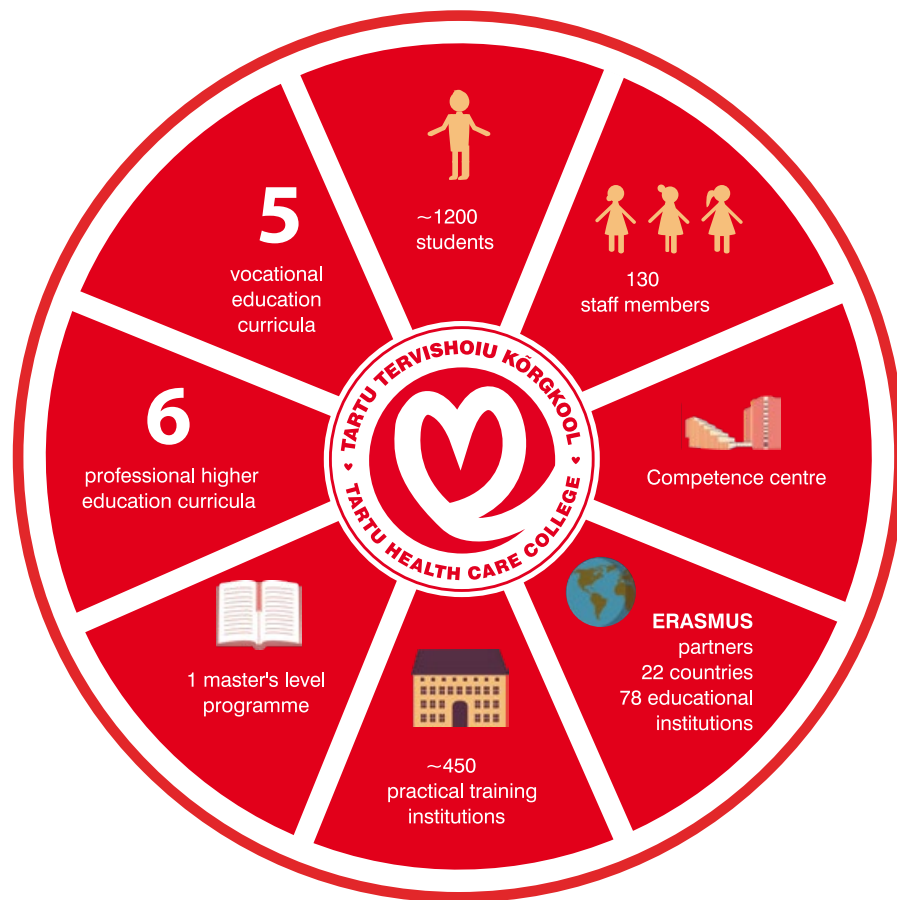




**TARTU
TERVISHOIU
KÕRGKOOL**
TARTU HEALTH
CARE COLLEGE

TABLE OF CONTENTS



ABOUT TARTU HEALTH CARE COLLEGE

- 4 Some facts about the history
- 6 Learning Environment

PROFESSIONAL HIGHER EDUCATION CURRICULA

- 8 Nursing
- 10 Midwifery
- 12 Radiography
- 14 Biomedical Laboratory Science
- 16 Physiotherapy
- 18 Environmental Health

MASTER'S LEVEL PROGRAMME

- 20 Master's Programme in Health Sciences

VOCATIONAL EDUCATION CURRICULA

- 22 Care Worker
- 24 Emergency Medical Technician
- 26 Child Minder
- 28 Activity Instructor
- 30 Masseur/ Masseur

INTERNATIONALISATION AND COLLABORATION

- 32 Networks, Federations and Associations
- 33 Projects
- 34 International mobility options

COMPETENCE CENTRE

- 37 Research
- 38 Open College
- 39 Community Service

OTHER ACTIVITIES

- 40 Web magazine
- 41 Events
- 42 Student life

ABOUT ESTONIA AND TARTU

- 44 Estonia
- 46 Tartu

Tartu 2019

Photos by Kadri Audova, Kadri Külaots, Heiko Teern, Alexander Makarov

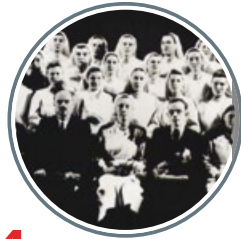
SOME FACTS ABOUT THE HISTORY OF TARTU HEALTH CARE COLLEGE

**1811**

Professor Chr. Fr. von Deutsch established a school for midwives at the Obstetric Clinic of Tartu University

**1930**

Tartu Midwives' School and the Nurses' School of the Estonian Nurses' Society were merged. This new school was called the Nurses' School of the Estonian Nurses' Society, with Nurse Anna Erma as the key figure.

