us to provide quality care to patients from different backgrounds.



Fudan University, China

Cathy Wing-Yee Leung
Tracy Yin-Man Wong

Year 1 Bachelor of Nursing (Part-time) RN students

It was our great honour to having this opportunity to visit the school of nursing at Fudan University in March 2019. It was a great and eye-widen journey which we learnt a lot. We saw the healthcare technology grew rapidly during the clinical visit in Zhongshan hospital, it allowed the patient to monitor their health by using instant message app after they discharged from the hospital, and the nurse student could use the facilities in the simulated ward for paediatric ward and simulated labour room to practice their nursing skills. During the weekend, we visited different places in Shanghai. This was a beautiful city and we saw many scenery places. It was an amazing experience and we acquired a lot of knowledge not just from the books.





Peking University, China

Hoi-Ling Chu
Phoebe Yat-Fei Lam
Icy Suet-Ying Lee
Yu-Yi Wu

Year 1, Bachelor of Nursing (Full-time) students

Angel Hiu-Ling Chow
Joshua Kar-Long Kwong
Natalie Cheuk-Yu Lam
Tiffany Leong-Tung Yu

Year 2, Bachelor of Nursing (Full-time) students

We were honoured to visit the state-of-the-art Peking University Third Hospital and be able to compare the healthcare systems between Beijing and Hong Kong comprehensively. Among the highlights, we appreciated the eye-opening experience at the experiential learning lecture at The Institute of Mental Health, where the lecturer clearly demonstrated how to use therapeutic communication skills in diagnosing a patient who suffered from alcohol dependence and withdrawal syndrome. The simulated ward for Gynaecologic and Obstetric Nursing and the simulated operation theatre also enabled students to practice specialty nursing skills in a safe and well-equipped environment.

Our stay also included visits to the Summer Palace, the Great Wall of China, Tiananmen Square and the Forbidden City. Overall, the exchange programme was an invaluable, adventurous, and life-enriching experience that we will never forget.



Second Military Medical University, China

Alissa Wing-Sum Chung

Yanas Lok-Yan Lee

Joe Tsz-Kin Liu

Yancy Tsz-Yan Ng

Winnie Wing-Mung Tang

Year 1, Bachelor of Nursing (Full-time) students

Kath Tsz-Ching Lit

Wendy Wing-Yan Tse

Year 2, Bachelor of Nursing (Full-time) students



We had a great time during our two-week exchange to the Second Military Medical University (SMMU) in Shanghai. SMMU is not only a medical university but also a military school, students are physically and mentally trained to become soldiers. The SMMU students we met were very self-disciplined with a positive learning attitude and they were very attentive and focused in the classes. The military training and learning atmosphere are unique and would not otherwise be experienced by nursing students in Hong Kong. The exchange programme was a wonderful opportunity for us to learn about advances in the healthcare system by visiting different hospitals in Shanghai and also improved our knowledge about Chinese medicine. We also explored many historical places and tried delicious Shanghai cuisine with SMMU student ambassadors.

Shanghai Jiao Tong University, China

Eunice Hoi-Yau Fung

Renee Yim-Ni Li

Year 4, Bachelor of Nursing (Full-time) students

We went to Shanghai Jiao Tong University for exchange in April 2019, where we visited the medical campus there and practiced in the Shanghai Ninth Hospital, Shanghai Jiao Tong University School of Medicine. Our practicum was in the Stomatology Department and Orthopedics Department, where we observed nurses performing their roles and duties and learned about the set up and operation of a Shanghai hospital. We also participated in daily operational routines at the two departments. The exchange equipped us with a lot of clinical knowledge in these two specialties and we received lots of advice and care from the nurses and clinical staff during our practicum.

During our free time, we went to different places for sightseeing. Shanghai is a beautiful city with a mix of different cultures and architectures. It is a place worth visiting and you won't be disappointed.





GREECE

National and Kapodistrian University of Athens, Greece

Kelly Ka-Yan Cheung
CoCo Tsz-Yau Cheung
Inez Wan-Yui Law
Tsz-Kiu Tong

Year 4, Bachelor of Nursing (Full-time) students



It was our great pleasure to be selected for the exchange programme at the National and Kapodistrian University of Athens (UoA) in Greece. This trip allowed us to broaden our horizons and enhance our knowledge in nursing education through multiple visits to different hospitals and healthcare institutions in Greece. We identified differences in the healthcare systems between Hong Kong and Greece and saw how Greek nurses deliver their nursing care to patients. This exchange programme enabled us to explore nursing more and reflect on what kind of nurse we would like to be in the future. These experiences have definitely helped us to build confidence.

Apart from school and healthcare institute visits, we also saw historical sites and picturesque scenic spots, which gave us a lot of memories. This programme provided us with a precious chance to explore not only the beauty of Greece, but also another aspect related to our profession. We highly recommend this exchange programme.



JAPAN

Chiba University, Japan

Icy Yi-Ching Chan
Men-Si Lau
Zita Kit-Yin Yau

Year 3 Bachelor of Nursing (Part-time) EN students

Sally Ka-Wai Wu

Year 1, Bachelor of Nursing (Part-time) RN student

This exchange programme has been one of the greatest experiences we have had as students. The knowledge we gained from the Inohana interprofessional education (IPE) programme and our visit to the Chiba University Hospital will be very useful for day-to-day nursing work. We also loved immersing ourselves in the Japanese culture and language, and the people in Japan were incredibly hospitable to foreigners. Sharing experiences with other local students who have the same level of passion about Hong Kong made the memories amazing as well. Our fondest memories were our travels to Shibuya and Shinjuku to see the Christmas ornaments during our break.



Hokkaido University, Japan

Regina Sze-Nga Chan
Heida Hei-Man Lau
Christina Sze-Lam Luk
Donald Tsz-Fung Wong

Year 2, Bachelor of Nursing (Full-Time) students

During the exchange programme at Hokkaido University, we attended lectures, visited various hospitals and healthcare facilities and even joined an international academic conference in health science. Through observation, we were impressed by the comprehensiveness of Japan's medical system and this stimulated us to reflect on Hong Kong's medical system. Furthermore, we were inspired by the Japanese vision and ambition to serve patients and the society. Their commitments to patients is worth learning about.



Kobe University, Japan

Sara Sin-Kei Cheung

Cathy Ying Cho

Florence Fuk-Ying Yu

Year 3 Bachelor of Nursing (Full-time) students

Minnie Chor-Sin Chan

Year 3 Bachelor of Nursing (Part-time) EN student



We are excited to tell you about our two-week exchange at Kobe University! We not only had cultural and knowledge exchanges with Japanese nursing students, we met two new friends from Taipei Medical University.

During our stay, we visited hospitals and elderly homes and observed the differences between the healthcare systems of Hong Kong and Japan. We also had a whole-day guided tour of Kobe University Hospital and the chance to walk around various departments, including the operating theatre and accident and emergency department, was memorable.

We discovered that students in Japan participate in simulation activities similar to Hong Kong nursing students. The simulation in Kobe University is called 'Physiko' and we tried different assessments on the manikin, including ECG and auscultation of respiration. We were also surprised to learn that Kobe University has established an international exchange club for welcoming exchange students. They introduced us to traditional Japanese games and tea ceremony. We wore Yukata together in Kyoto during a weekend trip.





Kyushu University, Japan

Eva Man-Yuen Cheng

Kim Sze-Chai Hung

Cherry Ka-Wai Lam

Year 2, Bachelor of Nursing (Full-Time) students

Studying nursing at HKU is much more than attending lectures, practicum and examinations. The exchange programmes offered can further enrich your university life. We highly recommend the Kyushu University exchange programme, where we not only deepened our understanding of Japan's advanced nursing education, practices and comprehensive medical system, but also immersed ourselves in Japanese culture and made new friends with local students there. These wonderful experiences were very precious in better equipping us to become competent nurses in the future.

