Leids Universitair
Medisch Centrum

Going abroad!

Study & Internship Abroad @ LUMC

Evelien Hack, Advisor Internationalisation

DOO-UO

LEIDEN

STUDY ABROAD FESTIVAL

Programme

- Orientation
- Possibilities
- Health and Safety
- Scholarships
- Student presentation:

Australia (Jeanita Berkhout)

Why going abroad?

To become more able to cooperate with people from other backgrounds & cultures, to see the value of different cultures

Personal development (independence, flexibility, adaptability)

Improve your language skills

To experience different learning practices (important for a PhD)

To build up a personal and professional international network

To enhance your future employability

Outgoing LUMC students, to which countries?

- 2018-19: 249 students to 33 countries.

Most popular countries

- Sweden
- Surinam
- USA
- UK
- Germany
- Indonesia
- Cuba
- Australia
- Frankrijk
- Tanzania

Website in Dutch

tudentenwebsite > Studie & studeren > Studeren in het buitenland

Studie & studeren

- Studie +
- Bijzondere situatie +
- Begeleiding & advies +
- Studeren in het buitenland
  - Je keuze bepalen +
  - Afstemmen en aanmelden +
  - Het financiële plaatje +
  - Je gaat! Nu nog regelen +
  - Na je terugkomst +
- Honoursonderwijs +

Studeren in het buitenland

Wat je beweegredenen ook zijn, studeren in het buitenland is altijd een waardevolle ervaring en goede leerschool. Het is goed voor je academische vorming en talenkennis en je leert je staande houden in een ander land, met soms een heel andere cultuur. Bovendien leer je kennismaken met een ander onderwijssysteem, een andere manier van studeren én buitenlandse studenten! Het komt dan ook vaak voor dat studenten een tweede of soms zelfs derde keer naar het buitenland gaan om te studeren, stage te lopen, (PhD-)onderzoek te doen of te werken.

Daarbij: later in je leven, als je een baan hebt en/of andere verplichtingen in Nederland, is het meestal veel lastiger om nog zomaar een paar maanden naar het buitenland te gaan. Juist je studietijd is daar een prima tijd voor. En als je ervoor zorgt dat je behaalde studiepunten meetellen voor je studie loop je ook nog eens geen studievertraging op!

Arbeidsmarkt

Met het oog op de arbeidsmarkt kan het ook verstandig zijn tijdens je

Contact

International Relations - Universiteitsbrede uitwisseling

Maak een afspraak via email

Vanaf 17 september 2018:
Open spreekuren in Leiden
Studentencentrum Plexus
Maandag: 13:00 - 17:00

Vanaf 19 september 2018:
Open spreekuren in Den Haag
Locatie Wijnhaven - Informatiebalie
Woensdag: 09:30 - 12:30

studyabroad@sea.leidenuniv.nl

Study Abroad Facebook page

Website in English

Menu

Guest

Student website > Study & studying > Studying abroad

Study & studying

- Study +
- Exceptional circumstances +
- Guidance & advice +
- Studying abroad
  - Making choices +
  - Approval and application +
  - Financial picture +
  - You're going! What to arrange now +
  - Upon your return +
- Honours education +

Studying abroad

Studying abroad is not only good for the development of your academic and language skills, it's also to asset to your CV and a great way to make international friends. Leiden University offers a wide range of options for spending part of your studies abroad.

Why study abroad?

Whatever your reasons for doing so, studying abroad is always a valuable and educational experience. It's good for the development of your academic and language skills and teaches you how to get by in another country, and often another culture. Above all you get to know another system of education, another way of studying and, of course, classmates from other countries. In fact some students opt to go abroad two or even three times, for example by doing internships, (PhD) research, or for employment.

