

JU-LMU Exchange: Report

Seid Argaw:

This is JU-LMU exchange program which have been held for 2 months starting from October 21 to December 20, 2019. The exchange programme mainly focuses on two departments; paediatrics and obstetrics and gynaecology. The training was held mainly by tutorials, lectures, seminars, OR visits and teaching visits. It also creates the chance to go to oncology wards, neurosurgery, proctology, paediatric palliative care, and radiology departments.

The first 4 weeks have been in OBS/GYN department. During this time I have seen a lot of modern diagnostic and therapeutic instruments such as laparoscopic surgery during OR visit and different screening modalities during the pre natal diagnostics like Doppler ultrasound. I have been in tutorial classes for which almost obstetric cases were tried to be covered; and gynaecological case were covered by seminars with both Jimma and German perspective. I had also been in German lectures with the help of my friends for translation and it was very interesting. The labour and delivery rooms are very comfortable for labouring mothers, with specific room for each mother. I appreciated that there is a full set up for emergency caesarean section in the same room which is crucial.

On the second phase of our training program, I have been in paediatrics department. In this department there were more organization and schedules than the previous one. This phase also contains teaching visits, seminars, tutorials and others. In addition to this I got the chance to do Blockpraktikum at one ward and I found it was very interesting. The tutorial in this phase was with German students which help to me to get to know more about the learning- teaching process in medical school. During this time I had the chance to go to paediatric palliative care which is not totally available in Ethiopia. I learned that how medicine should be applied even at the end of human life; which is actually should be with extra medical activities like psychological, social and spiritual activities to have a comfortable safe and comfortable death. There are also things that are simple to practice in my home; for instance pain management. There are also conditions that sometimes palliative medicine may be shifted to curative one which is gained by not losing hope to the end.

I have been in neurosurgery for one whole day during this time. I visited the neurosurgery OR which I have ever seen before. I saw a procedure for recurrent meningioma and CSF rhinorrhoea for which the tumour was taken out, and I saw that new bone was made artificially to close the skull (my favourite highlight during

my stay) which encourages me to go forward for my future dream; to be a neurosurgeon.

At the end of my training, I have been once to the anatomic museum. Anatomy is the basics of medicine for which every medical personnel start his/her carrier. I found that having such museum in medical school is very important to understand the subject matter well and to ease learning medicine. It is much better to see and have experience anatomy by looking the reality rather than looking pictures.

Outside the medical perspective, I visited different places in Munich such as; Marienplatz, Jochberg mountain, the Ballet in the national theatre, skyline park, English garden and many others. I shared a lot of experiences from my German friends, professors, the people outside, staffs, and the environment itself. I learned a lot about time management and taking responsibility in general. I admire the German government for its great work especially on health insurance which is most important in our life; the transport system which is available 24/7.

As a comment for the exchange program:

- I would recommend English lectures with German students to have more experience.
- There is curricular mismatch that it is better if we learn a new experience rather than repeating what we have learned at home.
- The schedule for the exchange programme didn't regard the schedule of Ethiopian students. E.g. By this time it is the time of graduation that every student should do his paper work for graduation and other so many tasks. So, it is better to consider the time table in both sides.

Finally, I would like to thank LMU, ERASMUS+ grant, the coordinator of this program, and my German friends to give me the chance to come to LMU and learned a lot about medicine and other social activities. May be one day I will come back to LMU to learn my future dream. GOD KNOWS!!! THANK YOU!

Assefa Kebede:

First of All, I would like to say thanks to the following individuals or group of people in general:

1.The inventor of this exchange program Pro. Dr Matthias Siebeck- it's because of you, we all students come from different continent with different background, culture, norms, style of life, religion so that developing skills (practical and intellectual), sharing our experiences, developing confident in our future career. You are a nice person with open minded.

2. Erasmus grant + project:- I can say we were lucky in getting this chance to participate in this great world wide project. I have seen so many projects in my life accomplishing different tasks, but Erasmus + grant project is the best project I have seen, it's a kind of empowering medical students locally as well as globally. Enabling us to develop different skills which helps us in our future career.

