

Erasmus Experience Report

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Specialization class: Obstetrics/gynecology and pediatrics

Academic year: 6

Country and city of destination: Germany, Munich

Receiving institution: **LMU München**

I was informed about Erasmus by friends who did it before. Initially I was not aware that we could do Erasmus during our rotational year.

What I expected: I expected to gain new experiences abroad, to see a different medical system and to meet new people and make friends from different European countries.

Difficulties I had to face: Since I organized my practice by myself I had to get information like insurance number of liability and accident insurance of the accepting organization. As a student doing a practice in a German hospital, one is always insured via the hospital, but to get this information is not as easy as one might think.

Finally I got helped by the clinic direction, who could provide the necessary documents.

Travel: Train and car. Train is a good and cheap option. MAV has special offers which allow you to travel very cheap from Budapest to Munich. It is advisable to check those a few days in advance, as they might be gone.

Accommodation: shared flat, monthly costs 750€

The city: public transportation is good in the city, the whole system works with zones which makes it a bit complicate if you want to use the public transportation to get out of the town.

Munich offers many opportunities concerning nightlife, bars and restaurants. There is something for everyone. The only thing is that going out in Munich is an expensive experience, but especially around the Uni and in student bars and pubs one can get affordable drinks and food.

During summertime, I can recommend the "Englischen Garten" and "Isar" It's nice to hang out, meet people, enjoy the summer.

The Erasmus life was great, they offered may different activities, trips and parties, to get to gather and get to know the beautiful south of Germany.

Receiving Institution: I worked in 2 different Hospitals in Gynecology and Pediatrics, each for 5 weeks. It was a great experience.

The first hospital was " Helios München West" for gynecology, here I found a lovely team. They showed me all ther different parts of gynecology and obstetrics. I was well integrated in the team and daily routine on the ward. Furthermore, they offered the possibility to gain first-hand experience in laparoscopic surgeries, as well as to assistance in larger tumor surgeries.

They showed me basics of ultrasound and during rounds, I got patient explanations to everything I wanted to know.

Overall, I can strongly recommend Helios München West, especially for those of you who are interested in the surgical part of gynecology, as they really integrate you well in the team and you will become a valuable member of the team soon.

The hospital I spent the second half of my stay was "München Klinikum Harlaching". I did five weeks of practice in pediatrics there.

Here they offer many different wards and as they try not to accept too many students at one time the personal teaching plays an important role here. Furthermore, one has the possibility to see different wards, like neonatal care and general pediatrics.

They also allow you to participate in and work in the ER and furthermore under close supervision one could do the initial examination and presentation of the patients, which is a great opportunity to gain experience under the close supervision of an experienced MD.

They also encourage students to have "their own patients" for which they have to prepare the entire treatment plan with all necessary examinations and so on. These patients are then discussed. That also allowed me to extend my mainly theoretical knowledge into the practice.

Overall a great experience, but I have to mention, that working hours are usually long. From 8 am till 4 pm or even longer in case of gynecology, especially if one participates in surgeries.

Highly recommended for those who want to extend their practical skills who are at the same time not expecting a 4-5 hours shift per day.

Why would I recommend Erasmus +: I think it's a great opportunity to live and work abroad for a while. Especially since it's hard to fit in into our regular schedule during the first 5 years without repeating a year!