



**BHARATI VIDYAPEETH (deemed to be) UNIVERSITY, COLLEGE Of
NURSING, PUNE -43**

REPORT

**ON INTERNATIONAL STUDENT EXCHANGE PROGRAMME TO
UNIVERSITY OF SOUTH EASTERN NORWAY**

TIME PERIOD:

ONLINE: 20 January 2025 to 24th January 2025

OFFLINE: 27 January 2025 to 7 February 2025

CAMPUS VISITED

USN CAMPUS, PORSGRUNN

USN CAMPUS, VESTFOLD

CANDIDATES VISITED

Ms. Alisha Jinson(SY. BSc 3rd SEM student)

Ms. Jensa Anna Varghese(SY. BSc 3rd SEM student)

Ms. Sneha Maria Chacko(SY. BSc 3rd SEM student)

Ms. Sunidhi Narayan(SY. BSc 3rd SEM student)

International Students' Cell
Bharati Vidyapeeth (Deemed to be University)
College of Nursing, Pune-411043

Principal
Bharati Vidyapeeth (DU)
College of Nursing, Pune-43

OBJECTIVES OF PROGRAMME

Objectives of the posting was :

1. To understand transcultural practices Norway
2. To learn, understand and share cultural backgrounds including individual, family concept ,communities and university
3. To observe and understand quality patient care
4. To explore nursing care practices in Medical Surgical Nursing
5. To learn holistic approach towards geriatric nursing
- G. To understand adolescent health care

REPORT

27 JANUARY 2025: Journey to Oslo

4 students who were selected for the international student exchange programme , Alisha Jinson, Jensa Anna Varghese, Sneha Maria Chacko, Sunidhi Narayan started our journey to Norway. The flight was scheduled by

9.40 am from Mumbai International Airport and the flight was connected from Zurich and then Zurich to Oslo. We all reached Oslo at 12.10pm(Norway time) and we boarded the train to Porsgrunn at 1.10pm. The tickets were pre booked and were sended to our email accounts. The journey was safe and sound and we reached Porsgrunn safely.

Hotel and stay

We reached Porsgrunn station and the hotel which was booked for us was just opposite to the station, Hotel Comfort, we checked in and there were 2 rooms where 2 of us share each room. The hotel was in the middle of the city and was 15 min walking distance to the campus. Stay in the hotel was from 25th Jan to 6th Feb 2025.



DAY 1: first day at USN, Porsgrunn campus 27 Jan 2025

It was scheduled that our classes start at 10.00. After breakfast from the hotel we were ready for the classes. Mrs. Elizabeth ma'am picked us from the hotel to college as it was our first day. We reached college at 10.00. We had an introduction session with Elisabeth ma'am, Siv ma'am and Aurora ma'am. The introduction session was taken by Aurora about Norway, USN University and discussion about the whole schedule. Then we had lunch with Elisaveth and Siv and after that they gave us a campus tour. After the college hours till 3.00 Siv showed us the way back to the hotel and an orientation about the city.



DAY 2: Lecture and Lyngbakken Nursing home Visit 28 Jan 2025

The day was scheduled from 9.00am. We reached the campus at the correct time and a Lecture was scheduled on HEALTH CARE SYSTEM OF NORWAY. The class was taken by Elisabeth mam. We understood that there is a huge difference between the healthcare system of India and Norway. By 12.00 noon we accompanied Elisabeth mam to the nursing home in Lyngbakken and there their head nurse showed us the nursing home and explained the systems and working of the nursing home. Then we had lunch with Elisabeth ma'am. Afternoon the reflection and discussion on the nursing home visit took place.



DAY 3: Lecture and visit to Youth Health Centre, Skein

2) Jan 2025

The day was scheduled for a lecture about different public healthcare systems in Norway. The class was taken by Elizabeth. After the lecture we 4 accompanied with Elizabeth ma'am went to visit a **YOUTH HEALTH CENTRE**, in Skein. There we were taught about different services provided at the centre and introduced all the nurses and other staff working there. After reaching college we had reflection and discussion about the day and visit.



DAY 4: Visit to USN Campus, Vestfold 30 Jan 2025

By 8.15 am we went to Skoppum railway station and a USN student came pick bus up. The college was 15 min drive from the station. When we arrived at the college Linda Ma'am was there to guide us. Linda ma'am and other two students gave us a presentation about the MIDWIFERY COURSE and the details related to the course. The same day there was a profession oriented programme at universty and we all got the opportunity to practise delivering baby, neonatal resuscitation and oropharyngeal intubation. We were also introduced to new digitized system of nursing education using VR glasses. After that we visited simulation lab and Linda ma'am gave us orientation about simulation lab studies and how it helps to improve nursing education. We got our tains back to Porsgrunn.



**DAY 5: Sightseeing in Oslo 31 Jan
2025**

By morning 11.17 am from Porsgrunn and reached Oslo central station at 12.40 noon. Two midwifery students who accompanied us, Julien and Marn showed us around the Oslo city and by 4.00 pm we went to paradox museum and we enjoyed our time there and afterward we went to the apartment of one of the student and we prepared tacos and we had great time there. We reached Porsgrunn at midnight.