3. Our fellow Germany students:- You were with us, starting from the day we arrived in Munich for this exchange program until the last minutes of our stay. You were guiding us in each and every steps of our activities, you helped and supported us more than I can say, you were organizing all the schedules we had in this program, you were letting us to know so many things in Germany. We visited different parts of Germany because of you, like:

- The biggest national museum
- Anatomic and art museum
- Ballets Munchen at national theatre
- YochBerg mountain
- Bayern Munich's biggest stadium
- English garden, Roller coaster
- Main LMU campuses and all the clinics
- we ride a bicycle and skutter
- Olympia park... we visited all the staffs and we get inside to the swimming pool
- We were chilling over the most exciting places like Marienplatz and Stachus - over Christmas market we were eating food and drinking glueWine which is very interesting
- We also cooked together at our hostel: the most exciting moment for me, we had dinner together. We also had dinner at Ethiopian restaurant: blue Nile.
- we had different discussions together

4. All the staffs of LMU, specially the staffs of Gynaecologic/Obstetrics, paediatrics and Surgical departments, in general all the professors and doctors. You taught us a lot in a very interactive ways, you showed us a real, well organized and well equipped setups, we learned different procedures/operations with advanced equipments. You all are friendly and lovely guys!

In general, I am very happy in my stay and being part of this exchange program, I developed some sort of skills (intellectual and practical), I have seen different cases and diseases, its diagnosis and possible investigations for each cases with its modern option of management. I learned the application of modern advanced medical equipments. Above all, I get confident and developed leadership skills in this exchange program. Before I came to Munich for this program, I was the president of Ethiopian Medical Students Association (EMSA) Jimma branch and served for the past one year as a president. The association was formed 15 years back by few medical students at Addis Ababa black lion hospital. It was formed without any political issues, without religious difference, economics and social differences. All

medical students can be part of this association. The association aimed at motivating, inspiring and empowering all the medical students locally as well as globally. The association also does some charities for street people and refugees. Under this association I got many experiences and leadership training inside the country, but under this Erasmus exchange program I get more experiences outside the country, exercising leadership in problem solving and developed confident.

Lastly, I wish if I get another chance under this Erasmus + grant exchange program, specially after I started my residency program for speciality.

Chaltu Abebe:

My name is Chaltu Abebe. I am one of exchange student from Jimma university. I am grateful that LMU gave me this chance to see many things. I just cant fully describe with just writing. Starting from the first day I arrive in airport the way our friends welcome us is the first new thing I encounter. And also trying to speak English was a new thing for me because we usually learn in English but don't usually speak. So with respect to the medical practice teaching learning process, even though I cant understand what they were saying because it was in german, from what I see I can understand the smooth morning session at gynecology in Frauenklinik Maistrasse that targets the patients benefit. I really appreciated this because the smooth sessions with professors give the residents to feel free both to ask and learn, to thrive with their level of interest and also it benefits the patients at the most. The gynecology tutorial was also interesting: its like a bedside teaching even though we didn't actually clerk the patient but its good way of teaching and sharing experiences of different countries. I have learned many things of german medical practice's mostly from the tutorials I get both at gynecology and pediatrics. Its really simple effective way of exchanging practices. The gynecology operation theater is amazing with its all infection control practices. I have seen laparoscopic operations which I never see in my university. I also saw doppler ultrasound at prenatal clinics with Prof. Genzel and residents. I have seen the delivery rooms at which emergency cesarean sections can also be done, where basic newborn care can be done in just one room which is really amazing. I also see the church in the hospital and also the patient's and attendant's library at the Klinikum Großhadern. I also attended the two seminars of gynecology especially the FGM seminar was amazing since it is also a problem in our country and I appreciate the measures the german government is taking to protect human rights especially for the women. I also have been at the palliative care unit at Klinikum Großhadern where I understand how far humanity is growing. I have seen the berlin's heart at the palliative care and also the polymer at neurology operation of meningioma patient where the powder is changed to hard bone and fills the gap in the skull. This is really the way medicine has to be to save patients life by any means. In pediatrics I have attended the emergency OPD. It was good because some of the interns and also doctors were helping me by translating the patients word and also allowed me to examine patients but not that much productive because I always feel like I am interrupting their work.

