



Summer SEP 2026
TUPS, Estonia





TUPS, Estonia Summer 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 summer SEP 2026 in June-August!

In this booklet you will find general information about the country, info about internships/placements and the social/cultural program we can offer to our incoming students.

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 Tartu, Southern-Estonia, it is the second largest city in the country.

Basic country information:

Weather: For the summer SEP in June-August expect the weather to be mild, mostly between 18-27°C but we might get heat waves with temperatures reaching over 30°C. Estonia is a temperate climate country so it also rains quite often, although rainy days don't outnumber sunny ones. There may be small thunder storms that do not cause damage but are cool to witness.

Language: The only official language of Estonia is Estonian, but foreigners can get around comfortably with just English. The internships will be conducted in English. All supermarket self-checkouts, transport websites and other services you may use have an English language option. In case of a language barrier the SEO can help with translating. In the pharmacy or on the streets you may also hear Russian, as around 25% of the country speaks it as their mother tongue. During summer we get a huge influx of tourists, mostly from Finland and Germany. Tartu also has a lot of international students.

Currency: The currency used is Euros, but there are very few places that are cash-only. If your bank card works within the EU it is not necessary to exchange cash, but it may be favourable to avoid exchange fees from your banking service.



Placement: Ida Tallinna Keskhaigla Pharmacy(East-Tallinn Central Hospital)

Internship type: Hospital pharmacy

Number of placements: 2

City: Tallinn

Period and duration: August, 2 weeks-1 month, preferably for 3+ weeks.

Student tasks: compounding, clinical pharmacy tasks, stocking and whatever else is deemed appropriate for the student. All the tasks are performed under supervision by a pharmacist and with ample instructions.

Perk: The hospital offers cheap accommodation for SEP-ers

Eligibility Requirements:

We require that the student has a decent command of English, as that will be the working language. It's nice to have a certificate/exam result to back the language skills up. We prioritise students who are in their third year of studies or further along. We prefer students who have at least some experience with compounding, obtained either during their studies or internships.

Internship base info: The hospital pharmacy has departments for logistics, compounding and clinical pharmacy. It boasts capabilities for compounding biologic medicine as well as nuclear pharmaceuticals for diagnostics and oncologic treatment. The staff consists of 11 pharmacists(including clinical and nuclear pharmacists), 6 pharmacy technicians, 1 medical supplies specialist and 7 support staff.





Placement: Tartu Raekoja Apteek (Tartu Town Hall community pharmacy)

Internship type: Community pharmacy

Number of placements: 2

City: Tartu

Period and duration: 1-2 weeks July-August

Student tasks: compounding, consulting and advising english-speaking patients(tourists, international students) according to ability, stocking medication and whatever else is deemed appropriate for the student. All the tasks are performed under supervision by a pharmacist and with ample instructions.

Eligibility Requirements:

We require that the student has a decent command of English, as that will be the working language. It's nice to have a certificate/exam result to back the language skills up. We prioritise students who are in their third year of studies or further along. We prefer students who have at least some experience with compounding, obtained either during their studies or internships.

Internship base info: The Tartu Town Hall community pharmacy is the only 24/7 community pharmacy in Tartu and is one of the main compounding pharmacies within the city. It is frequented by tourists and international students due to its location in the town square. The pharmacy unique due to its large floorplan: new pharmacy retail space in Estonia is generally very expensive and priced by the square meter so most pharmacies have small assisting rooms. Thanks to the historic grounds the pharmacy enjoys spacious back rooms for compounding, students seminars, staff breaks and storage. It even has a huge basement with underground escape tunnels from World War 2, some say they are haunted.





Placement: Tartu Ülikooli Kliinikum(Tartu University Clinic Hospital Pharmacy)

Internship type: Hospital pharmacy

Number of placements: 1-2

City: Tartu

Period and duration: 1-2 weeks mid-June until August (have to confirm with the pharmacy, will depend on their staff's summer vacation periods!)

Student tasks: Compiling orders, clinical cases, compounding, accompanying clinical pharmacists on ward rounds

Eligibility Requirements:

We require that the student has a decent command of English, as that will be the working language. It's nice to have a certificate/exam result to back the language skills up. We prioritise students who are in their third year of studies or further along. We prefer students who have at least some experience with compounding, obtained either during their studies or internships.

Internship base info: The Tartu University Clinic hospital pharmacy is unique in their 3D printed pharmaceutical dosage forms. They boast the only 3D printer of its kind in Europe which is used to compound gel tablets for patients that need non-formulary dosing or have difficulties swallowing. It's especially useful for pediatrics. They have departments for logistics, compounding(including nuclear pharmacy and pharmaceutical 3D printing) and clinical pharmacy. The staff consists of 16 pharmacists(including a nuclear pharmacist), 4 clinical pharmacists, 9 pharmacy techs, 13 assisting staff, 4 nurses and 1 logistics specialist.





