

VIRTUAL EXCHANGE IN PHYSIOTHERAPY

“HEALTH; WHAT DOES IT MEAN?”

2025

**Rotterdam University of Applied Sciences
& Partner Universities**





UVIC

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DE VIC



UPPSALA
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UNIVERSITY OF ICELAND



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University of Applied Sciences



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PHYSICAL EDUCATION
AND SPORT
Charles University



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Applied Sciences**



LINKÖPING
UNIVERSITY



VIRTUAL EXCHANGE PHYSIOTHERAPY 2025


▪ Erasmus partner
universities
&
Rotterdam University of
applied sciences

▪ Thanks to Henk HAW
Willemsen and Hanze
University of Applied Science
for lending the Skype
material



<https://www.youtube.com/watch?v=yR0IWICH3rY>

German Coast guard trainee



0:24 / 0:52

100%

The image shows a screenshot of a YouTube video player. The browser's address bar displays the URL 'http://www.youtube.com/watch?v=yR0IWICH3rY'. The video player interface includes a title bar 'German Coast guard trainee', a video frame showing a man in a white shirt and tie sitting at a desk with a microphone, and a progress bar at the bottom indicating the video is at 0:24 / 0:52. The volume icon is also visible. The video player is set to 100% zoom.



GOAL AND OBJECTIVES

Students will:

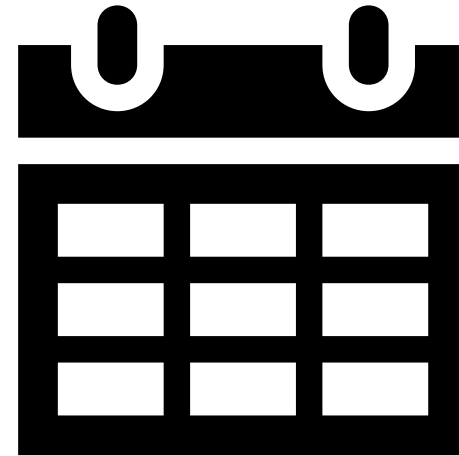
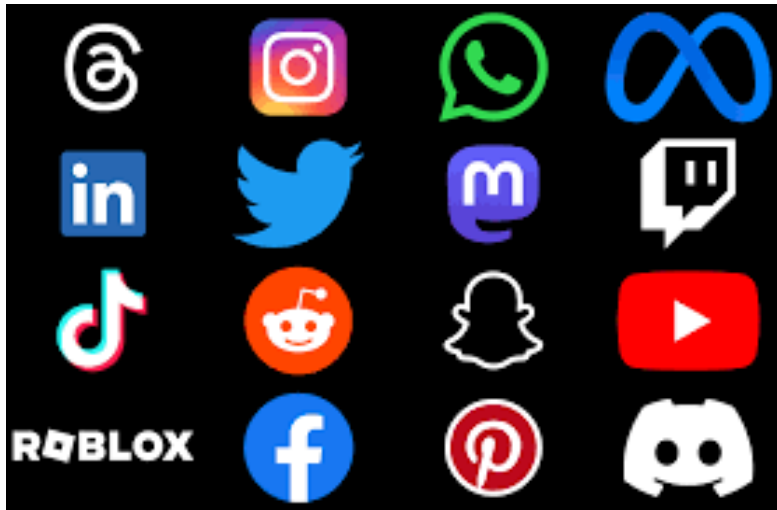
- improve their language skills in general and be able to talk about physiotherapy (study) related subjects in particular;
- be able to conduct an interview in English;
- gain insight into physiotherapy and health care systems in another country (course contents, motivation and interests, job opportunities and preferences, etc);
- be more aware of (intercultural) differences with regard to physiotherapy (study)
- be more aware of the role of a physiotherapist in promoting physical activity for all people (in relation to the SDG 3: Good health and Well-being)
- be more aware of possible Implementations for more eco-friendly practices within physiotherapy clinics and promote sustainable health interventions (in relation to the SDG 12; Responsible Consumption and Production)



THE ASSIGNMENT

- **Getting acquainted:** get to know one another and conduct an interview on one another, show each other 5 pictures, via Skype 5 pictures connected to physiotherapy at your school and in your country, explain them to the other student. Evaluate with one another what you have learned from one another and from this assignment and make a clear appointment for the next contact moment.
- **Brainstorm** on how to promote sustainable health practices on promoting health within your community, focusing on the role of physiotherapists in prevention, wellness, and fitness, or disease management starting from the SDG's (especially 3 and 12).





FIRST CONTACT

GET IN TOUCH WITH INTERNATIONAL PEERS BY E-MAIL TO MAKE APPOINTMENTS FOR THE TWO SKYPE MEETINGS;

MAKE SURE YOU CONFIRM YOUR APPOINTMENTS IN WRITING, STATING TIMES FOR ALL INVOLVED. THIS HELPS AVOID DISAPPOINTMENT!