Keep in mind: later in life, once you have a job and/or other

Contact

International Relations - University-wide exchange

Make an appointment **by email**

From 17 Sept 2018:
Open consultation hours in Leiden
Plexus Student Centre
Mon 13:00 - 17:00

From 19 Sept 2018:
Open consultation hours in The Hague
Wijnhaven building information desk
Wed 09:30 - 12:30

studyabroad@sea.leidenuniv.nl

Study Abroad Facebook page

Faculty vs university-wide exchange

Faculty exchange

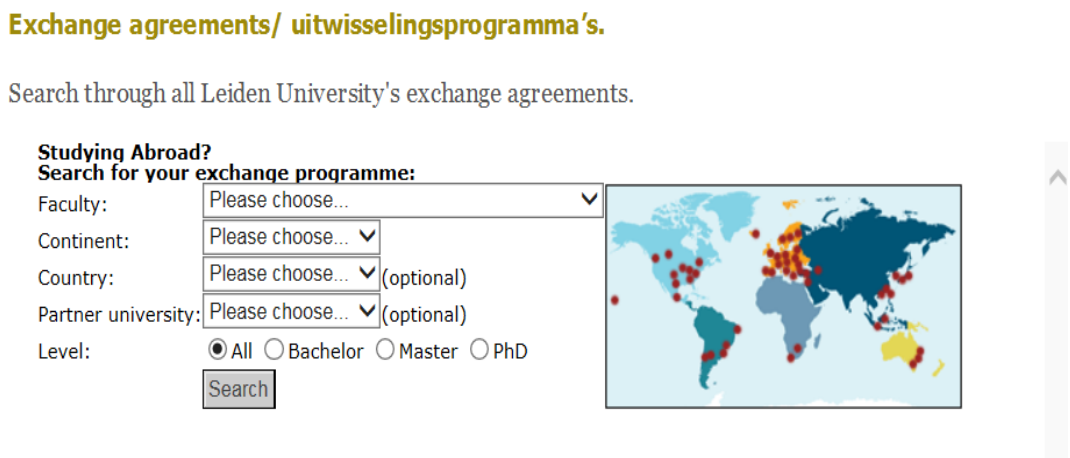
- Managed by faculty's international office
- Open to students from faculty/programme only
- Usually for your specific field of study
- Inside Europe (Erasmus+)
- Sometimes outside of Europe

Contact:
International coordinator of your own faculty or programme.

- **University-wide exchange**
  - Managed by central International Relations Office (IR) of Student and Educational Affairs (SEA)
  - Generally open to all students
  - Possible to study outside your field of study at different faculties
  - Only outside of Europe
  - ISEP programme

Contact:
International Relations Office
Student and Educational Affairs

Where can you find the exchange agreements



https://www.leidenuniv.nl/soz/buitenland/search-exchange-agreements.html

What are the possibilities in general?

- Minors year 3 bachelor
- Research / internships
- Clinical rotations

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Possibilities Biomedical Sciences (bach & msc)

- Courses
  - year 2, semester 1 and 2; courses at Karolinska Institutet
  - year 3, semester 1; half minors (Cuba, UK, Indonesia, France) or find something yourself
    - The minor needs to academic, with level 300 and last at least 10 weeks
    - Be aware of the line programs, and obtain permission from the minor committee

- Bachelor research internship
  - year 3, 16 weeks: student research project in Leuven of Stockholm

- Research in the Master
  - Junior Research Project I of II; 6 to 9 months

- Courses
  - In the Master FOS courses at Karolinska Institutet and Heidelberg University

Possibilities for medicine (bach & msc)

- Courses
  - Half minors in year 3; (Cuba, UK, Indonesia, France) of find something yourself
    - The minor needs to academic, with level 300 and last at least 10 weeks
    - Be aware of the line programs, and obtain permission from the minor committee

- Research
  - Research internship (wetenschapsstage) 18 to 28 weeks
  - When: in year 4 or year 6

STUDY ABROAD FESTIVAL

- Clinical Rotations
  - Clinical rotation: huid, zintuigen zenuwstelsel (without neurologie)
  - Clinical rotation: vrouw en kind

- Elective area year 6 (10 weeks)

Possibilities Pharmacy

STUDY ABROAD FESTIVAL

- Research
  - Research internship of 21 weeks in year 3
  - Ex. research in a lab, or pharmaceutical research on location; gaining experience in a pharmacy, researching for example the effects of medication safety

- Elective area year 6
  - 10 weeks (2x5)
  - Example given: an internship at the EMA (European Medicines Agency)

Possibilities Vitality & Ageing

- Research only
  - Research internship of +/- 10 weeks
    - This can be done at a university, research institution, NGO, etc

STUDY ABROAD FESTIVAL

STudent REseArch Mobility (STREAM) Programme

What is STREAM?

