



## TO POLAND – TO GAIN PRACTICAL EXPERIENCE!

2024-04-25

Some people travel to Poland to shop cheaply, but nine of our school's students went there to gain knowledge and improve their practical professional skills.

From April 8 to 19, students from the Personal Care Worker and Nursing Assistant training programs completed their internships at a Social Welfare Home, while students from the Automotive Mechanic and Vehicle Repair vocational programs trained at *Nissan Ford, Hyundai-Wikar*. The internships took place in institutions located in Nowy Sącz, near the Slovakian border.



Here's what the students had to say about their nearly two-week experience in Poland:

**Edita:** "...it was very interesting. Everyone worked very purposefully and efficiently. The residents of the care center (women) knew their schedules – when to go shopping, bathing times, meals, and dietary needs. It was fun to see the entire staff preparing breakfast and lunch, with us interns helping. Even the director supervised everything. We made friends with the residents, received their good wishes, and even



*compliments asking if we would like to stay and work there."*

**Rūta:** "I'm very happy to have seen this 'city within a city.' As a personal care worker, I usually only see a client's home. Here, it was like a small town with its own kitchen, laundry, and physiotherapy facilities. Separate buildings house residents according to disability levels. There is even a grill area, and we had the chance to open the grilling season by cooking sausages. At night, the entire area is locked."



**Tomas:** "I enjoyed the trip and internship in Poland. We were welcomed warmly and accommodated well. The practical work went smoothly because the staff we worked with were



*friendly. I gained experience seeing how work is done under real conditions."*



**Laima:** *"Upon arriving at the Polish special care home, the director, a young and pleasant man, welcomed us and introduced us to the facility. The home houses only women – ninety-one in total, with the youngest residents being just thirty years old. The facility employs sixty staff members. It was interesting to observe how stronger residents help weaker ones. The rooms are cozy, warm, and clean, creating a true home environment. I met several residents who speak Russian; one was a teacher, another worked in a national library. It was fascinating to hear their life stories. The facility has a gym, a shop, and a chapel where a priest visits on Thursdays. Residents also enjoy picnics with music and barbecue. I helped feed and take residents for walks or wheelchair rides, and assisted with drying hair after bathing. The experience was very meaningful, and the director's care left a great impression."*

**Artūras:** *"The Erasmus+ internship was very valuable. We learned a lot about social services in Poland and their delivery. We improved our qualifications in the social field, providing personal assistant and hygiene services. We learned how to transfer immobile clients from*

*bed to wheelchair and back, and participated in sports and therapeutic activities with the residents. We built friendly and professional relationships with the local Polish staff. We also visited a homeless shelter, shared experiences, and exchanged contacts. Free time was spent visiting local sights and making new friends. The trip was very well organized and the reception in Poland was excellent. These memories will last a long time."*

**Jolanta:** *"Hello. I am grateful for the opportunity to participate in ERASMUS+ in Poland. Although the journey was long, it was absolutely worth it. The practice site was large, about 83 ares, with four buildings over 100 years old. Around 150 residents live there, separated according to the severity of their conditions. Those able can do handicrafts or go shopping outside the facility. Residents have opportunities to exercise and participate in sports competitions. We were invited to the summer season opening celebration, where we grilled sausages outdoors. Many residents attended, while those unable or unwilling received sausages in their rooms. One surprising thing was that, despite the large number of residents, there is no on-site doctor; residents are transported to specialists in the facility's minibus."*





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**Violeta:** *"A heartfelt thanks for the wonderfully organized Erasmus program. It was an incredibly interesting experience, meeting sincere people and enjoying beautiful landscapes."*



The students not only completed internships at the institutions but also explored the surrounding areas and Polish culture. In their free time, they visited and admired Zakopane and Kraków.

The internships in Poland were carried out under the Erasmus+ project No. 2023-1-LT01-KA121-VET-000146758.

Daugai Technology and Business School received ERASMUS+ accreditation in 2022, valid until December 31, 2027, and will continue to conduct international mobility activities until the end of 2027. The feedback from participating students confirms that the Erasmus+ program is an excellent opportunity for vocational school students to gain theoretical and practical skills abroad, improve foreign language proficiency, and learn about life and culture in another country. Erasmus+ also motivates students to study and work in their chosen profession.



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