

Anna

Medicine, after V year, traineeship 2022



University Hospital Center of Algarve, Faro, Portugal.

In which institution did the internship/traineeship take place?

I did my traineeship in Faro at the University Hospital Center of Algarve. The second unit of the hospital is in Portimao, where you can also do your traineeship.



Did the internship take place as part of the obligatory internship during studies, additionally in order to gain experience, or was it a graduate internship in which part of the obligatory post-study internship was carried out?



I did surgery and gynaecology as part of my compulsory traineeship at University (the University required a signed framework traineeship programme in English, previously approved by the dean's office) and pulmonology in an optional way.

If this was part of a compulsory internship, what was the procedure for recognition by the Ministry?

N/A



The language level that you need to have to cope with everyday tasks, contact with the patient, etc.?



Consultations were usually held in Portuguese. Exceptionally, in the case of tourists, they were held in English. Without knowledge of Portuguese, it is difficult to interact with patients independently, but the doctors were happy to translate conversations, explain and answer questions.

General impressions about the Host Institution, the organization of internships, what was the issue of food, did the facility have a canteen?



In my case, the contact for organising my traineeship went smoothly. The ladies at the secretariat were always nice, helpful and involved. The hospital has its own canteen, but the food served there did not have the best reviews. Meals were often prepared by myself. There were also a few reasonably priced restaurants in Faro, and set lunches until 3 p.m. Locals mostly recommended restaurants in the neighbouring village of Olhao - the seafood there was sensational. One of the hardest parts is organising accommodation. I recommend looking for accommodation on Facebook groups (Erasmus groups or local groups with listings in Portuguese). In the case of Portimao, the hospital helps with accommodation and offers dormitory accommodation.

Important information, contacts that will help in the implementation of mobility?

To organise, please contact by email:
centroformacao@ch Algarve.min-saude.pl



Attractions in the area worth seeing?



Almost the entire Algarve is worth a visit. Most of the towns can be reached by train. I also recommend renting a car in a larger group - this is probably the best way to explore the whole coast. From Faro, it's also pleasant and cheap to travel to Seville and Lisbon by Flixbus or local carriers. You can also hunt down good-priced flight tickets to Porto or Madeira. Faro is a pleasant place where Erasmus students come willingly and in large numbers. But you may be surprised to learn that you have to get to the beaches by boat (about 30 minutes to the nearest one) or by bus. During your stay, it is worth signing up for a surfing course. In addition, there is also a centre on Faro beach where there are activities co-financed by the city - you can, for example, take a windsurfing course for a few days for €20.00, or for €2.00 - €3.00 do a SUP fitness workout or go on a kayak tour.

Advantages of going on an internship under the Erasmus+ Program?

The trip certainly broadens your horizons, allows you to get to know the culture, gain new contacts and acquaintances (Faro is a popular destination for both Polish and foreign students), and see how foreign health systems function. Of course, you have to put a lot of time and commitment into organising your stay, but I highly recommend Erasmus+ trips.



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