

# Report from the internship in Åland spring 2015

## Introduction

**Student:** Mona Hedberg, Mälardalen University

**Internship places:** Home nursing in Godby, rehabilitation ward for people with dementia (västergårds) and medical and orthopedic rehabilitation department (Mellangårds).

**The period of study:** 12 / 1- 5/3 2015

**To decide on placement of internship abroad:** When teachers at Mälardalen University came and talked about foreign placement of internship so I got interested in Åland. I imagined that care was similar to that in Sweden and in particular I thought that they spoke Swedish because my English is not good. I wanted to see something other than medical care at home, since I have worked in health care for many years. I got good information from the teacher at Mälardalen University.

**Information and preparation:** I got a long letter with information via email from the abroad coordinator at the Åland University. And who I should contact to arrange accommodation for my time there. I got a "tutor" who would help me to get acclimatized and that I could turn to if I needed help with something.

**Before the trip and the trip over:** When I got the green light that would get to go to Åland to do some of my internship there, I ordered the ticket for the boat trip. I would have the car with me. I'm coming to the boat that's scheduled to go at 18.00 and arrive at 07.00 on Åland. My "tutor" Mikaela will meet me there. We meet outside at the parking lot. I follow her to the hospital where I'll collect the keys etc. Mikaela explains the way to Godby and the health center where I will have my first internship placement and go to school. I follow the directions straight up in Åland. I find the way and it turns out that I'll be at home nursing, they are expecting me there. Then I just had to change clothes and start my internship. Since I didn't have the time to eat breakfast earlier, and had brought nothing, I got a sandwich from my supervisor.

**Reception in Åland:** I was met up at the ferry terminal parking lot by Mikaela, who, as it would later prove, was a rock of gold. She had found out where the key to the accommodation would be retrieved and what times it would be open. She joined me to retrieve the key and to find the accommodation. She also explained the way to the first internship placement before she went off to school. She had another student to take care of who came from Finland and arrived the day after me. On Thursday Mikaela showed me to the library and arranged for me to get a library card. I got a guided tour of the center. On Friday, we met again together with the student from Finland and we got a guided tour around Åland. Whatever I asked about or wondered about Mikaela helped me, or found it out for me when I couldn't find it out myself. Receptions at my internship placements were also very good and I felt welcome at all three places.