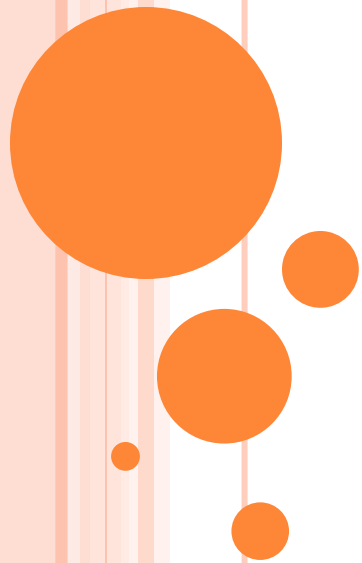


ERASMUS FINLAND



PREPARATION

- Health clearance;

History of vaccinations such MMR, diphtheria, polio, chicken pox and tetanus.

MRSA and VRE screen.

If working in paediatrics will also require a salmonella screen.

Costs of screens and GP visit or visits are incurred by student.

Important not to delay in getting these done.



PREPARATION

- *Official Transcript* of all exam results which can be obtained from the examinations office.
- *TUAS online application & hard copy application* will also have to be completed - includes what type of accommodation you want, personal details etc.
- *ERASMUS Grant application*.
- *CLO Booklet*- obtained at college and a lecturer will go through the 3rd year book with you. Ensure to get your practice agreement signed at college and obtain a copy.
- *Placement*- Once you find out what placements you are doing I found it beneficial to bring lecture notes/books with me and to read up about the Finnish H/C system.



TRAVEL

- *Flights* – No direct flights to Helsinki. Have to make a connecting flight to get there usually through Amsterdam. Cost of flights approximately €300 return.
- *Baggage* – you may have to pay extra for additional luggage. Usually around €50.
- *New Home* – The host university set up a facebook page for all exchange students and they put up a document on how to get to your accommodation from Helsinki including bus numbers, terminals and stops. Bus is around €21 single to Salo.



ACCOMMODATION

- *Types* – student apartment or student dorm?

Apartment is advisable as you get to build up more of a relationship with your new house mates and you have more freedom. All apartments are same sex!

Dorms are only available in Turku and apartments are very limited there. The dorms have a communal kitchen area and closes from 23:00 to 06:00am.

Rent is very cheap. It depends on the size of the room. I had a small enough room which cost me €120 a month and includes utilities and broadband.



FINANCE

- The grant certainly does help however additional resources are required.
- The total amount of the grant is approximately €1200.
- Finland is an expensive country especially for groceries and alcohol. You may have to shop in several places.
- Altogether I spent around €3,500 so you better start saving now. 😊
- You can survive on less but it all depends on what you want to do while over there. Trips away, nights out etc.



PLACEMENT

- *Language* – Finnish people can be shy when using English. It is just as difficult for them to converse with you as it is for you to converse with them. It may cause difficulty with the CLO book.
- College runs a Finnish for exchange course which is advisable for the basics but class times clash with placement and you may have to drop out.
- Depending on the placement the levels of English by staff and patients differ.



PLACEMENT

- Finland has a universal healthcare model.
- No private health insurance.
- Very low levels of MRSA.
- Incredibly strict infection control and hand hygiene procedures.
- On placement I found no major differences in culture except for religious beliefs and how they prepare someone who has recently died.
- Great learning experience with regard to how the countries and H/C systems differ.
- *Learning* – Many great opportunities to learn if you apply yourself. Ask questions and show an interest.
- SDL learning is required i.e. procedures, medications, diseases etc.
- Shifts are short so there is plenty of time.



BENEFITS: BOTH INDIVIDUAL & PROFESSIONAL

- Broadened my scope of nursing. One does not have to be restricted to Ireland or even Australia. Perfectly good H/C systems in Europe.
- Different roles of the nurse compared to Irish nurses in certain areas.
- Critical thinking on how aspects of nursing in Finland could be applied to Ireland.
- More empowerment to student nurses.

- *Individual* – meeting a great bunch of people.
- Making lifelong friendships.
- A great sense of independence; travelling to a foreign country for a few months and encountering a language that resembles nothing else.



