



Student Exchange

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



Biomedical Sciences - Report Experience Abroad

Share your experiences with us and other Utrecht University students!

- Please write a short report within two weeks after your arrival back in The Netherlands based on the questions below.
- Convert to a PDF and Save As "Country, City, Institution, Year" (e.g. Sweden, Lund, Lund University, 2010.PDF).
- Send this report to: international.office@umcutrecht.nl.
- The reports will be placed on the Blackboard courses 'BMW Study Abroad' as inspiration and information for students who would like to go abroad.

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

Internship (+subject) / courses: Project Work (VMFB1) & Molecular Medicine (BIMA81)

Institution / University: Lund University

City: Lund

Country: Sweden

1. Preparations

- a. What? When? Where?
Exchange at Lund University during the first semester of my third bachelor year.
 - b. Address / Contact person abroad: How did you get in touch?
 - 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?
English
 - e. Finances / grants: What is the budget you approximately need when doing this internship / research? What grants did you use?
Living in Lund is quite expensive. I think that you need at least 800 euros per month just for living. I received the Erasmus grant.
 - f. How did you arrange accommodation? What kind of accommodation was this? Would you recommend it to other students?
Housing in Lund can be a problem, there are 3 big housing agencies, LU accommodation, AF bostader and Bopoolen. For LU accommodation you have to apply as soon as possible to get a room, after some waiting time I got my studio there. I would really recommend LU accommodation. AF bostader uses a lottery so it's just a matter of luck. Some students arrived in Lund without accommodation, but after a few days/weeks they also found a place to live.
 - g. Visa: what did you need and how did you arrange it?
I did not need a visa in Sweden.
 - h. Insurance: do you have any recommendations?
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2. Education abroad

- a. Possibilities: What kind of assignments, courses or tasks did you do?
I applied for the courses Molecular Medicine and Project work. The last one was a small internship in which you had to find a research group by yourself. This was quite challenging and it might not be the first choice of many students but in the end I am very happy I did it because I learned very much from the Swedish research group. Swedish people speak English very well so it was quite easy to communicate with them. The other course, Molecular Medicine used the principle of Team Based Learning. Every week we had to make a presentation with a group of students and each week covered another topic.
 - b. Guidance during internship (if applicable)?
During the project I had very good guidance. In the beginning they let me sort things out by myself but I could always ask questions if I wanted.
 - c. Quality of education?
I think that Lund University has a high quality of education, comparable to the quality of Utrecht University.
 - d. Examination?
The examination of Molecular Medicine was one multiple choice exam about the whole course, which was quite comparable to an exam of Utrecht University. The examination of the project I did consisted of a presentation and a final report.
 - e. Would you recommend this place to other students?
I would definitely recommend Lund. It is a very nice student city. The semester starts with 2 well organised introduction weeks in which you get the opportunity to meet a lot of people. You can also follow an introductory Swedish course which is very nice. In Lund there are the student nations (you are obliged to join one) which organize activities all the time. There is something to do almost every day. You have to choose a nation but there are no obligations attached to it. I joined Vastgota Nation since a lot of exchange students do the same and I felt very welcome there. The atmosphere in Lund is very nice, people go for 'fika' all the time, which basically means having coffee with friends. To get around in Lund you need a bike, which made all the Dutch students (which were quite a lot) feel like home. Be careful when you buy a bike, for example don't go to Banks Cyklar, they make you pay way too much for very bad bikes.
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3. Cultural experience

- a. What was the added value of going abroad for your study?
When I did the internship I could do my own research for the first time. I learned very much from this and besides that I was able to experience a little bit how it is to be a researcher.
 - b. What cultural knowledge did you gain?
I learned a bit how the Swedes live and I travelled to Lapland and Norway. I experienced how it is to live in the cold and how it is when the days are very short.
 - c. Describe 2 critical incidents; focused on cultural differences
There is not a big culture difference in Lund. I did not experience critical incidents.
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Conclusion of stay abroad:

I chose to go to Lund because I wanted to explore Scandinavia. Lund University was a partner of biomedical sciences which made it easier to arrange the exchange. I did some research on the internet and I found that Lund was a beautiful small city with a very big student society. Which seemed to be more than true because my time in Lund was amazing! I learned very much from my exchange and I



would recommend it to everyone. I think that Lund is perfect if you want to study at a good university and meet many new friends!