- Student Exchange programme between Leiden University and 7 European Universities*, with the focus on conducting research.
- Transfer of academic credits.

Where?

- University of Cambridge (UK)
- Lund University (Sweden)
- University of Milan (Italy)
- University of Geneva (Switzerland)
- University of Zurich (Switzerland)
- Université Paris-Sud (France)
- Utrecht University

(* mobility between institutions located in the same country are not allowed within this framework)

For whom?

- Leiden University students registered in their 3rd, 4th or 5th year of study.
- Students who have been nominated by their Study Abroad / Exchange Coordinator.
- GPA of at least 3.2 (out of 4) / average grade: 7 or above
- Minimum English level: B2

Funding?

- Students who are selected may also be able to apply for an Erasmus Scholarship.

More information: https://www.leidenuniv.nl/stream/index-en.html

Outgoing students : https://www.leidenuniv.nl/stream/

Incoming students : www.universiteitleiden.nl/stream

Contact person: Ms. Usha Mohunlol (u.c.mohunlol@sea.leidenuniv.nl)

How to find a research project /internship?

- Make a list of research interests and find researchers that work in these fields
- Ask your LUMC academic staff for an introduction to your host or for a letter of recommendation
- Student website > Study & studying > Studying abroad = information Leiden University and specifically LUMC.
- Blackboard courses:LUMC > Algemene modules >Internationalisering
  > Algemene modules >International students
- Read the student reports on Blackboard + use the outgoing students list of the last 10y
- Make an appointment with the International Advisor for further advice
- Visit Science Career services for an update of your cv
- Websites: *www.wilweg.nl*, *Going Global & Graduate land , Iagorajobs*

Highly recommended:
League of European Research Universities

Barcelona, Cambridge, Copenhagen, Trinity College Dublin, Edinburgh, Freiburg, Genève, Heidelberg, Helsinki, KU Leuven, Imperial College London, U.C. London, Lund, Milan, Ludw. Max.Uni München, Oxford, Pierre & Marie Curie, Univ.Paris-Sud, Strasbourg en Zürich

What is important for all the possibilities?

- Obtaining permission from the specific committee before departure!!!
- Choose country, city, institute (preferably within LERU, Eurolife), the whole world is possible, but check the travel advice from the State department (code orange or red is not possible)
- Necessary LUMC and local supervisor
- Proof of admittance from receiving institution
- Research proposal
- Declaration Study and Internship abroad

STUDY
ABROAD
FESTIVAL

Health and Safety: Go abroad well prepared!

Some tips:

-Take out a good insurance

-Get the necessary vaccinations

-Bring your medicine

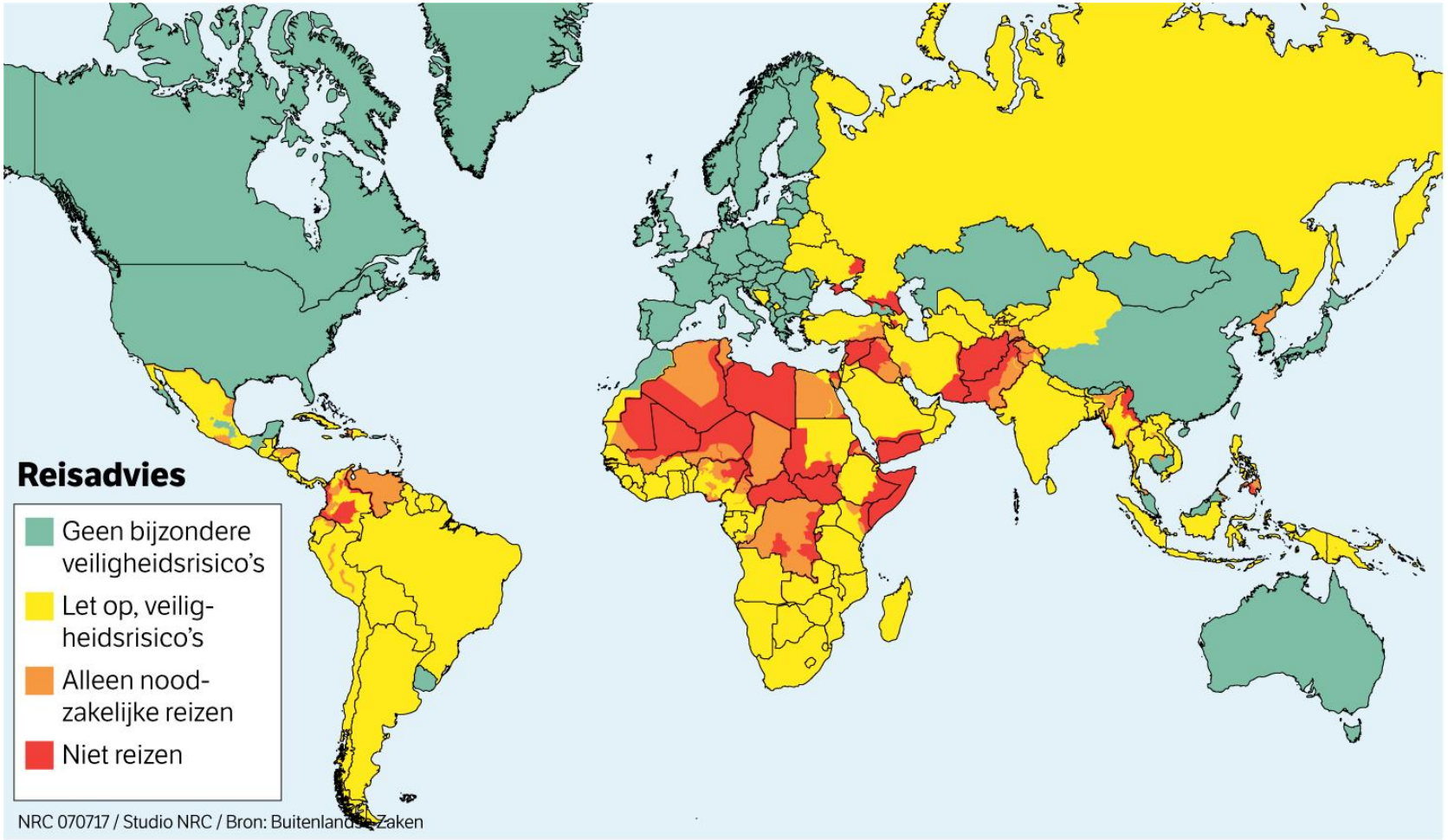
-Bring along enough money

-Attend the session: **Health, security and cultural awareness when going abroad**

- Register through **this page**.

For more very useful tips check our website

Travel advice + updates



Scholarships, mind the deadlines!!

https://www.universiteitleiden.nl/en/scholarships/

Universiteit Leiden
The Netherlands

Inside Europe

Eligibility requirements	Fully recognised part of your Bachelor or Master programme at Leiden Univ.
Erasmus+ for studies	Between 171 and 273 euro per month Deadline 2 months before departure
Erasmus+ for traineeship	Between 270 and 390 euro per month Limited to a max of 6 months ! Deadline 1 month before departure

Outside Europe

Holland Scholarship: strict selection - appl .once per year	
Min. 3 months (15 EC, GPA min. 7,5)	€1.250 in total

Lustra+ : no selection - application at least 2 weeks before	
14 days up to and including 30 days	€200 in total
31 days up to and including 90 days (3 months)	€300 in total
91 days up to and including 210 days (7 months)	€450 in total
211 days up to and including 12 months	€650 in total

Other scholarships as examples, not limited to these:

- DOO scholarship (specifically for LUMC students)
- Trustee funds (Curatoren fondsen)
- LUF International Study Fund (LISF)
- VSB scholarship: study abroad after BSc or MSc graduation
- Funds related to a study, f.e. Biology Travel Grant, Stipendiafonds KNMP , KNCV (membership required)
- Funds related to a country: cultural agreements /DAAD
- Private scholarships, f.e. Kilroy foundation grants, Nestpick
- Search engines for scholarships : Beursopener

Make sure to start early (scholarship deadlines) and make an appointment with Gloria for advise on private scholarships!