The seminar with professor Genzel about breaking bad news was also really helpful because I always wanted this topic. I also attended basic new born care at Klinikum Großhadern. I have seen the proctoscopy and spongy therapy at Klinikum Großhadern which is not in my university. I have attended many teaching visits which some included newborn examination, history taking and also cardiac catheterization. When we go out of medical system in my stay at Munich I get to think more about my country. I always wonder when my country is going to be developed country and sometimes I admire my country in some aspects that are important. Thank you very much!

Mahlet Tsige:

I'm 6th yr medical students of Jimma University located in Jimma Ethiopia, 346 km away from Addis Ababa capital city of Ethiopia in south west direction. I was one of the Erasmus plus LMU–JU exchange program student from Jimma university 2019/2020, First of all I would like to thank the grant and my university for offering me this chance and I'm grateful to be part of this exchange program.

To start with the different process we have been through to get our visa I can say it was uneventful and smooth, credit goes to Mr. Nebiyou Solomon who was our facilitator.

We arrived Munich Germany on October 21 and our exchange Germany students were waiting for us at the airport, we were welcomed nicely with great hospitality then we went to Meiniger hotel at Olympia Park west which they booked it for us prior to our arrival and show us around the city and basic places to buy things. We were given a total of 1700 Euro by the grant as per the agreement on two round payment and it was timely.

When we were there on the late of October the weather was really nice then after the cold comes initially it was very hard on me I was wishing the exchange to be on summer though through time it becomes fine and our caring Germany friend organize winter jacket for all of us. We were given orientation by our colleges and Professor Matthias Siebeck about our stay in different clinics LMU, about the culture and norm of the city. Since Munich is a well organized city, using the application MVG Fahrinfo and google map we were able to see around though we don't found much difficulties as we expected.

During our 2month stay in Munich we have been attaching pediatrics, gyne/obs and surgery each 4wk attachment. For pediatrics and gyne/obs we were attending seminar, lecture ,tutorial ,bedside teaching and attending many operations . All the professors were really nice and passionate to teach us even they were also arranging additional teaching class for us, and we had smooth relationship with the professors and other students.

Things that really amazed me is the advanced medicine and technology. I have been to the radiology center, palliative care center, neurology unit, oncology and pediatric cardiology. In our country there is no such technology due resource limitation our medicine is greatly dependent on patient history and some basic investigations done on indication and I wish I had this set up in my country.

Beside the studying we were able to had great fun and enjoyment in Munich, our exchange friends took us to different historical place of Munich, to anatomic museum, Jochberg mountain, Olympia park and we were able to see the Christmas shops and ceremonies at Marienplatz.

On top of that I'm really grateful to have this wonderful lifetime experience. To travel, to meet someone new who doesn't look like me, who speak differently, who have different culture, idea and thought. I think all this scenario will help me to be better doctor, widen my horizon and I'm sure am going to be influential doctor and looking forward to work for my country and make a real change.

And finally I would like to present my heartfelt gratitude for my friends, Jimma university, Erasmus plus, Professor Siebeck, all the stakeholders and beautiful as well mannered citizens of Munich who make all this happen. Danke.

Meti Mulatu:

First, I would like to give a great thank to the Erasmus grant who have given me the opportunity to be part of this exchange program between LMU and JUMC. The travel experience such long hours is astonishing; leaving mother land also was strange at the moment of departure. The pleasant welcome on arrival at Munich Germany reminded me where ever in the globe medical professionals are families. Coping as a team to the daily tasks was also amazing being away from Ethiopia.

The physicians were humble and eager to teach which allowed me to grab some details on the cases I see around. The health professionals were respectful not minding to guide us on the system practiced at the center. The medical students were so friendly that we shared much time together experiencing how it feels to be collaborating in medical practice with different scopes. The procedures and interventions were an invaluable experience that we saw. I had even made the opportunity much worth by actively participating in trying to understand such interventional management options.

I have been to the gynecology, pediatrics and visceral surgery clinics. The tutorial classes in gynecology and pediatrics were really interesting. I have learned a lot of things, even I heard about new cases that are not common to see in our country. The seminars were also very important and I have learned from them. I have seen the operation rooms that are more modernized than ours and I have been to major surgeries like neurosurgery which I really want to attend and we don't have this neurosurgery in our hospital at Jimma.

The palliative care for pediatrics that is found in Klinikum Großhadern was also an amazing thing to see for me. We don't have such care in our country. It was really interesting. I have seen that medicine is beyond curing the disease, rather comforting patients is really important and it improves the life of patients and families facing the problem associated with life threatening illness.