福岡市介護実習普及センター



Osaka University, Japan

Anki Cheuk-Man Au Yeung

Steven Wai-Lok Lee

Year 1, Master of Nursing (Part-Time) students

Japan is usually associated with an energetic image because of the many innovative ideas and advanced products created there. However, Japan is no exception in facing the challenge of a "super-ageing society", which is also being encountered by many Asian countries. To overcome this challenge, Japan has developed a comprehensive long-term care system and encouraged modifications of the healthcare industry. In this exchange programme to Osaka University, we learnt about the country's strategies and explored how technology can help us to care for the elderly. This experience not only expanded our professional knowledge but also made us reflect on our healthcare system and the real needs of the elderly.





The University of Tokyo, Japan

Tiffany Pak-Yan Chan
Alison Pui-Han Cheung
Jessie Yuk-Seng Chung
Cecilia Tin-Yan Sit

Doctor of Nursing students

We had a fruitful exchange trip to The University of Tokyo in August, where we exchanged ideas with students from the Global Nursing Research Center (GNRC) of The University of Tokyo, University of Pennsylvania, British Columbia, Mahidol University and The Chinese University of Hong Kong. Our visits to The University of Tokyo Hospital, GNRC and McDonald House were eye-opening. We were honoured to participate in a multidisciplinary ward round for pressure injuries, which amazingly consisted of nurses, doctors, dietitian, researchers, physiotherapist, podiatrist etc. No wonder UTokyo Hospital can maintain an ultra-low pressure injury rate. Heartfelt thanks to all the faculty members in the Division of Health Sciences and Nursing and the Department of Gerontological Nursing and Wound Care Management of The University of Tokyo.



SINGAPORE

Singapore | Japan



National University of Singapore, Singapore

Joe Hiu-Fai Ho

Tina Ching-Yu Poon

Ada Lac-Tinh Wan

Frankie Chun-Ki Wu

Year 4, Bachelor of Nursing (Full-time) students



The trip to Singapore has been very fruitful and delightful. We still remember the first day arriving at the school and finding ourselves completely lost on campus, but the students there were very kind and showed us around. It was great to make new friends, but what impressed us even more was the nursing faculty itself where we were shown top-notch simulation facilities. We also visited Peacehaven Nursing Home with other nursing students from Hong Kong Polytechnic University and Taiwan. This Nursing Home aims to provide holistic care to the elderly and the staff told us about the care and equipment that they provide. For instance, virtual leisure activities are arranged for elderly with dementia so they can train their cognitive skills. This was a rewarding visit that enabled us to gain a better understanding about the kind of care provided in a Singaporean nursing home.

Aside from academic aspect, Singapore is a lively and beautiful city with people coming from different cultures. The harmony in the society made us feel at home and comfortable. Garden by the Bay, Universal Studio Singapore and other sightseeing features made us not willing to leave. Overall, this is a trip that we will not forget!





SOUTH KOREA

Korea University, South Korea

Tina Yat-Ting Lau
Vanessa Wan-Ning Liu
Janice Kam-Yin Poon
Catherine Wing Siu

Year 1, Bachelor of Nursing (Full-Time) students

Hilda Hiu-Tung Chau
Mandy Wing-Yan Law
Jacky Wing-Sang Lee
Frances Wai

Year 2, Bachelor of Nursing (Full-Time) students

This marvellous exchange to Korea University allowed us to have a closer look at both the medical system and culture of Korea. The well-planned schedule by Korea University enabled us to visit many healthcare institutions, such as the National Rehabilitation Centre, Korea University Anam Hospital and National Cancer Centre, etc. Our buddies from Korea University were nice and helpful and we shared not only nursing and healthcare knowledge, but also the latest trends and cultural information in Korea and Hong Kong. They also brought us to a museum at Dongdaemun and shopping in Hongdae. This exchange gave us a good chance to explore Korea's culture and medical system.





The Catholic University of Korea, South Korea

Hoi-Kiu Faan
Po-Lin Leung
Tangyan Li
Alex Kai-Hang Wong

Year 4, Bachelor of Nursing (Full-Time) students

During this summer break, we visited the College of Nursing at the Catholic University of Korea. We were very excited to go on this trip. We went to various types of healthcare facilities, including hospitals and community organisations. During the clinical site visit, we learned more deeply about the real healthcare system and situation in South Korea. The professors were very nice and helpful as they gave us a helping hand when we were in difficulty. We communicated a lot with the local students, not only about academic topics but also leisure activities.

This exchange programme not only helped us to gain knowledge, but also widened our social circle. Moreover, we had chances to visit tourist spots to explore Korean culture. It was truly a memorable programme and we are grateful for the School organising this exchange programme, which showed us that definitely "He that travels far knows much".



Yonsei University, South Korea

Sally Siu-Ching Fung
Henry Hung Lam
Cathy Sau-Han Lam
Sindy Sin-Yi Lam

Year 3, Bachelor of Nursing
 (Full-time) students

Helen Ka-Ki Chan
Ios King-Yan Kwan
Yan-Yin Ng
Tommy Ka-Hei Tsao

Year 4, Bachelor of Nursing
 (Full-time) students

We had a great opportunity to study at Yonsei University, South Korea, where we had lots of academic and cultural exchanges. We toured the cardiovascular, ICU and general units in Severance Hospital and a community centre. We were impressed by the hospital environment and advanced technology used to care for patients.

The teaching staff and students in Yonsei University were polite and friendly. We made many new friends who invited us to watch a performance at their school festival, and took us to Gyeongbokgung and dressed in traditional Hanbok. It was an unforgettable cultural experience. This exchange programme is truly rewarding and meaningful.





SPAIN

University of Navarra, Spain

Vinus Wun-Yi Chan

Wing-Lam Kwan

Po-Yan Sin

Kit-Sum Tam

Year 5, Bachelor of Nursing (Full-time) students

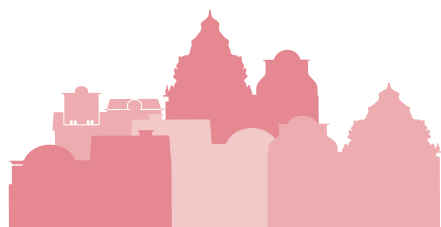


It was our pleasure to have a valuable chance to participate in this exchange programme to Spain. We spent the most enjoyable three weeks together and explored around the country. The University of Navarra put together a well-prepared programme that let us observe in their hospital, where we learnt new and different knowledge and broadened our horizons. We also had an opportunity to exchange our nursing knowledge and skills with our counterparts during the practicum. We appreciated the close bonding and good relationships between health professionals and patients during our hospital visit.

The University also arranged a cultural exchange session and took us around the city. We tried different local foods, experienced a local festival and had fun with Spaniards. This exchange was an unforgettable journey. We sincerely thank the HKU School of Nursing for providing us with such a wonderful chance and experience.



SWEDEN



Jönköping University, Sweden

Christy Wing-Hei Cheng

Yin-Chi Fong

Derek Ming-Kuen Hui

Camie Hiu-Ki Li

Min-Yee Ma

Natalie Sze-Nok Ng

Maisie Wing-Yan Ng

Sharon Hoi-Lam Pak

Year 3, Bachelor of Nursing (Full-time) students



The exchange programme at Jönköping University was an unforgettable and rewarding experience for us. We made new friends and attended different lectures and seminars on child health. We had the opportunity to discuss and work with local students on various projects and were impressed by the learning atmosphere during lectures where students were actively engaged in discussion and presentation. On weekends, we travelled to some nearby cities, where we visited the Nobel Prize Museum in Stockholm and saw the first insulin, penicillin and device isolation dopamine. All these reminded us of Sweden's invaluable contributions in the medical field.



