

# Mutual International Module

## Handbook 2025-2026

### 1. Objectives

- 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 41 and 42
- Spring exchange weeks 10 and 11

The program contains 2 weeks or 10 days: 6 days of observations in a practice where midwives have an important professional role and 3 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.

#### Day 1

- Introduction to the school and the module (half a day) and a cultural introduction in the city (half a day).

#### Days 2-9

- Minimum 6 days in field
- One day reflection in the middle e.g. day 5 or 6. The reflective day occurs 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)
- One day flexible - field or university.

#### 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**

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

#### **5. Application procedure**

Students apply 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**

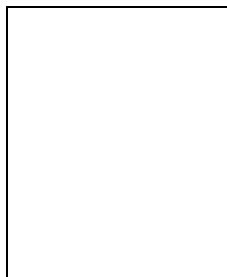
Participating students will be asked to fill in an online questionnaire which will evaluate the program.

#### **7. Appendices**

- Appendix 3: Application form
- Appendix 4: Number of incoming and outgoing students
- Appendix 2: Details about the participating institutions
  - Costs
  - Requirements for Practice

### Appendix 3: MiMO Exchange Program - student application form

Photograph



<b>Student information</b>	
Name of home institution:	
First name:	
Family name:	
Home address:	
Telephone:	
Email:	
Date of birth:	
What level will you be at during the start of the exchange?	
<b>Contact person at home in case of emergency during exchange period</b>	
Name and relationship:	
Address:	
Phone number with country code:	
Alternative phone number with country code:	
Email address:	
<b>Exchange information</b>	
In order of priority, identify 2 different host institutions for exchange:	
1.	
2.	
Professional aims for the exchange:	
Personal aims for the exchange:	

## 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 (IHU), Greece	2	2	2	2
Haute Ecole de Namur Liège Luxembourg, Namur (Henallux), Belgium	3	3	0	3
JAMK University of Applied Sciences, Finland	0	0	2	2
Oulu University of Applied Sciences (OAMK), Finland	2	2	0	0
Karel de Grote University College (KdG), Belgium	3	3	3	3
Mälardalen University, Sweden	0	0	-	-
Tallinn Health Care College, Estonia	0	0	0	0
University of Brighton, UK	0	0	3	3
<b>TOTAL</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>



## Appendix 2: Details about participating institutions

### 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 EUROS as a common currency for comparison.

YEAR 2022-2023 INSTITUTION	Accommodation (two weeks) COST IN EUROS	Meals (PER DAY) COST IN EUROS	Transport between accom. & placements/ university (two weeks) COST IN EUROS	Organised social/culture activities if any (two weeks) COST IN EUROS	Cost of transport to/from airport/port of entry COST IN EUROS
International Hellenic University (IHU), Greece  <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
Karel de Grote University College Antwerp Belgium  <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
JAMK University of Applied Sciences, School of Health and Social Studies, Finland  <a href="http://www.jamk.fi">www.jamk.fi</a>	Depending on the accommodation; e.g. in a hostel approx. ~40- 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.  Train ( ~30-60):  Bus (~20-100):
Oulu University of Applied Sciences (OAMK), Finland					
Haute Ecole de Namur Liège Luxembourg, Namur, Belgium	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

<a href="http://www.henallux.be/">http://www.henallux.be/</a>					
Mälardalen University, Västerås Sweden  <a href="http://www.mdh.se/?l=en_UK">http://www.mdh.se/?l=en_UK</a>	Approximately 500-550 for 2 weeks at Bostadvasteras.se	Approximately 10-30 pr day  Make own meals about 8	Variable on distance 30-100 30 by bus (10 journeys) 20 pr day by train to Sala	Not organized routinely Variable costs For example: 40 trip to Stockholm by train	Depending on airport on arrival  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)
Tallinn Health Care College Estonia  <a href="http://www.ttk.ee">www.ttk.ee</a>	30-40	10-12	30	8 -15 depending on activity	15-20
University of Brighton Eastbourne, England  <a href="https://www.brighton.ac.uk/index.aspx">https://www.brighton.ac.uk/index.aspx</a>	Hospital accomodation 15 -20 Euro/ night approx	10 -20	By bus 20	15 approx	18 by train each way

