

ERASMUS+ Days Staff Panel

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Faculty of Nursing

Ankara, TURKEY

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Introduce: Education

Term	Institution	Degree(s)/Diploma(s) Obtained
2004-2008	Gazi University Faculty of Health Sciences Nursing Department (Graduated with secondary degree)	BSc in Nursing
2010-2013	Hacettepe University Health Sciences Institute Department of Internal Medicine Nursing	MSc in Nursing
2013-2015	Hacettepe University Health Sciences Institute Department of Internal Medicine Nursing	Ph.D. in Nursing
2010-2014	Ahmet Yesevi University Engineering Faculty	Industrial Engineer
2020-2022	Hacettepe University Health Sciences Institute Department of Internal Medicine Nursing	MSc in Occupational Health

Introduce: Work experience

Date	Position	Employer
01/2023 – cont.	Board Member	Hacettepe University Practice and Research Center for Occupational Health and Safety
06/2022 – cont.	Program Evaluator	Association for Evaluation for Accreditation Nursing Education Programs (HEPDAK)
01/2022 – cont.	Commission Member	Republic of Turkey Ministry of Labor and Social Security Dust Control Commission
12/2021 – cont.	Coordinator	Hacettepe University Occupational Health, and Safety Department
06/2019 – cont.	Assoc. Prof.	Hacettepe University Faculty of Nursing, Department of Internal Medicine Nursing
07/2022 – 09/2022	Exchange Student	Erasmus+ Student Mobility Program, Occupational Health, and Safety (Berlin, Germany)
09/2017 – 06/2019	Assist. Prof.	Hacettepe University Faculty of Nursing, Department of Internal Medicine Nursing
05/2015 – 03/2016	Post-doc Researcher	University of Alabama at Birmingham School of Nursing
04/2011 – 09/2017	Research Assistant	Hacettepe University Faculty of Nursing, Department of Internal Medicine Nursing
03/2009 – 04/2011	Neonatal Intensive Care Nurse	Zekai Tahir Burak Women's Health Research and Education Hospital
09/2008 – 03/2009	Clinic Nurse	Hacettepe University Adult Hospital Neurology Clinic

Introduce: Works & interests

Chronic disease management

Complementary and integrative medicine

Aromatherapy and reflexology (Certified)

Mindfulness-based interventions and relaxation exercises (Certified)

Palliative care in oncology, cardiology, and geriatric population

Qualitative and mixed method studies

Simulation in nursing education (attended several courses)

Nutrition in adults

Occupational health and safety

Occupational and work-related diseases

Risk factors in work environment

Employer education programs

Introduce: Thesis



MSc Thesis (Nursing) (2013): The Design and Clinical Application of a Device, Combining Infusion and Feeding Pumps

