

Research Abroad at a Top European Research University

A promotional banner for the EuroScholars Program. On the left is the EuroScholars logo, a white circle with a red, blue, and green cross. Text reads 'EUROScholars' and 'UNDERGRADUATE RESEARCH with the EuroScholars Program'. Below is the 'with isa' logo. On the right, it says 'STUDY IN EUROPE' and '9 TOP RESEARCH UNIVERSITIES IN 6 COUNTRIES'. To the right of the banner is a photograph of three people sitting on a wooden floor, working on laptops and papers.

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University in the spotlight: Karolinska Institutet



An international university with a strong research profile

Karolinska Institutet is situated in Stockholm, Sweden and is a one-faculty university dedicated solely to the medical and health sciences, with a reputation for top quality research and innovation. It is one of the world's leading medical universities – consistently ranking in the top 50 universities globally, and the top 5 medical universities in Europe. In addition, it is the largest center for medical training and research in Sweden, accounting for over 40 percent of Swedish medical academic research. Its mission is to contribute to the improvement of human health through research and education.

Karolinska Institutet has about 700 research groups working in 22 departments ranging from basic sciences to clinical and public health sciences. There are 6,000 full-time students participating in about 40 study programs and over 100 freestanding courses. There are over 2,000 PhD students, of which one third have an undergraduate/master's degree from outside of Sweden. The number of international students, including exchange students, is about 500.

The Nobel Prize in Physiology or Medicine



Awarding the prestigious Nobel Prize in physiology every year has given Karolinska Institutet an invaluable contact network and a unique survey of medical research results worldwide. The Nobel Assembly at Karolinska Institutet, which appoints the Nobel laureates in Medicine, consists of 50 members selected from the professors at Karolinska Institutet. Students and researchers will have the opportunity to meet the Nobel laureates in open lectures that will be held on campus. These open lectures are popular, as they provide opportunities for students to ask questions and sometimes get a one-on-one encounter with the laureates. As a student at KI you will also have the possibility to attend the Nobel lectures and the Nobel Night-Cap.



Why Sweden?

Sweden is one of the safest countries in the world, known for its innovation, focus on equality and a well organized public health system. Nearly 90% of the general population speaks English, and the climate is (despite the rumors) quite mild in most parts of the country, with four distinct seasons, making it a comfortable place to visit.

Stockholm, the capital of Sweden, goes by many names, including Venice of the North and the capital of Scandinavia. It offers extensive public transportation options, historic and cultural venues, and businesses, surrounded by plenty of green space and blue water. It is also the largest university city in the Nordic countries and home of 80,000 students, of which 5,000 are international students.

Find out more at: <http://www.sweden.se/> And check out the twitter account showing that

there is more to Sweden these days than blondes, ABBA, Avicii, Zlatan and IKEA.

EuroScholars projects at Karolinska Institutet

Accepted students will take part in the daily work of a research group at Karolinska Institutet which includes practical lab work, journal clubs, going to seminars and literature reviews/studies. If you are interested in finding out more about Karolinska Institutet research areas you can find more information here: [Research Areas at KI](#) and via the [EuroScholars Project Search](#).

Short Interview with Jennifer Wilson, EuroScholars student at Karolinska Institutet, Stockholm

Jennifer is currently attending the MSc in Biomedicine at Karolinska Institutet. She expects to graduate in 2017. [Read more about Jennifer's experience within the EuroScholars Program.](#)

What do you think about Stockholm?

I love Stockholm. The city is composed of 14 islands, and after growing up in Vancouver I feel very at home being surrounded by water. It is a beautiful city with lots of nature to enjoy. My favourite things to do here include going for runs through the parks and having coffee with friends in the cosy coffee shops.

What do you think about Karolinska Institutet?

When I returned to my home university after my exchange, many professors were impressed that I had performed a research project at Karolinska Institutet. They would ask me how I came by such a great opportunity? Only then I realized the true significance of my experience. KI is a highly reputable university with many opportunities for research in the biomedical field. If you are interested in performing research that translates to the clinic, this a great place to start.