Annex 1: Experiential journal

Name:

Name international peer:

First peer conversation:	Date:
Questions:	
Photos:	
What did you find out about cultural elements (differences and similarities)?	
Second peer conversation:	Date:
Add the ideas of you and your peer(s) on how to create sustainable health practices on promoting health within your community, focusing on the role of physiotherapists in prevention, wellness, and fitness, or disease management.	
Personal reflection on your role as a future physiotherapist on sustainable healthcare from the perspective of Good Health and Well-being for all (SDG's 3 & 12)	

EXPERIENTIAL JOURNAL

*Make notes
after each
meeting in
your
experiential
journal*



Annex 2 Report outline

Write a short report (min. 1 A4, max 2 A4), including the following chapters:

Learning Outcomes	Questions:
Students will improve their language skills in general and be able to talk about physiotherapy (study) related subjects in particular	Describe: your experiences / improvement in your language skills and in conducting an interview: Describe at least one challenge you faced
Students will be able to conduct an interview in English	
Students will gain insight into physiotherapy and health care systems in another country (course contents, motivation and interests, job opportunities and preferences, etc)	Describe: A short summary of the discussion, questions and subjects you spoke about concerning health models any similarities or differences in your perspectives; which answers surprised you?
Students will be more aware of the role of a physiotherapist in promoting physical activity for all people (SDG 3: Good health and Well-being)	Add the ideas of you and your peer(s) on how to create sustainable health practices on promoting health within your community, focusing on the role of physiotherapists in prevention, wellness, and fitness, or disease management. Describe: What is your personal reflection on your role as a future physiotherapist on sustainable healthcare What is your personal reflection as a future physiotherapist on Good Health and Well-being for all
Students will be more aware of possible implementations for more eco-friendly practices within physiotherapy clinics and promote sustainable health interventions (SDG 12: Responsible Consumption and Production)	
Students will be more aware of (intercultural) differences with regard to physiotherapy (study)	Describe: Personal expectations with this assignment Describe at least two lessons learned from an interview with international peers; A short description of any specific challenges you faced and lessons you learned
Overall Evaluation	Describe: Would you recommend that this activity be retained for future physiotherapy students, why or why not, or with what specific alterations?
Screenshot of 1st AND 2nd conversation	Add a screenshot of your first & second conversation with your peer(s).

REPORT OUTLINE

Annex 2 in reader.



In the week of 24th of February until 14th of March (week 9-11)	first peer meeting
In the week of 31 March till 17th of April (week 14-16)	second peer meeting

Please pay attention to: Lots of the participating countries have holidays in the periods of February or April. If your peer doesn't react, try a second or third time after a few days!!

DATES OF FIRST & SECOND PEER MEETING

Preparation & first peer conversation 'getting acquainted'

Date	Meeting/Activity	Activity details
10th of until 21th of February 2025	Introduction Meeting Activity: Preparation for first contact activity	<p>Introductions: Teachers / study career counsellors will give a brief orientation on the assignment and facilitate the matchmaking;</p> <ul style="list-style-type: none"> Discuss important aspects to be aware of while making contact with the international peer; Identify key areas of interest to talk about, formulate specific questions and think through the answers you would give yourself if asked these questions. In Annex 3 you can get inspiration for the questions.. Make 5 pictures (3 on physiotherapy, 2 on personal environment) connected to physiotherapy at your school and to your personal life, and be able to explain them to the other student Prepare information about the health care system in your country (organization, financing, insurance, access etc.). Decide what is interesting to tell your peers with special emphasis on physiotherapy Seek initial contact by e-mail and make an appointment 1 week before the planned peer meeting.
24th of February - 14th of march 2025	First peer conversation contact Activity: Getting acquainted & Sharing 5 pictures on physiotherapy	<p>Have a peer conversation with your international peer and get to know one another:</p> <ul style="list-style-type: none"> Discuss mutual expectations Ask your questions (with inspiration from the interview list (annex 4) and the additional ones you developed) and discuss points of interest Show each other 5 pictures, pictures connected to your school and your personal environment, explain them to the other student (tell a bit about the picture, why this picture?). Pay particular attention to differences, things you do not know and request additional information Tell your student about the healthcare system in your country Evaluate together what you have learned from one another and from the assignment Document the conversation in your personal portfolio e.g. <u>experiential</u> journal (annex 1); a short summary or some keynotes with the information you learned: Make a screenshot of your conversation and ask each other to share it in your Report Outline. <p>If you would like to meet more international students, you may organize the second interview with two other duo's of peer-students. (with a maximum of 3 duo's of students). You have to organize his yourself!</p>

PREPARATION & FIRST MEETING 'GETTING ACQUAINTED'

**Starting with a
group meeting
at your own
university;**

- To explain the reader & assignments
- To prepare the 1st skype meeting



EXAMPLES OF INTERVIEW QUESTIONS 1ST MEETING

ANNEX 4

- What is your name?
- What is your gender and age?
- Do you live at your parents home or?
- What do you do in your sparetime?
- What kind of city is Aalborg?
- How much time do you spend studying per week, on average?
Does studying take more or less time than you expected?
- How many years does the study physiotherapy in your country normally take? What are the topics you learn in the first year?
How many teaching and exam weeks do you have? How many holiday-weeks?
- How are the teachers? How do they teach? What do you have to do as a students? What is expected from you?
- Why did you choose to study physiotherapy, what appeals to you in the profession, in working with patients?
- In which kind of physiotherapeutic setting would you like to do your internships (private practise, regional hospital, academic hospital, nursing home, school for children with disability, rehabilitation centre, gym and sports centre, spa and health resort.....)
- Can physiotherapist treat patients independent or do they always need a referral from a medical doctor?
- **Think about at least 3 more additional questions.**



PREPARE 1ST MEETING

What kind of pictures?





