

OBCHODNÁ AKADÉMIA DUŠANA M. JANOTU V ČADCU

WORK EXPERIENCE

AS A NEW WAY TO SUCCESSFUL CAREER
AND SELF-KNOWLEDGE.

ERASMUS +
02. 04. 2023 – 15. 04. 2023
DUBLIN, IRELAND

ELIŠKA BIRTUSOVÁ



Co-funded by
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MY FIRST DAY



Our adventure in Dublin started right after landing of a plane.. From airport we were transported by ADC College taxi to our host-families. First meeting with family was fantastic.. Our host made us feel welcomed and told us everything we needed for living there, showed us all bus and train stops and helped us to find out best way to travel to work..

After introduction, our first trip to town began.. Travelling in Dublin is just travelling as in any other capital city. Lot of trafficks, full buses and some other basic things. Travelling by train was more suitable for me because it was much more similar to our public transport.

Biggest help was of course by ADC collage because on their meeting, they presented us with everything we needed to know about life in Dublin. Every question you may think of was explained to us which I was really grateful for.

MY WORK EXPERIENCE

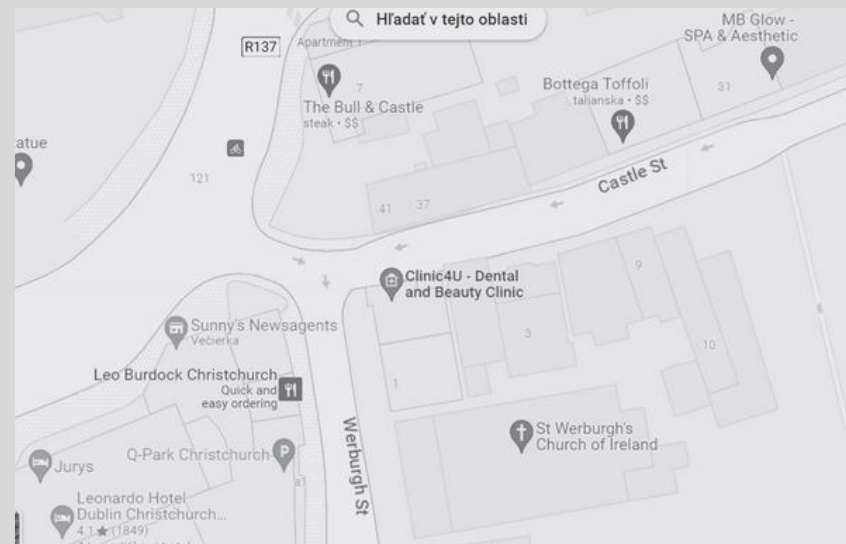
CLINIC4U

Dublin-Dentist.ie



Clinic4U is a family-owned general dental practice and beauty clinic located in the heart of Dublin. They have successfully completed over 50,000 patient visits since 2004, a period of almost 20 years!

Their goal is to model and advance a standard of integrative health care. Clinic achieve this goal through thier four core values: **integration, compassion, expertise** and **time**. Each and every professional that provides services at clinic - from nurses and doctors to technicians and administrative staff, are dedicated to good health and wellness of patients.



LOCATIONS
CLINIC4U
3 CASTLE STREET
DUBLIN 2
D02 F950

SUPERVISOR

I must say that I had the best supervisor I could. On my first day, I was coordinated by Ms Sarah which was helpful, she answered every question I had and showed me everything I needed to know. but later on I found out that she had holiday for the next two weeks so my supervisor changed.

