

ULLA Grant Report

Anna Johansson

Home university: The University of Uppsala

Host University: The Danish university of pharmaceutical science

During the autumn term 2005 I visited the Danish university of pharmaceutical science (DFU) in Copenhagen, Denmark. This came to be a great and instructive experience that gave me a big opportunity to develop both on my field and personal. Thanks to the ULLA consortium I got the opportunity to visit Denmark for an exchange term and a lifetime experience!

I have got the question why I chose Denmark for my exchange studies several times. The main reason was that I wanted to do something different and you don't have to go so far from Sweden to find something new, interesting, challenging and developing. This I really experienced during my semester at DFU. Another reason for choosing Copenhagen and Denmark was that I had heard that the Danish university of pharmaceutical science was a very good university.

Studies

During the autumn term I studied *Drug production, Drug formulation, Pharmacotherapy and Herbal medicinal Products/Food Supplements*, in total 32 ECTS-points. My expectation is that I'm going to be able to include Drug production and Drug formulation in my undergraduate studies for pharmacist at the University of Uppsala and Pharmacotherapy and Herbal medicinal Products/Food Supplements as optional subjects. So far it's looking good but it's while writing this document under progress.

At the Danish university of pharmaceutical science they study the different courses parallel during the term and end it with exams in January. This is different from Uppsala where we study one course a time. It made me change my technique of studying since I had to concentrate on three different courses at the same time. The parallel courses caused me some trouble with the schedule since I took courses with three different terms, third, fourth and fifth year. A couple of days I had to choose between the different subjects because of overlap. Often it sorted out really well because of helpful students that took notes for me during the lectures. To combine courses from different years is more demanding but I had the will and the interest which helped me get through the sometimes very stressed and long days.

Drug production and Drug formulation was located during the third year of studies. The Drug production laboratory course started immediately in the beginning of the semester. We tried the different production techniques and ways to formulate a drug to get the right effect at the right place and in the right time. I thought this was very interesting and fun. I also got the opportunity to talk and get to know the Danish students. At Drug production and Drug formulation I used the The European Pharmacopoeia for the first time, something that the students at DFU were very familiar with. This showed one of the differences between the Swedish and Danish education for pharmacist.

The pharmacotherapy went through a few of the widespread and common diseases in Denmark. We learnt how to think critical and solve different cases depending on the patient, for example other diseases, age and eventual side effects of the medication. I think this was a really interesting subject and I'm looking forward developing this interest in my continuous education.

In Sweden the herbal medicine is less developed than in the rest of Europe. In Denmark it's more respected than in Sweden and that made it a great opportunity to study the Herbal medicinal Products/Food Supplements course in Denmark. We examined a couple of products at the market for actual content and if declared the amount of drug. Many of the products are also available on the Swedish market. We also read scientific articles about the different herbal drugs and discussed their effects and use in drug therapy. It really developed my critical thinking.

Language

The Danish language is close to Swedish but if you're not trained it can be really difficult. During the spring term before my visit to Copenhagen I attended a Danish course at Folkuniversitetet, Stockholm, Sweden. I learned to understand the elementary of the language and differences between the Swedish and the Danish. Many Swedish words have the opposite meaning in Danish which can cause you some problems.

With the grounding from the Danish course I was able to attend the lectures and understand what the teachers said even though it was difficult in the beginning. My knowledge of the language also made it possible to communicate with other Danish students and get some friends. During the autumn my Danish really improved and in the end of the term I was able to do a presentation and write my exams in Danish. I passed all my courses and I think it was a great deal that I had the possibility to get familiar with the language before the studies in Denmark started.

One of my interests apart from the pharmaceuticals is languages and I think it was really interesting and fun to get the opportunity to learn to speak a new language. Because I had the previous training in the Danish language, it was easier to be understood in my Danish than Swedish. Therefore I developed my Danish and I came to speak almost fluently. I hope that I'm going to be able to use this knowledge in my future professional career.

Copenhagen

Copenhagen is a beautiful city with many friendly inhabitants. There are many opportunities with different interesting museums, fun shopping and different kind of bars. Many of the inhabitants ride their bike everywhere and there is a huge traffic network for bikes in the city. The easiest way to get around is by bicycle and you can also chat some with the students that have the same route to school. Therefore I thought it was really necessary to buy a bike.

I really loved Copenhagen as a city and of course for its lovely inhabitants. Now afterwards I wish I would have stayed longer to get to know the students at the same course a little bit better.

Financial report

Living is much more expensive in Copenhagen than in Uppsala and Sweden in general. This resulted in a higher monthly cost for food and amusements. Studying material is more expensive, both books and “notes” (laboratory instructions and other course material). To get around in Copenhagen I bought a bicycle. Here follows a brief financial rapport of my extra expenses during the stay in Copenhagen:

Danish, Folkuniversitetet, Stockholm	1880 Skr	~200 Euro
Literature	2000 Dkr	~270 Euro
“Notes”	1000 Dkr	~130 Euro
Bicycle	2000 Dkr	<u>~270 Euro</u>
	Sum	~870 Euro

I received a ULLA grant of 750 Euro which as shown covered a big part of my expenses. I’m really thankful that I got the opportunity to study in Denmark at the Danish university of pharmaceutical science. The ULLA consortium made it financially possible and I’m very glad and grateful that I got this lifetime opportunity. Thank you!

Anna Johansson