

Short-term exchange program at Elms Collage

Nursing 194039 Moa Shirai

1. Activity summary

I learned a lot through this program. I was able to interact with local students as well as deepen my understanding of different cultures and my own culture.

2. Learning and awareness in training

I think I have learned and noticed five things.

First of all, ethnicity and race. Because Japan is an island nation surrounded by the sea, most of its people are born and raised in Japan. That's why there are many Japanese in school classrooms. The United States is made up of many races due to its historical background. Elementary school also had various children. One girl said she would speak Spanish when she came home. I was surprised at the natural environment where there were many ethnic groups since elementary school. Many of the college students were not from the United States. It was as if there was a small world just inside the university. I found it wonderful that many people respect their ideas. And I thought it was an American strength.

Second, I visited YWCA and learned about the importance of mental care. Children who grew up watching their parents perform violence are more likely to do so after they have grown up. That's why children care is very important. I was surprised that YMCA received 11,000 calls a year. Some people of various ethnicities do not speak English, but at that time they will be able to speak their native language. I was surprised at the politeness of the response.

Third, I learned about refugees. There are few opportunities to think about refugees in Japan. I knew there were people in the United States who did not come to the United States as a refugee but wanted to. This time I was able to talk to a man who came to the United States as a refugee from Iraq. The story of the man gave me an opportunity to think about refugees.

The fourth is the importance of what you want to convey. Many Japanese are shy and unable to speak English. But if you have a desire to do so, you can. For example, using gestures or connecting words. I learned how important it is to convey this time. Students whose native language is not English have given me advice on how to learn English. One of the things I taught was to talk anyway. Through my training, I realized the importance of being in English.

And I think it's wonderful to have a culture in the United States where you can meet like a friend for the first time. For example, when they passed each other, they said "Hi". When I entered the store, she asked me, "How do you feel?" I thought that a

culture with strong connections between people was very nice.

The fifth is about meals. There are a lot of vegetarians and vegans in the United States, although few in Japan. The cafeteria's food was marked so that even vegetarians could eat it with peace of mind. I think that there is still little consideration for such people in Japan. In hosting the Olympics and Expo, I thought it was necessary to change society throughout Japan.

I thought the United States was a friendly society. For example, there was a button beside the door so that a person in a wheelchair could open the door. I thought that such a universal design needed to spread to Japan.

3. Other

I was able to grow myself this time. I was able to improve my English as well as learn about history and culture and broaden my horizons. I was able to know about Japan by looking at Japan from the outside. Every day was fulfilling and I wanted to be very specific. I would like to participate actively if there is such an opportunity.

4. Photo