TAIWAN

Kaohsiung Medical University, Taiwan

Lok-Yiu Chan
Wai-Chu Chan
Chun-Hei Chui
Simon Sai-Kit Ko
Kelvin Wai-Him Kwok
Ann Sin-Ying Mok
Ka-Kit Wong

Year 5, Bachelor of Nursing (Full-time) students



This exchange programme to Kaohsiung Medical University (KMU) was a fruitful and inspiring journey. We had a chance to visit the Chinese Medicine Clinic, Psychiatric Day Centre and Community Centre. Also, we joined several lectures and found that nursing care in Taiwan was integrated with elements of Chinese medicine, such as oncology care. In addition, we had a lot of exciting moments with local students outside the lectures. They showed us around beautiful Kaohsiung city and on one occasion brought us to a rooftop restaurant surrounded by a charming nightscape. All of us had a good time in KMU and we would highly recommend it.



National Taiwan University, Taiwan

Karmen Ka-Man Cheng

Lucas Tsun-Yin Choi

Rico Ying-Tung Lam

Yuki Yu-Wa Ng

Year 4, Bachelor of Nursing (Full-time) students

This exchange programme provided us with an opportunity to explore the healthcare system in Taiwan and to know more about nursing professionals in other countries. We were glad that exchange students from Thailand were also involved in this exchange programme because this allowed us to learn more about Thailand's healthcare system at the same time. Especially during the presentation and discussion on the second week, we found some similarities and differences among the three systems and identified some cultural differences. We were grateful for this exchange experience, which widened our horizons.



Taipei Medical University, Taiwan

Kimberly Ho-Yi Kam

Lily Wing-Kwan Lam

Iris On-Kiu Tam

Year 3, Bachelor of Nursing (Full-time) students

This was a memorable and inspiring experience for us to learn different healthcare systems and nursing practices at Taipei Medical University (TMU). We even met some Japanese exchange students and learned the differences between Hong Kong and Japan.

Through visiting various healthcare settings and having discussions with students from Taiwan and Japan, we acquired more ideas about enhancing the quality of nursing care and how to be competent nurses in the future. We were also impressed by the high-technology and ward environment settings in Taiwan's hospitals.

Apart from knowledge exchange, we also joined some cultural explorations with TMU and Japanese students in Taipei city. Thanks to the teachers and students from TMU and Japan, we enjoyed this exchange programme very much.





THAILAND

Chiang Mai University, Thailand

Wings Wing-Sze Chow

Year 1, Bachelor of Nursing (Part-time) RN student

Cherry Yuen-Ting Wong

Year 2, Bachelor of Nursing (Part-time) EN student

Chiang Mai is a city full of surprises! You could never imagine what it looks under its mysterious and historical veil. Through the exchange programme, we undertook a deep discovery of the lifestyle and culture of Chiang Mai locals. The most surprising thing was Chiang Mai's healthcare system. As healthcare workers in Hong Kong, we had not expected that the system in Chiang Mai would be that well-developed. Patients there could receive the care they needed and the staff worked happily and stress-free. They believe "the lesser the paperwork, the better the patient care". This exchange exceeded our expectations.





Chulalongkorn University, Thailand

Wendy Nga-Ying Yan

Annie Ting-Yan Yiu

Year 2, Bachelor of Nursing (Full-time) students

Joe Ching-Kwong Yiu

Year 4, Bachelor of Nursing (Full-time) student

The healthcare system in Thailand is developing very well and attracting medical tourists. Thailand is definitely a good location for exchange and travel. This summer, we visited Chulalongkorn University, the top university with the longest history in Thailand. Chulalongkorn University provided us with a great opportunity to explore

the differences between the healthcare systems of Hong Kong and Thailand. We observed and discussed with nurses from various wards in the Police General Hospital. We also visited a Thai health centre, which contained much advanced knowledge in its beautiful and eco-friendly building. This exchange also gave us the opportunity to step into the community and visit a local village with a high elderly population. We would choose to go to Chulalongkorn University again if given the chance, as we learnt a lot and enjoyed our time there.



Mahidol University, Thailand

Apple Dick-Lam Li

Winnie Pui-Wan Wong

Melissa Pui-Yee Wong

Sally Ching-Yi Yuen

Year 2, Bachelor of Nursing (Full-Time) students

We were grateful to have this invaluable opportunity to join the exchange programme at Mahidol University in Thailand. We visited many healthcare institutions, including a hospital, medical centre, elderly club and nursing council. We gained a deeper understanding of the role of nurses in different settings and about how healthcare service could be influenced by culture. Last but not least, we all enjoyed this wonderful experience in Thailand.





UK

Edinburgh Napier University, UK

Kit-Laam Chan
Rebecca Kam-Ling Lau
Ann Wing-Man Li
Yee-Man Liu
Martin Wai-Yip Lo
Tsz-Kiu Wong

Year 2 Bachelor of Nursing (Full-time) students

Kwok-Ching Poon

Year 2 Bachelor of Nursing (Part-time) RN student



It seems a bit cliché to say that the exchange programme broadened our horizons, but in this fruitful week we had many opportunities to explore Edinburgh, from healthcare to culture. We received an overview of

Edinburgh's healthcare system that included antepartum to postpartum care, adult mental healthcare, sexual healthcare and children's healthcare, through our visits to the Birth Centre and Maternity Unit of the Royal Infirmary of Edinburgh, Chalmers Sexual Health Centre, Rachel House Hospices and the Orchard Clinic of Royal Edinburgh Hospital. Many of these units and centres were designed to fulfil both the physical and psychological needs of the service users. It is admirable that the nurses and staff are passionate about the care they provide to patients and service users. We were also impressed that a patient was allowed to visit with her horse inside the Rachel House Children's Hospice to fulfil her end-of-life wish. Our visit also provided us with the remarkable experience of attending lectures and simulated labs, where we learnt through role play to understand patients' feelings when being treated by different nursing styles. The design of the centres and hospitals is very patient-centred and humane, for example, there are outdoor and indoor playgrounds, a mini-kitchen, a party room full of coloured pads, adjustable lighting and music for child patients, and a bedroom/temporary mortuary where parents can spend as long as they desire with their deceased child. We also visited many heritage museums and tried Edinburgh delicacies such as haggis pizza, which is made of minced sheep's organs. The exchange programme was definitely eye-opening culturally, intellectually and professionally.



USA

USA / UK

Case Western Reserve University, USA

Henry Hang-Wing Chen
Ka-Wai Cheng
Stephanie Ho-Kei Cheung
Kam-Ling Lam
Jia-Yao Li
Yi Pang
Li-Nga Wong

Year 5, Bachelor of Nursing (Full-time) students

Never had we imagined that our two-week exchange programme to Case Western Reserve University (CWRU), one of the top nursing schools in the USA, could be so fruitful!

We visited a variety of local healthcare institutions and departments, community centres, adult acute care ward, emergency department, neonatal intensive care unit, cancer centre, baby & children hospital and hospice centre, etc. We gained a better understanding about the healthcare services and policies in the USA and how they are different from Hong Kong.

We participated in a health assessment activity with children organised by the students at CWRU. We were impressed by the students' leadership and communications skills and knowledge, their enthusiasm for learning and their passion for the nursing profession. We were given so many chances to join the local students' lectures, lab sessions and even a clinical placement at a local hospital! One of our most memorable sessions was the deep conversation we had with the clinical staff at a local hospice about death and end of life care.

Last but not least, we joined weekend activities to Niagara Falls in Canada, as well as crazy shopping in outlet malls and cooking at our hostel. We bring back treasured memories of our graduation exchange.





Duke University, USA

Rocky Wai-Lok Lee
Micco Tsz-Ching Leung

Year 3, Bachelor of Nursing (Full-time) students

It was our great pleasure to participate in the Exploring Global Patterns of Health and Illness Programme for international students at Duke University in the US. This eye-opening experience allowed us to collaborate with nursing students from different countries including the US, Japan, Korea, Barbados, Ireland, the Philippines, Taiwan and Oman. As a result, we gained insights into different countries' cultures as well as their healthcare systems and nursing education. Throughout the course, we had intensive, fruitful lectures about global and public health issues that were delivered by various

scholars and experts. These experiences definitely contributed to our path towards becoming competent and independent nurses in the future, as it is crucial to have a broad view of patient education and community health. We were also assigned to different multinational teams and cooperated on a final Evidence-Based Practice (EBP) project, in which we aimed to propose evidence-based interventions to tackle public health problems from across the globe.



