

Winter SEP 2027
TUPS, Estonia





TUPS, Estonia Winter SEP 2027

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 2027 January-February!

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 107 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, the second largest city in the country.









Basic country information:

Weather

For January-February expect the weather to be below freezing with snow and ice, with temperatures ranging from -2°C to -25°C (mostly in the -10°C to -18°C range). Rarely, depending on how mild the winter is, 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. It is quite likely to see northern lights, provided the sky is clear and you are away from major light pollution.

Language

The only official language of Estonia is Estonian, but foreigners can get around comfortably with just English. All young people should be conversational in English, older generations may struggle. 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 or LEO 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. Tartu also has a lot of international students and some tourists (mostly Germans).

Currency

The currency used is Euros, there are very few places that are cash-only. If your bank card/digital payment method works within the EU, it is not strictly necessary to exchange cash. Check with your banking service provider for any applicable fees on foreign currency transactions.

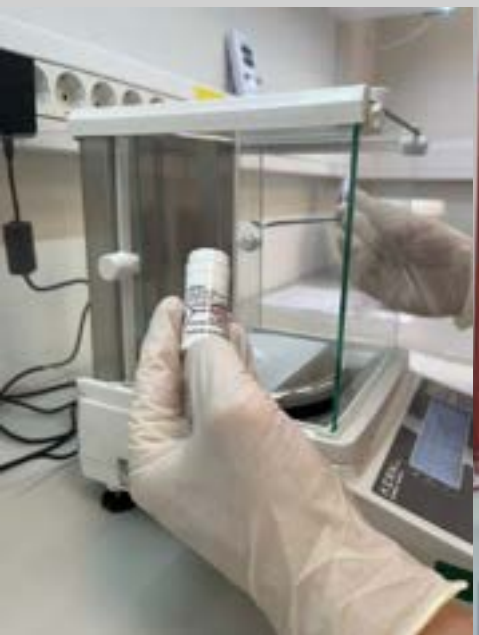




Placement: Tartu Town Hall Community Pharmacy

2027 winter: Jan-Feb, 2 students, 1-2 weeks

Situated in the town square and near many university buildings, it is a great pharmacy for getting the chance to counsel English-speaking patients (eg tourists, international students). Counseling will take place after the student has familiarised themselves with the available products, will be done under supervision and within the student's abilities (no need to worry!). You will see how an Estonian pharmacy functions, with insights into the dispensing infrastructure, national medicines database, medical equipment databases and more. You will also get a chance to compound as it is one of the main compounding pharmacies in Tartu. This pharmacy also has a needle exchange and other harm reduction programs which you can get acquainted with. The unique architecture includes arched ceiling vaults and an expansive tunnel network in the basement. During winter there is an ice skating rink in front of the pharmacy.







WINTER SEP 2026 TESTIMONIALS






Ece Atikeler, Turkey, AUPSG

*winter 2026, internship in the **Tartu Town Hall Community Pharmacy** + visits to the National Medicines Agency and University of Tartu Clinic*

My SEP journey took place in Tartu, Estonia, and it was a truly wonderful and unforgettable experience. During my placement, I was exposed to hospital pharmacy, community pharmacy and also the Medicines Agency, which gave me a broader understanding of how the pharmaceutical system functions at different levels. This experience significantly deepened my insight into pharmaceutical practice within another healthcare system. Coordinator, Janeli, together with the pharmacy staff, were extremely kind, supportive, and welcoming. They made a great effort to guide me through every step and ensure I was actively learning throughout the experience.

Beyond the professional aspect, I also had the opportunity to immerse myself in Estonian culture. I learned a lot about daily life and traditions, and I even had the chance to experience the traditional sauna culture firsthand, which was a unique and memorable part of my stay.

Overall, the people were very hospitable and warm, which made the entire experience even more meaningful. I am truly grateful for this opportunity and everything I gained both professionally and personally during my time in Estonia.












OGUKONDA ÜHENDAV ENERGIA











Mia Sarraf, Lebanon, LPSA

winter 2026, Tartu Town Hall Community Pharmacy and Clinical Pharmacy Internship at University of Tartu Clinic + visit to the National Medicines Agency

During my stay, I combined my professional interests with the chance to discover a new country, experience a different culture, and meet wonderful people who made this journey truly unforgettable.One of the highlights of my stay was my experience at Tartu University Hospital, where I had the opportunity to explore clinical pharmacy and learn more about the role of pharmacists in different clinical settings. I visited several departments, including the Neonatal Intensive Care Unit (NICU), the Intensive Care Unit (ICU), and gynecology. Observing the work of clinical pharmacists and learning about their responsibilities gave me valuable insight into a field that has been a long time dream of mine. I also had the opportunity to work in Town Hall Pharmacy in Tartu, which allowed me to discover another aspect of pharmacy practice in Estonia.

