

Sebastian

Medicine, traineeship after 4, academic year 2024/2025



Universitätsklinikum Schleswig-Holstein,

Klinik für Innere Medizin IV mit den Schwerpunkten Nieren- und Hochdruckkrankheiten, Germany

In which institution did the internship/traineeship take place?

S: The traineeship took place at the University Medical Centre Schleswig-Holstein in the nephrology department.



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?

S: I completed a traineeship in addition to my study programme.

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

S: N/A



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

S: To feel completely at ease and get the most out of these traineeships, you definitely need to be at C1 level. However, even with B2 level, you can still do very well, and your level will improve as the traineeship progresses. The team of doctors there is very understanding when it comes to language and is always happy to help if you have any doubts.



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

S: UKSH is a very large hospital complex, located in Lübeck as well as Kiel. The facility is modern, well-organised, and the staff, as I mentioned, is very helpful and open to international students. From the very first day, I felt welcome and was properly introduced to my duties.

The organisation of the traineeship was of a high standard, each day had a clearly defined plan, and the doctors were happy to share their knowledge and allow me to actively participate in various procedures. The traineeship lasted every day from 7:45 a.m. to around 2:00 p.m. At 12:30 p.m., there was a case discussion, and every Monday, one of the doctors gave a presentation to reinforce knowledge about various diseases and their treatment. In addition, if you want to practise performing ultrasounds, this is the perfect place to do so, as there are plenty of opportunities to perform them on patients yourself.

As for food, UKSH has a very well-stocked canteen, which I used from Monday to Friday. The meals were tasty and varied, with a discount for trainees.



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



S: In order to organise a traineeship, you should contact the department's secretariat, preferably by email, sending an application. The secretaries are very helpful and respond to messages quite quickly. Once your application has been accepted, they will send you a list of documents/information they need from students before signing the traineeship agreement.

Generally, there is nothing to stress about, everything went very smoothly. This applies, of course, to this particular branch, so I am posting the branch's website address, where you will find all the contacts and other important information: <https://www.uksh.de/nephrologie-kiel/> However, if anyone is interested in another branch, here is a search engine for UKSH branches, where you will also find all the important information:

https://www.uksh.de/kliniken_institute.html

When it comes to finding accommodation, I recommend: Wg-gesucht.

Finding something immediately for just one month at an affordable price is not easy, so I recommend checking the offers carefully every day, especially in the morning and evening.

Attractions in the area worth seeing?



S: Kieler Förde, Laboe, Old Market Square, Town Hall, Kiel Canal, Maritime Museum, Botanical Garden, GEOMAR Aquarium, beautiful parks, beaches: Falckensteiner Strand, Laboe Strand, Heikendorf/Möltenort, Surendorfer Strand (highly recommended).

Cities: Hamburg, Lübeck, Plön

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



***S:** Traineeship under the Erasmus+ Programme are an excellent opportunity for professional development, gaining practical experience in an international environment, learning about different working practices and modern technologies, and improving foreign language skills. Participation in the programme also allows you to make many valuable contacts and new friends, which is extremely useful, especially if you plan to work abroad in the future. Erasmus also teaches you how to cope in difficult situations, and the financial support it offers definitely helps in achieving mobility.*