

## Proposal for the Vancouver Summer Program (VSP)

### 1. Details of the programme

Nature: Medical Course

Programme Dates: June 7 – July 7, 2024

Organizing Unit: The University of British Columbia (UBC)

Destination: The University of British Columbia (Vancouver campus), Vancouver, Canada

### 2. Objectives & Motivation of joining the programme

- I) To improve the ability to communicate with foreigners using English, particularly learning some slang and informal words used in daily context. By communicating with foreigners (not only native English speakers), I can enhance my competence in interpreting others' ideas as well as sharing my opinions. Being a medical student, I might need to take care of non-Chinese-speaking patients in the future. Thus, it is essential for me to improve my communication skills. Besides, in the previous service-learning programme, we worked together with some non-local teammates, and this made me realize that being able to communicate with foreigners is extremely important at Wu Yee Sun College too.
- II) To experience the way of living in Canada as well as explore the Canadian culture by taking part in some local events such as going to local night market, viewing local sports competitions and celebrating the National Indigenous Peoples Day in June. It is always my hobby to know more about how people in different parts of the world live, the great diversity of cultures really amazed me. As a global citizen, especially at the era of globalization, it is also my duty to understand different cultures.
- III) To gain extra knowledge about the medical field. Undergraduate medicine course in Hong Kong seldom includes content about medical research. Through taking a course about scientific research in hospitals, I hope I can learn more about how to utilize research to aid healthcare services as well as help me better understand the contents which I will learn in the future. Moreover, I would like to observe how a hospital in Canada works and try to compare the differences between hospital in Canada and those in Hong Kong.

- IV) To appreciate the beauty of Vancouver. Vancouver is a city with a long history as well as modern development. The natural environment is also well preserved, with famous natural scenery in Stanley Park, Deep Cove, Grouse Mountain etc. Therefore, I hope I can learn some ideas on sustainable development. For instance, over 95% of Vancouver's electricity is supplied by hydroelectricity.<sup>1</sup>
- V) To challenge myself and achieve personal growth. It is my first time to visit Canada and travel alone. Thus, I want to learn how to solve problems in an unfamiliar place by myself and become more independent.

### 3. About the programme

#### I) Introduction

The VSP is a four-week combined academic and social programme for international undergraduate students. UBC is one of the top 50 universities in the world.<sup>2</sup> The university is home to some outstanding facilities such as museums and research centers.<sup>3</sup> All participants will have the chance to live in residence of this wonderful university. The programme aims to provide an opportunity for students to discover the life and education of Canada, as well as to mingle with students from different countries.

The programme allows students to study two courses taught by UBC instructors and the courses which I will take this summer are "Introduction to Clinical Medicine" & "Scientific Research in the Hospital Setting". Details are elaborated in the following section.

#### II) Programme Content

##### a) Introduction to Clinical Medicine in the Hospital Setting

This course allows students to visit an affiliated hospital of UBC and learn from physicians in several specialties. There will be hands-on activities for practicing clinical medicine skills such as history taking and physical examination. Students can also see the inner workings of medicine in North America by visiting various active areas of the hospital such as the Emergency Room. To

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<sup>1</sup> Information is obtained from Green City Times <https://www.greencitytimes.com/vancouver/>

<sup>2</sup> Information is obtained from the UBC official website <https://www.ubc.ca/about/facts.html>

<sup>3</sup> Information is obtained from the UBC official website <https://www.ubc.ca/our-campuses/vancouver/>

let students explore the multifaceted realm of medical practice in a large hospital, a workshop in an advanced medical simulation environment will be held. Students are expected to learn and practice skills such as managing airways, intubation, inserting an intravenous catheter, evaluating an electrocardiogram and reading X-rays. This allows participants to equip themselves with essential skills.

#### b) Introduction to Scientific Research in the Hospital Setting

This course provides students with opportunities to learn the foundations of scientific clinical research, especially in biology, pharmacology and disciplines of medicine, and explore research methods to learn clinical (hospital and clinic) study designs. Lecture topics include the discovery of better treatments and the ethical conduct of research in patients. At the end of the course, students will work together as a group on an innovative, scientifically sound research idea. After that, they will present a novel research “protocol” in front of the entire student body and a judging panel of physicians. This fosters exchange between students and instructors.

#### c) Extra-curricular activities

Activities such as Sports Day and City Exploration Activity will be held to let students better experience campus life and Canadian culture. For example, UBC provides an opportunity for students to learn to play some of the most popular group sports activities in Canada like frisbee, flag football, hockey and quadball. The faculty will also organize some learning and social events outside classroom. Some examples include museum visits, field trips and scavenger hunts around the city. These events serve as precious opportunities for students to meet people from different parts of the world so that cultural exchange can be done to broaden their horizons as well as enhance their competencies in communicating with foreigners. Through interactions with foreign students, students can develop a global mindset and learn how to respect and appreciate different cultures.

### 4. Expected outcomes & Benefits

- 1) Make new friends from different countries and be able to communicate with them confidently and fluently. Also, to learn more about different cultures.

- II) Understand the culture in Vancouver, especially about education, entertainment, history, pop culture and cuisine.
- III) Gain knowledge about research in the medical field and experience the education style in Canada. Apply knowledge in research, clinical skills and useful learning methods in the future. As well as sharing them with my fellow schoolmates to enhance our learning efficiencies.
- IV) Observe and compare the hospital environment in Canada to Hong Kong. To find out the advantages and disadvantages of the medical system in the two regions respectively.
- V) Appreciate the beauty of a historic and well-planned city. Thus, develop a mindset of preserving the history of Hong Kong as well as sustainably developing our city.
- VI) Able to take care of myself and adapt to the life of a foreign country.

#### 5. Risk assessment

- I) Risk: Crimes such as robbery and theft are common in Vancouver.

Solution: Avoid staying outside the campus at night and go to the town with friends. Also, I will clearly describe my itinerary to my family and friends so that they can know my plan.

- II) Risk: Taking part in sports activities might lead to possible injury.

Solution: Learn how to play the activities before taking part in them and put safety as priority. For instance, I enrolled in the kayak training course provided by the CUHK Water Sports Centre in May.

#### 6. Contingency plan

- I) Keep both digital and physical copies of important documents such as the passport in a separate location from the original document. Use those documents as backup in case of losing the original document.
- II) Prepare some medicine prescribed by my family doctor in Hong Kong in case of sickness.
- III) Buy comprehensive travel and health insurance before departure to ensure I am protected from medical issues and accidents such as luggage damage.

- IV) Plan the transportation from the airport to UBC in case of failing to catch the shuttle bus provided by UBC. Possible backup plans are Uber and railway.
- V) A world debit card is prepared for emergency payment in case of running out of cash or other financial situations.

#### 7. Way of sharing the learning outcomes with others

- I) Record interesting moments and share my experiences of the trip by jotting them down in a diary or by taking pictures and videos. Then update my journey every week on my personal social media account. Non-academic learning outcomes, such as how to overcome language barriers, icebreaking with new friends and history of Vancouver, will be shared via social media.
- II) Upon the completion of the whole programme, I would like to integrate all the knowledge that I learnt (lecture contents & clinical skills) into a condensed note. This note could be shared to fellow college students who are studying medical-related programme and act as their reference. The differences between the hospitals in Canada and Hong Kong can also be compared to provide some insights on how to improve the medical service in Hong Kong.

End