What else to think off?

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- Start in time!
- OV-vergoeding → if you still have an OV
- DUO loan → let them know you will be abroad
- Insurances
- Vaccines
- Visa
- Accommodation
- Language
- Subletting your own room
  - (HousingAnywhere)

- General information in Plexus, Appointments Monday between 13.00-17.00
  http://www.studenten.leidenuniv.nl/buitenland/

Entire Master abroad

- Not possible on exchange agreement
  - → You apply directly at the host university
  - → You pay tuition fees to host university
  - → Limited assistance from international office
  - → Start early! At least 1 year in advance
  - → Scholarships
  - → Diploma recognition by DUO after you return

At the infomarket: Fulbright, Studeren in Duitsland & www.Wilweg.nl

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Questions?

Evelien Hack, Advisor Internationalisation

Walk-in hour every Tuesday 15.00 – 16.00 o'clock

By appointment every Thursday between 12.30 and 15.00 o'clock

Check blackboard for possible changes or cancellations

STUDY ABROAD FESTIVAL

ckboard → Internationalisering or International Students

http://www.studenten.leidenuniv.nl/buitenland/

Studeren in het Buitenland

Heel **veel geregel**…

Universiteit Leiden
The Netherlands

Melbourne, Australië

Jeanita Berkhout

Master Biomedical Sciences

Februari - juli 2019

Wetenschaps**stage** (JRP1)

Comprehensive Geriatric Assessment

Cellular senescence en Dementie

- Lab + klinisch

Waarom Melbourne?

Prof. dr. dr. **Andrea Britta Maier**

- Engels, Duits, Nederlands
- Science communication
- Ouderdomsonderzoek

Engelstalig land

- Engels verbeteren
- Makkelijk contact met bevolking

Andere cultuur

Heel veel geregel…

Stap 1: Vind een stageplek

Heel veel geregel…

Australian Government
Department of Home Affairs

Stap 1: Vind een stageplek
Stap 2: Exchange / Study Abroad Program
http://mobility.unimelb.edu.au/inbound/apply/sares_apply.html
http://mobility.unimelb.edu.au/inbound/apply/exres_apply.html

- Engels verklaring
- Overseas Student Health Cover (OSHC)

Stap 3: Visum procedure

- Working holiday visa (subclass 417)

Special program visa (subclass 408)
eVisitor Visa (subclass 651)
Student visa (subclass 500)

- 5 maanden lang geduurd

Stap 4: Financieel plan

Inkomsten:			Uitgaven:		
	/maand:	totaal:		/maand:	totaal:
Basisbeurs	0	0	Retourvlucht		1129
Aanvullende beurs	396	2378	Reiskosten lokaal		1000
Lening Duo	486	2916	Student visa		361
OV-vergoeding	96	573	Inentingen		0
Collegegeldkrediet	172	1030	Collegegeld (tuition fee)		1030
Zorgtoeslag	95	570	Huisvesting	735	4410
			Levensonderhoud	500	3000
Bijdrage ouders		1000	OSHC		220
Arbeid/inkomen		0	Ziektekostenverzekering	110	660
Spaargeld		1000	Reisverzekering		330
Beurzen*		3425	TOEFL test		80
Bijdrage faculteit		0	Onvoorzien 5%		619
Totaal inkomsten		12.893	Totaal uitgaven		12.838
Begrotingstekort		55			

Stap 5: Beurzen aanvragen

https://www.**wilweg**.nl/financiering/beursopener

https://www.**student.universiteitleiden.nl/beurzen**?cf=geneeskunde-lumc&cd=biomedical-sciences-msc

