

# DRAUGI



**The Lanico Project**  
**Presentation - Observation - Practice**



Norwegian friends came to Latvia to Cesis for a work in three groups.

First group is Hospital group. They go to the Cesis Hospital. Other two groups go to the Raiskums sanatorium boarding school for a work. Second group is Newspaper group. Third group is Decoration group.

Newspaper group will make the newspaper about these days in Latvia.

Decoration group will decorate the activity room with special paintjob.



***Participant institutions:***

**Cesis Hospital, Raiskums Sanatorium (boarding school), Latvia and Mysen Upper Secondary School, Norway**

***Overall objectives:***

**To** foster intercultural learning and building a cross sectorial cooperation network between Latvia and Norway

***Specific objectives:***

**To** raise the participants awareness and understanding of social and cultural similarities and differences through mutual cooperation.

**To** develop and increase the competence in different learning and working methods. See and understand the advantages/disadvantages, and help the project partners to improve the environment of work.

**To** establish and strengthen the cooperation network between the participants.



## ACTIVITIES IN THE PROJECT

### Kick-off.....

Presentation of the project.

### Seminar session:

Welfare in the EU.

Overview over the health and the national insurance/social systems in Latvia and Norway.  
Advantages and disadvantages of the integration of people with special needs.



### Workshop:

Discussions and analysis of participating institutions, schools etc. related to the seminar.

Compare Mysen Upper Secondary School with Raiskums in regards to pupils' rights and obligations as grants, choice of school, resources, available professional competence, and utilizing of these.

Recruitment of personnel in regards health and education.

Utilizing of resources and available professional competence in the participating institutions.





## Observation....

Observe and plan the content of the practice period and the physical conditions.

Observe and focus on different learning and working methods.

To document all activities through film and photos.

## Observation in Norway:

We were excited by the trip, because it was the first flight for many of us, and it was pleasant adventure to fly. When we arrived to Norway all of us said: Wow! Some of us felt sick while we were going to Mysen, because of the road, it wasn't straight, but all of us really liked the place where we arrived afterwards and then stayed. Next day we went back to Oslo, but this time we were taken by straighter road and that was better than at the first day. We really liked the sightseeing, because there was a perfect order and the houses were apart from each other and it wasn't similar to Latvia, very densely. We liked Norwegians very much, because they were very kind to us. There were polite drivers, because they had a respectful attitude for pedestrians. We were impressed by the all excursions we had. The time we spent in Norway passed away very swiftly and we came to the moment when we had to say good-by! We were doing it with the hope of returning here again.



## Observation in Latvia:

### The Hospital Group:

At the hospital we met four nurses and the financial administrator. After a brief presentation we got an orientation about the emergency room and the guidelines for emergency cases. Later on we were allowed to be shadows to one of the nurses working at the emergency room. We got a good insight in the working routine even though it was a quiet day at the emergency room.

One day we were participating the doctors visit which lasted about one hour. It was doctors, nurses, a physiotherapist, a few Norwegian students and teachers who was with us on the doctor's visit. The Norwegian students also served food to the patients.

We also visited the surgery-and emergency department, where we saw cases caused by traffic accidents and violence. We had a lot to observe, such as; third degrees burn damage, change of bandage, gastroscopi and we got to examine a patient. Further more we observed an operation which was exciting and interesting as well. The period of observation has been interesting as well as educational.



### Observation periode Raiskums

At Raiskums we were met by the staff and the pupils as well. The school had planned an interesting and exciting program. First we went to a gym lesson, where we played boccia and dart. That was fun. Afterwards it was a competition between the pupils from Raiskums and students from Mysen. Everybody won.

Raiskums pupils invited us all into the kitchen. We made some Latvian food together. We had a common meal and enjoyed the food we had prepared.



We had an exciting meeting with gymnastics based on Indian philosophy, which contained stretching and getting rid of negative thoughts.

Our skills of art met a challenge during art class. A lot of nice art were created by both Raiskums pupils and Mysen students.



In English class we learned about William Shakespeare, John Lennon and Princess Diana. The Latvians also preformed a little act for us without a manuscript, and we had a chance to get to know each other



## Practice period for the documentary group

Take part in the daily work and routines, learn about the working and learning methods

Analyse similarities and differences Laws, rights, structure, welfare, integration of youths with special needs

Decorate an activity in Raiskums Sanatorium

Document all activities in the project

Monday morning we met our Latvian friends, and we started the project (LANICO). We were divided into three groups; one decorationgroup, and they make a new room, they'll paint it, the new room is an activity room. And another group is us, we're the newspaper group. And the third group is the hospital group. The work in the newspaper group started with that we made a front page and took some pictures of the group, and the editor (Raivo). We had a walk in Raiskums and visited one of the teachers, and visited the old Raiskum School. We went to Raiskums Centrum and had a look at a few shops and one hotel

Tuesday morning we continued with writing articles for the newspaper. The group will be responsible for both the lay out and the content of it. Raivo and Liga, they're writing some about their visit in Norway in April.

Wednesday morning we had a half day here at Raiskums School, after lunch we went to Riga, we went on a museum, the occupationsmuseum, and there we learned something about Riga's history. We also visited the old city in Riga.

Thursday morning both the hospital group and the decorating group work together with us – the newspaper group, to finish the newspaper. We're going to write down all the things that the hospital group wrote.

On Friday morning we're going home; back to Norway with a lot of new impressions and experiences.



