

# Mutual International Module

## Handbook 2022

### 1. Objectives

Following objectives are the overall objectives of the module written at education level 6. Every participating member will translate these objectives in their own curriculum according to what needs to be assessed in the home institution:

- Critically analyse the concepts associated with global health related to midwifery
- Critically reflect on concepts of culture and how culture can affect health, welfare and professional midwifery
- Appraise the value of sharing multi-cultural knowledge and experience

### 2. Content

The module incorporates a student exchange of two weeks which will give the students the opportunity to achieve the objectives in the curriculum of their home institution.

The module will run twice a year

- Fall exchange weeks 40 and 41
- Spring exchange weeks 10 and 11

Dates are confirmed at the annual meeting of MiMo. Afterwards they are filled in in the table in appendix 1.

The program contains 2 weeks or 10 days:

6 days of observations in a practice where midwives have an important professional role and 4 days in the school. 1 or 2 days of the practice can be replaced by a professional visit. This depends of the organization of the host institution.

Concrete:

- Day 1: an introduction day containing an introduction in the school and the module (half a day) and a cultural introduction in the city (half a day)
- Day 2-3-4: days in practice

- Day 5: a reflective day in the school. The students meet up with a teacher and/ or other student(s) and they receive time to work on their assignment for the home institution (if applicable)
- Day 6-7-8: days in practice
- Day 9: half of the day is planned as a reflective moment in the school and half a day is planned as a cultural trip
- Day 10: closing day where students have a meeting with a teacher and / or other student(s) and they receive time to work on their assignment for the home institution (if applicable)

Every institution tries to give the incoming students a kind of buddy.

### **3. Assessment**

The assessment is the responsibility of the home institution.

### **4. Preparation**

#### **a. from the institute**

About every participating institute some facts will be available, so students can make a good choice of the destination they prefer (appendix 2).

Available facts:

- some general information about the institution (website)
- the possibilities of practice areas where the students can be placed in
- estimation of the costs for the students
- information which should be available or checked concerning the placement institutions (health issues like vaccinations, clothing, criminal record...)

Insurance is always the responsibility of the home institution

#### **b. from the student**

The student needs to prepare an introduction about his or her own country and its midwifery system of approximately 10 minutes.

### **5. Application procedure**

The module will run twice a year: once during fall and once during spring.

Students apply for this module in their home institution according to the procedure which is set up by the home institution. The selected student fill in an application

form (appendix 3) which is sent to the chair of the steering committee of MiMo and this no later than the

- start of week 16 for the fall exchange (by close of day the first day of the week)
- start of week 40 for the spring exchange (by close of day the first day of the week)

The number of students you send during an academic year should be equal to the number of students you are prepared to receive. A table with numbers of incoming and outgoing students can be found in appendix 4.

In the application form students need to put down two preferential destinations. Every effort will be made to allocate them to one of their choices but they need to be flexible. No preferences are made about fellow students. The allocation is done by the chair of the steering committee.

## **6. Evaluation of the module**

Participating students will be asked to fill in an online questionnaire which will evaluate the module.

## **7. Appendices**

Appendix 1: Exchange dates of the module and annual meeting

Appendix 2: Details about the participating institutions

- Costs
- Requirements for Practice

Appendix 3: Application form

Appendix 4: Number of incoming and outgoing students



## Appendix 2:

### Details about participating institutions

#### a) Costs

This table shows the *approximate* costs for a student for Mimo exchange for each institution. This table should be taken as a *guideline*. Costs are for 2 weeks unless otherwise indicated and are given in EURO'S as a common currency for comparison.