University of Connecticut, USA

Gabrielle Sum-Yuet Chan
Vanessa Wing-Kei Chick
Daniel Hon-Ming Chung
Hiu-Yan Fung
Lok-Fung Lam
Tommy Wai-Lok Shu
Christy Wong
Alex Chun-Ho Wong

Year 4 Bachelor of Nursing (Full-time) students

We are most grateful for this exchange opportunity to the University of Connecticut, which allowed us to reflect and compare ourselves with American nursing students. We were inspired by their enthusiasm in learning and observed that the teaching system in the US was very much emphasized on research and innovation. This helped us to understand that nurses are also responsible for advocating and facilitating new developments in the field.

Other than visiting different hospital and rehabilitation settings, we also enjoyed the authentic culture and lifestyle there. Every day after school, we cooked and studied together in a lovely apartment. We also made use of our spare time to visit some major attractions in New York and Boston, such as the Massachusetts Institute of Technology (MIT). This unique experience has definitely become a precious memory to all of us.



University of Pennsylvania, USA

Pik-Kwan Cheung

Yan-Pui Choi

Nicolette Lau

Kit-Ying Ng

Wai-Han Tse

Sum-Yi Yeung

Year 4 Bachelor of Nursing (Full-time) students



We enjoyed a memorable two-week exchange programme at the School of Nursing, University of Pennsylvania (UPenn). This nursing school is ranked number one in the world and the UPenn nursing students have strong support from their school and their teaching hospital (Hospital of the University of Pennsylvania (HUP)). There are substantial simulation labs and boot camps, the labs have actual IV infusion pumps and ceiling hoist installed for students to practice with, and each student is provided with an access code so they can familiarise themselves with their patient's case before clinical consultation.

We also enjoyed attending the lectures. The learning atmosphere was good and everyone was willing to express their views and learn from each other. The lecturer also encouraged us to speak up and raised questions regarding perioperative care and functional status. We loved the interaction during classes and made lots of friends with our classmates

We were honoured to have this exchange opportunity because it helped us to gain more understanding of the American medical system, clinical setting and culture. Nurses in the US have much more autonomy and independence in general and there is greater respect for the nursing profession. This exchange reminded us why we want to be nurses in the first place. As healthcare professionals, not only do we empathise with our patients in both their physical and psychological healing, but we also acknowledge the importance of holistic wellbeing for caretakers and healthcare workers.



The University of Texas Health Science Center at Houston, USA

Alex Kin-Hei Ling

Christy Tsui-Shan Tsang

Wing-Nam Tsang

Bonnie Ching-Man Yuen

Year 3, Bachelor of Nursing (Full-Time) students

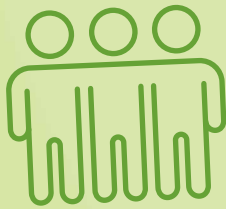


Our exchange schedule was composed of lectures, labs, simulations, tours and clinical visits. We participated in obstetrics simulations and observed how local students handle patients during labour. We also learnt how to assess a new-born baby and how to breastfeed. Other highlights included touring Houston

Hospice, MD Anderson Cancer Center and Texas Children's Hospital, where we got a deeper understanding of healthcare support for the elderly, cancer patients and children in the US. Furthermore, we acted as observers for five days in the Neuro ICU, Surgical & Liver ICU, Medical Unit, Chest Pain or Observation Unit and Inpatient Dialysis Unit at the Methodist Hospital. We observed the routines of the nurses and saw how they provide holistic care to patients and communicate with other healthcare professionals. We were glad to be involved in this exchange programme and have been deeply inspired. We hope to bring this inspiration to our future practice in Hong Kong.

Life Enrichment Learning (Pilot)

36 Students joined

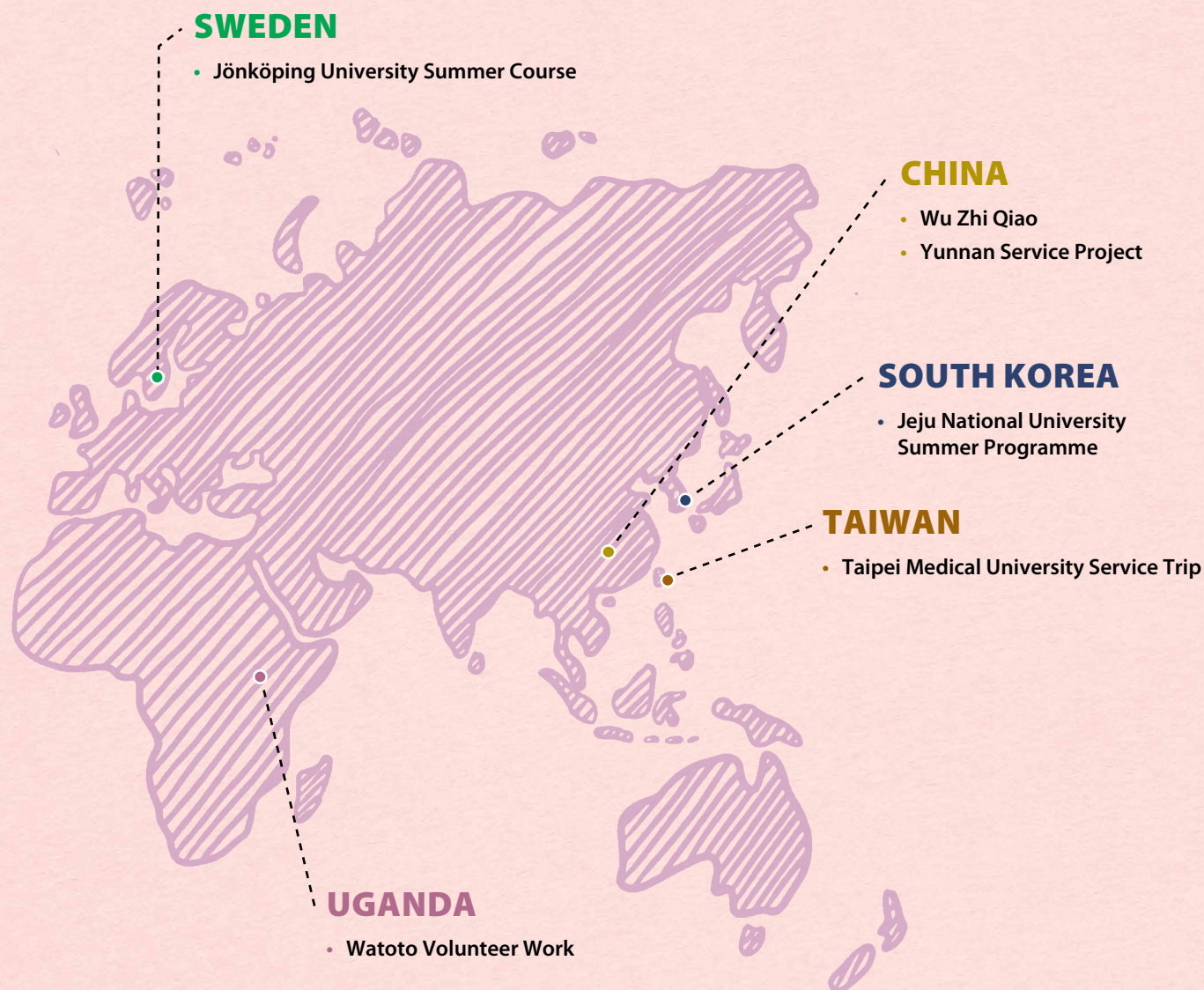


Life Enrichment Learning
(Pilot) Programmes across
5 countries/regions



A new course “Life Enrichment Learning” has been introduced for the 2019/20 cohort and thereafter. This course provides students with opportunities to explore and discover in their pursuit of different kinds of learning along the University’s visionary strategy of “Internationalisation”, “Innovation” and “Interdisciplinarity” converging onto “Impact”. The life enrichment learning enhances students’ total learning experiences. During the course of study, students would participate in experiential learning activities beyond Hong Kong. Students will be required to plan and undertake their individually tailored activities including but not limited to student exchange, academic visits, study trips, practical and/or service experience, research internship, international events and interdisciplinary learning, e.g. inter/intra-faculties electives offered by HKU.