Cultural/social program: Nature

Come explore our beautiful lakes, bogs, forests and coasts! We would love to take SEPers out into nature as 50% of Estonia is forested. We have six national parks and plenty of maintained hiking trails. Estonians are quite connected to nature, which is evident by how easy it is to reach nature by public transport, there are even forest stops on the train routes. Lots of Estonians use venturing into the forests or bogs as a way to clear their mind, catch up with friends or even forage and fish. Depending on the time, we can even go foraging for mushrooms, berries and lichens! Foraging is a big thing in Estonia, children get taught how to identify edible mushrooms and berries starting from kindergarten. It is said that an Estonian will take the location of their best mushroom picking spot to the grave.

Afraid to take on a bog? Don't worry, even though bogs are hard to traverse on their own, most Estonian bogs have excellent plank-lined trails you can use to cross them. For more adventurous souls that want to venture off the beaten path it is possible to wear special bog shoes. Besides the trail the bogs usually offer information about the local flora and fauna as well as viewing towers which enable visitors to get a better look at the landscape. They also have platforms on which you can get changed and have a dip in one of the lakes or enjoy a picnic! There are plenty of opportunities to explore one of our most iconic landscapes.





Cultural/social program: Nature

Want to do more than *just walking* in nature? We have plenty of options for a more active way of exploring. There are countless places to go kayaking/rowing or even just swimming. Estonia is dotted all over with beautiful rivers and lakes, there is also 3,794 km of coastline. If you're into surfing but don't want to wait for good waves, you can try wake boarding or kite-surfing. Our country is a paradise for horse lovers, there is still a big horse culture alive here and you can find plenty of farms that offer horseback hikes. It is also possible to cycle on our bike infrastructure and on nature trails, bog-ways.

Want to test your agility? You can try one of our adventure parks! Platforms and obstacle courses are fixed to tree trunks to offer a challenging but rewarding way to pass your time. There are courses for both beginners and those more advanced. Don't worry, there is no fall risk, you are always attached to the security lines by at least one carabiner. The courses usually end with a zip line to reward you for making it all the way up there!





Cultural/social program: Sauna

What makes Estonian sauna special? We like it hot, instead of the 40-50°C in hammams or other types of milder saunas, Estonian saunas are usually kept at 80-100°C. This is done by throwing a ladleful of leil (a splash of water) onto the hot stones atop the sauna furnace to create hot steam. Sauna is a core part of our culture, some Estonians go to sauna multiple times per week. All the furniture in the room is usually wooden, some wood types like juniper even create a distinct calming aroma when the sauna is heated. There are many traditions and so called rituals to be enjoyed in the sauna, one of which is vihtlemine. Vihtlemine is the act of gently whipping one's body with a bunch of semi-dried birch branches (it is important the leaves stay on) to exfoliate the skin and promote blood flow.

Sauna in the summer, isn't it already warm out? A good summer sauna is often paired with a dip in the lake or a nice cold shower, any Estonian can testify that stepping out of a hot sauna into the cool summer evening air is a feeling like no other. You can also pair it with our classic sauna snacks and cold beverages like kali, beer or fizzy drinks! Tips for sauna: Cover up with a towel or swimwear. A felted sauna hat will help prevent your hair getting too hot. Throwing beer on the hot rocks creates a freshly baked bread smell!





Cultural/social program: The food

What do Estonians eat? Typical Estonian food is quite hearty. Our staples are potatoes, buckwheat and black bread. For protein we have pork, chicken, fish, eggs(chicken and quail) as well as some game meat(boar, moose, deer). The herb of choice is dill, expect to find it in a lot of dishes in summer. As a salad during summer you will mostly find cucumbers, tomatoes, bell peppers and other veg that is in season.

Estonians are obsessed with dairy. There is a wide selection available: yogurts of all flavours and kinds, sour cream, kefir, ice creams, many different kinds of cheese(including smoked cheese, braided cheese, spreadable cheese, puffed cheese, juniper cheese...), kohupiim and kohuke are specialties in the baltic region! Kohupiim is used for all kinds of desserts and sour cream goes into salads, into soups, is used as a sauce, etc. As mentioned beforehand, Estonians love foraging. During summer expect to find lots of mushroom dishes, some wild herbs and many different kinds of fresh berries from both gardens and forests! We can even go foraging with SEPers for some blueberries, wild strawberries and mushrooms!

During summer Estonians love to grill. We mostly grill šašlõkk and sausages flavoured with herbs. Šašlõkk is not exclusive to us, as many cultures eat this kind of meat skewer, but classic Estonian marinades usually feature yoghurt or kefir, dill and onions OR blueberries, plums, spices and vinegar(not all in the same marinade). There are plenty of public places to grill and you can easily buy marinated meat from supermarkets. Pair it with some drinks, a salad, a good bunch of friends and you're good to go!



