

ESTLAND - TARTU

Art des Praktikums:

Famulatur

Person:

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Einsatzland / Einsatzort:

Land	<i>Estland</i>
Stadt	<i>Tartu</i>
Amtssprache	<i>Estisch/Russisch</i>
Empfohlene Impfungen	<i>FSME, Hep-B</i>

Kultur, Sprachen, Religionen, Ausbildungssystem etc.: A very special culture, unique to the neighbouring countries; the language is part of the Uralic languages (like Finnish): primarily the people do not believe in God and there are high rates of atheism, the religious population comprises mostly from the orthodox Russian minority. University system is very similar to the system in Germany (Preclinical, Clinical and Practical parts of the study program are divided from one another)

Gesundheitsprofil des Landes / der Region:

Very good healthcare quality, similar to Austrian healthcare system. Two major clinics in Estonia are found in Tartu and Tallinn, whereas the university clinic is only in Tartu.

Ausbildungsstätte:

The place where you will do the clerkship is the Tartu University Hospital (Tartu Ulikooli Kliinikum). I was given the place at the 2nd Intensive Care Unit with a specialization in Neurology/Neurosurgery. Everything including the uniform and equipment will be given from the department. Therefore there is no need to take anything with you.

Arbeit und Ausbildung:

The department consisted of the head of the department, 2-3 doctors, residents and nurses. While the head of the department had the duty of organizing, maintaining the workflow and distributing work, it was usually the residents or doctors of the unit who took care of us internees. There was usually a circulation of tutors, so it wasn't that often that you'd have the same tutor the whole time. Work started at 8.00am and finished at 1.30pm or even later if there was a lot to do.

The tutors explained the whole time what was going on and you were also allowed to perform

different tasks. The staff was very friendly and it is advisable to know a little bit of Russian/Estonian in order to communicate more with patients.

Wohnen und Essen:

The whole international group was hosted at a student dormitory where each apartment had two rooms and there were two people in each room. That means that 4 people shared a kitchen and a bathroom, but the room was shared with only one other person. It was in a very good location, near the city centre (5 min walk) and there was a supermarket right next to the dorm.

The apartment was just as any other student dormitory, so I wouldn't expect a presidential suite at a Hilton's hotel. We were usually going out almost all time, so we used the apartments just to sleep and shower.

Eating depended on the person. The rooms at the dormitory had their own kitchens, and utensils were provided from the EstMSA. The hospital had a canteen as well, where we usually ate lunch together. In the evening, we either ate outside or cooked together.

Finanzielles:

Flying to Estonia is actually cheap, ranging from 100-160 Euros flight. You might find even cheaper flights to Riga (Latvia), since the bus ride from Tallinn to Tartu is almost the same as the trip from Riga to Tartu. Therefore, check flights to both locations (Tallinn and Riga). After you arrive at the airport, you take the bus to Tartu (6 Euro from Tallinn, 12 Euro from Riga).

EU/EEA Citizens do not need any visa, since Estonia is an EU country. Non-EU Citizens with a residence permit (Aufenthaltstitel) from Austria also do not need an extra Visa.

Estonia is a country with a relatively high quality of life and at the same time lower prices. Which means, that depending on how much you want to spend; you can have a very luxurious time with 300-400 Euros. Food and drinks are very cheap there.

Fotos:

Tartu University Clinic



Freier Teil:

Don't drink too much, even though alcohol is cheap.