

# Łukasz

*Medicine, after VI roku, academic year 2021/2022*



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*University Hospital Regensburg, Germany*



**In which institution did the internship/traineeship take place?**

*Department of Vascular and Endovascular Surgery at the University Hospital in Regensburg, Germany.*



**Did the internship take place as part of the obligatory internship during studies, additionally in order to gain experience, or was it a graduate internship in which part of the obligatory post-study internship was carried out?**

*Additionally, in order to gain experience during PhD studies.*

**If this was part of a compulsory internship, what was the procedure for recognition by the Ministry?**

*During my stay in Germany, I was on unpaid leave and suspended my residency training. This required the consent of the head of the specialization and the training unit, the voivodeship office required a letter signed by the two persons mentioned above.*





**The language level that you need to have to cope with everyday tasks, contact with the patient, etc.?**



*I did not have the opportunity to participate in the treatments due to the lack of a German license to practice. It was a shadowing stay. I communicated with the doctors in English, I knew basic German.*

**General impressions about the Host Institution, the organization of internships, what was the issue of food, did the facility have a canteen?**



*I was very warmly welcomed. There was no organization of practice as such, but Professor Pfister, who was the host, tried to include me in the daily activities of the department. However, they had a lot of work there, so it wasn't always possible. There was a canteen in the hospital, as a hospitant I had discounts there. Weekly board was in the range of 50.00 €.*

**Important information, contacts that will help in the implementation of mobility?**

*I managed to find an apartment thanks to the "welcome center" of the University of Regensburg. I lived in a very nice place, 1.5 km from the hospital through the field, 7 minutes by bike uphill. The rent was €357 per month for a room with bathroom. This place is called Haus Zion and is located at Weingartenstrasse 6 in Regensburg. Landlady spoke English.*





## Attractions in the area worth seeing?

*Munich - 1.5 hours by train from Regensburg. Bicycle path along the Danube.*



## Advantages of going on an internship under the Erasmus+ Program?

*During my stay I made contacts that resulted in a longer stay (07.22-12.22) where I was employed as a research fellow. I have prepared several scientific papers. The first one is already published: <https://pubmed.ncbi.nlm.nih.gov/36636830/> In addition, thanks to the letters of recommendation, I won two mini grants for foreign courses related to the specialization signed by the European Society of Vascular Surgery. Moreover, thanks to a lot of free time, without hospital duties, I finished my doctoral thesis, which I will defend this year. In general, I highly recommend it, this stay was a kind of springboard that accelerated my scientific "career".*





### **E+: Useful information/contacts to help organize mobility?**

*A: Upon arrival, it is best to calmly unpack and get to know the area. It is better to buy a phone sim card from Vodafone than from Tukkcell because of the price and benefits. You can buy a transport card in a yellow vending machine at every ferry and subway station. It is worth asking Buddy and the university for all important information. With Euro26 insurance, you do not need to buy Turkish insurance for a resident permit. It is worth signing up for dance classes with Dance Marmara.*



### **E+: Attractions in the area worth seeing:**

*A: Park in Moda next to Kadikoy, by the water. Camlica Radio Tower. Park in Besiktas on the European side. Princely Islands easily accessible by ferry. Sile where the beach is located. Water park in Maltepe. Taksim and Eminonu on the European side (including the Grand Bazaar and the Blue Mosque).*

### **E+: Overall mobility experience and advantages of participating in the Erasmus+ Programme:**

*A: It was one of the best times I've experienced so far in my life. I got rid of the blockade of speaking English, got to know another culture and language, as well as a lot of friends from different countries. I feel more confident and stronger.*

