

MY AUSTRALIAN BUDDY

Please Welcome my fellow **Jolene** ~~

Jolene was a great, talented physiotherapist student that I met when I was in Australian overseas placement. She helped me a lots during my trip, and brought me to explore the beautiful Perth. Thank you so much, Jolene ~

Let's look below and see how Jolene perceived us during my placement!

Jolene's parents are both **Singaporeans**, and they migrated to **Perth, Australia** in early 2000s. Jolene started to receive Australian education since **primary school**, and **English** is her mother-tongue. However, since her grandparents can only speak **Hokkien, Youxi and Mandarin**, she still knew a little bit of it.

Although she was born in **Singapore**, Jolene identified herself as **"Australian"**. However, her **"asian" appearance** really make me feel **confident** to talk with her at the very beginning of my placement ~





How did you feel about us at the very beginning you saw and interacted with us?

When I first saw you and Melvin, I thought you guys seemed very **studious, hard-working** and **open**. I felt very comfortable meeting you for the first time, and I think you're both very **friendly**.

We got on quite **well** and I felt very **easy** getting to know you by asking you about **HK**. I think that was the **main thing** that I was asking about.

What life is like as a **student**?

How **your time** was in Australia...

I felt **friendly** towards you. I was **very interested** in getting to know about **you**, about **HK**, and what you learn **differs from** what we learn~



G' day~

Did you have any expectation on us originally?
Are we the same as your expectation?

Actually, you guys **exceeded** my expectation because I thought that **English** wasn't your **first language**, and there might be a **communication barrier**

But you both **spoke English very well** and it was **very easy** to communicate with you!

I expected you both to be very **hard-working, friendly** and **polite**, which I think you were~

You're always willing to go the **extra mile** to have this **extra step** for the clients

That's because I always **work over time** 🧑🧑🧑

Haha~ Indeed, I also expected you to have quite **different treatment techniques**, but I think we were quite similar in this aspect

The main difference for us was using **acupuncture** maybe? We are using **dry needling** in Australia, so I was very **interested** in learning that

Cuz you had **different holistic views**. You're a bit more "**traditional**" I would say, because you were telling me about **blood flow** and **different acupoints** which were really interesting

Let me show you acupuncture when you are in HK! 🙏



How did you feel about us after your placement? Is it the same or different from your initial perception on us?

I would say that I definitely felt more like **friends** towards the **end** of the placement

And I still see you as a **good friend** and someone that is going to **show me around** if I ever visit **Hong Kong**

Going into the placement, I wasn't really expecting to **come away** with such a **good friend** ~

We got along with you both **better than I had expected**. We **bonded well** and we were pretty **similar**

Coz I got to **know you better**, and we were **more similar** than I initially thought



Remember this?

Oh 🥰🥰🥰 I miss U guys ~

😂 Miss you too 💖💖💖💖💖💖💖



What changes this perception?

Spending time and getting to know you both, I found that we were a lot more similar than I had initially expected

You both were really easygoing. You were very easy to get along with, always up for a laugh, always up for a joke ~

There were 4 Curtin students there and you both merged quite well

Your communication skills with all of us was really great in that you know you could communicate well and effectively with all of us

We were all really good friends ~

Spending a lot of time with you outside of placement, spending lunch together, going to Caversham together help me get to know what you are like as a person, not just as a student

Oh 😍 I love Caversham ~

Do you? Haha~

If you're at a placement, you just get to know the person on a surface level

If you're spending time outside of that, it's more of who are you as a person, what do you enjoy and I think that allows you to bond a lot deeper and become better friends



Do you feel that there's a cultural difference between you or us?

