Since March 2018, our University has had an agreement for mutual exchange and joint research with La Source University in Switzerland. As part of our mutual exchange, students of our university take part in a 3-week short-term study abroad programme, and we host La Source students for a similar programme in Japan.

One student from our university went to La Source University for a short-term study abroad for three weeks from March 2019. This is her report.

While studying abroad, I experienced the daily life of Swiss nursing students and participated in lectures, exercises and practical training. What was particularly impressive was the fact that students deepened their learning in the lectures by discussion based on examples. In Switzerland, most lectures were debated and the emphasis was on "students' thinking." Also, in the practical training, the students performed the same nursing activities as the nurses.

During the training, I took part with a Swiss student, but I was surprised at the fact that the student was performing injections and other treatments alone. In lectures on Swiss culture, social and insurance systems, etc., we exchanged views on the similarities and differences between Japanese and Swiss nursing, and discussed future issues. By discussing the advantages and disadvantages of nursing in each country, I was able to clarify what I would like to do in the future.

As part of the programme, I visited international organizations based in Geneva, and also visited hospitals that specialize in areas such as midwifery and palliative care. I was able to come into contact with the core activities of the nursing world. In particular, the United Nations held a rally on human rights in which representatives from each country participated. I was impressed by the way each country was thinking about peace.

Over the three weeks, I spent time with the students of La Source University, and was able to deepen fellowship while learning about nursing, medical care, culture, education and the social systems in Switzerland. I gained valuable experience, and I hope to make use of this experience and become a nurse who can be close to patients.