**Decoration group:**

The participants had many ideas for decoration in the school's activity room! Everyone had good ideas. For example one girl suggested that we could paint big yellow stars! Another idea was to draw sports equipment, and so on. But all of the students know, that we can draw only one students idea. So now art group decided whose is the best.



We had a few ideas from home, and we sat down in our group. Both the Latvians and the Norwegians girls came up with more ideas and suggestions. At last we choose some of the ideas, and the principal came to consider the different ideas. It became a big discussion, and the students participated with good comments. Finally we came to an agreement, and started to make some sketches. We transferred them into three of the walls using a projector.

The pupils passing by were excited about our work and asked a lot of questions.



In the afternoon we went to Cesis to buy paint and brushes. We choose an light grey colour to paint on the walls.

The next day we started painting these lines on the walls. We were very insecure what to do with the last wall. Should we go for just a line, or more figures? After some discussion we choose the line, but with all the participants name as part of the line. The work was finished!

All the members of group were satisfied with the result. The local newspaper came to visit us the last day, they took pictures of the work, and interviewed the students.



**Hospital group:**

*The norwegian students learned on the start of the day that they where to visit the emergency department, gynocology dep. and the surgery department. Our students hoped to see different kinds of traumas/injuries, to practice their English skills and that there would be a little bit of action and excitement.*

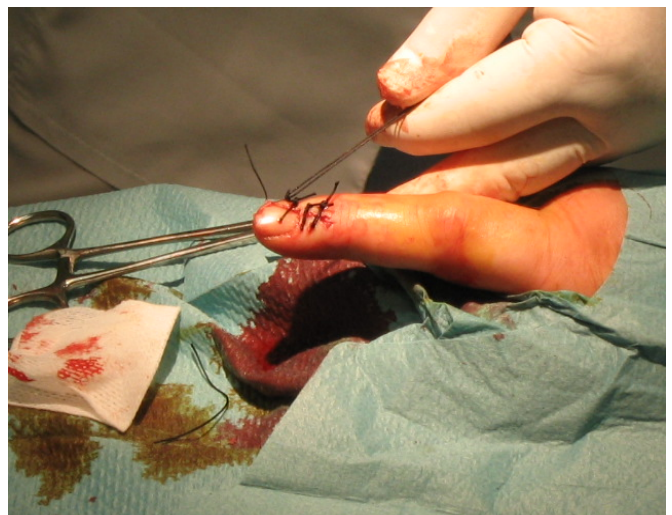
**Emergency department**

We had a whole day at the emergency department were we observed different kinds of treatments for injuries/accidents. We watched one patient's leg being put in cast after a fracture, and suture of a deep cut in a finger. Patients from a car accident arrived with two injured people. One of the patients, an elderly lady, did not initially remember her name. She had hit her head and had a deep cut in her upper temporal lobe. This cut had to be cleansed and sutured by a traumatolog..

The police came to the emergency department to check the blood alcohol from the passengers. They did not find the driver.

We are in particular impressed by the way the nurses handled the sterile equipment, their effective routines and quick handycraft. We believe that this is due to the fact that each of them has very specialized tasks to do. We also believe it is very positive to have nurses assistants to do some of the caring of the patients. This will help the other nurses to concentrate on their other tasks.

In addition to this we also noticed how the doctors cared for their patients` integrity. By that we mean that the doctors denied us the possibility to take photos of the patients, just the place of injury. We believed this to be a very good thing and shows a great insight in the patients right to be treated with the deepest respect.





### **Gynecology department**

In the gynecology we were able to see different kinds of procedures, e.g. injections, preparations for operations. That was very exciting. We noticed that the nurses were very specialized in these departments too. They e.g. had nurses who cared for the patient's medicines, bandaging and narcosis.

There were also a nurse's assistant who assisted the gynecologist and helped the patient with e.g. the clothes. It was interesting to notice that it was common to put a large, cotton stocking over the patient's left foot. We learned that this was to protect the sterile equipment underneath the foot, from being infected with bacteriae from the patient. This practice is not common in Norway because we use different tables for equipment.



### **Surgery department**

A doctor guided us in to the dressing room where the patients could have their bandages changed. We saw different kinds of wounds and dressing procedures. Some of the wounds had necrosis and gangrene. We also observed a gastroscopi where they clearly could see bacterial infection in the stomach.

In particular we noticed that the nurses and doctors did all the paperwork themselves, in Norway this is done by specially trained personnel called medical secretaries. It was also quite interesting to see that they had their own personnel to serve the elevators.

*Another impressive quality was the tidy and clean rooms and floors in the hospital.*



### **Home for elderly people**

The last day we visited a home for elderly people. It was room for 100 people. The elderly people had their own garden with lots of beautiful flowers. It was quite similar to some of the homes in Norway. They are also celebrating the International day for elderly people which is the 1.st of October. It was a pleasant visit and the teachers bought some homemade handcraft. We also received flowers.

## Interviews...

Raivo (the editor of the newspaper):

**What do you think of the Lanico project?**

(Headmistress):

It's a very nice and interesting for all of us. At the beginning it seems not so exciting because we didn't know how it will be realized. But now I can say that this project is a very good experience for Latvian and Norwegian students. Every co-operation is good. We know more about culture, education, social work, in other countries.

Veneranda (Teacher and participant of the project):

The best thing in this project was our visit to Mysen in Norway. It was last year in April. We saw very interesting country with it's stones, rockets, fjords, bridges, winding roads. We had a very good experience for working together with them - producing a newspaper and decorating an activity room.