DAY 6,7 : Offdays

1 feb and 2 feb 2025

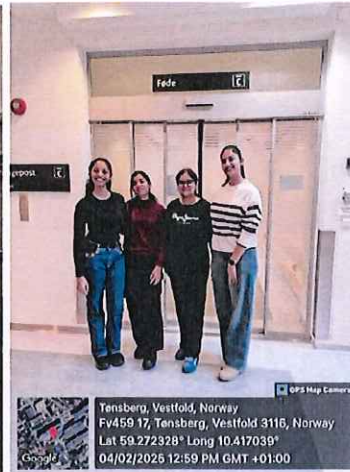
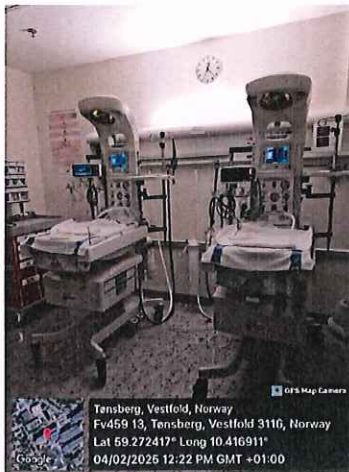
DAY 8: Telemark hospital visit and Simulation lab visit. 3 feb 2025

By 9.00 am we went to USN, Porsgrunn and from there we went to visit **HOSPITAL (LEGEVAKT) in TELEMAR, SKIEN**. We visited different departments of the hospital. Inguin AUSA and Siv accompanied us to the hospital. After visiting the hospital we came back to Porsgrunn. Afternoon we visited the Simulation lab and had a reflection and discussion about the day.



DAY) : Midwifery ward visit in Tonsberg 4 Feb2025

Went to Tonsberg from Porsgrunn at 10:00 am. There we accompanied with two students of midwifery to the hospital. We visited the labour rooms and the nurses their gave us an orientation about the ward and about all the systems there. We were able to understand the difference between India and Norway in Midwifery area. After that we had lunch in Tonsberg and took train back to Porsgrunn.



DAY 10 :Introduction to USN Simulation lab 5 Feb 2025

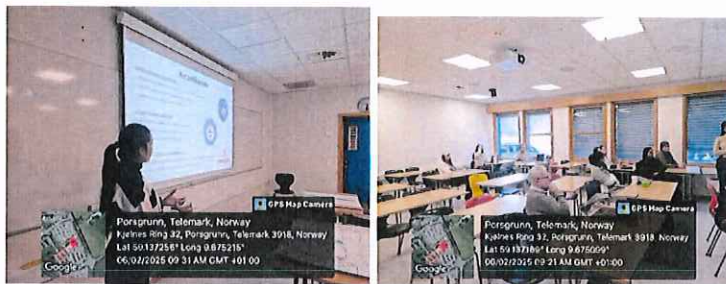
We reached college at 10.00 there we had a session about **URINARY CATHETERIZATION**. Introduction to the simulation lab of USN University Porsgrunn was given to us. After that we went to the simulation lab and learned about catheterization and we were allowed to do the practicals. Practical done in Simulation lab - Intermittent Urinary Catheter Insertion in Female and Permanent Urinary Catheter Insertion in Male. After that we had reflection and discussion about the day.



DAY 11 :Presentation about NURSING EDUCATION IN INDIA 6 Feb 2025

The day was scheduled for us to present about NURSING EDUCATION IN INDIA in the global health care meet at USN Campus. We all 4 students did the presentation in front of 2 classes and joined the students group for discussions. We interacted with the students to know more about education in Norway. At noon 12.17 we boarded the train to Oslo to spend our last day in Norway.





DAY 12: Sightseeing at Oslo with Siv 7 Feb 2025

We spend the day in Oslo with Siv doing skiing and having traditional Norwegian food. We spend our last day in Norway with lot of joy.

BACK TO INDIA

8 Feb 2025

Early morning at 6.00 we checked in and boarded our flight back to India which was from Oslo to Munich and Munich to Mumbai. We completed our journey safely and soundly and reached Mumbai by 4.00 am of 9 Feb.

CONCLUSION

We 4 students of Bharati Vidyapeeth (Deemed to be University) College of Nursing, Pune were selected as the candidates to go to Norway as part of International Student Exchange programme. We spent our 2 weeks in Norway acquiring loads of new knowledge and experiences. We enjoyed and learned our time there and we all will forever be grateful for this opportunity.

We are thanking all the officials who supported us all throughout our journey and this experience.

Report on: International student exchange programme to Norway

Date : 27 January 2025 to 7 February 2025

Submitted by: Jessa Anna Varghese
3Y BSc (14th sem)

Introduction

We, four students from Bharati Vidyapeeth College of Nursing, Pune was selected for the International student Exchange programme to Norway for 2 weeks. After multiple interview sessions and selections we were selected to go to the USN campus.

Report on the programme

On 27th of January, we four students started our Journey to Norway, the whole process was arranged and done by university including the visa and itiney preparations and ticket bookings.

We stayed in Pösgården and most of our time was spent there.

