

SN Inbound Student Exchange Programme

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Group photo with the students joining the Summer Inbound Exchange Programme 2018-2019



Visited Hong Kong Sanatorium & Hospital and attended a sharing session of the nursing students of the hospital



We put our hands together



The Lei Muk Shue Nursing Home



Wearing the personal protective equipment



The exchange students discussed their strategies during the treasure hunt activity

A brief introduction of the inbound exchange programme

Have you ever thought of joining the inbound student exchange programme? In this programme, PolyU nursing students take up the role as ambassadors to give warm reception to exchange students from around the world and participate in learning and activities together with the exchange students. The programme provides a great opportunity for making friends and exploring different cultures.

This year, the duration of the inbound student exchange programme was four weeks. The programme began with some ice-breaking games, such as treasure hunt, to allow students to get to know each other and to familiarize with the PolyU campus. In the first two weeks, we participated in online activities to discuss cultural competence with the exchange students. In the last two weeks, we visited various Hong Kong's healthcare organisations, such as Hong Kong Sanatorium & Hospital, an ambulance depot and an elderly nursing home. During the visits, we shared our views about the nursing culture and healthcare system in Hong Kong with the exchange students. We attended lessons and workshops about traditional Chinese medicine, aromatherapy and mental wellness together with the exchange students. As ambassadors, we organised cultural visits for the exchange students to let them know more about the tradition, culture and history of Hong Kong.

Sharing learning experiences during the inbound exchange programme

Do you know what are flipped classrooms and virtual seminars? Do you know that in Australia, some universities deliver lectures, seminars, and tutorials entirely through the Internet, which means their students do not need to go to the university for lessons? Do you have friends who work as nurses in Switzerland? Do you know that registered nurses in Switzerland have to take an extra one-year course to replenish their knowledge and skills?

By joining the inbound exchange programme, we met the students from different places, and learnt more about the nursing education in other countries. We also discussed many different topics with the exchange students, such as the possibility of developing comprehensive elderly care in mainland China, the Australian drug administration, and the client-centred nursing care in the UK.

Sharing health beliefs/cultures/practices, etc.

Traditional Chinese medicine is a great treasure that embodies the content and characteristics of the Chinese traditional culture. During the inbound exchange programme, we took this opportunity to introduce traditional Chinese medicine to the exchange students.

In lunch time, we talked about how healthcare services were provided to patients. In Hong Kong, nurses are task-oriented and they provide healthcare services in hasty ways. But in Australia, performing a great number of tasks every day is not the priority of nurses. Nurses rather spend time holding the hands of patients and talk to them. Nurses generally believe that the psychology of a patient plays a vital role in recovery. Psychological well-being brings physical wellness. We were glad to have the opportunity to exchange our views about healthcare services and the discussions have broadened our horizons and given us insights into the development of nursing.

Sharing happy times with the exchange students

On the weekend, we brought the exchange students to Cheung Chau for a day trip. They were interested in the local food and we bought them some popular snacks, such as fishballs, mango rolls and tornado potato chips, etc. We walked around the island and visited the Lock of Love Wall and some handicraft stores. It was a pleasurable and valuable experience as we had the opportunity to

guide a group of foreigners to learn more about the culture in Hong Kong. We rounded off a great day of sightseeing with sunset watching at Tung Wan Beach.

Conclusion

In the 4-week programme, we made friends and learnt from the exchange students. We learnt more about the healthcare systems and cultures of other countries, such as Thailand and Australia. Our awareness of the healthcare settings and developments in other places, as well as our cultural competence have been enhanced. We believe that cultural competence is important and it enables us to deliver appropriate care and practice. The visits to the local private hospitals, ambulance depot and nursing home deepened our understanding of the local healthcare settings and gave us a clear picture of the healthcare services that our society is providing.

We made new friends from all over the world, and we maintain contact until now. If you want to broaden your horizon and learn in a multi-cultural environment in PolyU, we recommend you to join as ambassadors for the inbound exchange programme.



In the mental wellness workshop, we tried laughter yoga



Group discussion on stress relieving methods



We were on a ship!



Visited the ambulance depot



We participated in the ice-breaking games. Non-Chinese students were writing the Chinese words