



Read the newsletter in your browser

#2 - 2022

Dear master students at LIME,

Welcome all new students and welcome back to those of you who are about to start your second year. Today is the first day of the semester and we are all full of excitement for the coming year with new meetings and courses and for many a completely new country to get to know.

We are very happy that you have chosen a master's program at LIME and Karolinska Institutet. We hope we can give you a solid ground for your future career and two years that you will remember with joy.



From left: Mia von Knorring, Madelen Lek

In this first newsletter of the semester, we are pleased to introduce one of our program directors, **Niklas Zethraeus**. You will meet him and many of our other teachers and students at our **LIME Open House** on October 21st. We hope to see you all there so don't forget to **register for the event**.

This year, **LIME celebrates 20 years** as a department at KI with different events throughout the year. For example, don't miss the **LIME Talks**, a seminar series for employees and students at LIME and KI. Your study counsellor **Malin Sandell** will send out the invitations through outlook and/or e-mails. Malin is also the person you contact if you would like to offer feedback, ask questions or discuss any problem that might occur during your studies.

Enjoy this newsletter and your time at LIME.
And once again - Welcome to a new semester!

Yours,

Mia von Knorring & Madelen Lek

Departmental Director of Education (GUA) & Assistant Departmental Director of Education

LIME NEWS

A mix of LIME internal news about research, new teachers, LIME talks, HI Conversations and more

LIME Open House

2022-10-21 we invite you to the LIME Open House event at the Widerström building! **Don't forget to register.**

Want to know more about the Department of LIME?

Visit **About LIME** to read about management, professional services and research groups.

STUDYING AT TWO (OR MORE) UNIVERSITIES

MEET ADRIAN, SUHAIL, EMILIA AND DENISA

Students from the master programmes at LIME who have studied at multiple universities



Adrián Sánchez Ibañez

Second year student in Bioentrepreneurship, who has taken courses at KI, KTH and Stockholm University.

What was the biggest difference in studying in multiple universities?

The interdisciplinary approach. Taking courses outside of KI showed me that there are certain topics that can be addressed from different perspectives apart from the ones I was used to.

The teaching style was also different. For example, at KI I felt the professors were closer and the lectures were more personalized, whereas at KTH, the number of students per course was much higher and administratively speaking it became harder.

What advantages did you notice in having courses at KI and KTH/SU?

Being equipped with this type of interdisciplinary skills that I could apply in different contexts and meeting new people with different backgrounds and interests.

What disadvantages did you notice in having courses at KI and KTH/SU?

Sometimes the schedules were a bit tight and there were a couple of overlaps, but it was very rare.

What can KI learn from KTH/SU?

I believe each university is different but there is no need to change that.

Do you have any tips for our newly admitted students how to handle to study in two universities? Or anything else you would like to add?

If you are given the opportunity to complement your studies with courses at a different university, do it. Being trained in different environments is invaluable and expanding your networks beyond your niche can become very useful in the future!

What is your motto in life?

Keep moving!

Suhail Muzaiek

Graduated from Health Informatics in June 2022, who has taken courses at KI and Stockholm University.

What was the biggest difference in studying in two universities?

In addition to Ladok system, the tools used by the two partners were totally different. Karolinska institute uses Canvas platform while Stockholm University uses Daisy and Ilearn which was a bit confusing at the beginning specially for international students. The studied courses differed in structure and examination requirements. Students had to use different accounts for Zoom and Microsoft office applications which were a bit tricky for example tracking shared calendars.

What advantages did you notice in having courses at KI and Stockholm University?

Studying at the two universities had a lot of advantages, you get the chance to explore a wide range of teaching styles offered by a group of excellent professors and teachers with different academic backgrounds. You also get access to both universities' libraries and resources. It was always nice to enjoy the various facilities on different campuses like the big gym in Karolinska Institutet and the modern study rooms at Stockholm University.

What disadvantages did you notice in having courses at KI and Stockholm University?

Traveling between Karolinska Institutet campus in Solna and Stockholm University campus in Kista takes around 40 to 50 minutes using public transportation which could be a little bit challenging during winter if students had lectures on both campuses on the same day, a good thing that we had the chance to attend online but this was during the COVID-19 pandemic. On a few occasions, we had conflicting schedules between the courses given at the same time by the two universities that needed to be sorted out.

