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I choose to come to Riga medical college because I wanted to see different cultures from those I have been used to and because I wanted to see how nursing is applied in other countries and how it's taught to other universities.

My expectations before mobility was to see some different way of how nursing applied in Latvia and some other kind of hospital environment , more friendly to people and how can nurses provide excellent health care to the patients in cooperation with the other health professionals.

I can say for sure that my favorite clinical placement was in the operating room's because surgical nursing is one of the field's that I really love as it is very interesting and everyday you see something new and learn many new things and how to always think one step ahead. Also it was a very good opportunity to do a repetition of anatomy and physiology and practice some basic skills as suturing a wound and wound care.

From my experience the most challenging was the medical unit that had so many patients and we have to prepare and give a lot of medication's to each patient. But after like the first week I get used to it and learn how to work under pressure, and this is something that I'm proud of because it was an excellent clinical experience. Also the nurses were very helpful with anything that I needed.

One fact that surprises me was the new build hospitals that were actually much more like feel comfort and like you're at your home than the older ones and that's a very good fact especially to the psychological part of the patient's. Also I like very much the technology and the new machines that hospitals have.

I feel like I have learn so much things and I leave Riga with the best impressions and full of some valuable experience that helps me to continue my studies with much more confidence .

My conclusions are that Erasmus is a very good program that help people to know themselves better, meet new cultures, interact with new people and make some strong friendships that last forever. Also gives the opportunity to see how professionals of your field work in other countries and get some experience from that. Studies in other country opens your mind and your horizons and of course you learn how to adapt in any environment and it is an experience that you will remember in your whole life.