**1944**

After the Soviet occupation of Estonia during World War II the school was once again renamed. It became the State Medical Secondary School that educated and trained nurses, midwives, medical attendants and medical attendant-laboratory technicians.

**2005**

All the curricula passed successfully international accreditation at the level of professional higher education. The school was reorganised and its name was changed to Tartu Health Care College.

**2011**

Tartu Health Care College moved into its brand new building that offers a great study environment with lecture rooms, skills labs with high quality equipment and a great library.

**2018**

Tartu Health Care College provides professional higher education on 6 curricula and vocational education on 5 curricula.

First Master's Level Programme was opened in Health Sciences.

Created competence center.

Mission: to provide conditions for competitive, high quality, innovative, international, research and development based lifelong learning in an inspiring environment.

Vision: an acknowledged partner in developing a happy health-conscious knowledge society.

There are approximately 1200 studying and 130 employees working in Tartu Health College.

LEARNING ENVIRONMENT



Tartu Health Care College has been granted institutional accreditation for seven years (2013 – 2020) and is preparing to undergo another accreditation process in 2019.

Completion of the new study building in 2011 has ensured modern teaching and learning conditions as well as high level technological equipment for all the curricula. Rooms in the study building such as lecture and seminar rooms, skills labs, staff rooms, a library and an information centre facilitate teaching, learning and research activities, independent learning of students and the use of different study methods. Lecture and seminar rooms are equipped with modern technical devices such as computers, video projectors, document cameras and smart boards. In order to achieve the learning outcomes most efficiently, teachers take into account the IT possibilities when planning lectures and seminars.

There are skills labs that simulate the patient wards in the hospital environment, including numerous teaching/learning aids in the forms of phantoms, medical and hospital equipment etc., facilitating student adaptation to the working environment. Nursing and midwifery skills labs include medication carts, infant warmers, several SimMans and there is a fully equipped delivery room that includes a computer controlled SimMan. The modern learning environment has created a possibility to simulate both normal delivery and different emergency cases. There are different skills labs related to the fields of environmental health, clinical chemistry, haematology, microbiology, chemistry, molecular diagnostic pathologies. Skills labs are used on all curricula to conduct different types of simulation training sessions.

In total, there are approximately 450 practice sites where students can pass their practical training sessions: central hospitals, clinics, health centres, family doctor practices, kindergartens, schools, laboratories, rehabilitation centres, care homes, social, health or/and care centres, the Health Board, the Estonian Environmental Research Centre etc.

Our library is well stocked with sufficient copies of modern teaching/learning and research literature to meet the needs of all the curricula. The library is accessible for everybody to use on the site. In addition to books and periodicals, the library gives access to databases such as CINAHL (EBSCO) and PubMed.

The Anatomage Table, which arrived at the College by the autumn semester of 2017, is helping to learn anatomy at an entirely new level. Advanced skills labs and tools are also available for studying radiography, biomedical laboratory sciences, physiotherapy, patient care and for vocational training.

NURSING



The aim of the curriculum is to prepare nurses in an internationally regulated profession with the ability to work successfully in various fields of health care. Nursing as a field has existed since the beginning of time and is constantly developing along with society.

In addition to the theoretical training, over 40% of the studies form practical training, which takes place in the innovative learning environment of skills labs in the College and in the clinical settings (community, primary care, hospital care, home care etc.).

The graduate will be qualified as a general nurse who can work in all areas of health care. The duration of studies is 3.5 years (210 ECTS) and the education and training period is finished by the defence of the final thesis.

The curriculum consists of ten basic modules:

- professional and personal development
- basics of nursing
- anatomy-physiology
- community nursing
- children`s nursing
- reproductive health
- nursing care of the elderly
- clinical nursing care
- mental health and psychiatric nursing care
- nursing care of patients in complicated clinical cases



Head of Nursing and Midwifery Department:
Saima Hinno, PhD
saimahinno@nooruse.ee

MIDWIFERY



The aim of the curriculum is to prepare midwives for an internationally regulated profession so that they can be employed as an independent professional or as a member of a multidisciplinary health care team. On completion of the curriculum the graduate knows how to plan, implement, evaluate and record midwifery and nursing care in various fields of health care, keeping also in mind the needs of the individual, family and society.

The duration of studies is 4.5 years (270 ECTS). The midwifery qualification provides the graduate with the competences to practice as a midwife as well as a general nurse. The curriculum consists of eight basic modules:

- professional and personal development
- orientation to the profession
- public health
- pharmacology
- human health
- maternity care
- clinical nursing care
- maternity care II and primary health care



Head of Nursing and Midwifery Department:
Saima Hinno, PhD
saimahinno@nooruse.ee

RADIOGRAPHY



The aim of the curriculum is to provide the first level of higher education for radiographers.