What can KI learn from Stockholm University?

Nothing in particular as both universities are well established, but one improvement could be to have a unified shared access card for students studying in mixed programs, as we had to get three different physical cards, one issued from Karolinska Institutet and two from Stockholm University.

Do you have any tips for our newly admitted students how to handle to study in two universities? Or anything else you would like to add?

Give yourself the chance to explore the two campuses upfront and to get familiar with the different facilities and the routes to them. It is also recommended to check your access to all the needed software each year. Do not forget to go through the schedule of each course at the beginning to plan your activities upfront.

Do you have a secret talent?

I am a good video gamer.

What is your motto in life?

"Enjoy the little things in your life"

Emilia Neumann

Second year student in Bioentrepreneurship, who has taken courses at KI, KTH (Kungliga tekniska högskolan) and SSES (stockholm school of entrepreneurship).

What was the most significant difference between studying at multiple universities?

The biggest difference between studying at two universities at the same time was how they divide the work between seminars, pre-readings and actual lectures with relevant content led by the teacher. Since the courses at KTH were really information heavy, this resulted in 100% of the mandatory lectures was lead by the teacher only with information. However, at KTH we also had the opportunity to do non-mandatory assignments, for example, to write a group assignment for extra points on the exam. On the opposite side, the course at SSES was more based on mandatory pre-readings and seminars and not as much own independent studying. The courses at KI are somehow inbetween these two extremes.

What advantages did you notice in having courses at KI and KTH and SSES?

Since the course at SSES involved students from multiple universities such as SU (Stockholms university), SSE (Stockholm school of economics), KTH and KI, the advantage I noticed was to learn, listen and work together with other students from other backgrounds. Normally you do group work assignments together with students from the class, which have the same background as you (not specific the same background in BME but at least within the same area). The advantage to work with other universities is to learn how other students work and also learn how to contribute with your own knowledge within your field. Since the real world outside the universities is based on diverse people, I consider this experience i.e., how to adapt to other people with diverse backgrounds as a great advantage before entering the real world.

What disadvantages did you notice in having courses at KI and KTH and SSES?

The disadvantage I noticed when having courses at other universities besides KI was that both universities want you to focus on their course 100%, independent if the course only is part-time. The other disadvantage was that different universities use different report frameworks and different reference standards. This results in that, in addition to almost studying 200%, you also have to understand and learn the different universities' frameworks and what they focus on when grading your texts.

What can KI learn from KTH and SSES?

During the course at SSES, it was mandatory to read different articles before every lecture and during the lecture, we talked them through, first in small groups and then discussed questions with the whole class. Having mandatory small assignments before every class contributes to a foundation of what the future lecture is all about which results in a wider understanding and more interesting discussions. In addition to that, it also results in less stress before the exam - since you have been "forced" to read relevant articles during the course.

Do you have any tips for our newly admitted students on how to handle studying in two universities? Or anything else you would like to add?

My tips for newly admitted students who will study in two universities are that you should go with the flow, take advantage and learn from other students and, most importantly, make friends. An entrepreneur needs a diverse team to reach success, you can not do everything yourself and you can not create a new company or evolve that idea with only like-minded people.

What is your motto in life?

You need to have fun on the way and be open to meeting new people, and if you do - success will come to you, not the other way around.

Denisa (Denny) Gombalova

Second year student in Bioentrepreneurship, who has taken courses at KI, KTH (Industrial management and Strategic management control) and SSES (Execution: Running your own business)

What was the biggest difference in studying in multiple universities?

The emphasis at KI is a lot on individual reflections, discussions and group work. At KTH, the courses can be more lecture-based where you passively take in information as a basis for the course and then you apply it later in a group project or an individual exam. At Karolinska there's a lot more discussion going on even during lectures. They are actually rarely lectures, more so workshops. At SSES the individual courses vary greatly but they are mostly skill-based where you learn by applying methods rather than gaining theoretical knowledge.

What advantages did you notice in having courses at KI, KTH and SSES?

Karolinska Institutet is a medical university. So even the business courses are placed in a life

science context. At the other universities we got to interact with students from completely different programs and expertise outside of biology or even science. It was very interesting to learn in such an environment and think more broadly.

