

Students Travel Report Guideline

School: Tartu Health Care College

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The country and place of visit: Finland, Jyväskylä, JAMK University of Applied Sciences

1. Short overview about the trip and programme.

Many of us started our trip the day before, because the ferry left quite early. We took the ferry to Helsinki and from Helsinki the train to Jyväskylä. The train ride was pleasant, wireless internet was good enough and the 2nd class seats were comfortable. On the next day we visited JAMK University of Applied Sciences. We got overview about JAMK. We had possibility to participate in lecture about Migrants Wellbeing. After that we visited Central Finland Central Hospital. There we saw simulation machines and other tools that are used for training nurses. We also visited show room of the new hospital. We were warmly welcomed everywhere we went. The next day we visited the main building where the nursing students study and practice. There we got a chance to see different rooms where physiotherapist, nursing, teaching and other course students study. Later on, we were allowed to see how nursing students from third course prepare for their exam and we also discussed with the teacher, who was responsible for the examination, the given task - situation or so said problem to which students had to find not only solution but also the possible causes. At the end of the second day our group visited International Gloria Centre. Gloria Centre is known for helping immigrants to adapt to Finnish society and help them provide to foreigners in studying Finnish. There was even one woman who had learned estonian, so she introduced most of the things in estonian. Last day of the trip we had to present our health promotion projects. It was really surprising that students in JAMK do their projects same way as we do in Tartu Health Care College, so it was nice to compare and complement each other's projects. At the end of the day we visited Health Care Centre. There a nurse introduced us their center's system. It is nice that in Finland nurses' job is more valued than Estonia and in this centre nurses do a lot of work by themselves. That means, they don't need so many doctors there. It would be better if the nurse, who introduced us this centre, would have been more prepared for the presentation. There worked a medicine student from Estonia, so she told us some more information about the Health Care Centre. Next day it was time to leave. Some of us by train, some by bus again.

Some of us also decided to take other transportation devices to arrive to Jyväskylä, a double decker (Omni) bus. Where we had the luxury to sit on the second floor and in front of the bus and had the best view while driving to our destination as well as free WiFi. Overall the days were quite busy and we are happy for the opportunity to get to know how the Finns study nursing, which actually didn't differ from our school's (at least the health promotion project). We really liked the new hospital project that is currently at hand.

2. What did you learn from the visit?

We learned how to make a presentation. We learned that working as a group is a more effective learning method than studying alone.

While we visited Jyväskylä, we have learned how big of a difference there can be in health system in Estonia and in Finland. Also, it was new to us to get to know how important it is in Finland to have the possibility among immigrants to study their mother language. Regarding to that, it was also surprising that they have only one hospital in the region for a lot of people. Learned more about the Finnish culture and health system. We also learned how to make a presentation in English. We learned that working as a group is a more effective learning method than studying alone.

3. What was your most memorable experience?

The new hospital NOVA and the pop-up boutique at the hospital. The canteen at JAMK. Health Care Center's nurses. Students from diverse backgrounds. We even liked the train ride, to see the beautiful nature around Jyväskylä and in the middle of Finland. The new hospital NOVA.

4. What are your suggestions to the future students who are planning to visit the place you visited?

Be smart - book your accommodation in advance, buy your tickets early, check internet connection! As no checks are needed, you can even consider Airbnb for accommodation. Be patient, sometimes transport in Finland is off schedule. Apart from participating in main excursions in JAMK, check out local attractions, go sightseeing. Visit as many new interesting places as possible and don't be shy to talk to other students or local people. Maybe they can show you some places you won't find by yourself.

Be positive and friendly that will help you to connect with other people easily.

5. What are your suggestions to the organisers for the future?

Make an ICE BREAKER among the students, for them to have an even more pleasant stay and have also some other events or something like that, so students abroad can meet local students and make new connections.

Choose that time of the year when hosting university students don't have exams, so that the meeting with foreign students won't be stressful or rushing, because we all know how hard it is to concentrate on other things other than studying while having exam period. Organise some sort of friendly gathering for students from visiting and hosting organisations. We did not get to know too many students. I remember only one, who came along us.