



Cofinanciado por el  
programa Erasmus+  
de la Unión Europea



Projecte EuroFP Balears III (2017-1-ES01-KA102-037681)

## Erasmus+ experiences 2017-18

### **Adjla Kabadi Personal opinion about Erasmus+ in Finland**

I had the opportunity to do part of my formative internship in Turku (Finland) thanks to the Erasmus programme. For me it has been a unique and incomparable experience. I have known another culture, I have learnt a new language and I have met different people with a different lifestyle. It has helped me to mature as a person. Especially I have had the big chance of enjoying this experience. I would like to encourage the young Saharan to study and help my people to put aside illiteracy with the desire for a better future.

The Saharan people due to shortage of medical resources, weather conditions and by the advanced age of its population has a lot of deficiencies in its health system and its care giving services. That's the reason why it is very important to take training as far it is possible in order to come back with our people and improve their standards of living.

The opportunity that some Saharans have to go out to other countries to train is an indispensable step for our country to educate the younger generations. At home it is not possible. And the youngsters are the ambassadors of our country to rise awareness to other countries about our severe living conditions. With the help of other countries we can improve our living conditions.

We can be trained, we can sacrifice our lives for years, we can be moved away from our families, we can come back with university degrees, but if we do not have the basic resources (as it would be my case): diapers, bandages, creams, soap, medicines, cranes, chair of wheels... little benefit it will provide. So it is relevant that the countries sent help and our work will have a sense.

I would like to return this summer and help those people who require health cares and comprehensive care. ...I would like to explain them the opportunity that I had to know a Nordic city, incredible monuments such as the cathedral called "Turun tuomiokirkko", the castle called "Turun linna", the islands Naantali and Ruisallo, also tourist parks, museums and bookshops, typical parties of the region... I enjoyed the typical gastronomy in the ships over the big river and finally I spent a weekend at the capital of Finland: Helsinki. I enjoyed the wonderful views from the churches and the lovely islands that we visited with a ship.

### **Aina Rullán Personal opinion about Erasmus+ in Finland**

My formative internship in Turku (Finland) with the Erasmus+ Program It has been very useful for me since I have met different ways of working in the field, different needs, different ways of life. I have known another language and another culture, and I have been able to be more autonomous living in a foreign country, knowing that you have to take care of yourself. You do not have any help from anyone and you have to grow as a person in a foreign environment, out of your comfortable country.



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Also it has been very important socially speaking, since you have made friends and we have lived together. Knowing that we all were in the same situation. Also it is necessary to take into account it reassesses your curriculum.

In my case, it has surpassed my expectations. It seemed to me as if I have lived for a long period of time in Finland. Every day I have learnt new ideas, new notions and new words from a foreign language. These are things, moments and, especially, people of your life, that you never will forget. Just the ordinary tasks like looking for your flatmate because it is necessary to do the shopping, go out to the most beautiful city and learn about it or make new friends in a restaurant inside a ship in the river...These are thing that you never will forget.

#### **Esther Perelló Personal opinion about Erasmus+ in Holland**

It has been a useful experience in order to develop my skills with a broad knowledge of this kind of users. I have improved my communication with people with a visual disability, I have learnt how to improve their living conditions and how to use a crane system to move the users. I have learnt new ways to do tasks such as use showers with technical support. For example when they were swimming the users could make use of a crane in order to get out of the swimming pool. They had at their disposal special floats, walkers such as wheelchairs, easy to use and customized, special bikes or outdoor machines used for rehabilitating purposes.

The residence was in a good place. The distribution of the different rooms and the aisles, the space equipped when helping the users and the support from the caregivers had been very important to me.

I would have been a good idea to rotate from different houses since my mates were living in different places and we did not have the same users and the same tasks.