The developmental standard of the city was a refreshing vibe when there is time to walk around. The value of time can be appreciated by the busy walkers and everything around. It tells that how everything is organized in Germany. The weather was also something to experience away from home; it was a challenge up on my arrival. Even though it was very cold at the beginning, I tried to adapt to this different environment which is also a great experience. We spent also unforgettable times with our friends who are part of the exchange from Germany. They showed as many things in the city and the different culture. It was also Christmas time and we have been to the Christmas markets together.

And all the experience I had up on my stay made me to look forward to return somehow some other time with a much better approach.

In addition to that I got the chance to climb up to the top of Jochberg mountain which is a great thing to do and it was my first time, I never did it before. It is one of the nearest mountains by the Alpes and it has a great panoramic view so, I felt happy for being there.

For the next exchange it would be better if most of the teachings are focused on practical things than the theory. For example, practicing ultrasound in clinical year is new thing to practice for students from Ethiopia. Another thing is, it would be better if classes that are targeted to learn german language are added in addition to the seminars in german.

The most important thing that is to be adapted to our health system is their organized and computerized system whereby every investigation and plan is linked to each case team in the center. And also familial diseases can be traced from a data base in the center so that early screening in at risk individuals could be undertaken. Patients themselves are also aware of the system that reaching a diagnosis won't take long. It would also be nice if we practice the palliative care in Ethiopia.

Finally, I would practice in making a change towards a better future for both JUMC and my country in such a way that the health institution should be organized with computer technology and physicians should be equipped with the skill. I will also recommend for the next generation students to actively participate in the exchange by using the opportunity.

Mihret Hailu:

I am one of exchange students from Jimma University who got the chance to visit Munich through JU-LMU exchange program sponsored by Erasmus plus grant.

I found the information about this exchange from our Batch's telegram group (Junc 2006) then I submitted my CV, motivation letter and CGPA. Because this was my dream starting from the day I heard about it (i.e, during my pre medicine classes)

I stayed in Munich for 2 months. During my stay I have visited different departments (gyne/obs, pediatrics, proctology, neurosurgery, visceral surgery and internal medicine) and engaged in tutorials, bed side teachings, lectures and OR visits. By this, I was introduced to procedures (like cardiac catheterization and endovac), advanced lab work (like procalcitonin and IL-6), head cooling therapy, and a new department "pediatrics palliative care" and many more. With this exchange I also got a chance for internship in the Intern 1 (gastroenterology unit).

Apart from the teaching learning process , I got a chance to see snow falling (for the first time), climb a mountain, watch a theater "Alice in the wonderland", the roller-coaster and visit museum, the English garden, Olympia park and many other beautiful places. I am really happy to be in Munich the city blessed with a very nice people, multiple cultures and astonishing nature. The infrastructure (especially the network and the transportation system) and the architecture of the city is amazing. Over all, I loved everything about Munich.

I have learned basic scientific concepts, approach to patients, the importance of interdepartmental communication (like between gyne/obs and pediatrics), money and time management. Most importantly I am inspired by this "advanced medical systems" and my stay in the visceral surgery OR with Dr.Florian Kühn.

Generally, my stay was joyful and inspirational and I would like to say "THANK YOU" for this golden opportunity. My gratitude also goes to Prof. Matthias Siebeck, my German friends (Anna Li, Diane, Jutta, Larissa, Mena and Paulina) and all the people who contributed to this exchange. I would love to study and work in this miraculous setup at any time in the future.

Naol Tufa:

My name is Naol Tufa. I am one of the medical students from Ethiopia who was sent for LMU-Jimma exchange program. I am 6th year medical student Jimma University which is found in Jimma town, Ethiopia.

I was delighted when I heard I was chosen for the exchange program, because I was looking forward to see a new culture and new society. But when I arrived here in Munich it was all beyond my expectation. Starting from the day of our arrival the way we were treated and welcomed was really more that we assumed we will get. Afterwards I started to see around I get myself in completely different society. From

this exchange program I did get a lot of input that will help me in my future career both from medical point of view and personal development view.

