

## Erasmus for Traineeships Experience in Łódź

We are two nursing students from Girona who had the incredible opportunity to participate in the Erasmus for Traineeships program in Łódź, Poland, for three months (from January to April 2026). From the very beginning, this experience exceeded all our expectations, both professionally and personally. We arrived with excitement and a bit of nervousness, stepping into a completely new environment, ready to learn and grow.

We still remember our first days vividly. One of our first photos shows us arriving at the hospital, surrounded by snow, feeling both nervous and excited about everything that was ahead of us. That moment perfectly captures how our journey began: uncertain but full of hope and enthusiasm.



During our stay, we had the chance to rotate through several hospital departments, including geriatrics, surgery, intensive care, psychiatry, pediatrics, and internal medicine. Each service offered us a unique perspective and allowed us to develop different skills. We felt incredibly welcomed in every department, and the staff always treated us with kindness, patience, and respect. We truly could not have asked for a better environment to learn.

One of the most special aspects of our experience was the opportunity to work closely with amazing nurses who trusted us from the very first moment and allowed us to actively participate in many techniques and procedures. We would like to give a heartfelt mention to Isa from geriatrics; Ola and Joanna from oncological surgery; Marika from ICU; Katarzyna and Iwona from psychiatry; Beata and Anna from pediatrics; and Iwona from surgery. Their professionalism, warmth, and willingness to teach made a huge difference in our learning process. We will always carry them in our hearts.



Pediatrics was especially meaningful for us. It was a field we had never experienced before, and it completely surprised us. There is a photo of us playing with a baby and another one feeding a baby with a bottle, moments that reflect how much we enjoyed this rotation. Being able to care for babies, perform techniques, and interact with them was incredibly satisfying. Even

though we had never felt particularly drawn to working with children before, this experience changed our perspective and made us appreciate this specialty much more.

We also had the opportunity to experience the surgical environment, as shown in a photo where we are wearing operating room clothing. Being part of that setting was both exciting and educational, allowing us to better understand the complexity and teamwork involved in surgical care. Another memorable moment was our time at the ICZMP hospital, which is also captured in one of our photos and represents an important part of our clinical journey.



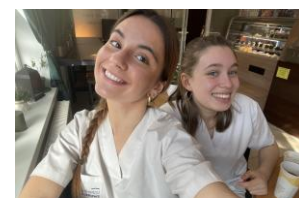
Beyond the hospital, this experience allowed us to fully immerse ourselves in Polish culture and meet wonderful people. One of our favorite memories is a photo with our Polish student colleagues, with whom we built a beautiful friendship. They were incredibly kind, supportive, and fun, and we feel so lucky to have met them. We will always keep a very special memory of them.



We also made the most of our free time by traveling and exploring. One unforgettable trip was to Zakopane, where we visited Morskie Oko. There is a photo of us there, surrounded by breathtaking nature, it truly felt like paradise. Moments like that reminded us how important it is to enjoy every opportunity and discover the beauty of the world.

Another highlight was visiting Vienna, where we have a photo at the opera. Experiences like this enriched our stay even more, allowing us to connect with different cultures and create unforgettable memories.

Of course, not every moment was extraordinary, some were simply part of our daily routine, like our regular practice days. But even those simple moments were meaningful because they reflect our everyday life in Łódź, learning, laughing, and growing together.



Throughout these three months, we have felt incredibly fortunate and grateful. We made the most of every single day, learning not only about nursing but also about ourselves. This experience has helped us mature both as individuals and as future nurses. It has opened our minds and changed our perspective, showing us that there is a whole world out there full of amazing people, different ways of working, and endless opportunities to learn.

Finally, we would like to express our deepest gratitude to Anna Lipert, Justyna Kupis, and Marta Polak for coordinating this experience and giving us the opportunity to live something so meaningful. Thanks to them, we have grown professionally and personally in ways we will carry with us forever.

We leave Łódź with full hearts, unforgettable memories, and a strong sense of gratitude. Without a doubt, this has been one of the best experiences of our lives, and we could not be happier or more thankful for everything we have lived.

With love,  
Nuria Martos & Leyre Ayestarán