

## My semester in Sweden

My name is Ingrid and I'm doing a Master in analytical chemistry at the Applied University of Life science in Muttentz. As part of my double degree, I had the opportunity to spend a semester at Linköping University in Sweden in the fall of 2025.

During my exchange, I had different courses about nanotechnology, material science and supramolecular chemistry. By having small classes, teachers were able to organize some seminars, group projects and lab visits in addition to lectures, making the class more interactive and interesting. Lab work was also present for most of the modules.

One important activity for Swedes is the "Fika". It's a chance to meet with your friends and colleagues to grab a coffee and a sweet treat. Although the campus has a lot of cafés, it's always a good idea to bike to the city center to sample all the bakeries and their delicious "Kanelbullar". Throughout my stay, I never got bored because of all the student associations. Activities such as movie night, game night, barbecue, party, or knitting evening were proposed by the International Student Associations or Erasmus almost every week. Some student associations host parties at a student bar or club in the city center every Friday and Saturday. For all those activities, my bike was my best friend, and I rode it to complete everything, no matter the weather.

As an exchange student, I can only recommend staying in Linköping for a semester or a year. It was an amazing and valuable experience.