A pilot of this programme was conducted during the summer of 2019.



CHINA

Wu Zhi Qiao

Yan-Ki Chan
Wing-Yee Chu
Tsz-Yan Ng
Priscilla Yip

Year 1, Bachelor of Nursing (Full-Time) Students

“ I learned that in serving people, we had to make sure that we did not disturb the target's original lifestyle, which was the reason why we lived in tents at a theatre and were not able to take a bath. ”

“ All the experience gave me the satisfaction that I could contribute to the better life of the villagers. ”

HKU Wu Zhi Qiao Programme 2019
2019 港大無止橋暑期課程



“ Participating in construction work was a unique experience for me. We set up the solar lamps, dug a ditch for drainage, and renovated the dormitory. ”



“ I gradually adapted to this environmentally-friendly and collectivistic lifestyle which was the opposite of university life in Hong Kong, but I found joy in this simplistic life. The most important thing in life could be human relationships, which were often fostered by compassion and empathy. I was glad that my career related to these elements closely. ”





Yunnan Service Project

Tsz-Kwan Chan

Man-Hei Ng

Year 1, Bachelor of Nursing (Full-Time) Students

Oi-Ying Ngan

Fung-Mei Tsoi

Year 2, Bachelor of Nursing (Full-Time) Students

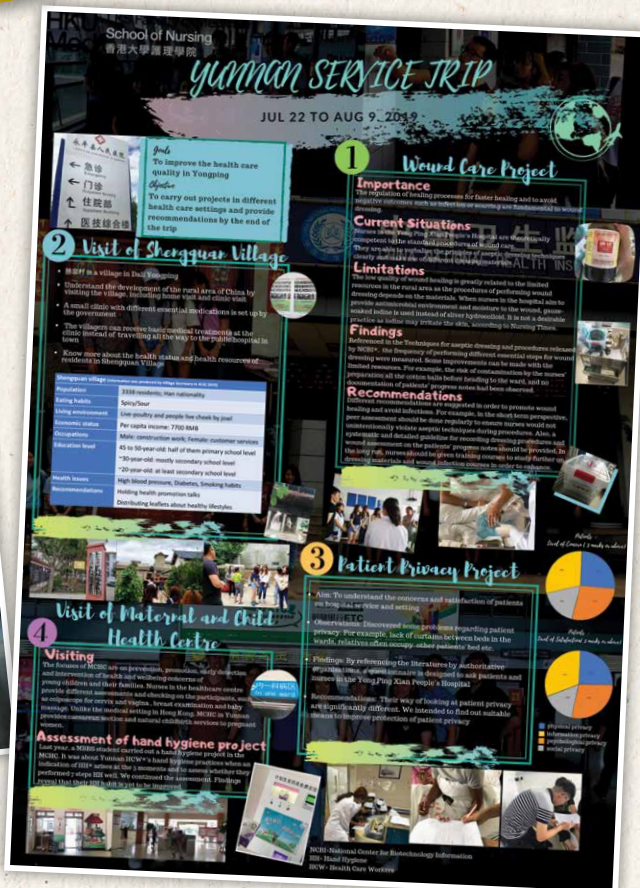
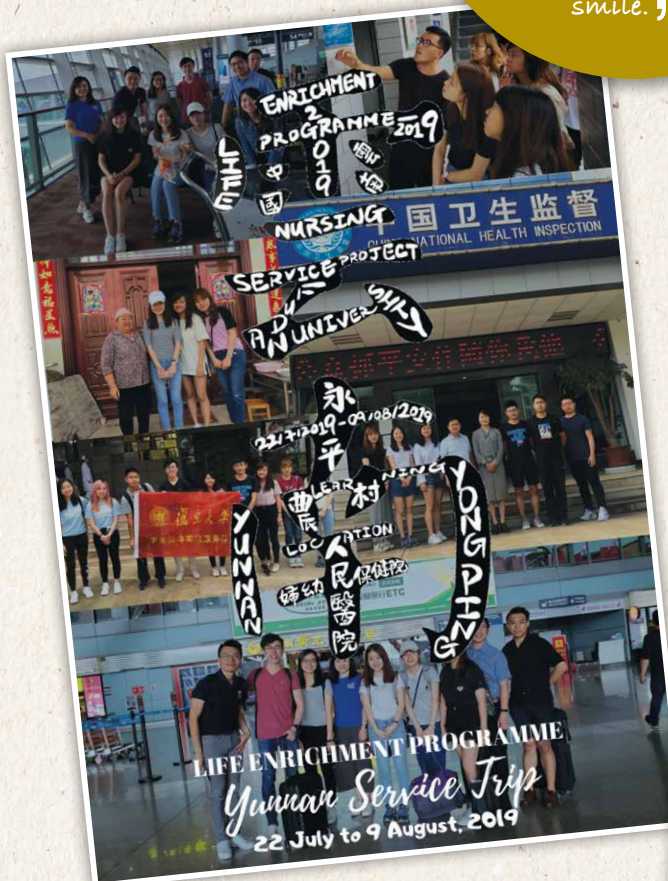
“The more I learn the less I know.” No matter how old-school this quote is, it is what I have experienced most in the past three weeks.”

“During this journey, I met many people and experienced many new things. For many times, I reflected on what kind of a person and what kind of a nurse I want to be. One third of my university life is over, no one knows what I will become in the future, but I know that there is still a long way to become a nurse.”





“What I gained most from this journey was to make friends with students from Nursing and MBBS. Every day was filled with laughter and we can face every challenge with a smile.”





SOUTH KOREA

Jeju National University Summer Programme

Man-Hin Wong
Long-Hin Cheuk
Ho-Kei Ong
Hei-Lam Tong
Chui-Tung Hui
Year 1, Bachelor of Nursing
(Full-Time) Students



“ We learned the advanced Korean language. It included: ordering food in a restaurant, shopping and describing daily activities. I have learned a lot in these two weeks. Now, I can briefly introduce myself and order food in a restaurant! ”

“ My classmates came from different countries like Canada, the Philippines, and America, which helped me to expand my network and learn different culture. ”



LIFE ENRICHMENT PROGRAMME
Life in Jeju
 JEJU NATIONAL UNIVERSITY SUMMER AND EXCHANGE PROGRAMME
 5/8/2019-23/9/2019

Details and aim of the programme
 Jeju National University (JNU)
 • Established in 1952
 • The only national university in the Jeju Special Self-Governing Province
 • 3 colleges and 50 graduate schools (including the School of Medicine and the Law School)

Our study programme can be separated into two parts:

First part:
 Korean language programme (2 weeks)
 Aim:
 This Korean language programme will only allow to let participants learn basic Korean Language but also to know more about the history and cultural background of Jeju Island.
 Contents:
 • Learning some basic Korean vocabulary and conversation, that could be easily applied to daily life
 • Having some special lectures related to the tradition of Jeju Island
 • Participating in cultural activities (Such as visiting Haeinsa Museum and 5-day traditional market)

Second part:
 The nursing exchange programme (1 week)
 Aim:
 This nursing exchange programme aims to allow the participants to explore the difference between the health care system and health care facilities of Jeju Island and Hong Kong.
 Contents:
 • Visiting the healthcare unit of Jeju Island (including the domestic center and Jeju National University Hospital)
 • Joining a volunteer service to provide foot massage to the elderly in the rehabilitation hospital
 • Having a presentation on the health care system and the health issues in Hong Kong to Jeju National University students

This programme includes 2 weeks of Korean Language Programme and 1 week of Nursing Exchange Programme. So, if you want to learn Korean language, you are welcome to join!