How is your lab where you are doing your research project?

I performed my EuroScholars research project at the Centre for Infections Medicine, at Karolinska Institutet's southern campus. My research group was fortunately very small, so I had lots of support with my project. I really enjoyed working at this research centre. Everyone was extremely friendly and I keep in touch with a couple of PhD students since my exchange ended. The relaxed and friendly environment I experienced in the lab was a big part of my decision to come back.

What about housing and the Swedish course?

Housing was quite simple to organize. I found my accommodation with KI housing. I currently live on Södermalm, an island in central Stockholm. The location is perfect. I am right next to a very nice area for coffee shops, second hand stores and cool pubs. It is also conveniently located between both KI campuses and takes only half an hour to get to either one.

In Stockholm, nearly everyone speaks English. So with the aid of the course, I was able to order coffee and a cinnamon bun at cafes in Swedish, however it was difficult to practice

the language since most people would switch to English for you. If you wanted to learn to speak it fluently I would suggest practicing at home before your arrival and finding friends who will speak to you in Swedish.

Do you have any advice to future EuroScholars students coming to KI?

Stockholm is a very expensive city to live in, so it is important to save up money for your exchange. But once you have arrived, remember that this is a once in a lifetime experience, and enjoy it as much as you can.

Interview with Matthew Driban (S2017, Pennsylvania State University / Karolinska Institutet)



What do you think about Stockholm?

I like Stockholm a lot! It's cold and a little dark, but not overwhelmingly so. The people are friendly, very international, and speak good English, which is especially helpful. I feel like I have so much more to look forward to seeing, as it's a very big city compared to what I'm used to. It's also very clean and not too packed for a city, which gives it a unique kind of feel.

What do you think about Karolinska Institutet?

KI has been very welcoming, arranging an orientation day and offering a lot of programming to help incoming exchange students get adjusted. It has really nice facilities and events to take part in, both social and educational. Overall, it's been a great place for medical research so far.

How is your lab where you are doing your research project?

My lab, which is a pharmacogenetics lab, is a small and international group. This has helped to assuage fears I had about communication, as it's very easy with English as the common language. I especially like the group for its size, which has helped to build relationships because it isn't too large, and for getting me set-up and learning to take on my own project quickly. The research is engaging and feels very relevant.

What about housing and the Swedish course?

KI Housing set me up in Lidingö, which is nice and was easy to obtain with help from KI. I have only had 2 days of the Swedish language course, but they were both informative. I'm a pretty far way away from being good at Swedish, but I can carry out a simple conversation and understand a few things that I see and hear around Stockholm. I'm looking forward to learning more!

Do you have any advice to future EuroScholars students coming to KI?

Pretty much everyone at KI is very friendly and speaks English, so don't worry about a language barrier and difficulty in making friends. I'd recommend joining Medicinska

Föreningen, which is the student union, as it's a really easy way to meet new people. Also, I'd make sure to take advantage of KI events like Nobel Forum lectures and other programming. Finally, be prepared to drink a lot of coffee, since they drink a lot of it here.

New research projects

Leiden University: [Light-activated anticancer compounds](#)

This project aims at synthesizing new metal-containing compounds to solve the problems of currently available technologies and is available for the fall and spring semester.

Upcoming conferences 2017

May 28 – June 2, 2017

NAFSA - Los Angeles – CA (www.nafsa.org)

Some of the members of the EuroScholars Consortium will attend the NAFSA. Should you like to schedule a meeting, please contact: Ms. Usha Mohunlol (u.c.mohunlol@sea.leidenuniv.nl)

September 12 – 15, 2017

EAIE (European Association for International Education), Seville (Spain)

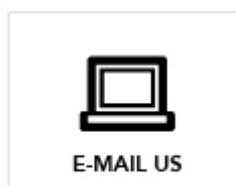
www.eaie.org

Some of the members of the EuroScholars Consortium will attend the EAIE. Should you like to schedule a meeting, please contact: Ms. Usha Mohunlol (u.c.mohunlol@sea.leidenuniv.nl)

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