

Alicja

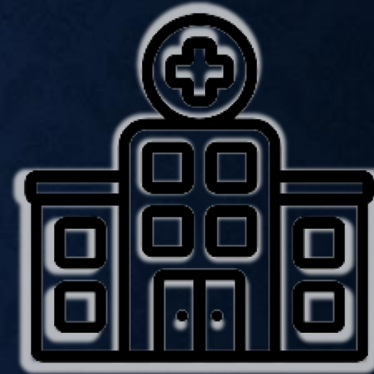
Dentistry, III year, summer traineeship 2022



CALETADENT Carralejo, Spain

Last summer I did an internship as part of the Erasmus + program, on one of the Canary Islands - Fuerteventura. These were internships after my third academic year and were recognized by the University (the documents must match the subject of the internship!). In addition, it was necessary to ensure that all documents were sent back on time. Both the Learning Agreement and documents confirming university internships. Fuerteventura belongs to Spain, so the official language is Spanish. My language level was A2/B1, but it needed to be refreshed after a few years without speaking Spanish.

The greatest difficulty of this undertaking was finding the facility and contacting it. At the beginning of the academic year, I started my search. I wanted the clinic to be located in such a place that I could, apart from learning practice in the office, pursue my greatest passion, which is kitesurfing, and learn the basics of surfing. I sent messages in Spanish everywhere I thought I could combine business with pleasure. It was nearly 25 units on the islands and on the Iberian Peninsula. I got a positive answer from one - just in Fuerteventura and I was recruited at the last minute from the reserve list. The apartments for rent were very expensive and far from the center of the town of Corralejo, so for more than 2 months while I was doing my internship, I lived in a surf school hostel (about 550 euros per month). It was the best decision because from the very beginning the volunteers welcomed me with open arms and I could feel part of the family. We spent a lot of free time together, going surfing, barbecuing and sleeping on the beach. We also visited and organized weekend trips to the neighboring islands - Isla de Lobos and Lanzarote. In the hostel I met a lot of people from all over the world: Switzerland, Spain, Egypt, Morocco, Italy, Trentino, Lithuania, China, Poland, Slovenia, Mexico, who came for holidays.



Spain



From Monday to Friday, I worked 5 hours a day in a private clinic as an assistant, and in the afternoons, whenever I had the strength, I would hitchhike to get to a kitesurfing spot. As only a few Spaniards speak English, it was similar in the office. The only person who spoke English was the receptionist. So my first few weeks were stressful. Not only did I not feel comfortable in the office at that time, I did not fully understand my scope of duties, my Spanish was not enough and I mainly walked around with a notebook jotting down the names of everything that could be found there. The nature of work in the office consists of messages, quick questions and expected quick answers. The constant hum from the aspirator, masks and the noise of the turbine did not help. My supervisor was understanding and allowed me to make mistakes in the first month. Later, understanding the language and office terminology came almost naturally, so I assisted the doctor full-time and translated when foreign-language patients came. I believe that I learned a lot watching Dr. Veranie at work. She was always willing to explain everything to me, sometimes to scold me, or to conduct an informative conversation. She shared her study notes with me so I could feel more confident with the vocabulary.



The requirement to conduct internships under the Erasmus+ Program is the total duration of the internship at least 2 months. I consider it the optimal time if you really want to improve a foreign language, feel comfortable in the "distant reality", where everything is different and allow yourself a lot of wonderful moments, making friends with people from all over the world, and discovering beautiful nooks and crannies. It was a wonderful experience and it broke my heart to have to go back.



Spain





My advice to anyone considering a similar trip. Make sure in advance that your supervisor will speak a language that you also speak fluently. Not only communication with the doctor depends on it, but also a certain communication with the patient. It depends on whether he will be able to trust you, whether the doctor will allow you to perform specific procedures, whether we will take the initiative and start working, and it will not turn out that we will only support the walls.

This is the summary of the basic costs of living and living.

- *planes approx. PLN 2,500 (travel with sports luggage increased the price);*
- *buses for one trip approx. EUR 3.00-6.00;- hostel approx. 550.00 EUR / month;*
- *self-catering, prices currently similar to Polish ones, a bit more expensive in restaurants;*
- *renting a surfboard 10.00 / 15.00 EUR (lesson approx. 40.00 EUR);*
- *similar fuel, maybe a bit more expensive than in Poland;*
- *ferry to Lanzarote 20.00 / 33.00 EUR, depends on the carrier;*
- *trip to Isla de Lobos approx. 15.00 / 20.00 EUR for the transfer.*

The Erasmus grant was EUR 600 per month. The clinic did not provide me with a salary, so it was necessary to have my savings.



Hiszpania