Cijferlijst(en), referentiebrieven hoogleraren, aanbevelingsbrief internal supervisor, CV, begroting, invitation letter stageplek, motivatiebrief, omschrijving project, kopie identiteitsbewijs

Studiebeurs
Dr. Hendrik Muller's Vaderlandsch fonds
Leids Universitair Fonds (LUF), LUF Internationaal StudieFonds (LISF)
Jo Kolk Studiefonds
LUSTRA+ Scholarship
Directoraat Onderwijs en Opleidingen (DOO)
Curatorenfonds
Kilroy Foundation Grant
The Endeavour Leadership Program

Stap 6: Huisvesting

- https://www.melbournehomestay.org/
- https://flatmates.com.au/
- https://www.gumtree.com.au/
- https://www.rooms.net.au/
- Dutchies in Melbourne
  Facebook pagina

Stap 7: KL-app goedkeuring stage

Stap 8: Vlucht boeken

Overig: Reisverzekering, zorgverzekering, internationale verzekeringspas, internationaal rijbewijs, paspoort, creditcard, telefoonrekening, onderhuren kamer, …

http://students.unimelb.edu.au/get-started/saex !!!

… maar het is het alles waard !!

Melbourne is fantastisch!

Multicultureel

- Patiënten: Grieks, Italiaans

… maar het is het alles waard !!

Melbourne is fantastisch!
Multicultureel

- Patiënten: Grieks, Italiaans

Altijd iets te doen:

- Eten
- Markt
- Rooftopbar
- Muziek
- Musea
- Comedy
- Theater

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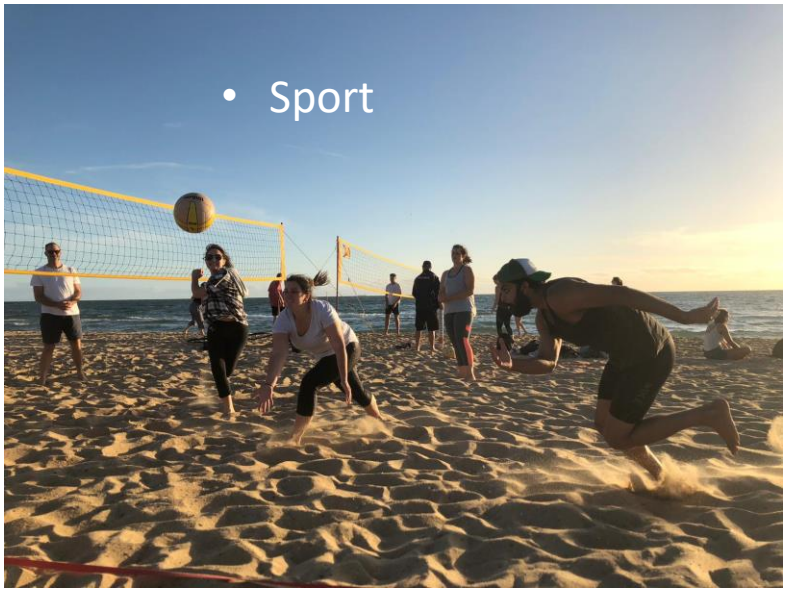

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  - Rooftopbar
  - Muziek
  - Musea
  - Comedy
  - Theater
  - Sport
  - Natuur
  - Strand

… maar het is het alles waard !!

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Altijd iets te doen:

- Eten
- Markt
- Rooftopbar
- Muziek
- Musea
- Comedy
- Theater
- Strand
- Universiteitsclubs
  - MUSEX
  - MUMC

… maar het is het alles waard !!

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Multicultureel

- Patiënten: Grieks, Italiaans

Altijd iets te doen:

- Eten
- Markt
- Rooftopbar
- Muziek
- Musea
- Comedy
- Theater
- Sport
- Natuur
- Strand
- Universiteitsclubs
  - MUSEX
  - MUMC
- Nieuwe mensen!

Naast een geweldig leuke tijd,

leerzaam voor het leven

- Jezelf leren kennen
- “Alleen” zijn
- Vrijheid
- Cultuur