What disadvantages did you notice in having courses at KI, KTH and SSES?

It can be very stressful. The workload is not always optimized to the number of credits awarded. The timetables can clash and sometimes you will end up working 125% of a standard course load. You also end up spending quite a lot of time commuting back and forth.

What can KI learn from KTH and SSES?

To have more structure and clearer instructions on individual courses and provide information more in advance.

Do you have any tips for our newly admitted students how to handle to study in two universities? Or anything else you would like to add?

There's a lot of information and opportunities that you will be exposed to and it is impossible to be equally invested in all of them. Prioritize and explore your interests, deep dive into the things you find intriguing and be ok with not knowing or doing it all. Also focus on enjoying the journey day to day, it can be easy to live in your mind when you have many things to juggle.

What is your motto in life?

"Whatever you are, be a good one." by Abraham Lincoln

MEET THE PD OF HEPM: NIKLAS ZETHRAEUS

Programme Director for LIME's master programme in Health Economics, Policy and Management

Hej Niklas, you are the Programme Director of LIME's popular master programme in Health Economics, Policy and Management (also known as HEPM). What does a programme director do?

A PD does many different things! Besides always working towards further developing and strengthening the quality of the program, a PD takes care of the ongoing work of the program, like coordinating the courses and having a close contact with course directors and students, from which feedback is essential for the continuous development and improvement of the program.



Niklas Zethraeus

Why do you think the programme is so popular?

I think one reason for the popularity of the program is that it provides a **unique mix and combination of health economics, management, and policy**. Understanding these parts is essential to be able to make an impact on the development of health care and on decisions of how limited resources of healthcare and society best can be utilized for improving people's health.

Another reason is that graduated students are very attractive in the labor market and that the program gives the students many different options after graduation. The program prepares students for a career both in public and private sectors, and because the program has a clear connection to research, it also opens for future PhD studies.

Today, a new batch of students are starting your programme – what advice can you give them in order to succeed in their studies?

My advice to students is to view the coming two years as a great learning opportunity. **Be brave and contribute with your unique and valuable experiences and perspectives in the discussions with your classmates and faculty**. Each of your contributions are essential for the quality of the program. A successful study outcome of course requires a lot of challenging work, but don't forget to enjoy your studies and have fun as well!

Being a programme director is just one part of your employment. What do you do at LIME otherwise?

I am engaged in many different inspiring tasks! Besides working as a PD, I am a **member of the board for doctoral studies at LIME, I teach and supervise both at master's and doctoral levels**. Further, I interact with governmental agencies and Region Stockholm where I contribute with **health economics expertise**.

Finally, in my role as an **associate professor and research group leader** of the research group "Health Economics and Economic Evaluation" I am doing **research within health economics and economic evaluation**. A goal of the research is to provide guidance for decisions aiming at improving the allocation of resources to improve health. I have for example been working in the areas of osteoporosis, back pain and have also studied the impact of hormones on health outcomes and economic behavior.

Last – do you have a hidden talent? Or a motto?

I'm a talented tennis player who has won the local Ekerö club championship! 😊

My motto is: Have fun, be brave, believe in yourself and have faith in your abilities!





Niklas enjoying one of his hobbies!

FRIENDLY REMINDERS & USEFUL LINKS

Migrationsverket, important information, student health, seminars etc..

When you need a certificate

From now on you should contact arkivet@ki.se when you need a certificate showing that you are an active student at KI (or that you are finished with your courses and are awaiting your degree diploma). Arkivet are manned all summer and can sign and stamp your certificate the same day as you send the request.

More complicated certificates and/or forms from your home country that needs signature from KI, should still be addressed to your study counsellor **Malin Sandell**.

Useful links

- [Contact information for the LIME educational staff](#)
- [Ethics at KI](#)
- [Student blogs](#)
- [The Student Health Care](#)
- [20 best things to do in Stockholm](#)

How do you rate the LIME student news letter? Let us know!



The LIME student news is intended for all students at the department and is sent out two times per term. Let us know if you wish to include something in upcoming newsletters by contacting malin.sandell@ki.se

Editorial staff: Malin Sandell, Liisa Olsson, Marie Lind. Layout: Marie Lind