We were exposed to different sectors of nursing like

- Geriatric nursing :- By visiting old age home
- Adolescent care :- By visiting youth health centre
- Midwifery :- By visiting midwifery hospital

We were exposed to learn a handful of new things and experiences and simulation lab activities.

Conclusion

We reached India on 8th February 2025 after completing our Journey. This Journey allowed us to get a new experience and learn a lot of new things also.

We are acknowledging our university, Principal ma'am, vice principal sir and all the faculties who supported us throughout our Journey.

Jensa Anna Vaughese

Jensa Anna

Experience Report of International Student Exchange Programme to USN, Norway.

Date of visit → 26/01/2025 to 08/02/2025

Reported by → Sunidhi Narayan

Four students from Bharati Vidyapeeth (deemed to be university) College of nursing, Pune went to USN, Norway.

We were, Ms Sunidhi Narayan, Ms Alisha Jinson, Ms Jensa Anna Verghese and Ms Sheba Maria Chacko.

The International student exchange programme was one of a lifetime experience, experiences which will stay with each one of us.

The exchange was very informative with diverse cultural experiences.

We were taken to visit the Oldage Home Care Center in Norway, Maternity hospitals in Norway, Public health centres, Youth clinics in Norway, all of these helped us to get an insight on Norway's health system, how it is different than Indian Health Care system and what can we learn and develop for a better healthcare.

This experience not just made to understand better but also was a practical session.

We were taken to the Stimulation Labs of USN, wherein we performed procedures and gained a handful experience.

The exchange program helped us improve our communication skills, boosted our confidence, and broadened our global perspective.

We experienced beautiful landscapes, local traditions and health care system in Norway.

It was a journey of growth, learning and unforgettable memories for which I will be thankful my whole lifetime to Bharati Vidyapeeth (Deemed to be) University, College of Nursing, Pune for giving us such a precious opportunity.

Sunilhi Narayan

Sunilhi Narayan

REPORT ON EDUCATIONAL VISIT THROUGH STUDENT EXCHANGE PROGRAMME

Submitted By: Alisha Jinson

Date of visit: 26th January 2025 to 08th February 2025

As part of International Student Exchange Program, I, along with my fellow students Jensa, Sneha, and Sunidhi, visited Norway from 26th January to 08th February. We visited various health care institutions including hospitals, youth clinics, public health centres and maternity hospitals. The main objective of the visit were:

- To understand transcultural practices in Norway.
- To learn, understand and share cultural backgrounds including individual, family concept, communities and university
- To observe and understand quality patient care.
- To explore nursing care practices in Medical Surgical Nursing.
- To understand adolescent health care.

Institutions visited were:

- Hospitals: Sykehuset Telemark, Tønsberg sykehus.
- Youth Clinicals: Helsestasjon for ungdom
- Campus: USN Vestfold, USN Porsgrunn
- Old age Home: Doktorløkka Boseruter, Telemark.

Observations:

We were able to observe a strong primary health care systems which is entirely different from Indian healthcare system. The maternity hospitals were family centered, led by midwives.

The youth clinics helped adolescent people to deal with their anxiety, free services are provided focusing on sexual health, mental health, and lifestyle counselling.

The simulation labs provided to us in USN Porsgrunn, USN Vestfold were very useful to us. It enabled us to make us understand our weakness in different procedures.

They were totally living in the digital world.

I am grateful to Bharati Vidyapeeth [Deemed To Be] University and other faculties of Bharati Vidyapeeth College of Nursing, Pune who have made the efforts to make this program success and for giving me this opportunity to diverge and observe the Norwegian Customs and their facilities.

International Student Exchange Programme to USN, Norway.

The International student exchange Programme at University of South Eastern Norway (USN) as the part of HEIN project was one of most achievable moment in my life. Four students of second year B.Sc Nursing from Bharati Vidyapeeth, Ms. Sneha Maria Chacko, Ms. Jessa Anna Varghese, Ms. Alisha Jinson, Ms. Sunidhi Narayan, engaged in an academic and cultural immersion from January 21 to February 7, 2025. The programme included lectures on Norway's Healthcare system, visit to nursing homes, Telemark hospital, midwifery ward, Youth Health centres and practical experience in advanced stimulation labs at USN.

We gained significant value from exposure to Norway's advanced and holistic nursing practices, especially in areas like genetic care, midwifery, adolescent health. Hands on learning using VR technology, stimulation labs enabled us to perform skills such as catheterization and neo-natal resuscitation. We observed patient-centered approaches and high-quality elder care system with contrasted ^{mainly} with Indian healthcare practices and broadened ~~their~~ ^{our} global nursing perspectives.

Culturally, the exchange fostered mutual understanding and collaboration. The students presented Indian nursing education at a global healthcare meet, interacted with Norwegian peers, and participated cultural activities including traditional cuisine and skiing in Oslo. This experience not only enhanced our clinical competence and cultural sensitivity but also inspired deeper appreciation for global nursing standards and practices. The visit left a lasting impression and gratitude to all of the one who supported us especially the USN university and Shaahi Vidyapeeth, College of Nursing and International cell of BV(CDU).

Sneha Maria Chacko

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