<b><u>YEAR 2019-2020</u></b> <b>INSTITUTION</b>	<b>Accommodation</b> <b>(two weeks)</b> <b>COST IN EURO'S</b>	<b>Meals</b> <b>(PER DAY)</b> <b>COST IN EURO'S</b>	<b>Transport</b> <b>between</b> <b>accomm. &amp;</b> <b>placements/</b> <b>university</b> <b>(two weeks)</b> <b>COST IN</b> <b>EURO`S</b>	<b>Organised social/culture</b> <b>activities if any (two weeks)</b>  <b>COST IN EURO'S</b>	<b>Cost of transport to/from airport/port of</b> <b>entry</b>  <b>COST IN EURO'S</b>
<b>International Hellenic University</b> <b>Sindos Thessaloniki</b>  <b>Greece</b>  <a href="https://www.ihu.gr/tmima-maieftikis/">https://www.ihu.gr/tmima-maieftikis/</a>	Depending on the accommodation(Hotel or RB & B):  ~35-45/night	3 meals=10-15	2 per day	10-20	25-30 by taxi  2 by bus

<b>Karel de Grote University College Antwerp</b> <b>Belgium</b> <a href="https://www.kdg.be/en">https://www.kdg.be/en</a>	25 per night / breakfast included in youth hostel / B&B	Sometimes free in hospital / 10-25	Bicycle rent / variable on distance  15 public transport	Organized by buddies  No cost	20 by train
<b>JAMK University of Applied Sciences, School of Health and Social Studies</b> <b>Finland</b> <a href="http://www.jamk.fi">www.jamk.fi</a>	Depending on the accommodation; e.g. in a hostel approx. ~45-75/night.	Approximately 2,60/meal at the student cafeteria.	A single ticket bought in the bus costs about 3,00.		Jyväskylä is located about 250 km from the capital of Finland, Helsinki. We recommend to take a train or bus from Helsinki to Jyväskylä. <ul style="list-style-type: none"> <li>• Train ( ~30-60):</li> <li>• Bus (~20-100):</li> </ul>
<b>Haute Ecole de Namur Liège Luxembourg, Namur,</b> <b>Belgium</b> <a href="http://www.henallux.be/">http://www.henallux.be/</a>	0-20 per night. Youth hostel 16 per night	Hospital 3 pr day Other 10-20 pr day	Bicycle rent 1  By bus 20	0-10	25 by train

<p><b>Mälardalen University, Västerås</b></p> <p><b>Sweden</b></p> <p><a href="http://www.mdh.se/?l=en_UK">http://www.mdh.se/?l=en_UK</a></p>	<p>Approximately 500-550 for 2 weeks at Bostadvasteras.se</p>	<p>Approximately 10-30 pr day</p> <p>Make own meals about 8</p>	<p>Variable on distance 30-100</p> <p>30 by bus (10 journeys)</p> <p>20 pr day by train to Sala</p>	<p>Not organized routinely</p> <p>Variable costs</p> <p>For example: 40 trip to Stockholm by train</p>	<p>Depending on airport on arrival</p> <p>Buss from Arlanda airport to Västerås 21 e each way or from "Stockholm Västerås Airport" to Västerås, 3 e. (5 km outside Västerås) (Ryanair, WOW air, Nextjet)</p>
<p><b>Tallinn Health Care College</b></p> <p><b>Estonia</b></p> <p><a href="http://www.ttk.ee">www.ttk.ee</a></p>	<p>30-40</p>	<p>10-12</p>	<p>30</p>	<p>8 -15 depending on activity</p>	<p>15-20</p>

**b) Requirements for Practice**

<p><u>YEAR 2018-2020</u></p> <p><b>INSTITUTION</b></p>	<p><b>Needed documents for the practice</b></p>	<p><b>Proof of no criminal record</b></p>	<p><b>Practical information for the practice</b></p>
<p><b>International Hellenic University</b></p>	<p>- Copy of passport or ID card</p> <p>- Transcript of Records</p> <p>- Record of immunization: Copy of vaccinations/immunity for:</p> <ul style="list-style-type: none"> <li>• Covid-19</li> <li>• Tetanus, Hepatitis B, Rubella</li> <li>• Diphtheria, Poliomyelitis Measles, Mumps</li> <li>• Diphtheria, Poliomyelitis</li> </ul> <p>-Copy of health insurance</p>	<p><b>Not needed</b></p>	<p><b>Bring:</b></p> <ul style="list-style-type: none"> <li>• hospital uniform and shoes               <ul style="list-style-type: none"> <li>• photo I.D.</li> <li>• a lock</li> </ul> </li> </ul>
<p><b>Karel de Grote University College Antwerp Belgium</b></p>	<ul style="list-style-type: none"> <li>• copy of the identity card</li> <li>• copy of vaccinations for Tetanus , Hepatitis B, Rubella</li> <li>• copy of health insurance</li> <li>• copy of the family insurance</li> </ul>		<p>Coming with</p> <ul style="list-style-type: none"> <li>• identified uniforms and specific shoes for the practice</li> <li>• a lock</li> </ul>



