Study Abroad Festival LUMC Faculty presentation
14.00 – 15.00 pm October 5, 2020

We will start in a few minutes
Going abroad!

Study & Internship Abroad @ LUMC

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Corona / COVID-19

Studying abroad can be a valuable experience for both your studies and future career. At the festival you can find out about all the opportunities available. However, be aware that these opportunities are currently dependent on how the coronavirus situation develops.

Therefore, please keep the following in mind:

• Look into the opportunities but always draw up two plans: a study-abroad plan and a staying-at-home plan. That way you will always have a realistic plan B ready in case you are unable to go abroad.

• Leiden University follows the travel advice issued by the Dutch Ministry of Foreign Affairs: study-related activities may only take place in areas that are classified as code green or code yellow. → see slide later on

• Travelling and studying abroad is always at your own risk. Therefore, try to postpone incurring costs for studying abroad until shortly before departure.

Do you have further questions after having attended or watched the online sessions during the Study Abroad Festival? Please feel free to contact me at intoff@lumc.nl
Program

- Orientation
- Possibilities
- Health and Safety
- Scholarships
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
- France
- Tanzania
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 onderwijsysteem, 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 metenellen 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
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
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:**
Evelien Hack
introff@lumc.nl
Appointments through: [this link](#)

**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?

Exchange agreements/ uitwisselingsprogramma's.

Search through all Leiden University's exchange agreements:

Studying Abroad?
Search for your exchange programme:

- Faculty: Please choose...
- Continent: Please choose... (optional)
- Country: Please choose... (optional)
- Partner university: Please choose... (optional)
- Level: All, Bachelor, Master, PhD

Search

https://www.leidenuniv.nl/soz/buitenland/search-exchange-agreements.html
What are the possibilities in general?

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

❖ 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

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

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

❖ Elective area year 6 (10 weeks)
Possibilities Pharmacy

❖ Research
  • Research internship of 21 weeks in year 3
  • Ex. research in a lab, or pharmaceutical research on location

❖ 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
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
• Student website > Study & studying > Studying abroad = information Leiden University and specifically LUMC.
• Brightspace courses: LUMC > Internationalisering > International students
• Read the student reports on Brightspace
• 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
What is important for all the possibilities?

- Obtaining permission from the specific committee before departure!!!
- Choose country, city, institute (preferably within LERU, Eurolife),
- Necessary LUMC and local supervisor
- Proof of admittance from receiving institution
- Research proposal
- Declaration Study and Internship abroad
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

For more very useful tips check our [website](#)
Leiden University does not allow travels to orange and red countries! Travel to green and yellow countries only (Ministry of Foreign Affairs)

Download the app

- iOS:  
- Android:
Travel advice examples (pre-Corona situations)
Possible scholarships

**Within Europe**

Erasmus grant for Traineeship
- Average amount between € 390 and € 480 per month
- The duration must be between 2 months (60 days) and 12 months (360 days) and must be full time (35-40 hours per week).
- 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
- Average amount between € 200 for 14 days and € 650 for 12 months

DOO scholarship: no selection
- Average amount between € 200 for 14 days and € 650 for 12 months
What else to think off?

• 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

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
Dream it.
Wish it.
Do it.
Questions?

Evelien Hack, Advisor Internationalisation

Telephone appointments every Monday and Thursday morning between 11.00 to 12.30 through this link
Or send a question by email to intoff@lumc.nl
Check brightspace for possible changes or cancellations

Brightspace → Internationalisering or International Students
http://www.studenten.leidenuniv.nl/buitenland/