Where did we go?

Korean Language Programme
 - Yongcheondonggyo Care
 - Jeju Haengyeo Museum
 - Jeju Folk Village
 - Jeju Horse Park

Nursing Exchange Programme
 - Jeju National University Hospital
 - Jeju Provincial Dementia Centre
 - St. Isidore Hospice
 - Jeju Health Community Centre

How do we feel?
 For us, this is the most unforgettable experience. Not only because we became of the people who are nice to us and it was friendship with people, but also because we had a chance to work hard and play hard. Let's us share again, we are programme and say "I love you!"

“ It was quite a huge challenge to me as the class didn't teach vowels and consonants which were the basis for learning the Korean language, so our buddy provided a tutorial class to us. Now, I can read some basic words in Korean. ”

“ People were so friendly and we were glad to meet some new friends there. ”

제17회 간호대학 학술제

2019.8.22.(목) 16:50~19:00

장소 제주대학교 사회과학대학 중강당

주최 제주대학교 간호대학

주관 제주대학교 간호대





SWEDEN

Jönköping University Summer School

Chun-Ho Lau
Kristy Sin-Ki Tso
Ka-Kei Ng
Lok-Yi Yan
Hui-Hei Cheng
Chit-Ue Chiu

Year 1, Bachelor of Nursing
(Full-Time) Students

“ We had a lot of discussions, students talking their own country's health care system which made us understand a lot more about different countries. ”

“ I have spent a really good midsummer there. We have played the Swedish traditional game in a wonderful park. I enjoyed the environment and lifestyle there. ”

“ I think the life enrichment program is able to widen our horizon. The course encouraged us to do more self-reflection on cultural issues. I would like to recommend the program to fellow students in the School of Nursing. ”



JÖNKÖPING UNIVERSITY Summer Programme

Global Perspective on Health and Welfare

ACADEMIC

- Learn the relationship between cultures and health care services.
- Learn from Sweden's health and welfare system, which is one of the best systems in the world.
- Exchange our opinions on health policies with students all over the world.

CULTURAL

- Enjoy the relaxing life style in Sweden (e.g. sunbathing).
- Explore the culture and history of Sweden by visiting local historical remains.
- Exchange food cultures through cooking dinner with classmates.

This exciting, enjoyable and meaningful trip is a golden opportunity to widen your horizon by learning from other cultures!



“ Our course teacher invited us to have a picnic in her beautiful house. I believed it's a dream house for every Hong Kong people. We have made a poster for a take-home message and we presented it in our teacher's house. I'm truly surprised that the international students here are all so nice and willing to meet friends from other countries. The cross-cultural life and lessons were very interesting which will be the selling point of this course. ”



TAIWAN

Taitung Biomedical Education Camp

Law-Tin Ching
Tang-Kwong Yau
Chan-Shing Chun Paul

Year 1, Bachelor of Nursing (Full-Time) Students

Ho-Man Hin
Lau-Chun Lun Konrad

Year 4, Bachelor of Nursing (Full-Time) Students

“ We had learned a lot from this trip, as we had tried to adapt to the working method in other places, as well as voicing out our opinions. ”

“ We enjoyed the time with the local high school students, who gave us a very warm welcome. And we were very touched by their strong willingness to learn new things, they showed significant improvements in medical knowledge and social skills. ”





“ I made a lot of new friends in Taiwan and I found them so enthusiastic and fun. And by communicating with them, I came across some cultural variations between Taiwan and Hong Kong people. ”



Taitung Biomedical Education Camp #Taipei Medical University #Maplebless

#楓林幸福 #給您滿滿幸福

Aim of the service programme

- To promote biomedical related tertiary education to senior high school students
- To provide insight into the medical profession to senior high school students

Our goals

- To learn planning and execution of large scale service activity
- To perform culturally sensitive service
- To share our journey in the nursing study

Our feelings and ideas perceived

- Culture and language hinder team building
- Population-based resources allocation result in concern of equal opportunity
- Communication technology aids knowledge transfer
- Resilience and critical thinking are a good pair of tools to handle any unexpected issues

What did we do?

Programme	13/8-20/8/2019
Duration	15/8-19/8/2019
Service	National Taitung Girls' High School
Location	D.I.Y. Hand Sanitizer
Content (Experiment)	Thin Layer Chromatography (TLC)
	Gel Electrophoresis
	Gram Staining
Content (Lecture)	Cloning Technology
	Biosynthetic Materials
	Microbiology
	Hospital Visit
	Discussion of Bioethics
	Career and Innovation of Biomedical Industry



Sunfu 2019 – Taipei Medical University Service Trip

Hung-Sze Chai
Lau-Ching Lam
Fu-Kai Kuen
Year 2, Bachelor of Nursing (Full-Time) Students

“ Three of us did learn a lot from students at Taipei Medical University. We had different lectures provided by them and learned what we should do in Nantou to assist doctors, dentists, and pharmacists with their works. In fact, such communication was not a one-way process. Sometimes, we also exchanged ideas with them by utilising our nursing knowledge. ”

“ I was quite worried about this trip before because I had no idea what I will experience in these 21 days. Soon, I found out that nothing needed to be anxious as people there were very helpful and they treated us as a part of their team. ”





0730 0809 PREPARATION PERIOD

- Attend lectures provided by the Taipei Medical University's students.
- Pass 2 OSCE (Objective Structured Clinical Examination) to assess the ability of:
 - Being a dental assistant
 - Setting up the volunteer clinic within 10 minutes
- Pass 1 within examination

Here are the notes taken during the preparation period



Students that gave us the lectures during the preparation period

0810 ENTERTAINMENT & EDUCATION 0814 SERVICE TEAM

- A group formed by freshmen in the Taipei Medical University.
- Assisting TMU students to complete their teaching plan:
 - Teaching children Chinese by telling them fables.
 - Teaching them English by singing popular nursery rhyme.
 - Teaching them Mathematics by playing different problem-solving games.
- Getting along with the children in most of the spare time.
- Impressed by the magnificent spectacle of Nantou, their simple lifestyle and sincere people.
- Offering a series of learning activities to primary school students in Ren Ai Town with a purpose of "learning through playing".



Photo taken with the children in Ren Ai Town on the last day



Experiencing the local culture of Taiwan (Jianshi Youth Dance)

0814 0819 MEDICAL TEAM

- Creating an overall tribe healthy lifestyle. To achieve this goal, volunteer clinic, child health check, house visiting, and health situation are offered.
- The information collected will be integrated into a file for understanding the health situation of every household, which provides a more comprehensive view of each case and then further improves service that reaches the hands of patients and residents.
- Volunteer clinic is the most significant part, as professionals can provide appropriate medical care to local and reinforce the concept of visiting a doctor.
- Discovering the potential disease in early stage that make up sufficient education of medical resources.
- Immediate referral to hospital treatment will be done if consulted residents turn out to have chronic diseases or serious illness.

Assistance in suction during birth - training



Assistance in labour during birth - training



REFLECTION

I sincerely thank the university of Hong Kong and the Taipei Medical University for providing me this opportunity to make a tiny difference. It's such a honor to be in part of this enrichment program. This program allowed me to broaden my horizons by exploring different medical fields work. For example, my colleagues and I were able to be engaged in the role of the dentist's assistant after passing the OSCE. Further, we also explored the medical system in Taiwan by communicating with our buddies in the Taipei Medical University. In conclusion, this life enrichment programme is highly recommended for the students that would like to widen their horizons and make a difference.

- Kim

I sincerely thank Taipei Medical University for providing this volunteer travel opportunities for us, allowing us to participate in such a meaningful activity. Within these twenty days, I believe I gained much more than I expected. My social network was expanded. I met two other fellow students who I had not known before and I got many new friends from Taiwan which is still in contact through social media. My horizons was widened. I communicated with those indigenous people and experienced the local culture. Great things never come from comfort zones. This life enrichment programme is truly worthy. Whereas the trip had completely ended, I look back on it sometimes. Every time when I review it, I am filled with happiness. If there is another chance to join this activity, I think I would love to take part in it again because of its fulfilling.

