

## **Final Report: Erasmus Internship Experience at St. Olavs Hospital, Norway**

I am pleased to present my final report on my Erasmus internship at St. Olavs Hospital in Trondheim, Norway. This opportunity was an extension of my medical studies at Semmelweis University, and it has been a transformative and enriching experience.

### **Arrival and Integration**

From the moment I arrived in Trondheim, I was warmly welcomed by the hospital staff and my fellow interns. St. Olavs Hospital has a robust system for integrating international students, and I felt supported both professionally and personally. The orientation program was thorough, providing us with all the necessary information about the hospital's operations, Norwegian healthcare system, and work-cultural norms.

### **Professional Experience**

The internship allowed me to work in various departments, including internal medicine, psychiatry, emergency medicine, and neurology. Each rotation offered unique learning experiences and helped me develop a comprehensive understanding of different medical specialties.

1. **Internal Medicine:** I had the chance to participate in patient rounds, case discussions, and diagnostic processes. The mentors were highly knowledgeable and always willing to explain complex concepts. This rotation honed my skills in patient assessment, history-taking, and treatment planning.
2. **Psychiatry:** Working in the psychiatry department was an eye-opening experience. I engaged in patient consultations, therapeutic sessions, and multidisciplinary meetings. This rotation enhanced my understanding of mental health issues, the importance of a holistic approach to patient care, and improved my communication skills, particularly in sensitive situations.
3. **Emergency Medicine:** The fast-paced environment of the emergency department was both challenging and exhilarating. I was involved in triaging patients, performing initial assessments, and participating in emergency procedures. This rotation significantly improved my ability to make quick, informed decisions under pressure.
4. **Neurology:** Observing and participating in the diagnosis and treatment of neurological disorders was a fascinating experience. I was involved in neurological examinations,

case discussions, and patient management. This rotation deepened my knowledge of neurological diseases and improved my diagnostic skills.

### **Cultural Experience**

Living in Norway was an incredible experience. Trondheim is a beautiful city with a rich history and vibrant culture. I enjoyed exploring its landmarks, engaging in local traditions, and experiencing the Norwegian life. The cultural exchange with local students and healthcare professionals broadened my perspective and enhanced my intercultural Medical communication skills.

### **Challenges and Overcoming Them**

While the experience was overwhelmingly positive, it was not without its challenges. Adapting to a new healthcare system, dealing with, and adjusting to a different climate required resilience and adaptability. However, these challenges were instrumental in my personal and professional growth. The support from the hospital staff and the local community made these transitions smoother.

### **Conclusion**

My Erasmus internship at St. Olavs Hospital has been a remarkable journey. The professional skills I gained, the cultural experiences I enjoyed, and the personal growth I achieved have all contributed to making this internship an invaluable part of my medical education. I am deeply grateful to Semmelweis University and Erasmus for this opportunity and to St. Olavs Hospital for hosting me.

This experience has not only strengthened my medical knowledge and skills but also fostered a greater appreciation for global healthcare systems. I am confident that the lessons learned during this internship will have a lasting impact on my future career as a medical professional.

### **Acknowledgments**

I would like to express my sincere gratitude to my mentors at St. Olavs Hospital, the Erasmus program coordinators, and my colleagues who helped me with the exchange. Their guidance, encouragement were crucial to the success of my internship.

## **Recommendations**

For future interns, I would highly recommend seizing every opportunity to learn, asking questions, and engaging with both the medical community and the local culture. This experience is what you make of it, and being proactive will ensure you gain the most from your internship.

## **Final Thoughts**

This internship has been a defining chapter in my medical education. I look forward to applying the knowledge and skills I have acquired in my future endeavors and contributing to the global medical community. Thank you for this opportunity.