



# International Pharmaceutical Students' Federation



## NEWSLETTER

Special Edition

9<sup>th</sup> June 2007

IPSF Publications

Design by Mohamad Nader

**Summer is approaching and the exchanges planned and organised throughout the year are starting to become reality! Read on to see what experiences others have collected so far with the help of the Student Exchange Programme!**

### **SEP in Japan - We are coming!**

**Mizue Takahashi, Student Exchange Officer 2006-07**



As a SEO I have been working from last December. Despite of this short period all experiences I did these days were to be one of the coolest things I have ever done!

The programme is not much popular in Japan yet. We only hosted 5 students in the past. We are going to host 3 students for this year and the number we are to be hosting is getting more and more every year.

When I first logged in to the database, I found 3 Application Forms and all exchange students are highly motivated and enthusiastic to come to Japan and also to learn pharmaceuticals. Eventually I become to exchange emails with students, SEOs from all over the world and of course chair person of SEP. All of them encourage me so much to work harder, and then I decided to organize a committee.

We have regular meeting once a month it just started from April. Members help me with finding hosts or sometimes they offer to become host themselves. Unfortunately we could not find enough hosts for this year (not enough for the number of students who wish to come to Japan), but the committee will work to find more hosts for the next SEP year! Wishing for the continuous success of this wonderful programme, also hoping Japan can work with all of you in the future.



### **From exchange student to SEO - A story from Slovakia**

**Slávka Doktorovová, Student Exchange Officer Slovak Pharmaceutical Students' Association, Bratislava-Slovakia 2006/07**



My first contact with SEP was reading a list of countries participating in SEP, printed on a blue sheet of paper in the very first days of my studies. From that moment, I knew I want to take part. I applied as soon as I was eligible as a participant, passed Slovak pre-selection and then spent one wonderful month in Belgrade, Serbia. As an exchange student, I even had the feeling this is not the last time I have something to do with SEP...and in September 2006, I took over SEO Slovakia position after my colleague Andrej Segec.

As an exchange student, I worked in a pharmacy preparing drugs according to doctor's prescription, which proves really useful nowadays as I do my compulsory pharmacy practice. The art of

individual preparation is now limited to only a few pharmacies in Bratislava, and a few pharmacists who are able to handle it. And, thanks to being an exchange student in Serbia, I know Natasa, the Chairperson of Student Exchange not only from mailing list, but also in person 😊

As I became SEO, I started being in contact with students from almost all over the world, but I am also in greater contact with pharmacists at home. Voluntary work and foreign students coming to Slovakia for an exchange are still something new and unexpected, so my work is much about argumentation and persuasion. The fact is, as my country was locked behind the iron curtain some time ago, our generation is one of the firsts to have a chance for an exchange abroad! Fortunately, there are pharmacists in various fields of pharmacy who understand student exchange as great opportunity for the incoming students as well as for them to present themselves in bright colors. For the first time in Slovak SEP history, there will be a student placed in faculty research (Department of Pharmacognosy and Botanic and Department of Pharmacology and Toxicology of Faculty of Pharmacy in Bratislava), and perhaps we will reestablish the cooperation with hospital pharmacy field. And even more, Community Pharmacy of Comenius University (the pharmacy where all pharmacy students start their practice) expressed their will to participate on professional training of exchange students.

This summer, we will welcome nine students from Portugal, Serbia and Egypt. We are sending ten Slovak student abroad, and I hope they will gain all the pursuits SEP can give them. They all are a really great sample of highly motivated and good humored students of our faculty!

The future of SEP in Slovakia should be brighter and brighter. Another university in Slovakia opened pharmacy course, so with more students for an exchange more regions for incoming students should be available.

### **Unforgettable exchange in Indonesia Daniel Alvarez from Catalonia**



Wet hot weather was the first welcoming to this wonderful and surprising country in the Southeast Asia. Second was the warm and friendly reception of Doti (Indonesian SEO) and friends, who will guide us, give us advice and try to show and explain the many different cultural points between our two cultures, countries, continents and even religions!

We spent around two weeks in Bandung, the destination city where it was placed the university where I was going to take my practice at the Pharmaceutical Chemistry Department. There I established a good friendship with the other students in the exchange programme from Serbia, Hungary and Spain; and of course, with the local students who guided us around the city, to the best restaurants and shopping malls, and taught us about the culture.

I learned how to shower without shower (just with a plastic stuff taking cold water from a little bath), wash the clothes without washing machine (hard when you are used to live in mom's house), and over all, learned that many things we think are indispensable, they absolutely are not. I think I became more open-minded. It's shocking to find yourself completely out of your normal life, disconnected for a month, meeting adorable people who take care of you as you were long time friends, visiting places you won't ever forget like the temples of Borobudur and Prambanan in Yogyakarta, the volcano 3 days trekking trip we did in Lombok island, the beautiful Green Canyon we were swimming through, or the well-known lovely Bali island and the surprising culture totally aside from the rest of Indonesia.

It's hard to brief a month full of new experiences in just a few lines but definitely this trip was one of my best moments in my life and I'm very happy I could have had this great opportunity. I encourage any intrepid and anxious student to fly there, disconnect for a month, and live an unforgettable surprising summer full of culture, party and good people.