


## 海外体験報告 (Overseas experience report)

看護学専攻 2	年 氏名 中鉢 奈波	渡航先 Cambodia
<input checked="" type="radio"/> 海外研修 <input type="radio"/> 海外留学 <input type="radio"/> 海外学会参加・発表 <input type="radio"/> その他 ( )		
利用制度/学会名 ( Club activity [TiMSA] )		
渡航期間 period	2018-08-12 ~ 2018-08-24	( 13 日間)
費用 cost	航空費+滞在費+海外保険+生活費 = 150,000 円	
	財政支援 円 (財源 : )	
渡航のための準備 Preparatory activities (事前研修プログラム、独自での語学勉強、下調べなど) <ul style="list-style-type: none"> <li>・ Make contact with Japanese associations working in Cambodia</li> <li>・ Gather information about the medical system in Cambodia on the Internet</li> <li>・ Prepare for the presentation on disaster medicine</li> <li>・ Practice CPR</li> </ul>		
渡航経験からの学び What I learned from this experience? <ul style="list-style-type: none"> <li>・ The genocide by Pol Pot government had a great influence on medical care in Cambodia.</li> <li>・ It is necessary to educate and develop more medical staff.</li> <li>・ The shortage of medical facilities is serious even in national hospitals.</li> <li>・ Treatment is considered to be the highest priority while rehabilitation such as physical therapy is not common in Cambodia.</li> <li>・ There is no effective health insurance system.</li> <li>・ Poor people can receive medical care for free in national hospitals, but the condition of the hospital is not good. They are narrow, gloomy, and hot.</li> <li>・ In Cambodia, it is common that the family members take care of the inpatients instead of nurses. Sometimes they stay overnight on the floor or at the corridor of the hospital.</li> <li>・ There is still discrimination against AIDS patients and disabled people.</li> </ul>		
		写真の説明 legends of photo We are listening to a pregnant woman in a village.
おすすめポイント reason for recommendation You can decide where you want to visit and what you want to do by yourselves, so you can learn exactly what you want to learn. This time we had opportunity to visit hospitals, an orphanage, a school, and a rural area and give presentations to many Cambodian people.		

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看護学専攻 2	年 氏名 Mako Chiba	渡航先 Cambodia
<input checked="checked" type="radio"/> 海外研修 <input type="radio"/> 海外留学 <input type="radio"/> 海外学会参加・発表 <input type="radio"/> その他 (   )		
利用制度／学会名 ( Club activity [TiMSA] )   )		
渡航期間 period	2018-08-11	～ 2018-08-25 ( 14 日間)
費用 cost	航空費+滞在費+海外保険+生活費 = 160000 円	
	財政支援                              円 (財源: Part-time job                              )	
<b>渡航のための準備 Preparatory activities (事前研修プログラム、独自での語学勉強、下調べなど)</b> <ul style="list-style-type: none"> <li>• Study about Cambodia</li> <li>• Preparation for presentation (topic: Great East Japan Earthquake)</li> <li>• BLS (Basic Life Support) training</li> <li>• Contact with NGOs working in Cambodia</li> </ul>		
<p><b>渡航経験からの学び What I learned from this experience?</b></p> <p>The medical system in Cambodia is under-developed due to the Pol Pot regime. He massacred many doctors, nurses and teachers resulting in the break down of the Cambodian healthcare system. I was shocked that even nurses who worked in the national hospital don't have sufficient knowledge and skills. There is also a shortage of medical instruments. For example, the defibrillator was broken and the number of incubators was limited, despite this being a famous national hospital. I believe if they had the right knowledge and functional medical instruments, more people can be saved. I was surprised at the gap of the level of quality healthcare services between different countries such as Cambodia and Japan. I felt high-quality education is so important.</p> <p>In Cambodia, when people are admitted to the hospital, their family have to stop working and stay in the hospital to take care of them. There are so many people in the small hospital rooms and they looked so tired. Some family members stayed overnight in hospital corridor who also had to worry about thieves who may steal their belongings. Therefore, hospitalizations are challenging not only for patients themselves but also their families. In Japan, one of the most important roles of nursing is to take care of patients. So, I was really surprised to discover that in Cambodia, the work of nurses is only limited to medical activity. During this trip, I felt the difference of the role of nurses in different countries, which made me think about the most important aspects for good nursing.</p> <p>The social security system is not properly working in Cambodia. There is a sense of discrimination against the elderly and handicapped persons. When I visited the facility for the elderly and handicapped people, they smiled and talked to me. They told me that they were abandoned by their family and neighbors. I realize this is a difficult country to live in for these people. Now, I really want to study more about the social security system in Japan so I can see what we can do to help them.</p> <p>I saw and felt many things in Cambodia. I realized that we are privileged to live in such a comfortable environment in Japan. After returning to Japan, I want to study more about global health.</p>	 <p><b>写真の説明</b> legends of photo          I had the chance to tell people in Cambodia about Japanese basic life support (BLS). Most people had never learned it, but I think they enjoyed and learned the importance of BLS.</p>	
<p><b>おすすめポイント reason for recommendation</b></p> <ul style="list-style-type: none"> <li>• It's possible to feel the difference between Cambodia and Japan through actually visiting hospitals in person.</li> <li>• It's possible to hear the real voices of local people.</li> <li>• It's possible to tell the people in Cambodia about the Great East Japan Earthquake and Japanese healthcare system because we had the opportunity to do a presentation.</li> </ul>		

