

Igor

Physiotherapy, after IV roku, academic year 2021/2022



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One Clinic Oeiras, Portugal

In which institution did the internship/traineeship take place?

The traineeship took place at the One Clinic in Oeiras (15 min drive from Lisbon).



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?

The placement took place as part of the compulsory practice in the 5th year of the physiotherapy degree.

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

There was no problem with this, you just have to ask traineeship supervisor in the Receiving Institution to sign the documents, which are in Polish. With the help of a translator and thanks to the trust of both parties, there is no reason to worry.



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

I think my English level for everyday life, is at a good level, whereas medical English is something completely different in my opinion.

It seems to me that knowing the language at B2 level and learning anatomy in English should be enough. Unfortunately, a lot of patients often don't speak English, Portugal is a country where English is not so common, so consider going to a country where most people speak English.



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



The host institution was fine, although the Portuguese did not want to integrate with me much because of their poor language skills. A person who does not speak the native language of the country has to ready for the fact that sometimes it will not be possible to work with a large number of patients.

I would recommend looking for a clinic with people from other countries so that the working environment is more international (in Lisbon this is hard to do, as Portugal is a poor country and very average for physiotherapists in terms of income).

Food on your own.

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



When it comes to looking for a traineeship place, my advice these days is to give up sending emails to Host Institutions. In my experience I got 2 replies out of 40 emails, but when I started contacting on Instagram or Facebook every other institution was already giving me a yes or no answer.

Attractions in the area worth seeing?

Definitely local beaches, Erasmus Corner, clubs, walks in Alfama, it is worth joining ESN - Erasmus Student Network to meet other Erasmus people.



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



The opportunity to work with English, meet new people, increase confidence and learn about other treatments.