

Student exchange report

To Tartu Tervishoiu Kõrgkool, Estonia, Summer 2010

BASIC INFORMATION

Student

Name Holmstedt Ulla Maria
School Jyväskylä University of Applied Sciences

Application information

Target country	Estonia
Target institution/company	Tartu Tervishoiu Kõrgkool
Exchange Programme	2 Nordplus
Field of Study	723 Nursing, Midwifery, Physiotherapy ERA-12.6
Language taught	English
Date of departure	2010-06-07
Date of return	2010-07-04
Duration (months)	1
The type of the exchange	Practical training
The level of the exchange	Adult education
The stage of studies	First Cycle

REPORT

The report on your exchange period abroad serves as an important source of information on our partner schools and is valuable to the International Affairs Office, teachers as well as future participants for learning about your experience of the programme and the host country. That's why you must submit a report to the Departmental / Institutional Coordinator of your school concerning your experience overseas. You should write the report in English and follow the reporting conventions of your home institution. Under each topic there are some general hints that help you to write an interesting and informative report. More detailed instructions for making a report can be found here at the [Reporting Instructions](#).

0 PRACTICAL ARRANGEMENTS BEFORE THE EXCHANGE PERIOD

Travel and study arrangements, visa/residence permit, insurance, access to information before the exchange period etc. (max. 1950 characters)

Before the exchange period departmental coordinator Hanna taught me how to apply for the practical training and fill in all applications. Many times I got to Hanna and asked her to help me. Departmental coordinator Reet in Estonia helped me and my friend student to find the accommodation in Tartu. We sent e-mails many times to each other.

Before we left to Estonia I had to get my car serviced, get the insurance and green card. Also I had to update my personal travel insurance. Then I had to book the tickets for the ferry from Helsinki to Tallinn.

I bought an Estonian dictionary and studied some words in Estonian vocabulary.

1 PRACTICAL ARRANGEMENTS DURING THE EXCHANGE PERIOD

Finding out about the town, living conditions, accommodation, price level in the host country, the host institution/organisation, orientation, the contents and level of studies/tasks at work (max. 1950 characters)

It was easy to drive to Tartu and find our accommodation because we had navigator in my car. I lived with my student mate Pirjo in students hostel apartment. Rent was only 16 euros / week including house cleaning and bed clothes. The price level in the host country was much cheaper than here in Finland.

My host institution was Tartu School of Health care. On the first day we went to school with our international coordinator Reet. We could attend to a presentation of an examination of two students.

2 ENCULTURATION, ENTRY AND RE-ENTRY (RETURN) SHOCK

Living in a new culture, expectations versus reality, cultural differences, free time activities, contacts with other students and local people, life back home (max. 1950 characters)

Living in Estonia was fairly similar like in Finland. In Tartu there were many free time activities; many beautiful gardens where we could take a walk. Old church buildings with concerts. All kind shopping; clothes, shoes, bags, antiques... In our spare time we drove around Estonia country side and we wondered how beautiful country Estonia can be.

We met other students in hospital. They had their summer job in hospital. Local people were very hospitable and kind to us. In hospital we spoke together English, Estonian and Finnish with other nurses.

I didn't miss home because the practical training was only four weeks and I met my family at Midsummer in Tartu.

3 DESCRIPTION OF ONE INTERCULTURAL ENCOUNTER/ INCIDENT DURING YOUR STAY

What did you learn about yourself and the other culture during the exchange period abroad? What you could not understand? (max. 1950 characters)

I learned about myself that I'm doing nicely. I got also self-confidence. Even you don't have common language you have other ways to communicate with each other.

Now I can say with confidence that my children can manage without mother one month with their father.

4 COURSES COMPLETED AND LEARNING OUTCOMES

List of courses taken and description of benefits for your studies (max. 1950 characters)

My course was Professional Practice III/Pediatric and Adolescent Nursing in Tartu. I acquainted myself with pediatric and adolescent nursing in Tartu University Hospital in children clinic. I was few days in several departments: Department of Neurology and Neurological Rehabilitation, Centre of Allergy Diseases of Children and Adolescents, Department of General Pediatrics Adolescents, Rehabilitation Centre of Children and Adolescents, Department of Acute Infectious Diseases and Department of Neonatology.

It was interesting to see some differences between Estonia and Finnish pediatric nursing. The basic needs of the children are the same all over the world. I think I'm able to handle the wordless communication much better when nursing sick children. That's because I have worked in a foreign culture.

5 VALUE OF THE EXCHANGE PERIOD TO YOUR INTERCULTURAL COMPETENCE AND LEARNING

Language, social and professional skills, social interaction and behavior, attitudes, values (max. 1950 characters)

My English developed quite a lot during the period. I'm not so afraid anymore to speak English. I learnt a little bit Estonian too.

I respect the Estonians and their culture. They have had hard times under foreign ruler. After Estonia got their independence again, standard of living has improved and welfare has increased. Living is easier which reflects to improved level of the health care and nursing. Even the level of the education and nursing is high in Finland, I still could learn quite a lot about children nursing in Estonia.

6 TIPS TO PEERS PLANNING ON GOING TO THE SAME PLACE

Practical tips for fellow-students planning to go abroad (max 1950 characters)

It's good to leave to exchange with somebody. Then you can discuss about the daily experiences immediately. You don't feel yourself so lonely in a different country and culture.

Estonia is a safe country and people are friendly. Be open-minded and feel positive and respect the differences. Training period in Tartu was fine and challenging experience which I can recommend to other trainees.