



**Derek Ho**

### **ISU 2025, Clinical Perspective in Physiotherapy (Testimonial)**

This placement was incredibly interesting and rewarding, offering numerous valuable learning opportunities that significantly contributed to both my personal and professional growth.

One of the most enriching aspects was meeting students from around the world, including the United States, South Korea, Mexico, Singapore, and, of course, Australia. Everyone brought their unique cultural background, which created a vibrant and diverse group dynamic. I found it fascinating to hear different perspectives and to understand how culture can shape the way people think and respond. This experience reminded me of the importance of always being respectful, as there is no absolute right or wrong, just different ways of seeing the world.

What made this experience even more special was that most students stayed in the same accommodation or nearby areas. This fostered a strong sense of community, as we often moved around in a large group. It truly felt like we were one big family. The friendships formed during this time were unique and meaningful, especially because we shared the experience of living and learning abroad together.

During my clinical visits, I had the opportunity to observe at both Osnabrück Hospital and a private physiotherapy clinic. Each setting provided a distinct and valuable learning experience. At Osnabrück Hospital, I shadowed a physiotherapist and gained insight into how physiotherapy is practised within the German hospital system. It was eye-opening to see how things are done differently and helped me realise the importance of looking beyond our systems and experiences. By understanding how healthcare works in other parts of the world, we can reflect on and improve our practices.

The private physiotherapy clinic visit was equally rewarding. I observed how physiotherapists communicated with patients and their treatment preferences. It gave me a deeper appreciation for the variety of techniques and interpersonal skills used in different settings.

Overall, I highly recommend the ISU placement to all students. It may be a once-in-a-lifetime opportunity to gain international exposure, learn from diverse healthcare systems, and connect with peers from all over the world. These experiences are invaluable in developing open communication and delivering more culturally sensitive, patient-centred care.