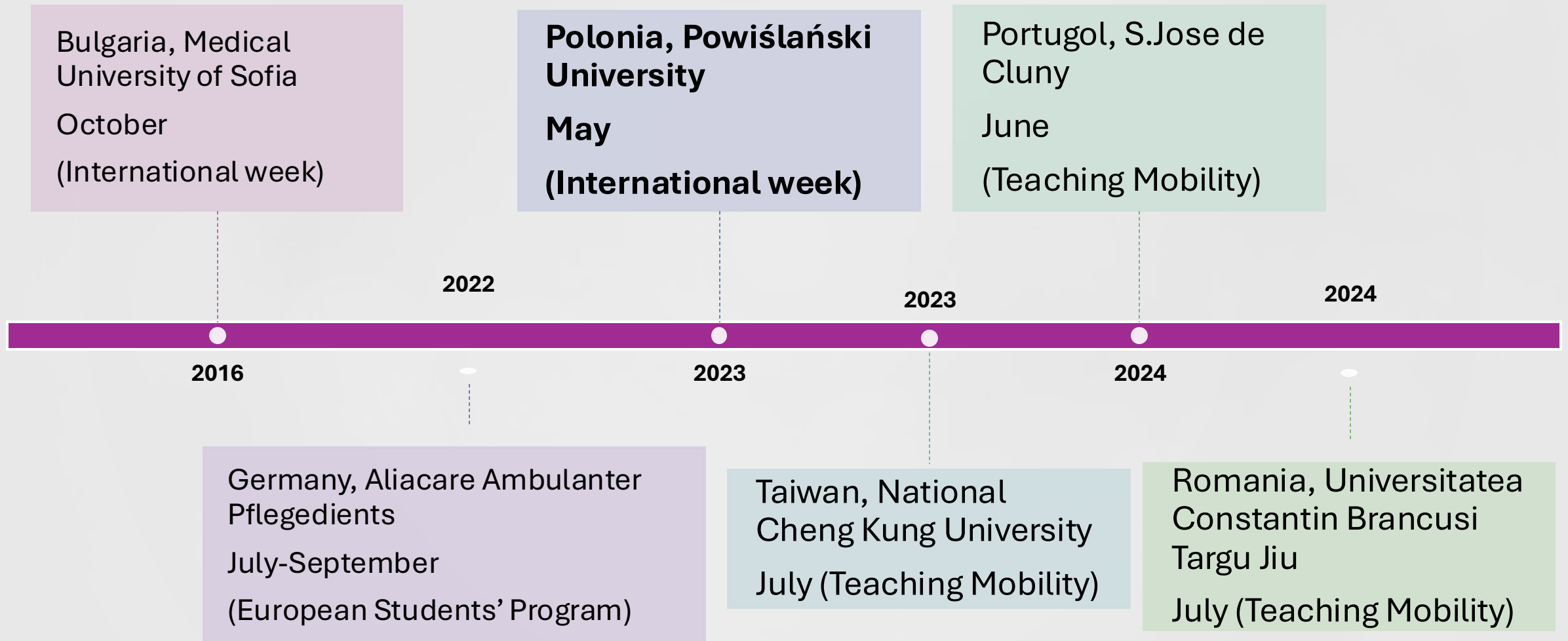


Ph.D. Thesis (Nursing) (2015): The Effects of Aromatherapy Massage and Reflexology Interventions on Pain and Fatigue in Patients with Rheumatoid Arthritis.



MSc Thesis (Occupational Health) (2022): Training, Qualifications, Duties, Authorities, and Responsibilities of Workplace Nurses: Delphi Analysis Study

Experience: The mobility program



Is Erasmus+ programme worth recommending?



STRENGTHENING
INTER-INSTITUTIONAL
COOPERATION



STARTING NEW
PROJECTS AND
RESEARCH



LANGUAGE
DEVELOPMENT



CULTURAL DIVERSITY



CAREER
DEVELOPMENT



What are benefits of participating in Erasmus+ program?

1. Getting to know people working in different countries and the characteristics of their institutions
2. Learning the daily life dynamics of the country we visit
3. To be familiar with world cuisine and discovering different tastes
4. Understanding the balance of the economy in the world and balancing the budget given to us within the scope of Erasmus+
5. Guiding our colleagues who plan to visit Erasmus+ after us
6. Giving feedback within the scope of Erasmus+
7. Opening the door to possible collaborations

Details: Program conducted on the spot

I participated in the international week led by **Powiślański** University in 5th Edition of International Week 2023

I received detailed information about weather conditions, accommodation opportunities, and transfers before visit

I was greeted by smiling colleagues wearing traditional Polish clothes in the morning

Felt like I was in a family environment

I made a presentation introducing my institution in this program

All the guests shared their local treats from their own countries

I had the opportunity to meet many of my colleagues, we got contact information from each other

A workshop was organized for possible collaborations, and I received detailed information about ongoing projects

For two days, I explored the historical sites and stories of the region with a guide

I bought amber stones

I had a feast and danced with local Polish food and music.

I gained beautiful memories

What were the obstacles before, during and after the mobility?

