



VNIVERSITAT
DE VALÈNCIA



LATVIJAS UNIVERSITĀTES
RĪGAS MEDICĪNAS KOLEDŽA

ERASMUS +

MOBILITY

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Erasmus+ Mobility 2017/2018

21 years old

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My adventure began on 31st of August of 2017. After being waiting around one year since I knew that I would travel to Riga, that was the moment to take my suitcase, open my mind and being ready to learn as much as I could. ¡Yes! My experience as Erasmus+ student began and I couldn't be more excited.

Everyone that I have met during my stay in Riga asked me why I chose that place as my destination. Well, I have to say that now, after 4 months more or less, I have more reasons than before coming. I chose Riga because I wanted a far destination. Somewhere where I couldn't have a lot of opportunities to go in my life. In addition, I wanted a country with different culture and weather. I think I chose the correct destination and I'm so proud of having been living here.

Everything in the mobility period was all right. It was thanks to my coordinators. Both, Latvian coordinator and Spanish coordinator, were always aware of me. First, thanks to my Spanish coordinator, Pilar, I could present all the documents in time. She was always remembering me about the deadlines. Then, when I arrived to Riga, I met Renate. I could never have met a better coordinator. Since the beginning, she was very kind helping me in whatever I needed. She understood that I was like a newborn baby in the world. I needed help to organize myself and to settle in the city. Then, I met Agnese and Kristiana. They were very aware of me and I'm so glad, but I will always keep in me all that Renate made for me. The best thing was that Pilar and Renate get on well so it was very easy to organize everything. Thank you all!

If I stop to think what I have learned here in Riga during my mobility, I must separate different learnings. I must admit that during my clinical training I haven't learned too much. I think that was because I stayed working in a lot of places but short-term. In spite of this, I could see how health professionals work, which abilities of communication they use and how nurses are appreciated in other countries, in this case, Latvia.

My favourite training placement was without any doubt ICU. There I could learn a lot. I have the fortune of meeting Agita. She has been the best nurse I met in Riga. She had the patience of listening to me, showing me all the things that they did and taught me a lot.

I would give the following advice to future Erasmus+ students:

Taking advantage of time is the best thing you can do. Don't be left with the desire of having done something. I would recommend that experience to all the students. It has made me grow, made me being more responsible and made me openminded. I have met wonderful people and I have seen amazing places.

ONCE ERASMUS, ALWAYS ERASMUS. THANK YOU LATVIA!