<a href="https://www.kdg.be/en">https://www.kdg.be/en</a>			
<b>Haute Ecole de Namur Liège</b> <b>Luxembourg,</b> <b>Namur, Belgium</b>  <a href="http://www.henallux.be/">http://www.henallux.be/</a>	<ul style="list-style-type: none"> <li>• copy of the identity card</li> <li>• copy of vaccinations for Tetanus , Hepatitis B, Rubella</li> <li>• copy of health insurance</li> <li>• copy of the family insurance</li> </ul>		<p>Coming with</p> <ul style="list-style-type: none"> <li>• identified uniforms and specific shoes for the practice</li> <li>• a lock</li> </ul>
<b>JAMK University of Applied Sciences, School of Health and Social Studies</b>  <a href="http://www.jamk.fi">www.jamk.fi</a>	<ul style="list-style-type: none"> <li>• copy of the identity card</li> <li>• copy of travel insurance</li> <li>• copy of vaccinations for Hepatitis B, Tetanus, Mumps, Rubella, Whooping cough, Influenza (must be taken yearly)</li> </ul> <p>immunity against measles and chickenpox from either a vaccination or from having had the disease</p>	<p>No needed</p>	<p>Uniforms are provided. Bring own shoes and socks.</p>
<b>Mälardalen University,</b>  <b>Västerås</b>  <b>Sweden</b>	<p>Copy of identity card</p> <p>Health declaration regarding;</p> <ul style="list-style-type: none"> <li>• TB - if not vaccinated against TB you must affirm you do not have any signs or symptoms of</li> </ul>		<p>Uniforms are provided.</p> <p>Bring specific shoes for the practice.</p>

<a href="http://www.mdh.se/?l=en">http://www.mdh.se/?l=en</a> <b>UK</b>	<p>the disease in the health declaration</p> <ul style="list-style-type: none"> <li>• Copy of updated screening for MRSA- within the last weeks before coming to Sweden</li> </ul> <p>Copy of vaccinations/immunity for</p> <ul style="list-style-type: none"> <li>• Tetanus, Hepatitis B, Rubella,</li> <li>• Diphtheria, Poliomyelitis, Measles, Mumps.</li> <li>• copy of health insurance</li> <li>• copy of the family insurance</li> </ul>		
<b>Tallinn Health Care College</b> <b>Estonia</b>  <a href="http://www.ttk.ee">www.ttk.ee</a>	<p>- Learning Agreement for Traineeship</p> <p>- Transcript of Records</p> <p>- Copy of passport or ID card</p> <p>- Declaration of Health</p>	<p>No</p>	<p>Students should bring their work clothes, shoes and declaration of health with them to their first meeting at the hospital.</p>

## Appendix 4:

### Number of incoming and outgoing students

This table indicates how many students each institution can take and sent during the two periods. The specific dates for each exchange period are decided at a digital or skype meeting in January.

University college	Period 1: fall		Period 2 : spring	
	in	out	in	out
International Hellenic University, Sindos Thessaloniki, Greece	2	2	2	2
Haute Ecole de Namur Liège Luxembourg, Namur,Belgium	3	3	3	3
JAMK University of Applied Sciences			2	2
Karel de Grote University College	3	3	3	3
Mälardalen University	0	0	3	6
Talin Health Care College, Estonia	0	0	2	2
<b>TOTAL</b>	<b>8</b>	<b>8</b>	<b>21</b>	<b>18</b>