Radiography is one of the fastest developing fields in modern health care. Our graduates are able to successfully operate in various types of health care institutions, applying radiographic modalities and radiotherapy and nuclear medicine methods in order to diagnose and treat diseases. The radiographer works in the interprofessional health care team.

The duration of studies is 3.5 years (210 ECTS). The curriculum consists of eight basic modules:

- approach to the human being
- patient care
- study of diseases
- radiation biology and radiation protection
- radiographic modalities
- radiographic modalities to diagnose pathologies of the organ systems
- radiotherapy
- professional and personal development



Head of Radiography and Biomedical
Laboratory Science Department:
Zinaida Läänelaid, MD
siinalaanelaid@nooruse.ee

BIOMEDICAL LABORATORY SCIENCE

The aim of the curriculum is to prepare biomedical laboratory scientists that would perform successfully in all the fields of medical laboratories and have the ability for professional self-development. The biomedical laboratory scientist performs quality laboratory tests, including patient/client preparation for testing, assures patient personal and environmental safety during the performance, as well as quality of laboratory work. In addition to reliable analyses, the biomedical laboratory scientist actively communicates with people and gives advice to employees in the teams of medical institutions.

The duration of studies is 3.5 years (210 ECTS). The curriculum consists of thirteen basic modules:

- professional and personal development
- anatomy-physiology
- chemistry and basics of laboratory work
- working environment in the laboratory
- study of diseases
- microbiology
- immunology
- pathology
- clinical chemistry
- haematology
- pharmacology and toxicology
- cell biology, basics of molecular diagnostics and genetics
- public health



Head of Radiography and Biomedical
Laboratory Science Department:
Zinaida Läänelaid, MD
siinalaanelaid@nooruse.ee

PHYSIOTHERAPY



The aim of the curriculum is to train physiotherapists with professional preparation at the level of professional higher education. Physiotherapist is able to perform physiotherapeutic assessment to determine physiotherapeutic objectives and select the most appropriate interventions. Physiotherapy is concerned with identifying and maximising the quality of life and potential for movement within the fields of health promotion, prevention, treatment/intervention and rehabilitation. This includes physical, psychological, emotional, and social wellbeing.

Physiotherapists work in a wide variety of settings such as orthopaedics, intensive care, paediatrics, mental illness, stroke recovery, occupational health, ergonomics, musculoskeletal treatment in hospitals and private practice, and care of the elderly. They may work alone, with physiotherapy colleagues or in multi-professional rehabilitation teams. Increasingly, physiotherapists cooperate with sport's organisations and athletes.

The duration of studies is 3 years (180 ECTS). The curriculum consists of three basic modules:

- basic physiotherapy subjects
- specialist physiotherapy subjects
- professional and personal development



Head of Physiotherapy and
Environmental Health Department:
Anna-Liisa Tamm, PhD
annaliisatamm@nooruse.ee

ENVIRONMENTAL HEALTH



The aim of the curriculum is to prepare environmental health specialists who will perform successfully in the divisions of the Health Board and in other fields of supervision of health factors and health promotion. The environmental health specialist is a professional who advocates a healthy living environment and daily well-being, monitoring the fulfilment of health protection requirements and, if needed, gives advice or applies legal sanctions.

The graduates of the environmental health curriculum are competent to practise in health protection facilities and also in the following fields: environmental health, occupational health and food safety.

The duration of studies is 3 years (180 ECTS). The curriculum consists of fifteen basic modules:

- professional and personal development
- human study
- legal regulation of supervision proceedings
- pathology and study of diseases
- chemical and physical risk factors
- biological risk factors
- psychosocial and physiological risk factors
- infection diseases and epidemiology
- occupational health
- outdoor environment pollution
- water
- food safety
- children's and social welfare institutions
- safety of services and products
- public health



Head of Physiotherapy and
Environmental Health Department:
Anna-Liisa Tamm, PhD
annaliisatamm@nooruse.ee

MASTER`S PROGRAMME IN HEALTH SCIENCES

The aim of the programme is to create conditions for promoting the knowledge in health sciences in order to acquire competences necessary for the implementation of an evidence-based multidisciplinary approach in the provision of health care services as well as competences necessary for a team leader of research and development.

The duration of studies is 1.5 years (90 ECTS). The programme consists of three basic modules:

- development of profession and quality management
- specialty module (one of the four specialty modules to choose from):
 - clinical nursing
 - intensive care nursing
 - mental health nursing
 - health nursing
- Master's degree examination



Head of Nursing and Midwifery Department:
Saima Hinno, PhD
saimahinno@nooruse.ee

CARE WORKER



The aim of the curriculum is to educate and train skilled care workers who are able to work in a multidisciplinary care team. The qualified care worker has completed professional training and has the knowledge and skills necessary to instruct and take care of people in need as well as to work in the area of rehabilitation.

The qualified care worker can find employment in elderly care, nursing homes, children's homes, health centres, hospitals etc.

The training lasts for 2 years (120 ECVET). The curriculum consists of eight basic modules:

- basics of care
- care activities
- team management and coaching
- care of families with children
- care of the elderly
- care of people with special needs
- practical training in the working environment
- career planning and entrepreneurship



Head of Vocational Education Department:

Tiina Uusma, MA

tiinauusma@nooruse.ee

EMERGENCY MEDICAL TECHNICIAN



The aim of the curriculum is to educate and train specialists who can provide medical assistance to people requiring emergency medical care due to injury in an accident. The emergency medical technician has general knowledge of the characteristics, pharmaceutical forms and administration methods of medications used in emergency medicine. The emergency medical technician knows how to use medical equipment and devices applied in emergency medicine, as well as the methods of transporting and moving the injured.

The training lasts for 1 year (60 ECVET). The curriculum consists of four basic modules:

- basics of emergency medical care services
- emergency medical care
- career planning and entrepreneurship
- practical training in the working environment



Head of Vocational Education Department:
Tiina Uusma, MA
tiinauusma@nooruse.ee

CHILD MINDER



The aim of the curriculum is to educate and train skilled child minders who can support the development of the child.

The child minder's performance is aimed at supporting the child's physical, socio-emotional, cognitive and ethical development, considering the family's needs for child care. The child minder's first priorities are the child's safety and wellbeing.

The training lasts for 1 year (60 ECVET). The curriculum consists of five basic modules:

- creating a safe and developing environment
- supporting child's development
- health promotion of the child
- cooperation with a parent or a care worker
- working with the child with special needs
- career planning and entrepreneurship
- practical training in the working environment



Head of Vocational Education Department:

Tiina Uusma, MA

tiinauusma@nooruse.ee

ACTIVITY INSTRUCTOR



The aim of the curriculum is to educate and train specialised welfare specialists who instruct and support individuals with special mental needs in the performance of their daily activities at work and in leisure time in order to ensure their independence and life quality as much as possible.

Graduates of this specialty can work in health care and social welfare institutions specialised in the provision of social services for people with special mental needs.

The training lasts for 1 year (60 ECVET) and is carried out in the working environment. 2/3 of the training takes place at the workplace and 1/3 in the College. The curriculum consists of three basic modules:

- evaluation of client operational capacity and activity planning
- mentoring and supporting the client during his/her activities of daily living
- career planning and entrepreneurship



Head of Vocational Education Department:
Tiina Uusma, MA
tiinauusma@nooruse.ee

MASSEUR/ MASSEUSE



The aim of the curriculum is to educate and train professional masseurs. The masseur is a health care specialist who provides clients with professional massage services to restore their physical and mental abilities, prevent health problems, promote the immune system and facilitate their overall wellbeing.

Additionally masseurs also prepare their workstation, establish a trustful contact with their client and take client's history following the principles of professional ethics in the process. The masseur also advises their clients and if necessary recommends seeking medical attention.

Graduates can work in hospitals, rehabilitation centres, spas or as private entrepreneurs.

The training lasts for 2 years (120 ECVET). The curriculum consists of four basic modules:

- basics of massage therapy
- massage therapy specialties
- career planning and entrepreneurship
- practical training in the working environment



Head of Vocational Education Department:

Tiina Uusma, MA

tiinauusma@nooruse.ee

NETWORKS, FEDERATIONS AND ASSOCIATIONS

The goal of internationalisation is to share best practices and experience and to increase the quality of education and research as well as to increase international competitiveness of the College.

National partners of the College involve institutions and organisations with whom we collaborate on a daily basis in the fields of curriculum development, teaching and research as well as in identification and meeting the labour market needs and changes in legislation. National partners are:

- national public authorities
- employers
- professional organisations, associations, societies
- research and development institutions
- higher education institutions

Tartu Health Care College is an active member in the following networks, federations and associations:

- **Nordman Network**
- **Nordejordemodern/Midwife of the North** – Nordic Network for Midwifery Education
- **BIONord** – Network Platform for Biomedical Laboratory Science Education
- **ENPHE** – European Network of Physiotherapy in Higher Education
- **MEDICO** – Nordic Collaboration Network for Nursing Medication Educators
- **ENNE** – European Network of Nursing in Higher Education
- **EFRS/EW** – European Federation of Radiographer Societies/Educational Wing
- **EURASHE** – European Association of Institutions in Higher Education
- **EPBS** – European Association for Professionals in Biomedical Science
- **IFEH** – International Federation of Environmental Health
- **EFEH** – European Federation of Environmental Health
- **Advanced Practice Nursing Nordic Baltic Nordplus**
- **RANCARE COST ACTION**

PROJECTS

Tartu Health Care College is participating in or leading various national and international projects related to different aspects of human health and health care. We are open to new challenges and innovative actions. Our belief is that teamwork makes learning easier and more enjoyable.