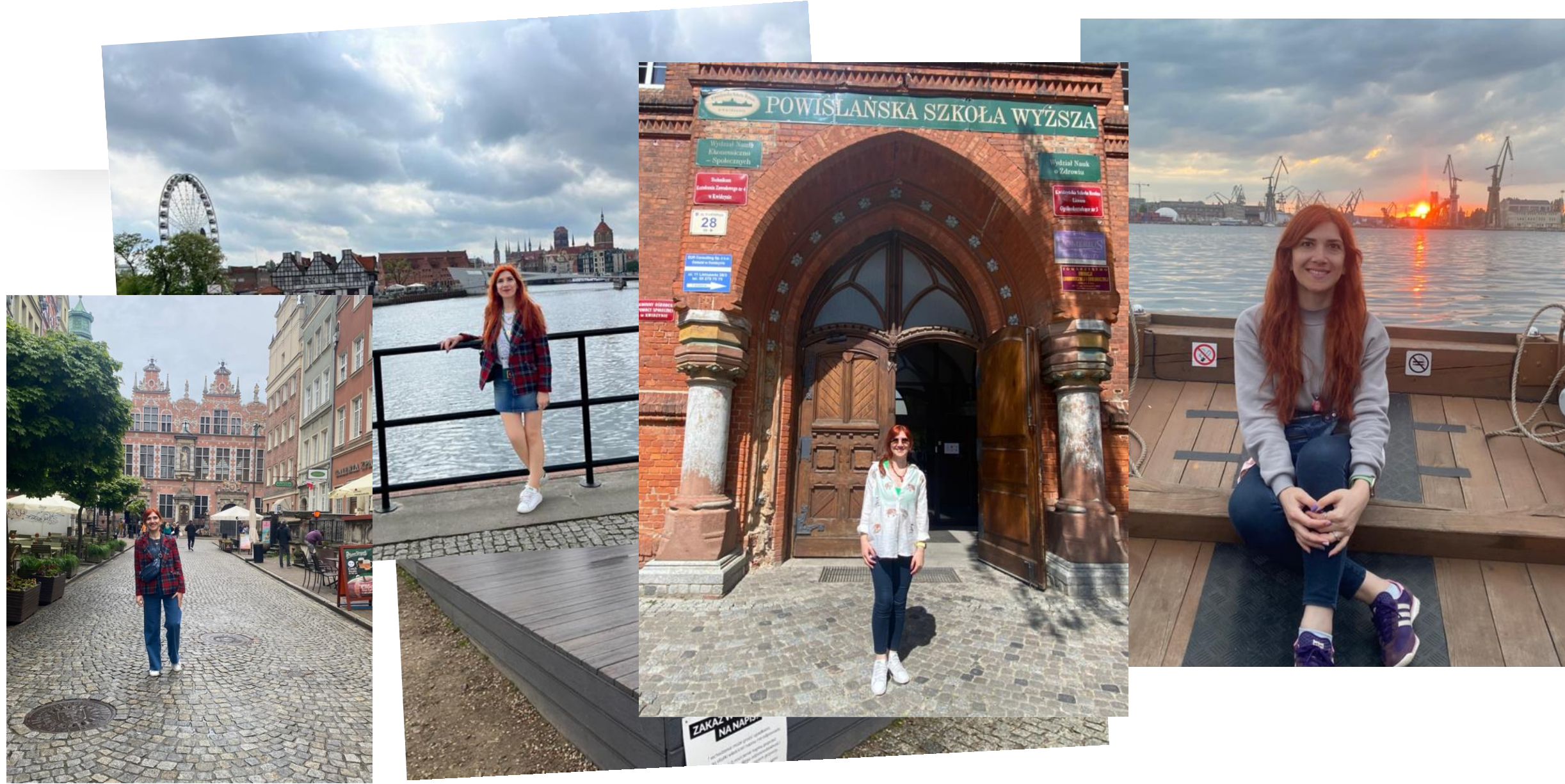
- I didn't really have any major difficulties.
- Sometimes the approval process for round trips can take a long-time.
- Since I couldn't find Polish Zloty at the exchange office in Ankara, I exchanged it when I arrived at the Poland airport.
- Although I arrived in mid-May, the weather in Gdansk was a bit cold, I made the wrong choices for wearing.
- I couldn't figure out what to eat for the first few days, then I discovered cheese and other varieties.

What is your favourite memory from you time spend on the mobility?

1. Watching the sunset in a boat in Gdansk
2. Dancing with a handsome old Polish man
3. Spending a wonderful day in the fresh air and nature at Kwidzyn and Malbork Castles
4. Being involved in the whole program from beginning to end with excitement and joy...



What is your favourite memory from you time spend on the mobility?



What is your favourite memory from you time spend on the mobility?



What was the added value of the mobility?

1. I made good friends, especially Paulina
2. This experience left a positive impression on me, when your institution invited me to participate in the experience sharing meeting, I said “yes” with great motivation
3. After 2023, I participated in the Erasmus program 3 more times, and had the opportunity to teach university students in Taiwan, Portugal and Romania
4. I was able to share my own experiences with my friends who asked me
5. I supported my institution with budget and time planning issues by giving feedback about these visits
6. I also tried to bring good practice examples to my institution in a professional sense
7. In addition, I performed mindfulness-based meditation in English for Poland students and my self-confidence increased



What was the added value of the mobility?

Ankara



Thanks for your attention...