



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 the land of cheese and chocolate

Katherina Stutz, Student Exchange Officer, Switzerland 2006-07

Most of the students who are coming to Switzerland for SEP want to absolve their traineeship in a community pharmacy. We can just offer a few places in hospital pharmacies and just the University of Geneva enables places in research for exchange students. Accordingly, these places are always occupied quite fast.

My experiences as local student officer in the previous year and also those as SEO allow me to say that it is easier to find employers in the city who are willing to enable traineeships, than in the countryside or in the region of the Alps. I can just guess the reasons for this fact: There are not that many Pharmacies per square kilometres in the countryside than in the cities. As a fact, they have less time and possibilities to supervise a student. Often, you can also find more open-minded employers in the city. Culture, night-life, lots of shopping centres and fashion boutiques and a great amount of student's hostels are also reasons to choose a pharmacy in the city.



The students are coming in the summer months between May and September. Expect the snow is missing at that time, they can enjoy many different leisure activities: Swimming in different lakes and rivers, hiking in the mountains, walking through green forests and flower fields, sightseeing between mediaeval buildings, enjoying a huge amount of culture life as art or music concerts for instance, doing diverse kind of sports or partying at Switzerland's best hotspots.



I think the wellbeing of an exchange student should be at the top of priority's list. Therefore each student will be picked up at the airport, brought to his student's hostel and explained the first important things about the place and the traineeship. It is also important for me to get in contact with the students regularly. The SEO and LEO and sometimes other people from our national association organise some sightseeing trips for the students. Almost every year, we arrange an exchange students' weekend in Grindelwald. So they can meet each other and enjoy the beauty of the Swiss Alps there. It is always a great event!

So, one of my next projects would be to promote IPSF and SEP to the Swiss Pharmacy students more. Therefore, I will go to the different Universities to deliver a presentation about it. Also, I will give an opportunity to those students who have already absolved SEP to talk about their traineeship somewhere abroad. The members of asef and me want to expand our sightseeing programme as well. We have lots of ideas to ameliorate our IPSF-work.

Meeting Dracula! SEP in Romania **Oana Rujan, Student Exchange Officer, Romania 2006-2007**

The answer to a simple question is usually a simple answer: Why not? I would like to tell you a few things about the country I was born and raised in...

Romania is a country in the Eastern part of Europe, bordered by the Black Sea at East. It spans a total surface of 237,500 square km. The area is blessed with all the major forms of landscape: The Carpathian Mountains cross the country, surrounding Transylvania, a large plateau, extended low plains to the East and South and the magnificent Danube delta.

If you want to find out about Dracula or Transylvania, then this is the right place. Yes, Dracula was a real prince. And yes, Transylvania does exist. They are a part of the rich romanian history. The following is just a brief outline of the history of the people living between the Carpathian Mountains, the Danube and the Black Sea.



FASFR represents 2500 students from all over the country and is the organizer of the 2008 IPSF Congress!

Student Exchange Programme is the biggest opportunity for students from all over the world to get together and share experience. We can yearly host up to 22 students with placements in Community Pharmacy or Industry (at Terapia-Ranbaxy International Factory in Cluj Napoca) in 4 different cities of Romania: Cluj Napoca, Bucharest, Iasi or Timisoara.

We provide free accomodation in student dorms with 2 students per room, but we don't provide any pocket money. For their practice the students will have to assist the pharmacist for about 3-4 hours per day in his/her work in the Pharmacy. The various social program allows students to get to know each other better and explore the landscape surrounding the city of placement.

See for yourself !!! I think I've given you enough reasons ☺
We're looking forward to having you here!

It was so good that I didn't want to go back home! SEP in Finland (July 2005) **Maria Foraster Pulido from AEF-UB, Spain**

Doing the SEP has given me more than a simple experience in another country, because I was more than a tourist: I lived there, I worked there, I was with Finnish pharmaceutical students and with pharmaceutical students from other countries.

I lived in an apartment with other SEP students. It was great! They were always ready to have fun, to taste different dishes and to travel around. Moreover, I could learn a lot about their cultures and about pharmacy in their countries.

I worked with one of my flatmates at the Pharmacognosy Department of the University of Helsinki doing some research. I learned a lot about different analytical techniques, procedures and, of course, pharmacognosy! The professors were very nice with us and help us in every moment (and not only with our work, they also advised and helped us with trips around Finland).



A part from the daily life, the Finnish pharmaceutical students prepared many activities for us during evenings and weekends. We learned a lot about Finland and Finnish people, we had traditional dinners, went bathing to lakes, to the sea, to saunas (of course, nude as they do!)

It was so good that I didn't want to go back home!! And when I got back home I felt different, more opened-minded and happier. The best is that I keep in contact with some friends from the SEP and I am going to meet some of them again quite soon!

We have to appreciate the big effort of all the pharmaceutical students that make the SEP be possible. It is a very interesting programme and an opportunity for all the students around the world. It's important to know about it and do it at least once!! Thank you to all the people who have made the SEP be possible since now!

**Would you like to gain unforgettable experiences?
Then it is your time to...**

Join SEP!