

A paramedic in the city and in the countryside – what is it really like?

9 August 2026 · About 53 min · With Håvard Hasund

Håvard Hasund has worked as a paramedic both in Oslo and in rural Sunnmøre. A conversation about the training, the placements, the year on dispatch and the large differences between city and countryside.

MAIN TOPICS

- What the job is actually called, and the three routes in
- His own way there – Red Cross, Canada and the Coast Guard
- The degree, year by year
- How he learned anatomy
- First placement, and when he considered quitting
- What a peripheral cannula is
- Debriefing after difficult call-outs
- The dissertation on delirium
- The staffing pool, and the work in Oslo
- The year on dispatch, and what a phone call cannot give you
- City against district
- Who the job suits

QUESTIONS THIS EPISODE ANSWERS

- How do you become a paramedic, and what training is required?
- What is the difference between a paramedic, an ambulance worker and an ambulance driver?
- What is the first year of the paramedic degree like?
- What is it like doing a placement on an ambulance as a student?
- What happens after a difficult callout – how does debriefing work?
- What is it like taking emergency calls as a dispatcher?
- What are the biggest differences between working in Oslo and in a rural district?
- Who is the job right for?

KEY POINTS

- It is not called an ambulance driver. Paramedic is a three-year degree, and there are three routes into the ambulance service.
- Entry requires general university admission certification, but the grade threshold has risen sharply – partly because television made the job visible.
- The first year is heavy and theoretical. The practical side does not arrive until the second.
- The most reusable advice: understand how the body fits together rather than memorising isolated

facts.

- A first placement is not a test of being the best. It is about functioning and not being professionally lost.
- The more you learn, the less certain you become – until it clicks and you stop overthinking.
- Oslo has its own debriefing system where the conversations are led by people who have worked in the service themselves.
- The difference between city and district is the volume of call-outs. The underlying job is the same everywhere.
- Most call-outs are not drama. Which is why you should like people.

This is general information, not individual health advice.

AI is used as a tool in producing the text, and everything is read through before it is published. Errors can still occur.