Things you should try:



Kama desserts



Kohuke



Mannavaht



Currant cakes



Pelmeenid



Pirukad pastries



Black bread



Valge klaar apples(or beverage)



Kali(kvass)



Seasonal ice cream



Rooster lollipop



Things to do and see in Tallinn

Visit the old town! It is one of the best preserved medieval cities in Europe! You can wander the streets and find numerous medieval structures, if you want a deeper sense of the history you can join a guided tour or visit a city museum! Want to try medieval Estonian food? Olde Hansa restaurant has you covered. The old town is colourful and pedestrian friendly, there are plenty of small independent handicraft shops, cafes and restaurants as well as free to enter museums such as the Banned Books Museum. As a Pharmacy student you should visit the historic Town Hall Pharmacy which has been operating on the same premises since since around 1415. The pharmacy has a free to visit pharmacy museum inside.

Love museums? There are plenty, here is a non-exhaustive list: KUMU art museum, Kiek in de kök fortress museum(in a medieval fortress), Estonian open air museum, Estonian maritime museum(in grand hangars), the Great Guild Hall, Estonian health museum, Kadrioru art museum(in a palace), KGB museum, Museum of orders of knighthood, The bank of Estonia museum, Estonian museum of natural history.

Want to wander? You can visit the Keila waterfall or any of the surrounding nature trails. Wandering around Tallinn is also quite nice on it's own, there are plenty of little colourful nooks to discover. If you want a more curated experience, you can grab ice cream and join a free guided walking tour by the city!





Things to do and see in Tartu

Go visit the Tartu University botanical garden! It is the most species-dense place in Estonia, with over 11000 different taxons. The 200+ year old garden provides shade and eye candy in summer, as many of the plants will bloom! It has a fairly large outside area built upon an 18th century bastion, the outdoor part of the garden is free of charge. A part of the garden is planted by genus, another by biome type and there are also a few gardens for peonies, roses and even moss. There is a pond with a small island accessible by bridge. Next to the pond is a long path lined by flower beds dedicated to pharmacognosy, pharmaceutical students take a part of their outdoor labs there. There is also a large greenhouse you can enter for a small fee. Inside you will find tropical plants, palms, succulents, turtles, koi fish and a beautiful collection of moss and orchids.

Visit the national museum! It is the biggest museum in Estonia, the 2 permanent exhibitions will give you a thorough overview of Estonian history, everyday life and our origins. The “uralic echoes” exhibition is a great way to familiarise yourself with our fellow finno-ugric peoples as the displays include colourful folk clothing, beautifully crafted tools and jewelry, linguistic audio exhibits and even life-sized mock dwellings. In the main exhibition “Kohtumised” the visitor is able to choose from various languages(including English), upon tapping the purchased ticket onto the text displays the display will change to the chosen language and a “memory” of the exhibition is stored onto the ticket, able to be accessed online later.

Explore the surroundings! Tartu is very bike and pedestrian friendly. Walk along the beautiful Emajõgi river, find some traditional puitpits(wooden lace) architecture, go grilling on one of the public river beaches.





How to get to Estonia?

Depending on where you are arriving from, you can fly in either through Tallinn or Riga airport, the latter may have better connections to some countries and is not too far from neither Tallinn nor Tartu. From Finland and Sweden it is possible to take a ferry and from mainland Europe it's possible to utilise buses and even trains, although the train route is a bit time consuming.

From the airports to the cities: Use Lux Express, Flixbus or Ecolines for buses, [Tpilet.ee](https://tpilet.ee) may have some more local lines as well. The only company operating commuter train services in Estonia is Elron, it's possible to catch a train from Riga to Tartu as well.

For more remote areas: Some lines serviced by the same bus companies mentioned beforehand, the trains have forest, small town and hiking stops. For certain more rural locations or small towns it may be necessary to use the local bus lines, for which the driver might only take payment in cash. To our numerous islands it's possible to take ferries. Saaremaa, Hiiumaa and Muhu have the most frequent services but it is also possible to visit small Kihnu, Ruhnu, Abruca and other islands.





International
Pharmaceutical
Students' Federation



Contact and deadline info:

There is no strict deadline for applications as we accept students on a rolling basis. The internship base will wait for a certain amount of applications to accumulate and will then pick the best one(s) that meet the requirements. We also prioritise students based on language skills, year of studies, ranking of TUPS in association preferences. The SEO is more than happy to assist you with any issues, questions and will also help you get the most out of your trip to Estonia.

- **Visa Information:** [Found here.](#)
- **Contact Information:** seo.estonia@gmail.com (Janeli Lember, SEO of TUPS, Estonia)

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



**Thank you for considering SEP in
Estonia!**

Janeli Lember, SEO
Booklet compiled in February 2026

