



**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 sent 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. Elisabeth 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

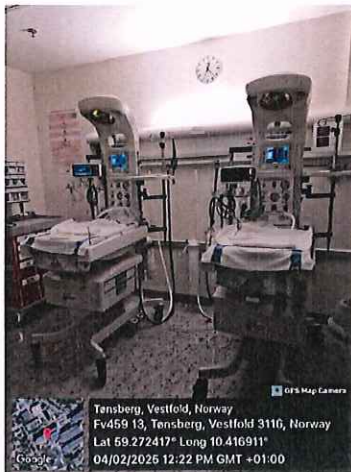
DAY 8: Telemark hospital visit and Simulation lab visit. 3 feb 2025

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.



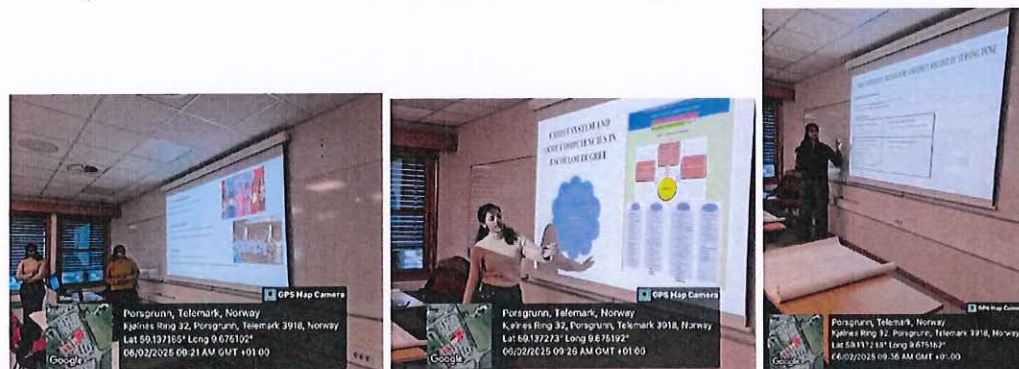
DAY 10 :Introduction to USN Simulation lab 5 Feb 2025

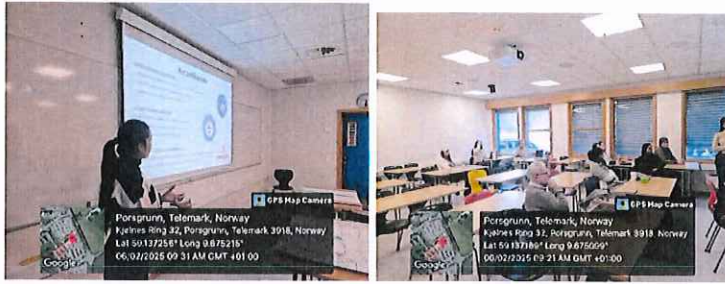
We reached college at 10.00 there we had a session about **URINARY CATHETERIZATION**. Introduction to the simulation lab of USN University Porsgrunn was given to us. After that we went to the simulation lab and learned about catheterization and we were allowed to do the practicals. Practical done in 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.