I think that there is **a little bit** of a cultural difference. I don't think that it's anything major or anything that **sets us apart** as people

One of the main things that I did notice was that you were always **very respectful** to not only your patients, but also the **supervisors**, and you **don't challenge** or you **don't question** your supervisors as much as we would, which I think runs **very deep** in more Asian cultures

It runs in my family that we're always taught to **respect our elders** and **don't be challenging**. And I think you're a little **less likely** to challenge the supervisors

Also, the way we talk is different. There's a lot of **slangs** that we used and you guys didn't seem to understand. But I think at the end of five weeks, if we used it, you **understood** how it works

I think your **attitude** to work is very different as well. We, as Australians, is very **laid-back**. We work hard but we like to have our **relaxed time**. But you guys are very **opposite** to that. You're ready to **put the time in** which is very **commendable**

I think another cultural difference is **food**? I don't know if that counts

You know, what you guys brought for lunch was always **really delicious**. You know, **roast barbeque** and **rice**, whereas I had **boring salad** ...

Oh yes, and the **little roles** that you'd brought in for all of us which was **really delicious** and I really appreciated

Yes, the **egg rolls** ~

Oh, actually, we seldom eat lunch **outdoor** in Hong Kong. That's **another** cultural difference as well~



What did you do to help us to get into the Australian lifestyle and culture?

It started with **interacting** with you **every day**, with you getting to know our **slang**, our **mannerism**, the way we talk, the **laid-back attitude**, which is a very Australian **lifestyle** and **culture**

Working with you guys, getting to know you, I think that **integrated** you a little bit

As well as the **food**~ During **lunchtime** on **Fridays**, we always went to **Angazi**. The food there is very **Australian**

Going to see the animals at **Caversham** was a really nice day as well~

Yes, I love the picture you took for me with the **joey**~ 🦘🦘🦘



Oh, and you bought me the **Hungry Jacks** in the car! What is it called?

Drive through ~ 🚗



What did you do to help us to get into the Australian physio practice?

I don't know if I **personally** did

But as an organization, Curtin had those **tutorials** that showed about what kind of **Ax** and **Rx** we use ~ **Sharing** patient stories (but respecting their **confidentiality**), getting to know their **impairments**, and then each of us coming up with what **Ax** and **Tx** we would use ~

I think it helps cuz you got to see **what we would do** and **how that differed to you** and then we would **discuss it**, which I think helped to **solidify our knowledge** and your knowledge as to **why** we're using certain **techniques**

Then, we would go home and **research** whatever the other person had said if we wanted to **know more** 🖥️

I guess always be **willing to explain things** or **have you explained things to me**, we integrated quite well with that

Um, I don't really know if I did anything **in particular**. It was all a **group effort**

No way, don't you forget that you gave me **your personal notes**?

Oh, I did? 🤔

Yes ~ You forgot how good you were to us! 😂😂😂

I just forget that I sent you **my notes** 😂



Did you learn anything from Melvin or me?

I know this sounds **pretty cliché**, but I learnt not to **expect everything** and it's more important to get to **know you**, as opposed to expecting certain things from you, or expecting you guys to be **a certain way**

I think I learnt how to **explain things in a different way** as well. I'm so used to explaining things one way, but having someone who **challenged** what I said or challenged my **terminology** for **clarification** really forced me to think about **what I was saying, how I was saying it**

In the community, you're always going to come across people who require you to **know a different explanation**, or that you need to explain something **multiple times**

I think sometimes you knew how to explain a treatment that we normally use in **a different way**

Also, I learnt to always research other things cuz you guys had **some techniques** that we **didn't use** and **learn**. Not just **acupoints**, but also different tests for **O/E**. That forced me to always **do my research**, not just relying on the body of knowledge that the **universities** gave me

Like Apley's test for meniscus? 🤔

Yeah 😊 What's else...

Be a good person? Don't be mean and intolerable to our supervisors 😂



Thank you so much, Jolene

Thank you for receiving my interview, Jolene~

Jolene is one of my **best friends** in Australia. When I was in placement, she always **knocked my door** to see if there was anything **she could help**

As an "exchange" student, we often encounter **difficulties** due to **cultural or clinical differences**. However, we felt **shy** to seek for help from **our cohorts** there

As a local student, if you **lead one step ahead** and provide your assistance **actively**, this barrier will be overcome **immediately!** Just like what **Jolene and other cohorts** did

Overseas placement is previous experience. Not only for those going out, but also for local students staying with them ~ Therefore, don't let these unnecessary barrier to hinder our learning, friendship and memory! 🤔🤔🤔

Add oil~ 💪💪💪

