Airlangga University and Japanese Red Cross Kyushu International College Nursing have been implemented a continuous cooperation in Student Exchange Program since last few years. In 2015, we as Joni Haryanto (Senior Lecturer), Sa Sa Aung, Meliana Ruri and Wimar Anugrah Romadhon went to Japanese Red Cross Kyusuh International College Nursing Fukuoka City, Japan for Student Exchange Program. When we touched to Japan, so lovely fresh and cold air was be welcomed to us and Associate Prof. Tomoko Uemura picked us up and kindly oriented to stay in Joyama guest house properly.

In 2nd and 3rd day, we visited around the Munakata city with prof: Seiji Suzuki and Kukoka, Mojiko city and Shimonosheki with Associate Prof. Loudes Herrera. We experienced Kiko flower festival, beach, Fugu fish market and Monkey show. In 4th day, we got lecture about Geriatric Nursing and long term care by Associate prof. Tomoko Terakado. We learned current situation of elderly people in Japan (1:4 aging pop rate), their main diseases, Health and welfare strategies for the elderly, basic rationale about geriatric nursing, long term care insurance policy and health insurance policy. In lunch time, we had very delicious welcome lunch by JRCKICN. We also visited to Health Care Centre in Munakata for Tuberculosis Screening (Case Evaluation). In 5th day, we had laboratory practice for Applied Daily Life Support (Elderly) Excretion and Nursing care (changing diapers, Perinial Hygiene, Stoma care). In the evening, we tasted to Okonomiyaki with our friends. In 6th day, our teacher, senior lecturer Joni Haryanto presented about Application of Hypno caring for elderly people to improve sleep quality. In this day, we met to President Kikuko Urata and accepted warmly and friendly welcome to us. After that, Associate Prof. Tomoko Uemura gave lecture about Disaster Nursing in Japan. We studied about Tohoku Earthquake (M 9.0) and damage situation, comparison with Tohoku and Hanshin-Awaji Earthquake, Disaster Medical Services in Japan (core hospital, emergency medical information system (EMIS), disaster medical assistance team and wide area (Intra/Inter prefecture) medical transportation system and collaboration system with red cross, police and fire office. We also learned about Disaster cycle and Disaster medicine (Impact phase (3 hours), Emergency response (72 hours), Response phase (2-3 weeks), Recovery phase (1 month to year), Rehabilitation phase (3 year), Silent phase and Prevention and preparation phase (planning, training and storing). We studied about Disaster nursing in hospitals in affected area, first-aid stations, shelters and temporary houses and components of Disaster Nursing are types of disaster, phase, characteristics of local community and people and place. Challenges of Disaster Nursing in Japan are 1) to establish a systematic knowledge base for disaster nursing 2) to develop structures and methods for disaster nursing activities 3) to establish systematic educational programs for the science of disaster nursing and 4) to introduce Japanese Disaster Nursing to all over the world. In 7th day, we visited to Hakata city and went to H&M shopping mall, Rakusuien Garden (drinking Japanese tea and seeing Momingyi leaves) and talked about our foods and sharing our experiences in lunch with JRCKICN students. In 8th day, we participated in JRCKICN festival. We tasted Associate Prof. Herrerra’s lovely coffee and experienced amazing Japanese dancing in the evening. In 9th day, Child care and welfare in Japan was taught by Associate Prof. Lourdes Herrera. We had a chance to know about MCH policies in pre and post War, MCH handbook, low IMR, Maternal and child health law and Mother Protection law. After that we learned about Nursing and Gander and no male midwife in Japan by lecture of Associate Prof. Yumi Rikitake. In 10th day, we visited to Imazu Red Cross Hospital with Associate Prof. Lourdes Herrera and studied in day care services, Disabled elderly, Elderly with psychic problem, rehabilitation ward and home to home visiting lecture. In 11st day, We were participating in International Symposium about LGBT. So we knew that the rate of LGBT population is
1:13 in Japan. LGBT are silent in the community. Now, they want to express and share their feelings openly. Two of people (LGBT) talked their history and plan for future in this symposium. We also shared little information about LGBT condition in Indonesia. In 12 nd day, we joined in English in nursing class and exchanged our knowledge and sharing our experiences and culture. After that they gave very delicious lunch and we had Japanese lunch together with Professor Chinami and some Japanese Red Cross students. At 3: 00 pm, we have the reflection time with Prof. Nakamura. We reported our experiences what we have learned in Lecture, health care center and hospitals, comparing with Indonesia’s conditions and recommendation for future student exchange program. In 13 th day, we went to observational visit to Yawuragino Soto Care Facility for the elderly people with Associate Prof. Lourdes Herrera. We learned about their facilities, caring to elderly people with long term diseases, short term disease and who can care theirself. In 14 th day, we went around to Harkata City and temples and side seeing Japanese culture. In 15 th day, we went back to Surabaya.

This is our experiences in Japan for student exchange program within 2 weeks in Japan. Actually I am very happy and thank our prestigious Airlangga University and Japanese Red Cross Kyushu International College Nursing for having a chance to involve as a student in exchange program. It would allow us to fulfill our potential and would help us to achieve our goal of becoming a bilingual expert in our job. (wmr)

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