

Témoignage d'étudiantes finlandaises sur leur mobilité Erasmus+ à Niort
Students' report on their training mobility in Niort
Septembre-novembre 2019

LIVING AND SCHOOL

We lived on the second floor of the boarding school. Presumption of boarding school was some different. We thought the kitchen was functional. We also thought there was a washing machine. We felt the kitchen cooking materials was defective, but it wasn't problem even though it limited the cooking. We made food with s stove and microwave. Life in the boarding school was peaceful in weekend, but during the week, school was full of students and noisy. Location of the school was good. There was a grocery and a pharmacy near. We wash our clothes in the laundromat what was next to the shop.

We spent time in each other's room, because there was no sensible living room. We think that living room would be nice (the room in first floor isn't open in weekends.)

Last week, we got acquainted with Simulation teaching. It's looked similar like in Finland.

PLACEMENTS

Vaccination and guidance centre (CeGIDD)

We learn something new things about sexually transmitted diseases and how treat those diseases. We took blood samples and stuck vaccines and that's was nice and important to us, because we need those skills in Finland. We spent two days learning about medication and able to make medicines. We also went to work outside the hospital for example met immigrant's people. Matleena also went to listen to a presentation about puberty and sexuality, but it was in French and that was difficult to understand.

The patients were young, adult and old people. Every patient's reception us well. In Finland sometimes patients didn't like students, but here we didn't notice it.

Employees in that workplace were nice. They reception us well. Our mentor asks often how we were felling and what we have done. Many tried to speak English with us as well as they could. Sometimes we had to use translate. Even though everything was fine in work placement, sometimes we felt little bit lonely when they speak only French.

We became interested STDs more and would like to know how things are in Finland, need to find out. That practical training place was good and interesting. We think that was a good place for us, because we ill become public health nurses. We should tell our patients to STDs and instruction young people. We want to work with young people, so this internship was supporting our studies.



Home centre

The home centre was close to the school and hospital. Elderly care is already familiar to us in Finland. However, the working methods and tools are slightly different than in Finland. During the internship we were introduced to French culture in nursing. In addition, we got to know the work of many different professionals. There were other students in the home centre we met.

We got to practice elderly care, blood sampling and medicine treatment. The elderly had many different diseases. We have also participated in PASA's activities. The PASA days were interesting because we have not met similar activities in Finland.

The nurses and other staff were nice and friendly, even though they spoke a little English. The nurses dared to speak more English at the end of the internship. We believe that many nurses improved their English during the internship.



FREE TIME

We had a lot of free time. Long weekends were a good thing, because we had time to recover after work. We spent some weekends in here Niort. Niort is small, but a comfortable town. We felt safe in here. In the evenings the downtown streets were atmospheric. In the evening's town was full of people.



It was nice to visit other towns like Poitiers and La Rochelle. When we were in Poitiers, we stayed in another nursing student boyfriend's home. We went with them to the Futuroscope. We also spent a long weekend in La Rochelle. La Rochelle was a beautiful town and people were nice and spoke English better than here. We stayed in the hotel. We were walking around the streets and admiring the town. We bumped into the Finnish girl in the town. It was nice to talk Finnish with somebody. We sent postcards from La Rochelle to Finland. The last days we spent in Paris.



CULTURE - KULTTUURI

There are many cultural differences between Finland and France. It feels weird when people meet each other, and they give a French kiss. Finnish people need their own space and usually when we meet, we don't touch each other we just say hello.

In France, food is also different than in Finland. The eating rhythm is different here. In Finland we eat breakfast at clock 6-9, lunch at clock 11-12, snack at 14, dinner at 16-17 and evening snack at 19-21. In France breakfast is eaten at 6-8, lunch at clock 13-14, snack at 17 and dinner 19-22. Sometimes we had a hard time eating out, because restaurants weren't open even when we were hungry. We were also often hungry during working days.

In Finland, cigarette can only be smoked in certain area, but in France you can smoke almost anywhere. In Finland smoking is forbidden in the workplace.

It was nice to be here. This exchange has been really good experience. Internship has given us courage and self-confidence. It has been great to get to know a different culture. We want to thank you for this opportunity!

Matleena and Karoliina

