

## The exchange in the Czech Republic:

In the project  
Glemmen school – Zdrávka Bond

Iceland   
Liechtenstein  
Norway grants



In February 2020 four students from Glemmen school in Norway went on an exchange to the Czech Republic due to Glemmen school's cooperation with Zdravka Bond. Our exchange found place in a beautiful town called Hradec Královè, which is surrounded by magnificent architecture. Hradec Královè is located approximately two hours outside of Prague. The exchange lasted for three weeks, from February 2<sup>nd</sup> to February 22<sup>nd</sup>. Here is a picture of us, Theodor, Pia, Andrea and Elise, at work in the hospital.

We had a great time during our exchange in the Czech Republic! The students and the teachers gave us a warm welcoming when we arrived, and they took good care of us throughout our stay. The teachers adjusted the lessons when we joined the different classes, and the students translated in English so that we could understand what was going on. We were at school every Monday, so it was three days in total. These two pictures are from the school.



We worked with other students at the same age in the hospital. They were very friendly to us, and they helped us with the assignments in the hospital.

Furthermore, we got to spend a weekend in Prague during our stay, which gave us the opportunity to experience several tourist attractions such as the Charles bridge, St. Vitus Cathedral, Dancing House, Old Town Square, Prague Castle and Old Town Hall.

### **Did you learn some Czech words?**

The Norwegian language and the Czech language are quite different. We cannot understand each other when we talk, so it was fun to learn some Czech words from the students we met. We tried to teach them some Norwegian words too. Because these two languages are so different it was hard for both of us to pronounce all the words and sentences. This led to lots of laughter and it was really fun! Now we can say for instance hello, good morning, good day, hospital, my name is and bye in Czech.

All of us also tasted some typical Czech food. For instance, *tředlnic* and *Svíčková*.

### **Were you afraid of something before you came to the Czech Republic? Why?**

Our biggest concern before leaving Norway, was that we were going to live alone for three weeks. Would we be able to get around, make food and keep track of time all on our own, or would we be completely lost.

We were also concerned about how big of a difference it would be in the hospital. Would for example our colleagues be understanding and helpful, and how would the patients react to having Norwegian students treating them.

### **Is there anything that surprised you?**

There were some things that were different from Norway, that surprised us. For example, the sphygmomanometer in cardiology. They were kind of outdated compared to those we use here in Norway. We're not used to write journals on paper, so it was surprising that everything went on papers, and not on computers at the hospital in Hradec Králové. On the other hand, we went to the OR one day, and saw that they were using Da Vinci surgical system. It's advanced technology, and it was super exciting to see it in action!

We will definitely recommend the experience to our friends. It was really nice! We have learned a lot from the hospital, about ourselves, we have got new friendships and got the opportunity to live alone in a new culture! This exchange is something we will remember the rest of our lives!

Pictures from our stay:

