# Occupational Training in Melbourne





G'Day! How ya doing? That's a common way Australians say hello to other people and I was lucky enough to hear these expressions many times in the last three month. My name is Philipp Zeizinger and I had the possibility to spend the time period from the end of February till the beginning of May in the beautiful country of Australia and most of the time in Melbourne, the capital of the state of Victoria. I've been working in one of the most modern and biggest private hospitals in town: the Cabrini Health Ltd.. The main building in Malvern, a

suburb in the east of Melbourne, is an acute care hospital which contains all usual medical centres of common hospitals of basic care. Besides another acute care hospital in Brighton, two rehabilitation medical centres, a nursing home and a family doctor's practise are also under the Catholic sponsorship of the Cabrini Health. The biggest of the facilities, the hospital in Malvern, became my place of action. Primarily I worked on the introduction of a strategic workforce planning project for the nursing sector of the different clinics and wards in Cabrini. Furthermore this is also the subject my bachelor's thesis is dealing with which made it even more interesting and exciting to work on. But this wasn't the only great thing I got to know about the tasks in an Australian hospital. I also got

the chance to take a look in other areas and spent for example two days together with the nurses working in a hospital ward. The family doctor's practise which was acquired by Cabrini just shortly before my arrival in Melbourne and where I was integrated as well has also been a good place to learn about the health care system of Australia. Besides,

attending some surgeries in the operation area and the visit of the hospital's pharmacy were highlights too. You can imagine that I had a great time at Cabrini and I was integrated perfectly by the colleagues and superiors from the beginning as well as taken up very nicely, which is why I totally felt happy and had a lot of fun at work. Some days there were lectures taking place with other international students at Monash University under the direction of the Professor Just Stoelwinder who played a crucial role in organizing my stay. Beside interesting talks on the Australian health system and his actors, students from different countries presented the respective health systems of her home country.



Apart from work the multicultural coastal town of Melbourne is a great place to explore and just wander around in. I could drive into the city centre in only about 25 minutes by Tram or to the beautiful beach of St. Kilda in about 20 minutes which is a perfect spot for kitesurfing or enjoying Australian sunny weather. Weekends could be used for bigger trips like driving the stunning Great Ocean Road, hiking in the Grampians national park or even visiting the island of Tasmania with their mountains and rain forests. At the end of my time in Australia I decided to discover the Top End. The time in Darwin, Litchfield and Kakadu national parks was amazing. I've seen many different animals like crocodiles, snakes and birds and could also learn about the breathtaking culture and heritage of the indigenous people of Australia. Swimming in lonely water holes, hiking through giant gorges and sleeping under the stars have been just some of the great things I've done on a tour through the remote area of The Kimberley:  A region known for its exhausting climate but also for its indescribable scenic beauty.  The coastal town of Perth was the last stop of my journey and much colder than the places I've visited before but again fantastic. Some things I've done: Rottnest Island by bike or met the famous quokka.

I'm very grateful for the chance I've received here and the experiences I collected. I'd like to thank all the lovely people I met while staying in this beautiful country and I'd also like to thank Prof. Simon and Prof. Stoelwinder for the organisation and the effort they put in this project!

Cheers,

Philipp Zeizinger