With new ideas, project suggestions and cooperation possibilities contact our Development Specialist Kersti Sõgel: kerstisogel@nooruse.ee; +372 7 370 210

RECENT PROJECTS

Safety and Hygiene-Safer Environment Hybrid E-learning Material for Multilingual Students in Health and Social Care and Cleaning Services (2015–2017).

The aim is to develop video tutorials (Estonian, Finnish, Russian and English). Our role was to be an expert when developing materials about safety (ergonomics, pre- and post-hygiene procedures).

Education and Training in Early Detection of Breast Cancer for Health Care Professionals (EBreast) (2015–2018).

The aim is to develop the competences of health care workers, teachers and students in the field of early detection of breast cancer. In the course of this project there are three e-learning modules on early breast cancer detection were developed. The modules are based on modern knowledge to improve skills and competences in following professions: nursing, radiography and biomedical laboratory science.

The Developer of Digital Health and Welfare Services (2015–2018).

During the project the partners created a new curriculum for the developer of digital health and welfare services to support the professionals who work daily in the digital environment and provide citizens easily accessible e-services.

The eMedication Passport – cultural adaptation of a learning tool for ensuring the development of medication competence of graduate nurses (2017–2020).

This project aims to improve the quality and relevance of higher education in bachelor level nurse education crossborders at the EU-level in the Baltic countries and Finland. Project supports objectives of the Europe 2020 Strategy and the EU Health Strategy Together for Health, by responding to the medication and patient safety challenges. In the project e-learning materials concerning medication administration will be developed.



INTERNATIONAL MOBILITY OPTIONS

Students of the College have a possibility to pass some of their practical training or theoretical studies abroad using the following programmes: Erasmus+ (all mobility programmes), Nordman Network mobility for nurses, Nordic Network mobility for midwives, Bionord mobility for biomedical sciences and Northern European Mobility for child minders. Teachers and staff members can take part in curriculum development and other collaboration activities as the College is a member of various networks, associations and unions.

ERASMUS+ PROGRAMME

Tartu Health Care College has more than 80 partners in the Erasmus+ programme all over Europe. We can offer contemporary practical training possibilities in more than 300 practice sites in different towns of Estonia. Additionally, we have some optional subjects that are entirely taught in English.

To take part in the Erasmus+ mobility programme, please contact our Head of International Relations Danel Jantra: daneljantra@nooruse.ee

Registration Procedure for Exchange-Students

Documents required:

- filled in application form
- learning agreement for studies or learning agreement for traineeships
- transcript of records

The deadline to apply for Erasmus+ is:

- 15th of May for the autumn term (September-December)
- 15th of October for the spring term (January-June)

REGISTRATION PROCEDURE FOR TEACHERS AND STAFF

We warmly welcome teachers and staff from our partner universities from the beginning of September until the end of June; therefore we take the registration applications almost all the year round.

To visit Tartu Health Care College one needs to send an e-mail to our Head of International Relations containing the following information:

- visitation period (dates)
- field of interest
- teaching or training mobility agreement

We would be most grateful, if we could get the registration information at least 3-4 weeks in advance.