- *What do you like to share and gives a good 'presentation of your study, work and personal environment?*
- **Create a presentation about your own Health Care System;**
 - *What's is typically for your system*
 - *Mention your sources*

Examples of subjects health system:

- Study loan
- Insurance
- Model of care system
- Direct acces (& indirect)
- Primary/secondary/tertiary care
- own risk in insurance
- the care allowance



Preparation & 2nd peer conversation 'Global Health & Sustainable Health Care'

Date	Meeting Activity	Activity details
17th of March until the 28 th of March 2025	<p>Second group meeting</p> <p>Activity: Share experiences so far & Prepare for second contact activity:</p>	<p>Preparation:</p> <p>Watch:</p>  <p>https://youtu.be/AbOZOU-QB9s?si=gETLQt_8TJ2Ti5b1</p>  <p>https://youtu.be/vCCDiXHKpZc?si=mtY4A9XWHdCG5DWC</p> <p>Read the articles:</p>  <p>https://www.tandfonline.com/doi/full/10.1080/21679169.2024.2409465?src=</p>  <p>https://www.physio-pedia.com/Health_Promotion</p> <p>During the group meeting: preparation of 2nd conversation</p> <ul style="list-style-type: none"> • Share first experiences: • Identify and share the most interesting things you learned during the first peer contact • Identify and share the major challenge you faced during the second contact. What can you do to overcome this challenge? • Discuss the 2 subjects in relation to the role of a physiotherapist in: <ul style="list-style-type: none"> ◦ Health promotion towards physical activity ◦ SDG's and Sustainable Health Care
31st of March 17th of April 2025	<p>2nd peer conversation</p> <p>Activity; brainstorm & discussion about ideas how to promote sustainable health practices</p>	<p>Prepare your second peer conversation:</p> <p>In a group of minimal 2 and maximum of 6 students (you're allowed to organize a meeting with 2 other duo's of international students) you present and discuss your ideas on promoting sustainable health care practices within your community, focusing on the role of physiotherapists in prevention, wellness, and fitness, or disease management.</p>

PREPARATION & 2ND CONVERSATION



3 MAIN SUBJECTS 2ND CONVERSATION

During the group meeting: preparation of 2nd conversation

- Share first experiences:
- Identify and share the most interesting things you learned during the first peer contact
- Identify and share the major challenge you faced during the second contact. What can you do to overcome this challenge?
- Discuss the 2 subjects in relation to the role of a physiotherapist in:
 - Health promotion towards physical activity
 - SDG's and Sustainable Health Care



Editorial

The role of physiotherapy in promoting sustainable healthcare for global health – editorial

Annie Palstam & Elvira Lange

Pages 317-318 | Published online: 30 Sep 2024

[Cite this article](#) <https://doi.org/10.1080/21679169.2024.2409465>

[Check for updates](#)



SDG'S HEALTH & WELLBEING IS A POLITICAL CHOICE



LET'S GET MOVING! - WHO'S GLOBAL STATUS REPORT ON PHYSICAL ACTIVITY 2022



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Students will be able to conduct an interview in English	
Students will gain insight into physiotherapy and health care systems in another country (course contents, motivation and interests, job opportunities and preferences, etc)	Describe: A short summary of the discussion, questions and subjects you spoke about concerning health models any similarities or differences in your perspectives; which answers surprised you?
Students will be more aware of the role of a physiotherapist in promoting physical activity for all people (SDG 3: Good health and Well-being)	Add the ideas of you and your peer(s) on how to create sustainable health practices on promoting health within your community, focusing on the role of physiotherapists in prevention, wellness, and fitness, or disease management. Describe: What is your personal reflection on your role as a future physiotherapist on sustainable healthcare What is your personal reflection as a future physiotherapist on Good Health and Well-being for all
Students will be more aware of possible implementations for more eco-friendly practices within physiotherapy clinics and promote sustainable health interventions (SDG 12: Responsible Consumption and Production)	
Students will be more aware of (intercultural) differences with regard to physiotherapy (study)	Describe: Personal expectations with this assignment Describe at least two lessons learned from an interview with international peers; A short description of any specific challenges you faced and lessons you learned
Overall Evaluation	Describe: Would you recommend that this activity be retained for future physiotherapy students, why or why not, or with what specific alterations?
Screenshot of 1st AND 2nd conversation	Add a screenshot of your first & second conversation with your peer(s).

REPORT OUTLINE

