



Biomedical Sciences - Report Experience Abroad

Share your experiences with us and other Utrecht University students!

Name*:

Email address*:

Phone number*:

Student number*:

Courses: Developmental Biology & Genetics, Molecular Medicine and Swedish Introductory Course

University: Lund University

City: Lund

Country: Sweden

1. Preparations

a. What? When? Where?

I went on exchange to Lund, Sweden from August 2018 to January 2019.

b. Address / Contact person abroad: How did you get in touch?

When I got placed in Lund, I received an email from the International Office of Lund with all the information I needed.

c. Approval: How many ECTS?

I did two courses of 15 ECTS, which were both approved by the Examination Committee. The Swedish introductory course was an extra 3 ECTS.

d. Which language did you use? If this is not Dutch or English, how and where did you learn the language?

The courses were given in English, so I did not have to learn the language beforehand.

e. Finances / grants: What is the budget you approximately need when doing this internship / research? What grants did you use?

I used the Erasmus Grant and the Biomedical Sciences Grant to finance the exchange. Moreover, I used the money I had saved. Sweden is more expensive than the Netherlands, mainly when grocery shopping, using public transport or going to restaurants/pubs.

f. How did you arrange accommodation? What kind of accommodation was this? Would you recommend it to other students?

The accommodation is hard to find when you're from a country within the EU, but it is doable when you start searching early. I did not get assigned to a room from LU accommodation, so I found an apartment via Bopoolen.nu by placing an advertisement there. If you do not get placed by LU accommodation or AF bostader, I recommend looking at bopoolen.nu

g. Visa: what did you need and how did you arrange it?

I did not need a visa to go to Sweden.

h. Insurance: do you have any recommendations?

I did not apply for other insurance, but I did use a travel insurance that provides insurance for a long-term period. Moreover, the University provides an insurance for exchange students called Student-IN.

2. Education abroad

a. Possibilities: What kind of assignments, courses or tasks did you do?

I followed the Biomedical Programme, so I did the courses Developmental Biology & Genetics and



Student Exchange

Bachelor's and Master's programmes Medicine, Biomedical Sciences and Clinical Health Sciences



Molecular Medicine. These courses are different than courses at Utrecht University, since they are based on Problem Based Learning (PBL) and Team Based Learning (TBL). The first course was Developmental Biology & Genetics and this used PBL, so you were assigned to a group and solved different problems in two sessions, one before the lectures and one after. This was really useful, since you studied much of the theory already. There was also a bit of practical work in this course. The second course was Molecular Medicine and this course used TBL, so you had two sessions a week where you had to think of a therapy, a clinical trial or something else and this was then presented at the end of the week. Every week focused on a different organ or disease, so this was a very general course. Moreover, there were lectures one day a week and you had to write two research proposals.

b. Guidance during internship (if applicable)?

N/A

c. Quality of education?

The quality of the first course was higher than the second course, because the course leader was involved in several weeks instead of just one. Moreover it was more clear what was expected in the first course. However, I liked both courses since the way of teaching is very different from the Netherlands. In Lund they not only focus on the study material, but also on team work and combining the different knowledge of the students whereas in the Netherlands you just study the lectures by yourself. I also liked that there were less lectures in Lund and more working groups, since that is where you actually apply the study material.

d. Examination?

Developmental Biology & Genetics had one very big exam at the end of the course. Every week focussed on a different part of the development, so the questions were given per week. Each week (total of 8 weeks) contained three short questions and one very big essay question. This exam took about 4-5 hours, but it was doable when you attended the PBL groups and kept up with the study material. Molecular Medicine had multiple examinations, so you had one exam at the end of the course and this contained 80 multiple choice questions (50% of ECTS). The other half of the ECTS was obtained by the two research proposals you had to write and the presentation of one of the proposals at the end of the course.

e. Would you recommend this place to other students?

I would definitely recommend studying at Lund University, since you get a different perspective on the study material. In Lund the theory is immediately applied in the work groups, while this is less the case in Utrecht. Moreover, it is nice to work with people with a different background.

3. Cultural experience

a. What was the added value of going abroad for your study?

I got a different perspective on the research in Biomedical Science and on the future options. This is mainly because each university mainly focusses on the research that is done at their own university, so it was really nice to see the differences between the universities. Moreover I met a lot of people from different countries and it was really fun to learn about the cultural differences. I mostly met them at the introduction weeks, since the courses of Biomedical Science were mostly followed by Swedish, Dutch and Belgian people. Furthermore, Sweden is a very beautiful country and it is really nice to live there.

b. What cultural knowledge did you gain?

There were no extreme differences between the Netherlands and Sweden, but there are some differences. The first is that the Student life in Lund takes place in nations, so you have to sign up for a nation in the beginning of the semester and then you get access to all student activities (of all nations). Moreover, Swedes love to have a fika, where you just drink coffee/tea with some sweet pastries with your friends. Another difference is that the course leaders and teachers are closer to



the students, so it is more informal. They also ask what they can change about the course every week and they care more about the (mental) health of the students than in the Netherlands.

c. Describe 2 critical incidents; focused on cultural differences

I did not experience any critical incidents in Sweden, since the culture is similar.

Conclusion of stay abroad:

I have really enjoyed my exchange in Lund. Lund is a very small city, but there are a lot of students. Moreover it is very easy to travel to Malmö, Copenhagen and Stockholm, so it is very nice to travel around. The two weeks of introduction were well organized and it was a really good time to meet a lot of people and get adjusted to the new country. At last, the Swedish students were very kind and keen to help the new students out during the courses.