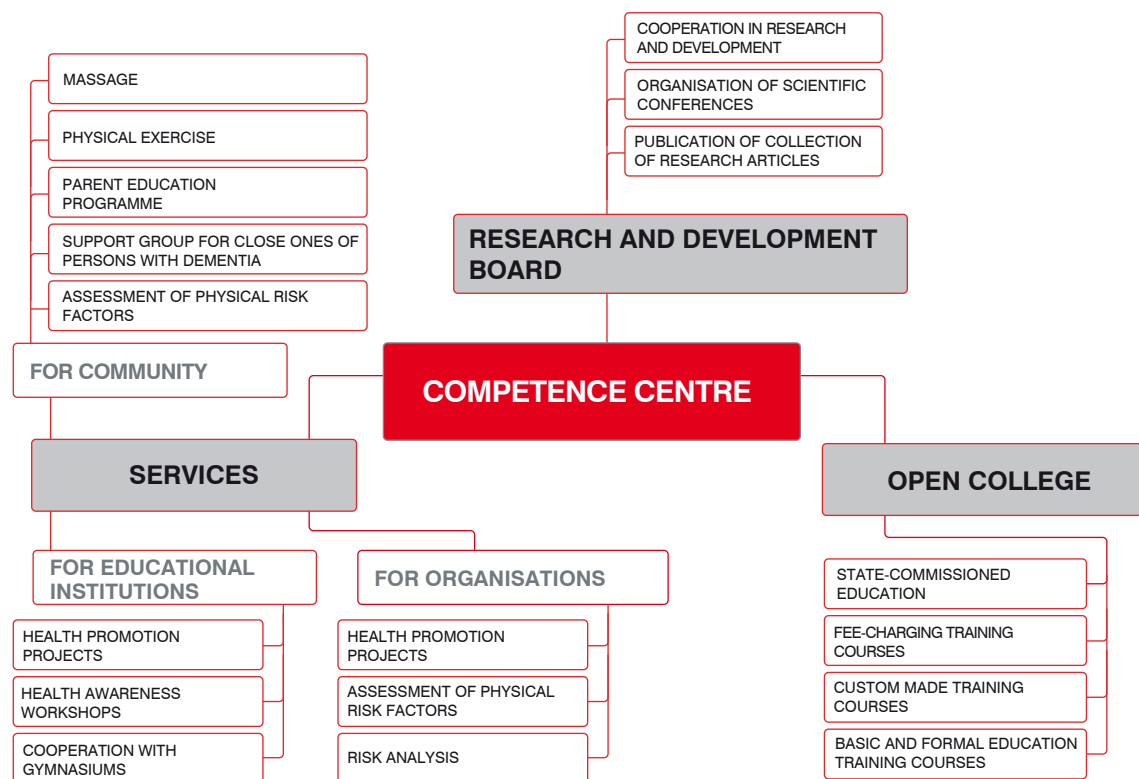
FEEDBACK FROM OUR EXCHANGE-STUDENTS

Why did you choose Estonia for your practice place?

Aurelija: I'm from Lithuania, so Estonia is one of the Baltic countries which has the same structure like Lithuania, not a lot of different, but still medicine system here is more modern, so I wanted to compare my country midwifery to this country. I want to learn as much as I can more and bring all knowledge to Lithuania and use it there and the best way to do it is to choose the country which is similar to my country.



The aim of the Competence Centre is to support students' professional and personal development and at the same time to serve the community and increase student awareness of different health care fields. Main tools of the Centre are services for individuals and groups, counselling, seminars, professional training and research. These tools are used in the context of practical student activities according to the curriculum and within different ways of cooperation.



RESEARCH

One of the most important fields of activities of the Competence Centre is conducting research and publishing research results. The aim of research studies is to develop curricula and participate in the development of health care and social policy. There are three cross-curricular fields of research that underpin the planning of research studies: the study process, health and evidence-based professional development.

Research activities are coordinated by the Research and Development Board. Leading researchers are our teachers and partners. Students have a possibility to compose their final theses as members of the research group. Different partner organisations are contributing to our research activities such as professional organisations, companies, health care and educational institutions etc.

Since 2007 our interdisciplinary research team has prepared and published annually the Collection of Research Studies

Results of research studies are also published in national and international peer-reviewed journal as well as presented in national and international congresses, conferences and seminars.

RECENT RESEARCH STUDIES

- "The assessment of the 3-month effect of support taping aid to correcting 5- to 8-year-olds' genu valgum and longitudinal foot arch" (2012-2018)
- "Evaluation of the condition of rectus abdominis and pelvic floor muscles after delivery" (2016-2018)
- "Compiling methodological guidelines and a manual for biomedical laboratory scientists' study labs" (2014-2018)
- "Patient point-of-care testing in family doctors' practice, hospital and care facilities practice" (2012-2018)
- "Collecting data for optimization of patient dose and comparative analysis in radiography" (2013-2016)
- "The impact of coffee consumption and vegetarian diet on laboratory blood tests and bone density" (2013-2016)
- "Perceptions of professionalism among qualified radiographers and radiography students" (2014-2016)





OPEN COLLEGE

The Open College organises conferences, provides in-service and retraining courses for graduates or people who are interested in health care. Courses are conducted by lecturers and health care specialists from outside the College. Lecturers and non-academic staff from our international partner institutions are welcome to our college to conduct in-service courses in English.

For more information, please contact our Continuing Education Specialist
Merlis Karja-Kännaste: merliskarjakannaste@nooruse.ee

COMMUNITY SERVICE

Tartu Health Care College encourages students to serve the community in different fields because practical activities, in addition to theoretical studies, have an important role in the personal and professional development of students.