- Ching Lam

To be honest, I was quite worried about this trip before because we had no idea what will experience in these 21 days. Soon, I found out that nothing needs to be anxious as people there are very helpful and they consider us as a part of their team. The schedule they assigned for us was meaningful. I learned a lot from that including getting familiar with dental equipment, learning to be a dental assistant, and understanding about common diseases among residents, and enjoying the traditional dance and language with them. That's an awesome experience that I would not have gone through if stayed in Hong Kong.

- Tom

LIFE ENRICHMENT PROGRAMME : TAIPEI MEDICAL UNIVERSITY SERVICE TRIP
(山地社會醫療服務隊)

TOM FU KAI KUEN | KIM HUNG SZE CHAI | LAU CHING LAM

“ Even though the environment in Nantou was not that ideal, I still would love to join this programme because of its meaningful purpose and fulfillment. ”



“ This trip was really more than I expected. I did not expect it went through smoothly; I did not expect all Taiwan students were so kind and helpful; I did not expect I could know two buddies in this short trip. ”





Penghu 2019-Taipei Medical University Service Trip

Wing-Ki Cheung

Rosetta Ka-Ching Lin

Year 2, Bachelor of Nursing (Full-Time) Students

“The most memorable thing would be how I experienced Taiwanese’s hospitality.”

“The most admirable thing I have seen on this trip was the optimism of the elderly towards life. No matter how much misfortune in their life, they have stayed strong and kept moving on. The one thing I hope that we can improve was their knowledge of medicine and health, though it takes time to educate and change their mindset related to diets and drug adherence. I do hope to see future improvements can be.”



Penghu

2019

Taipei Medical University Service Trip

We collaborated with students from Taipei Medical University and traveled to Penghu for home visits. We visited several districts and nearby islands of Penghu which includes Xinye Township, Baisha Township, Yuanbei Island, Bird Island and Magero. Our main work was to collect first-hand data from our target group – the elderly living in Penghu.

#plan

The aim of this program is to collect first-hand data from the elderly living in Penghu regarding their illness experiences, perceptions, and access to medical care.

#findings

The data will then be used in future planning to promote health and resolve some of the misunderstandings and barriers that hinder their pathway to seek help from health professionals.

#plan

During each visit, we would ask questions related to:

- Their overall health conditions, e.g. physical fitness, psychological health, and social support system.
- Factors that might affect their access to medical treatment, e.g. traveling, distance, financial burden, family's accompany.

#details

Following the 5 days trip to Penghu, we then volunteered at Taipei Medical University – Active Aging Centre for 2 weeks. During the morning sections, we worked as chef assistants and helped with lunch preparations. Lunchtime was a great opportunity to communicate and interact with the elderly and share our experience in Penghu. The centre has become a major part of the elderly's life, where they spend most of their time and get to meet their friends.

#findings

We were given a chance to lead an activity to introduce traditional food in Hong Kong. We decided to introduce Mango Mochi. The steps were quite easy to follow and the preparation time wasn't really long, so the elderly could also follow these simple steps and make it at home as well. All the elderly actively participated in this activity and we're glad that they enjoyed it.

#findings

The above is the centre's weekly schedule. The centre provides various activities for the elderly to enjoy, from karaoke to cognitive training using board games.

#findings

It was obvious that the living conditions of the elderly of Taiwan and Penghu were entirely different from one another, due to the different access to medical resources and eating habits. The elderly centre is like a cafe, but specifically for the older generations, providing entertainment and space for them to chill out. The staff also plays as active listeners. For example, each individual may come a few times a week, and so they will share any possible physical discomforts or mental health issues with the staff at the centre.

#findings

We have been blessed with many amazing experiences of Taiwanese hospitality. We have met some really good friends and we are grateful for their kindness and warm welcomes.

#findings

"This trip nourishes your soul, darkens your skin."

After this trip, we have a deeper understanding of the elderly in Taiwan and saw the differences between the elderly from Penghu and Taipei. The elderly in Penghu work for the whole day to the point of physical exhaustion. At the same time, there are insufficient medical facilities in Penghu, they have to rely on the clinics on the island. As a nursing student, our heart aches noticing their plight and that there are not enough medical resources to help relieve any mental or physical issues they may have since their lives are labor-intensive.

Cheng Wang Qi

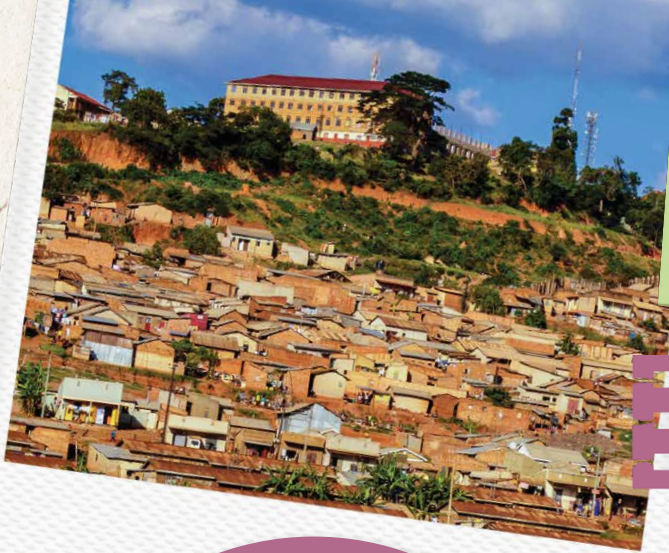
Lin Ku Ding Shun

"I made good friends and I was thankful for them to take care of us. Time flies, the 18 days Taiwan trip was certainly a meaningful trip as it was a great opportunity to better equip myself to become a nurse in the future."



"We were given a chance to lead a session to introduce traditional food in Hong Kong on the last day, and we had introduced Mango Mochi. The making of this dessert was quite easy and the preparation time wasn't really long, so the elderly could make it at home as well."





UGANDA

Watoto Service Trip

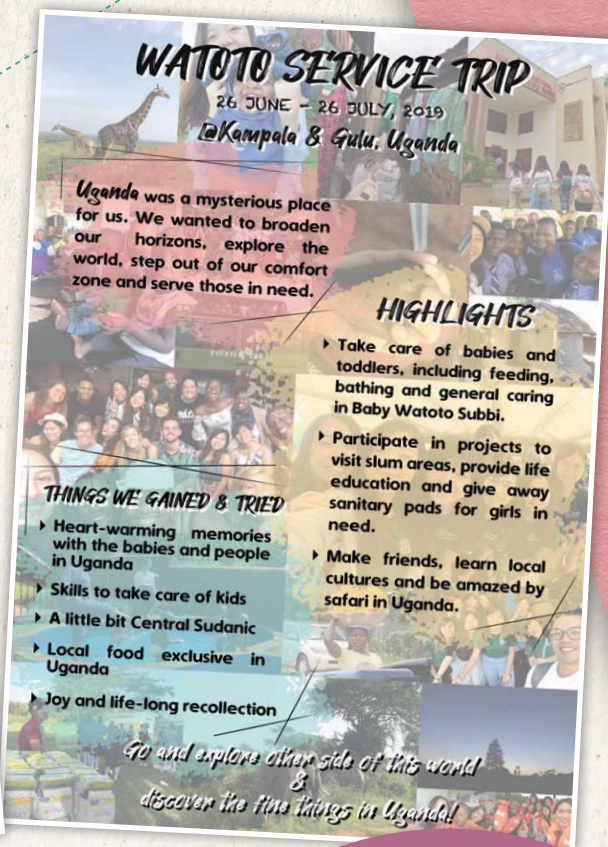
“ I worked in the Baby Watoto, the nanny kept saying, ‘you’re most welcomed! It’s nice to have you here Karlie.’ The babies are so energetic and eager to show their love to us. I enjoy spending cooking and shopping time with my friends too! ”

