

## Erfahrungsbericht European Nursing Module in Northampton

March 2022

University of Northampton, Northampton, UK

Studentinnen, Bachelor Pflege, 3. Studienjahr

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### Two Swiss Nursing Students finding their way around in England

Going to the UK was our first choice. For us, being able to communicate with Students, Staff and Patients was very important, which is why we chose an English-speaking country. In addition to that, we wanted to witness the Public Health Care System (NHS) in a rather large country, compared to Switzerland.

Before the official start of the ENM, we decided to spend the weekend in London, where we explored the city. Everyone we came in contact with was extremely friendly and polite. We went out for Brunch, met up with a friend, did a little bit of sightseeing and even went to the Cinema for there were sadly no Musicals on Sundays. On Sunday afternoon we then took the train from London to Northampton, where our exchange began.



In Northampton, we lived in an Airbnb. We were able to reach the University in 7' and all the Institutions in 10-20 minutes by foot. Already on our first day, we realized that the work ethic varied quite a lot from what we were used to. We were meant to meet up with the coordinator from the University in Northampton at 10am – this stayed true for all other days where we spent the day at the University. From rentable Laptops to ambulances and a supermarket on campus, University life in Northampton was pretty different compared to what we were used to.

During our two-week stay, we spent a day with the REDS Academy at St. Andrews, the largest psychiatric hospital in the UK. We got to witness an Airlock to access a medium secure ward and talked a lot about wellbeing – which plays an important





role in the English healthcare system, as we later witnessed several times during our stay. After some talks about wellbeing, spending a day in a private clinic and some study sessions at the University of Northampton, we got to spend a 12hour shift at NHS Hospital on the Urgent Care unit in Resuscitation. Intubations, heart attacks, cardiac arrests, pulmonary embolisms... whatever you can think of – we saw it. It was definitely one of our highlights.

After two 12 hours shifts, we had some days off and decided to go visit a friend in Liverpool. Since there is nearly always WiFi on long distance trains, we were able to use the nearly 4hour journey to catch up on some lectures from home. We stayed with her and her host family and had an incredible 3 days – even some sunshine was involved.



Back in Northampton, we spent some more time at the University, either studying, chatting about our experiences or spending some time with the Health Academy. A team of Nursing Students, we look after the mainly mental but also physical and sexual health of all the Students at the University of Northampton. We spent some time just talking about our cultural differences, because even though they were studying in England, barely anyone lived here before their studies. They showed what projects they are working on, what they do for the students and even went with us on a Trim Trail – a trail with little sports activities along the way, which goes around the campus.

All things considered, we had a great trip, made some incredibly memories, learned now things and will keep this trip forever in our hearts.