



## TUPS, Estonia Winter SEP

Tere! We are the Tartu University Pharmaceutical Society or TUPS for short, the only association uniting pharmacy students in Estonia. We would be glad to have you for the winter SEP January-February! Our association is quite small and tight-knit, with about 40 active members. Our home, Estonia is a Baltic country in North-Eastern Europe, with a population of only 1.3 million and 50% of the country covered by forest. The association is based in Southern-Estonia, Tartu, the second largest city in the country.

### • Country information: Weather, Language, Currency

For the winter SEP in January-February expect the weather to be below freezing with snow and ice, although during the day it doesn't get below  $-10^{\circ}\text{C}$  and it might even reach positive degrees with enough sunlight, which you can expect to have for about 6 hours as the sun rises at 9 in the morning and sets at 3 in the afternoon. The only official language of Estonia is Estonian, but foreigners can get around comfortably with just English. In the pharmacy you may also hear Russian, as 25% of the country speaks it as their mother tongue, as well as Ukrainian.

The currency used is Euros, but there are very few places that are cash-only so if your bank card works within the EU it is not necessary to exchange cash.

• **Available Placements:** Currently there is one confirmed spot for winter SEP in the Tartu Town Hall community pharmacy (Tartu Raekoja apteek) with a focus on ex-tempore preparation. You will see how an Estonian pharmacy functions while gaining ex-tempore preparation experience. Placement is 2-3 weeks Jan-Feb but students are welcome to stay longer for tourism. Below are pictures of the pharmacy where the placement is. Yes, really, it looks that magical during winter!





Photo: Tallinn Town Hall Pharmacy, the oldest pharmacy in Europe that has continually operated on the same premises. It was first mentioned in town records in 1422.

- **Eligibility Requirements:**

We require you have decent command of English, as that will be your working language. It's nice to have a certificate/exam result, but we trust you if you say you have at least a B2 level of English. We prefer students who have at least some experience with ex-tempore prescription making.

- **Application Process:** Standard SEP application, feel free to contact the Student Exchange officer of TUPS, Janeli Lember via email [janeli.lember@ut.ee](mailto:janeli.lember@ut.ee) or whatsapp +372 5637 1123

- **Expected Events:** skiing, museums, sauna, hiking, cosy cafes and local food. We can tailor it to the incoming students' wishes!

- **Accommodation/Transportation arrangements:** Expected to find own accommodation in a hostel/hotel(200-300 euro a week). But in case of low funds and high interest, possible to stay with SEO in a shared room. The city is very walkable and a 30 day bus ticket costs 19.4 euros.

- **Cultural Preparation:** None expected but it is polite to learn the basic greetings in Estonian and familiarise yourself with the cuisine so it won't be a total shock.

- **Attractions:** The national museum, hiking trails in bogs and forests, frozen lakes, historical buildings, a visit to Tallinn old town-the best preserved medieval town in Europe as well as the home to the longest continuously running pharmacy still operating on the same premises aka Tallinna Raeapteek. Possible to visit host's home island, Saaremaa with a medieval castle and seals!

- **Food:** Although estonians love pork, we also eat a lot of chicken, fish, moose. There are restaurants that cater to different dietary needs(vegan, halal, gluten free etc). Estonian staples are potatoes and buckwheat. It is easy to find international cuisine in Tartu and there's also shops that carry Asian and African groceries. The host will help you in exploring traditional Estonian cuisine and snacks!

- **Visa Information:** [Found here.](#)

- **Contact Information:** [janeli.lember@ut.ee](mailto:janeli.lember@ut.ee) whatsapp +372 5637 1123 Janeli Lember

**Feel free to contact in case of questions or for help with accommodation, etc!**

