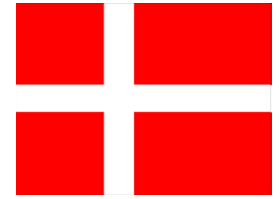




Næstved Denmark

By Amy Claxton
and
Jennifer Jay [2009]

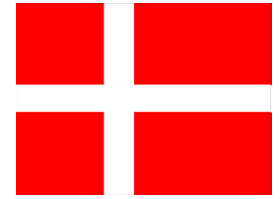
Flights



- ◆ EasyJet £70 return
- ◆ 1 ½ hours - Stansted to Copenhagen



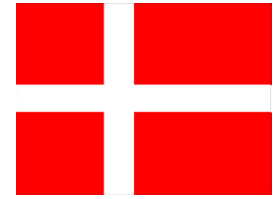
Næstved



- ◆ 1 hr by direct train from Copenhagen
- ◆ Shopping
- ◆ Restaurants
- ◆ Zoo
- ◆ Beach 14km away
- ◆ Pubs/Clubs



Accommodation

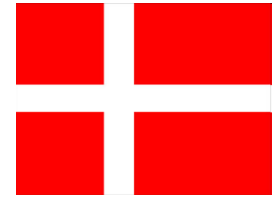


- ◆ Provided by University College Sealand (UCS)
- ◆ Student accommodation
- ◆ 12 weeks= £470 incl. bills & 24hr broadband
- ◆ Shared room between 2 with kitchenette and



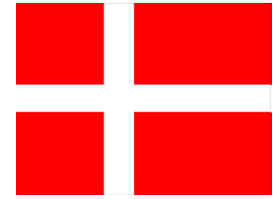
- ◆ Wash/Dryer on site
 - ◆ 10 minute cycle ride to station /town centre
 - ◆ Shop 100m away
 - ◆ 'Party House' in centre of complex
- 😊

Money



- ◆ Expensive!
- ◆ Pint of Beer = £6
- ◆ Erasmus grant covers accommodation
- ◆ Can claim back placement travel expenses + flights as usual
- ◆ NB: Grant comes through half way through exchange so need to pay out initially

Weather



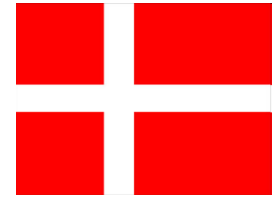
Variable...
Beach weather in
Summer

Extremely cold in
winter



WIND CHILL -10°C!!

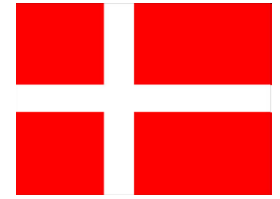
Contact



- ◆ Regular contact with international supervisor at UCS
- ◆ International Day at UCS
- ◆ Regular contact with Brunel



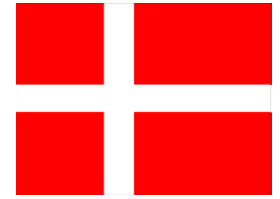
Transport



- ◆ Travel by Bus or Train (about £300 for both placement bus/train tickets)
- ◆ Bikes provided by UCS
- ◆ Able to claim back travel expenses
- ◆ N.B. Need passport photo's for monthly travel cards



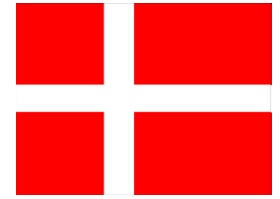
Placements



- ◆ 2 x 5 week placements
- ◆ Outpatients
- ◆ Neurorehabilitation

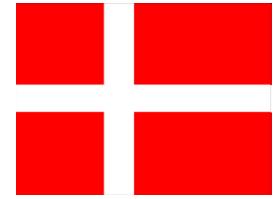


Outpatients



- ◆ Vordingborg- 20 minutes south of Næstved by train
- ◆ MSK, Neuro conditions treated
- ◆ Home visits
- ◆ Classes

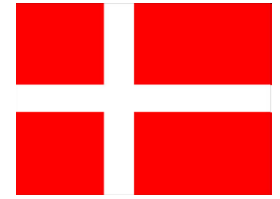
Neurorehabilitation



- ◆ Placement located in Dianalund ~ 1hr 30 mins from Næstved by bus
- ◆ 36 bed residential intermediate care home for neurological patients
- ◆ Many resources

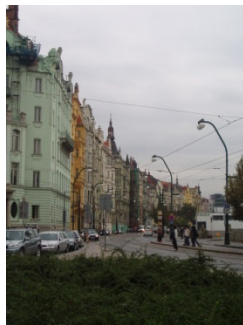
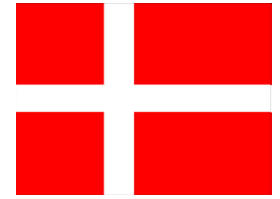


Opportunities



- ◆ Hippotherapy
- ◆ Hydrotherapy
- ◆ Treadmill training
- ◆ Motion Centre
- ◆ Double Cycle
- ◆ FOTT
- ◆ Danish physio classes

Travelling



- ◆ Two weeks culture
- ◆ Sweden- 30 mins away from Copenhagen
- ◆ Interrailing: £140 for 5 days unlimited travel all over Europe
- ◆ Oktoberfest-Munich!!

Næstved - Munich - Vienna - Prague - Berlin - Næstved

Social

