Costs:

- Grant: €1200 (80% before you go and 20% in November).
- Transport: Monthly bus pass is €45.
- Flights: Approximately €400/€450, (Ireland-Helsinki-Kuopio return).
- Overall cost was €3000 aswell as the grant. It included; flights, transport, food, socialising, trips.
Accommodation
Accommodation

- Lived separately (by accident but ended up so much better off).
- My apartment was 30 minute walk or 15 minute cycle to the hospital. Laura’s was 10 minute walk from the hospital.
- Cost €270 per month.
- You have to pay for 4 months rent (August-November).
Savonia University
University

• Savonia University of Applied Sciences
• Finnish classes every Friday for 2hrs.
• Finnish exam at the end of 8 weeks.
• Located in Kuopio centre, (15 minute walk from hospital).
Kuopio University Hospital

Wards
I spent 7 weeks in Neurosurgery and 3 weeks in community and Laura spent 7 weeks in Cardiovascular and 3 weeks in paediatrics.

Majority of staff speak English but are a bit shy to use it.
You can also go to theatre to observe the surgeries.

Shifts:
• 7am-3pm
• 1 or 2 – 9.30pm
• 9pm-7am
• You work 37hrs per week (staff are really flexible).

Uniforms:
Are provided by the hospital
Only bring shoes with you
Trips

• Helsinki
• Turku
• Lapland
• Russia
• Estonia
• Sweden
Lapland !!!
St. Petersburg
Santa 😊
The End