Services provided to the community by students under supervision of teachers involve the following:

- different massage types
- services for pregnant women, expectant families and families with a newborn
- therapeutic exercise for different interest group (geriatric, children, gravid, neurological problems)
- health promotion projects: hand-wash, teeth-wash, measurements of health indicators
- first aid courses (incl. resuscitation training)
- risk analysis for enterprises
- sessions for persons with chronic disease
- sessions for families who take care of a family member with dementia





WEB MAGAZIN

Our Communications Manager is a responsible publisher of the College web magazine Tervist! (www.nooruse.ee/tervist). This magazine contains stories about our students and teachers, events and activities in the College and general articles on health care. The web magazine is mostly written in Estonian, but occasionally some articles may be published in English. We are also happy to publish health related articles from guest authors.

Please contact with our
Communications Manager Kadri Külaots: kadrikulaots@nooruse.ee; +372 7 370 260

HEALTH DAYS

Health days are regular events meant for the public. Health Days are held in cooperation with Tartu University Hospital and the Estonian Nurses Union to promote health and wellbeing. They are free to all participants. Each time a different health topic is in focus. There are lectures and all participants can check their health indicators such as blood sugar, cholesterol, blood pressure etc.



EVENTS

College anniversary is traditionally celebrated in November. Our sweetest tradition is a joint cake making event when the personnel as well as the students from different curricula and guests make a big cake from biscuits and curd. Cake making includes a friendly competition for the most creative cake decorations. The Ceremony is followed by a cake and birthday party.

International Week is a series of linked events with the following purposes: to share experiences, exchange best practices of research, improve international collaboration and find new collaboration partners.

International Student Conference "Health in Our Hands" is held in Tartu Health Care College every other year, the next one taking place in 2019. The International Student Conference promotes interactions and exchange of research knowledge as well as experiences among health care students, graduates and lecturers from different countries. The conference connects people from different fields of health care (medicine, pharmacy, physiotherapy, nursing, midwifery, biomedical sciences etc.).

Science Conference „Healthy Body, Healthy Mind Full of Knowledge" takes place in our College every other year in turn with the International Student Conference. The previous science conference took place in 2018.

The Freshmen Ceremony (in Estonian called "Rebaste ristimine") is an annual social event to welcome the newcomers to the brotherhood and sisterhood of health care students. The rite of passage is organised by senior students. Traditionally there are some funny and tricky tasks that culminate with pledging an oath behind the Town Hall, in front of the statue of Nikolay Pirogov who was a famous medical doctor and medical pedagogue.



STUDENT LIFE

STUDENT COUNCIL

The Student Council is the representative body of all students in order to actively participate in academic and social life of the College. Representatives of the Student Council belong to the College Council and to the Curriculum Boards; they are engaged in the activities of the Pedagogical Board.

Contact of the Student Council: yliopilasesindus@nooruse.ee

STUDENT ORGANISATIONS

Student organisations provide the opportunity for the students to develop their leadership and communication skills and form necessary professional relationships for the future. Tartu Health Care College students have the opportunity to be part of their speciality students organisations in Estonia like the Nursing Students Association or Physiotherapy Students Association.



SPORTS ACTIVITIES

In healthy body there is a healthy mind, therefore the College offers numerous physical exercise activities for the students like basketball, volleyball and gym trainings. We also have our own Estonian folk dancing group. The College students can all year round take part of the sport competitions organised by the Estonian Academic Sports Federation.

STUDENT DAYS

Tartu Student Days is a major event for all the students with various entertainment activities and competitions during one week. The first Tartu Student Days were held in 1965. Nowadays the event is being organised once in an academic semester. Most popular events have traditionally been the pancake morning, self-made flying vehicle competition and boat race.



ESTONIA

Estonia, officially the Republic of Estonia, is a small country with population about 1.3 million people on the shore of the Baltic Sea. Our closest neighbours are Finland, Sweden, Latvia and Russia. The territory of Estonia consists of a mainland and over two thousand islands in the Baltic Sea covering a total area of 45,339 km².

Today Estonia is a well-developed modern digital society which means more than just having Wi-Fi everywhere. Our national ID card system is by far the most highly-developed in the world providing access to over 2500 digital services. Our first digital signature was given in 2002 and today it is hard to imagine life without it. Since 2010 we use e prescriptions and since 2014 Estonia is once again the first country to provide e residency – a transnational digital identity.

Citizens of Estonia are provided with universal health care, free education and the longest paid maternity leave among the OECD member countries. The Estonian Song Festival is one of the largest amateur choral events in the world held together with the Estonian Dance Festival. The clean-up initiative Let's Do It! also originates from Estonia which started in 2008 as a public initiative to clean up Estonia from illegal garbage.