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看護学専攻 4	年 氏名 渡辺 果穂	渡航先 タイ (チェーンライ)
<input type="radio"/> 海外研修 <input type="radio"/> 海外留学 <input type="radio"/> 海外学会参加・発表 <input checked="" type="radio"/> その他 ( 海外ボランティア )		
利用制度/学会名 ( ボランティア団体 ボランティアプラネット )		
渡航期間 period	2018-05-18 ~ 2018-05-23	( 6 日間)
費用 cost	航空費+滞在費+海外保険+生活費 =	約200,000 円
	財政支援	0 円 (財源 : )
渡航のための準備 Preparatory activities (事前研修プログラム、独自での語学勉強、下調べなど) ・タイの文化、山岳民族、NGOの活動に関する下調べ ・独自での語学勉強		
<b>渡航経験からの学び What I learned from this experience?</b> 今回のボランティアを通して、タイの医療の実際を学んだり、タイの山岳民族の暮らしを体験したり、植林活動や物品寄付といったボランティアを経験することができた。まず一番に感じたことは、タイと日本の文化の違いについてだ。衣食住の生活スタイルはもちろん、医療の面においても日本とタイでは大きな違いがあった。例えば、日本とは違いタイは国籍を持たない人の数も多く、国籍を持たない人々は病院で治療を受けたり、薬を処方してもらったりといったことができない。そういった現状がある地域に実際に訪れることができたことはとてもいい経験だと感じだし、まずは自分が住む国と他の国とでは様々な違いがあることを知り、十分に理解したうえでボランティア活動に臨むことが大切だと思った。日本にもタイにも独自の文化が発展しており、お互いに長所、短所があるので補いながらさらに文化を発展させていけると感じた。また、自国との違いを理解した上で、タイの医療問題や民族問題の解決のために日本だけでなく、多くの国の人たちが関わっていることをボランティアを通して知ることができた。今回のボランティアもそうだが、国境付近の紛争地域にある難民キャンプには各国の医療スタッフがボランティアで集まり活動しており、また生活の技術が発展していない山岳地帯では井戸や建物を作るために多くの人々が集まり活動している。今回のボランティアは医療に関する内容のものではなかったが、ボランティアを通して現地の人たちとかわり、活動していくことの嬉しさを感じた。今後は機会があれば医療のボランティアなどにも参加してみたいと思う。		
		 
		<b>写真の説明 legends of photo</b> 上：山岳民族の子供たちとの写真 下：子供たちと絵を描いている写真
<b>おすすめポイント reason for recommendation</b> ・タイの文化や現状についての詳しい説明がある。 ・実際にタイの山岳民族の生活が体験できる。 ・植林活動や、井戸づくり、日本語教室、子供たちと遊ぶといった幅広い活動がある。		