

# Biomedical Sciences - Report Experience Abroad

Share your experiences with us and other Utrecht University students!

Name\*: Iris van der Strate

Email address\*: i.h.vanderstrate@students.uu.nl

Phone number\*:

Student number\*: 5878128

(\* = You can decide to stay anonymous by not filling in these fields)

Internship (+subject) / courses: Introduction to Scandinavian Design (7,5 ECTS), Introduction to International Law (7,5 ECTS), Molecular Medicine (15 ECTS)

Institution / University: Lund University

City: Lund

Country: Sweden

---

## 1. Preparations

- a. What? When? Where? I went to Sweden, Lund University, for the autumn semester (5 months) of 2018 to study abroad.
- b. Address / Contact person abroad: How did you get in touch? I got in touch with the contact person of my faculty via e-mail. I got an e-mail with a lot of information on how to prepare and if I had questions, I could send an e-mail back.
- c. Approval: How many ECTS? 30 ECTS
- d. Which language did you use? If this is not Dutch or English, how and where did you learn the language? I used the English language. All the courses I took, were given in English. The molecular medicine course was with Swedish students, but it was given in English.
- e. Finances / grants: What is the budget you approximately need when doing this internship / research? What grants did you use? When doing this internship, you should keep in mind that a room is around 450 euros per month rent. With this comes about 250 euros per month to buy food and other necessary things. If you also want to see cultural things in the country you are visiting, this will cost another 300 euros per month. I used part of my own money and I got the Erasmus grant for studying abroad in Europe.
- f. How did you arrange accommodation? What kind of accommodation was this? Would you recommend it to other students? I got my accommodation through LU accommodation, a housing organisation that is part of Lund University. I had a dorm room with 5 other students and we shared the kitchen and common area. I had my own toilet, sink and shower and I can recommend this to other students. You live with others and can eat together whenever you want but on the other hand you have your own bathroom, which is very nice.
- g. Visa: what did you need and how did you arrange it? I didn't need a visa, because I was only there for 5 months and when you are in Sweden and you are from a European country you don't need a visa.
- h. Insurance: do you have any recommendations? I don't have recommendations on this, just make sure that you have the right insurance.

---

## 2. Education abroad

- a. Possibilities: What kind of assignments, courses or tasks did you do? In the first ten weeks, I followed two courses: Introduction to Scandinavian Design and Introduction to International Law. What I really liked about these courses, is that they were different from what I was used to. I really liked to learn other things than usual and I think I broadened my horizon with this. For International Law I had one exam and one presentation and for Scandinavian Design I had to hand in three papers. In the last ten weeks, I followed the course Molecular Medicine. We had to write two research proposal, present one proposal and there was one final exam. The assignments during the week were reading articles, answering questions on these articles and make a presentation about a casus.
- b. Guidance during internship (if applicable)? Not applicable

- c. Quality of education? I think the quality of education is the same as in the Netherlands, although it really depends on the courses you follow. Some courses are only for international students, so these courses have less contact hours so there is more time to travel or see cultural things.
- d. Examination? Same as in the Netherlands.
- e. Would you recommend this place to other students? Yes, I would recommend this place to other students. Lund is a small and very cosy city and it has everything you need. Lund University is focused on international students, so there are a lot of them every semester! The accommodation that Lund University offers is great, and so is the Swedish culture.
- 

### 3. *Cultural experience*

- a. What was the added value of going abroad for your study? The fact that it is just you and you have to figure out everything yourself. This might be a bit scary in the beginning, but you will get used to it and it will be a lot of fun. I became more secure about myself and I found out how much I like to travel and meet new people and cultures. I see things in different perspectives now and I think that is very valuable.
- b. What cultural knowledge did you gain? The fact that Swedish people love coffee and they really take their time to drink some coffee, eat some cake and have nice talks with each other. This is called 'fika'. Also, Swedish and Scandinavian people in general are quite right-to-the point and sober. This might be something you have to get used to, but it makes the overall society very laid-back and chill. I really liked that about Sweden.
- c. Describe 2 critical incidents; focused on cultural differences. I can't really describe critical incidents, but I can name cultural differences. One difference is that the Swedish people eat salads and warm meals during lunch, while I was used to bread for lunch. The other thing is that Swedish people have dinner at 5 pm, while I would have dinner around 6.30 pm.
- 

### *Conclusion of stay abroad:*

At first, I was a bit scared to go abroad, because I felt so safe with all my friends and family here in the Netherlands, but then I realised that this would be a great opportunity for me to learn and get to know myself better. The first days were a bit weird, but you get used to your new life very fast and you meet so many new people. I think it is one of the best choices I have ever made and I am very happy I went abroad for a couple of months!