MAP OF EUROPE





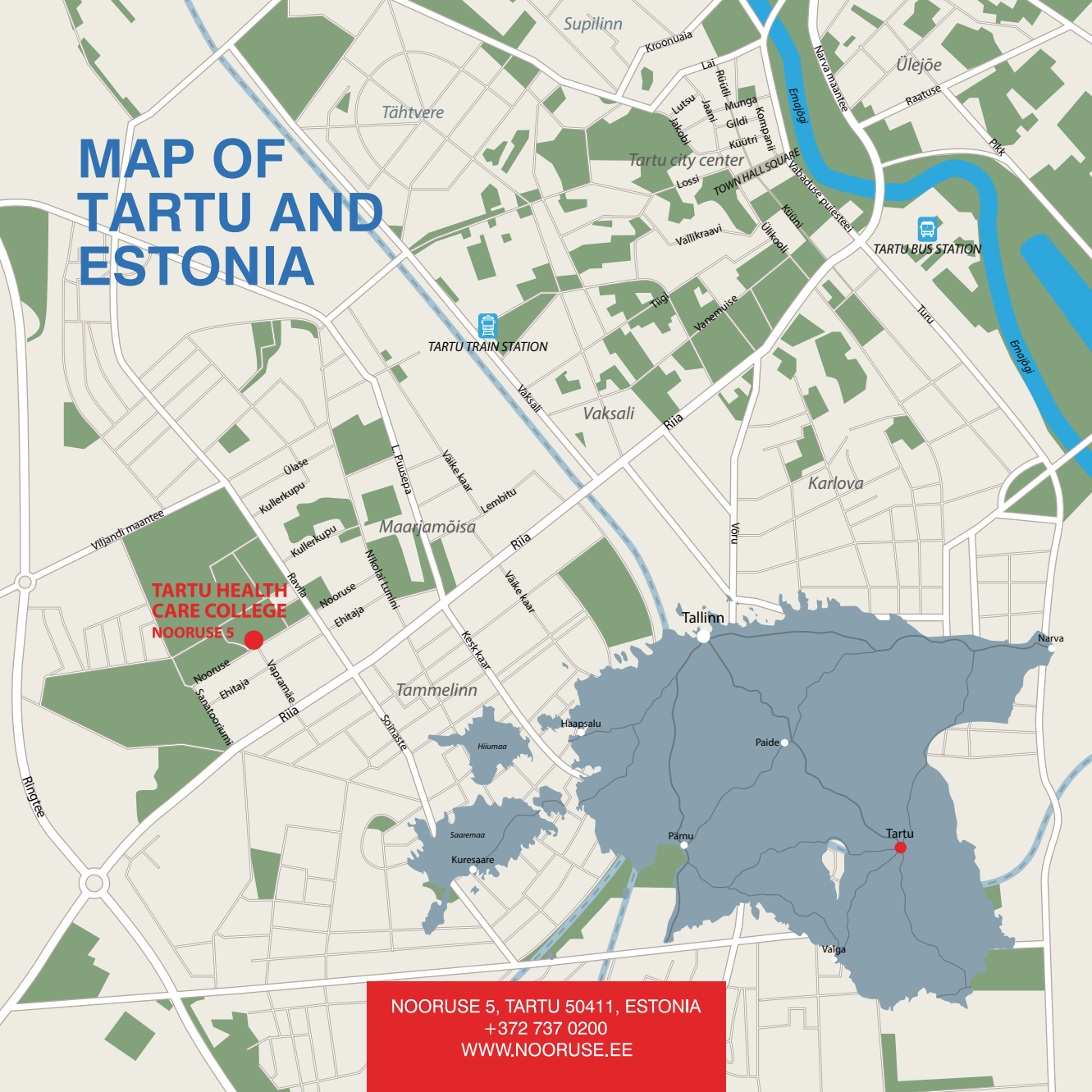
TARTU

Tartu is the second largest city of Estonia with population about 100 000 people. Tartu is the “City of Good Thoughts” and the unofficial „Capital of the Students” as there is about a dozen of higher education institutions. Among them the oldest Estonian university, the University of Tartu, founded in 1632 and the oldest applied higher education institution in Estonia, Tartu Health Care College, founded in 1811. Every 5th person in the city is a student so the city has a young and innovative air about it.

Sources: www.visitestonia.com and www.tartu.ee



MAP OF TARTU AND ESTONIA



**TARTU HEALTH
CARE COLLEGE
NOORUSE 5**

NOORUSE 5, TARTU 50411, ESTONIA
+372 737 0200
WWW.NOORUSE.EE