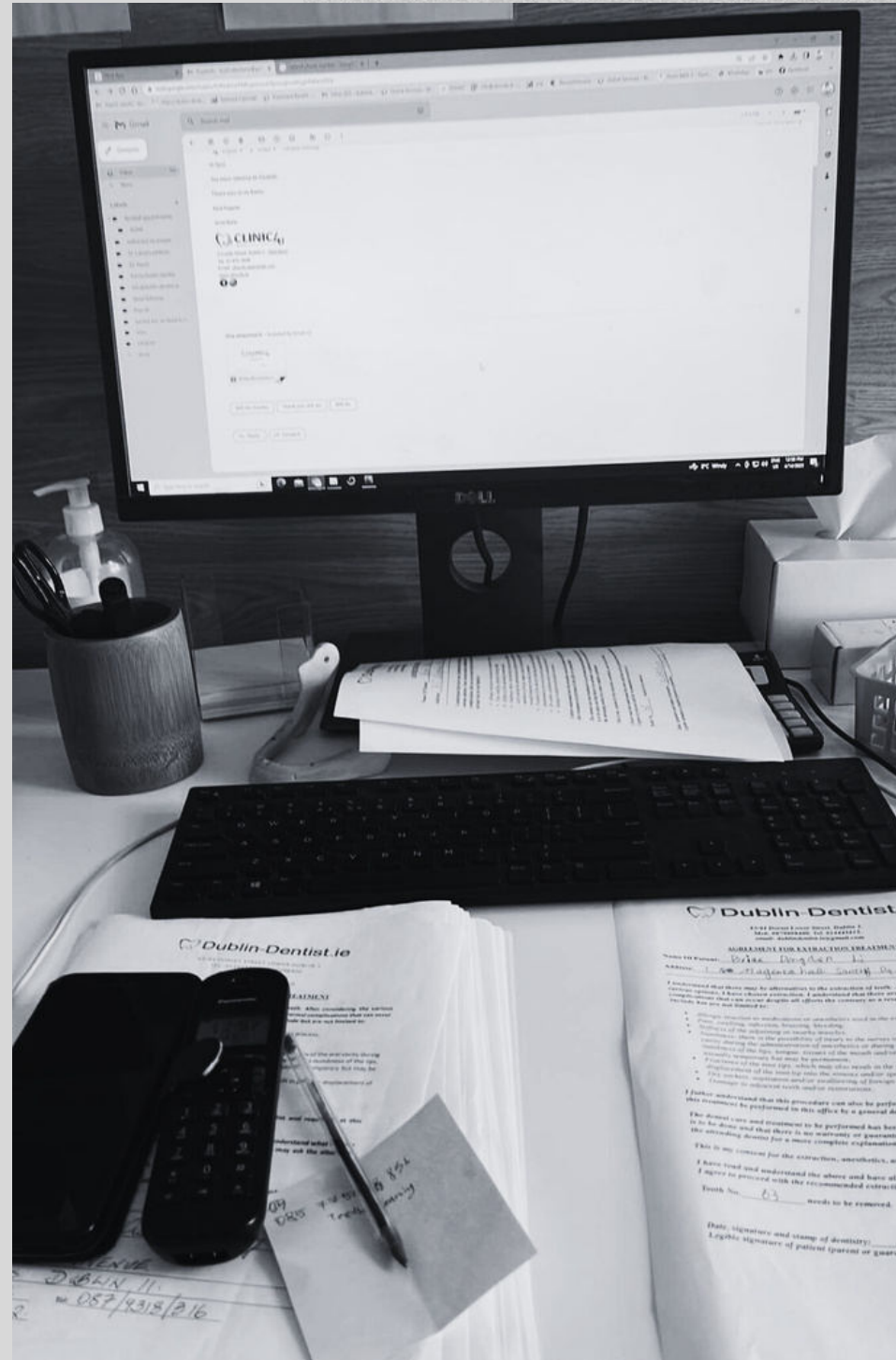
Responsible for me and my work were receptionist and doctors that worked there. Everyone was always helpful and I didn't need to feel ashamed by asking for help because they always rushed to help me.

Communication was amazing and I always knew what to do because they instructed me well.

In the clinic where I was working, there were lot of various cultures. but no matter of that, the corporate culture was always pleasure to work in.



MY ACTIVITIES AND SKILLS LEARNED



Working in Clinic4U was absolutely great experience. I was performing various activities. For most of the days I was helping with patients records. My supervisor introduced me to Dental programmes such as Felg or Setmore where I was adding information about patients, their scans and agreements for treatment. On the other days I was helping with sorting of invoices or carrying out activities as receptionist such as calling to patients.

This Internship helped me to improve many skills including work with Excel or reading of Invoices but mainly my language skills. I must say that I gained confidence in talking in English language.

CONTRIBUTION FOR MY FUTURE CAREER AND STUDY

Every skill I talked about in my previous slide is big contribution in my future life, just an opportunity to try life in different country is contribution itself. This Internship showed me what I want to do in my future but mostly what I do not want. It helped me to sort my priorities and in Ireland I answered some of my important questions about my future.

I hope that contribution to my future work may be my work review from Clinic4U or skills I learned there, skills such as working with people which is really important for my future.



DIVERSITY

01



Food- Irishmen are not really skilled in cooking so their food is simpler and lot of times just semi-finished product. They are also used to eat same things over and over again e. g. cereals for breakfast.

02



Behaviour-Honestly I don't think I ever met more kind and helpful people than Irish ones. I didn't have to worry about not understanding something because they were always ready to help, not mentioning the smiles everywhere.

03



Work- As long as I can say, Irishmen are not as stressed or anxious about work as we are. They are always trying to be chill and relaxed. Also they have time for everything, they are never in hurry.

04



Communication- In comparison to our communication, in Ireland are more into polite smalltalks and people there are really open and always prepared to talk to you. Polite phrases are also big part of their dictionary.

ADVICES

1. Take lot of warm clothes with you
2. Don't get your Leap card wet
3. Make a plan of places you want to visit
4. Plan your way to work before the first day
5. Try to improve your English as much as you can
6. Don't be afraid to make new friends
7. Discover town!
8. Don't forget to have fun and enjoy your staying





WHY WOULD I RECOMEND THIS WORK EXPERIENCE?

Possibility of working and living in a different country even for a while is something that changes your life. It will help you to mature and to find out lot of things about yourself and about what you want to do with your life.

On the other hand, visiting different country also widen you horizons and make you more open-minded, tolerating and understanding person.

THANK YOU!