Sin-Yee Lam
Ho-Yan Sin
Tsz-Yan Sze
Po-Suen Tsang
Lap-Yin Tse
Nga-Sze Wong
Yik-Ling Yung
Year 1, Bachelor of Nursing
(Full-Time) Students



“ On this trip, I had met a lot of friends and stepped out of my comfort zone. I was very grateful to be there and I was encouraged by the stories of the kids and teens. It was no regret for me to spend a month in Uganda!. ”





“ During the slum visit, we’ve met two single-mothers who are struggling for lives. Raising children is never easy even in a developed city like Hong Kong, not to mention in that severe environment. The two mothers are suffering from AIDS, but they still try so hard to tolerate the side effect of the medication and work for cents. ”

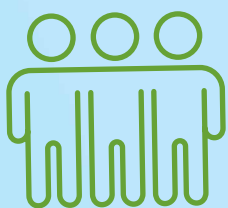
“ The day I enjoyed most was the church day every Sunday. Though I am not a Christian, I could feel how religion connects people’s heart and motivate them to strive for a better life. ”



Incoming Exchange Programme

131

Students from



26



Universities across 13 countries/
regions joined our incoming
exchange

MYANMAR

- University of Nursing Yangon

THAILAND

- Chiang Mai University
- Mahidol University

VIETNAM

- Duy Tan University
- Nam Dinh Nursing University

MALAYSIA

- International Islamic University Malaysia





CHINA

- Peking Union Medical College
- Sun Yat Sen University
- Secondary Military Medical University
- Dalian University
- Fudan University
- Peking University
- Capital Medical University

SOUTH KOREA

- Jeju National University
- Korea University
- The Catholic University of Korea

JAPAN

- Hokkaido University
- Osaka University
- Kyushu University

TAIWAN

- Taipei Medical University
- Kaohsiung Medical University

BRUNEI DARUSSALAM

- PAPRSB Institute of Health Sciences

INDONESIA

- Universitas Indonesia

THE PHILIPPINES

- University of the Philippines

SINGAPORE

- National University of Singapore

AUSTRALIA

- The Queensland University of Technology
- The University of Sydney
- The University of Melbourne

SWEDEN

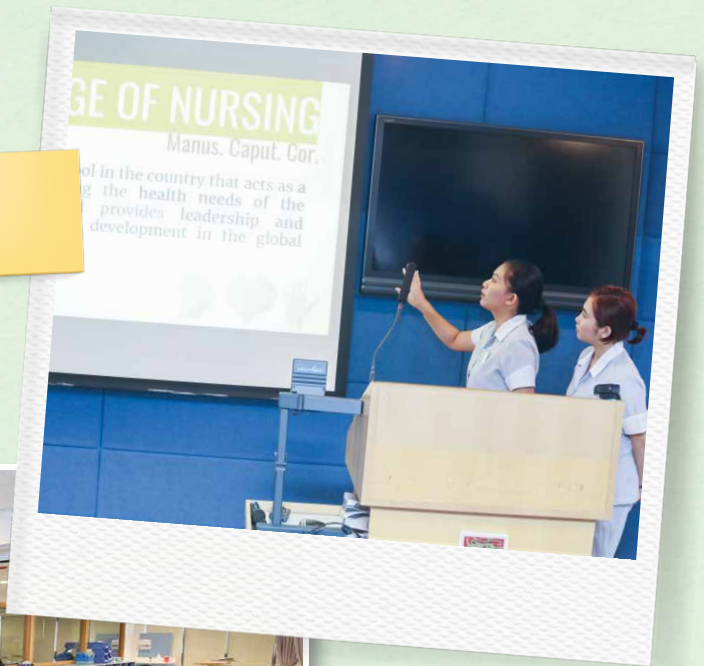
- Jönköping University

ACTIVITIES OF INCOMING EXCHANGE PROGRAMME

Welcome Meeting



Lectures



Lab visit





visit to School of Chinese Medicine



Medical Library visit with Jasper, therapy dog



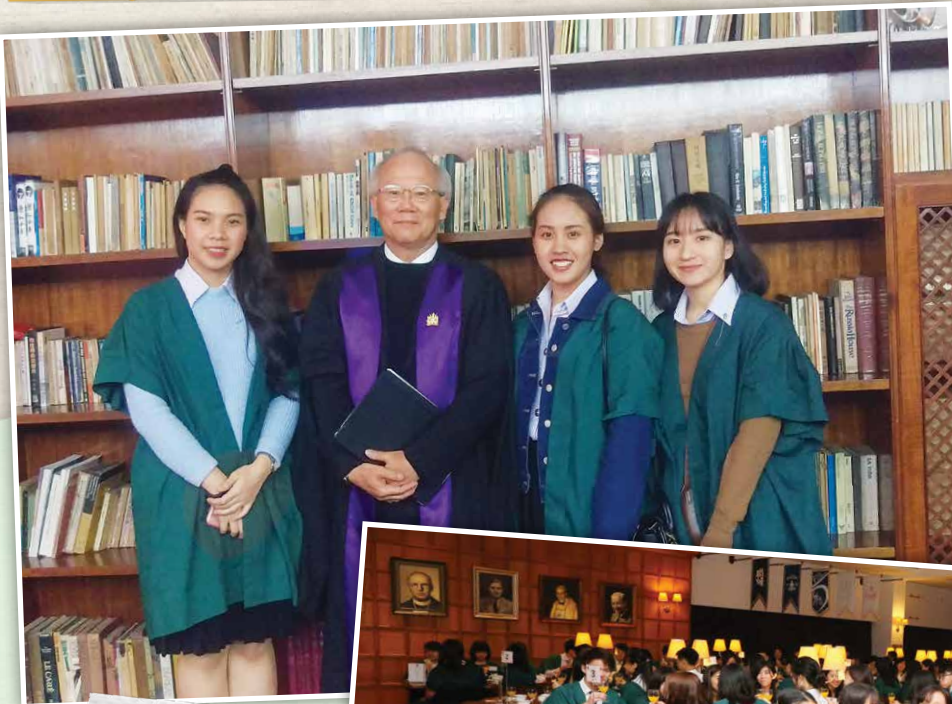
Clinical visit



NGO Visit



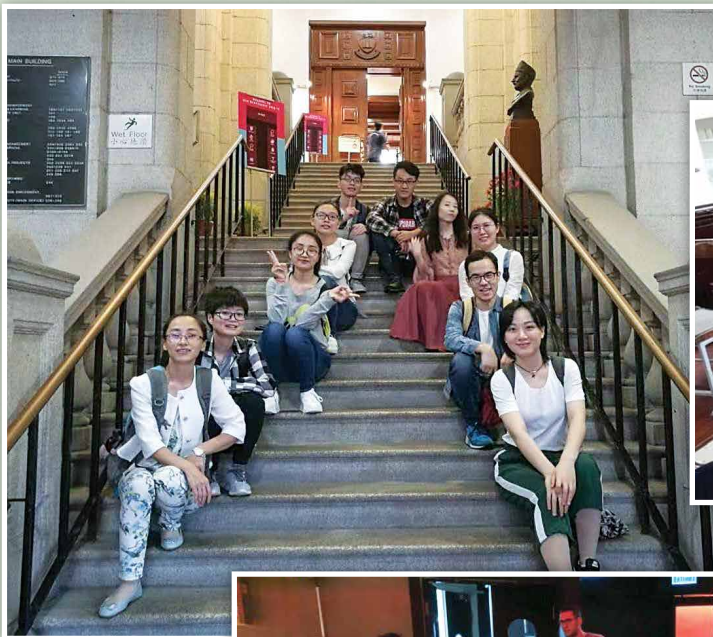
High Table Dinner



East meets West Luncheon



HKU Student Ambassadors





**HKU
Med**

LKS Faculty of Medicine
School of Nursing
香港大學護理學院

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