However, my experience was about much more than pharmacy. Estonia introduced me to a completely different way of life, and I wanted to make the most of every moment. Tartu quickly became a city I appreciated for its charm, peaceful atmosphere, and welcoming environment. Exploring its streets, discovering local places, and spending time with the people I met made me feel connected to a culture that was initially unfamiliar to me. One of the most memorable parts of my journey was visiting Tallinn, Estonia's beautiful capital. Discovering its historic streets, visiting museums, and learning more about the country's history and culture gave me a deeper appreciation for Estonia and its heritage. I also took part in several winter activities and experienced the beauty of Estonia covered in snow. One particularly unforgettable experience was hiking in temperatures reaching approximately minus 22°C. It was definitely a challenge, but it became one of those extraordinary memories that I will always associate with this trip.

Beyond the professional experience and sightseeing, what made this journey truly special was the opportunity to connect with people from different backgrounds, exchange experiences, and create memories together. Traveling to a new country during winter, adapting to unfamiliar surroundings, and stepping outside my usual routine taught me to appreciate the little things and embrace opportunities that take me beyond my comfort zone. Looking back, my time in Estonia was much more than a pharmacy internship. It was an experience that contributed to my professional development, broadened my cultural perspective, and reminded me how much we can learn when we allow ourselves to explore the world beyond what we already know. I am incredibly grateful to everyone who contributed to making this experience so meaningful. I returned home with new knowledge, beautiful memories, valuable connections, and an even stronger motivation to continue pursuing my dreams in pharmacy. Estonia will always hold a special place in my heart, and I hope to return one day to revisit the places, people, and memories that made this chapter of my life so unforgettable.





















egg butter and black bread



Yule spread (potato, sauce, blood sausage, pickled pumpkin, cranberry sauce, fried sauerkraut, pork)

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, buckwheat and black rye bread. It is easy to find international cuisine in Tartu and there are also shops that carry Asian and African groceries. The host will help you in exploring traditional Estonian cuisine and snacks!



vastlakukkel bun



kohuke (cheese curd sweet covered in a glaze)



Possible activities during free-time

Skiing, sledding, SPA, ice skating, tubing, museums, sauna, hiking, cosy cafes, workshops, cultural events and trying local food. We can tailor it to the incoming students' wishes! If possible, we will also organise events together with TUPS students. Previously we have done international snack nights and a lantern hike as events with TUPS students.

Check our instagram **@sep_estonia** for inspo!

Attractions

The national museum, hiking trails in bogs and forests, statues, frozen lakes, historical buildings, a visit to Tallinn old town aka one of the best preserved medieval towns in Europe as well as the home to the longest continuously running pharmacy still operating on the same premises aka Tallinna Raeapteek (with a free pharmacy museum!). Ask SEO/LEO for recommendations.







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 winter A good winter sauna is often paired with a step outside or even jumping into a bank of snow, any Estonian can testify that stepping out of a hot sauna into the cold winter air is a feeling like no other. If you are really daring, you can also try winter swimming, there are even clubs for it! 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!







Accommodation/Transportation arrangements

Accommodation in a hostel/hotel(200-300 euro a week). Previously our SEPers have stayed at Hugo Stay, Looming Hostel, Tartu Downtown Hostel. Booking.com is a good place to browse options. The city is very walkable and has a decent public transportation system.

Cultural Preparation

It is polite to learn the basic greetings in Estonian and familiarise yourself with the cuisine so it won't be a total shock. Be prepared that Estonians can be considered cold or introverted by a lot of cultures, we are not ones for kissing as greetings. A nice verbal introduction and a handshake will do, hugs are usually reserved for people who are already acquainted. There is a joke that Estonians will open up when you apply the 3 G's rule (get naked, get drunk, get hot) aka going to a sauna. Be on time, Estonians are punctual and being late for no good reason is considered rude. Don't give false promises/offers that you don't intend to follow through on to seem polite, fake/superficial niceties are considered misleading and even rude. When you ask an Estonian "How are you?" you are actually inviting them to open up about their current emotional state.





How to get to Estonia? How to get around?

Depending on where you are arriving from, you can fly in either through Tallinn (Estonia) or Riga (Latvia) 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 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, Abruka and other islands.

For the cultural program

We will utilise mostly buses/trains. When possible, the LEO or other TUPS students can also drive you around for hikes or visiting places that are not serviced that well by public transport.





Contact and deadline info:

There is no strict deadline for applications as we accept students on a rolling basis. We urge students who need a visa to apply a month or more before the exchange. 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 and LEO are 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 (Jürnas Arthur Remmelkoor, SEO of TUPS, Estonia), Whatsapp +372 5918 5606 (Jürnas Arthur Remmelkoor, SEO) Whatsapp +372 5637 1123 (Janeli Lember, LEO)

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

Booklet compiled in October 2026 by LEO

Thank you for considering SEP in Estonia!



Jürnas Arthur Remmelkoor, SEO



Janeli Lember, LEO