



International Internship Program of Wellbeing Education

Yun Peng, Assistant Researcher

Peking University Health Science Center

Background

Health science education in Mainland China faces great challenges and opportunities because of the increasingly importance of people's wellbeing. It is an urgent task for us to add the concept of well-being education to the current health science education system. The very first step of well-being education is to raise the medical students' consciousness of wellbeing. Our neighbor Japan has developed a thorough well-being system supported by law, insurance, infrastructure and education. Therefore, Peking University Health Science Center (PKUHSC) has started a short-term international internship program since 2015 for our students to study Japanese well-being system.

Program Introduction



Visiting the facilities in the institution for the disabled.

Practicing taking care of the elderly people in a local nursing school.



PKUHSC sends 3-4 students from different majors to a Japanese well-being company named AISANKAI, a welfare institution aiming to provide help for elderly people, disabled people and children. AISANKAI was found in 1999 and located in Tsushima-shi, Aichi-ken city. It has 5 institutions for elderly people, 2 for children and 1 for the disabled.

This is a ten-day program open during summer and winter holidays. Students will have classes taught by the staff of AISANKAI for 4 days and then practice in 3 different institutions for 5 days. Each student should submit a short report everyday and make an oral report in the last day. Students will live in those institutions with the staff and the clients during the program.

Findings

- Well-being education should not be limited to nursing students. It should be developed in clinical medicine and public health as well.



Living together in the facility



Blood pressure measuring

- Immersion is a great method for the students to have a deep and thorough understanding of Japan's wellbeing system.



- Daily report and oral report is necessary for both the study of students and the improvement of the program.