Starting from the first day in Munich I learned a lot of cultural and societal values that all European countries share. For example being punctual at any appointments, being able to do your responsibilities without a reminder, having a plan for the whole year and managing your time effectively and also staying active the whole day by using bicycle and jogging is some of the good cultures I do admire and loved most. I didn't just scape the good cultures mentioned above also I was influenced by them in a positive way. These cultures are some of the positive experiences that I gladly share with my friends and my families when I return to my country.

During the first week in my stay I did get to see the medical facilities that are under LMU and get a good understanding of how the medical system of Germany works. I was also involved in different ways of teaching practices that are currently being practiced such as lectures, seminars, tutorials, practical activities in the clinics and teaching visits. What I find out interesting is the tutorial that will help in bringing students together and share their medical opinion in the presence of a guiding professor. Tutorial is not included in the curriculum of medical education in Ethiopia so I will be advocating and working In order to start this kind of teaching practices in my country. And also the student-teacher relationship is filled with friendship and mutual respect which is not the case in our country. This kind of relationships will enable the student to work passionately and enthusiastically toward a more productive carrier. So these will be one positive input that I get in order to change the existing monarchical relationship between students and teachers in Ethiopia.

From the medical point of view what I found during my stay in different department is crucial knowledge that is relevant for my clinical practice. I was introduced to epidemiologically new disease that I haven't seen previously such as cystic fibrosis and some rare genetic disease like Nannoo syndrome. I was also able to get new ways of treatment for common disease that we have in both countries that I will be implementing it in my clinical practice such as using cold coffee in the treatment of Apnea of prematurity in neonates. I was also introduced to new medical technologies such as ventricular assist device, cardiac pacemaker and different imaging modalities.

I was first invited for the first time to assist surgical operation by Dr. Michael Burger who is a pediatric surgeon it was the happiest day and most interesting day of my life. It has also been a great experience working with Dr. Michael Burger he is one of the best professor I met during my stay. I was also introduced to a new field of Medicine that is palliative medicine. All the professors I met was very egger and enthusiastic to share their knowledge.

I also get to know the students better while we were working on our project to establish OSCE exam in pediatrics. During this time I get to share my knowledge and learn a lot of new thing from my counterpart students from Germany. We had

also get together time with our friends from Germany where we shared different cultural dances and meals together. We also visited different historical, natural and cultural places with our counterpart friends. I would like to thank my German counterpart friends for their interrupted help and coordination in making this exchange enjoyable and educational.

In general my stay in Munich was beyond what I have imagined in my mind. This exchange enabled me to be exposed to new ideas and ways of approaching. I hope to come back again for the future to pursue my career with LMU. Lastly I would like to thank all the parties involved in making this exchange possible. I also want to present thanks to Prof. Matthias Siebeck the founder of this exchange program.

Natnael Tesfaye:

My name is Natnael Tesfaye I am one of exchange students from Jimma University who got the chance to visit Munich through JU-LMU exchange program which is sponsored by Erasmus plus grant.

I got the information about this exchange program from my sending institution's website then I submit my CV, motivational letter, extracurricular activities and CGPA then the selection committee interviewed me and I got selected. I heard about this program since I was a pre-clinical student and I was looking forward to it.

I have learned basic scientific concepts through tutorial classes, seminars and lectures, and approach to patients while I was involved in ward activities. I also got a chance to see different procedures and techniques during my OR visit which are not available in my country. The other important thing I have learned is the importance of interdepartmental communication for the benefit of patients (like between gyni/obs and pediatrics). Most importantly I was inspired by the advanced medical system in which everything is organized and well equipped the way it should be to practice real medicine for the benefit of each and every patient.

Besides the teaching and learning process, I was very lucky to be in Munich in which I got to meet new people and culture, work together, share ideas, knowledge and experience. I got a chance to visit different parts of the beautiful city "MUNICH". The infrastructure (especially the network and the transportation system) and the architecture of the city is amazing. I got a chance to Climb a mountain for the first time, watch a theater "Alice in the wonderland ", the rollercoaster and I also got a chance to visit museum, the English garden, Olympia park and many other beautiful places.

Finally, I would like to say thank you for this opportunity. My deepest gratitude also goes to prof. Matthias Siebeck, my German friends (Jutta, Mena, Diana, Larissa, Anna Li and Paulina) and for all people who contributed for this exchange program.