

Maciej

Physioteraphy, IV year, academic year 2023/2024



ONE Clinics Oeiras – Fisioterapia, Portugalia

In which institution did the internship/traineeship take place?

M: I did my internship in a public facility located near Lisbon - 'ONE Clinics Oeiras - Fisioterapia'.



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?

M: The internship was originally intended to be part of a compulsory graduate placement, but I managed to get it out of the way before I left, so it ended up being voluntary..



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

M: Not applicable. This was a voluntary service, so university documents only.



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



***M:** English is spoken on site by all staff, a basic level is sufficient for communication, but to really get something out of this mobility and learn, it is worth speaking fluently, including medical/anatomical language.*

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



***M:** My impression is extremely good, it was even the best practice of my whole course of studies. The working hours are set individually, the organisation of the work consists of accompanying your Practice Supervisor and helping him with his patients, moreover there is always someone else who can use the help and by the way share their knowledge and experience, tell you about the patient etc. Over time there is more and more independence and individual work with the patient. Overall it is an ideal place to prepare for the profession. There is a social room with a fridge, toaster, microwave, coffee machine, water dispenser and a place to eat, but you can't call it a canteen.*

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

M: I encourage you to contact me 😊 (contact details will be provided by the Erasmus+ SUM Office erasmus@sum.edu.pl). In addition, the application for the internship is sent by email to Mr Emanuel Bragança,



Attractions in the area worth seeing?

M: All of Portugal! Communication is so good that apart from Lisbon (at least 3 days of sightseeing, as I recommend looking for a flat as close to the clinic as possible) you can go on a trip every weekend, for example to Porto or the Algarve. Lisbon is also a great base for trips by plane (Madeira, Azores), for prices incomparably lower than in Poland - because it is closer.



E+: Overall mobility experience and advantages of participating in the Erasmus+ Programme:

M: All of the above! It is an unforgettable adventure of a lifetime, regardless of the destination (although I recommend Oeiras), you can just do something you have to do anyway, but more enjoyable, more interesting and simply better.



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