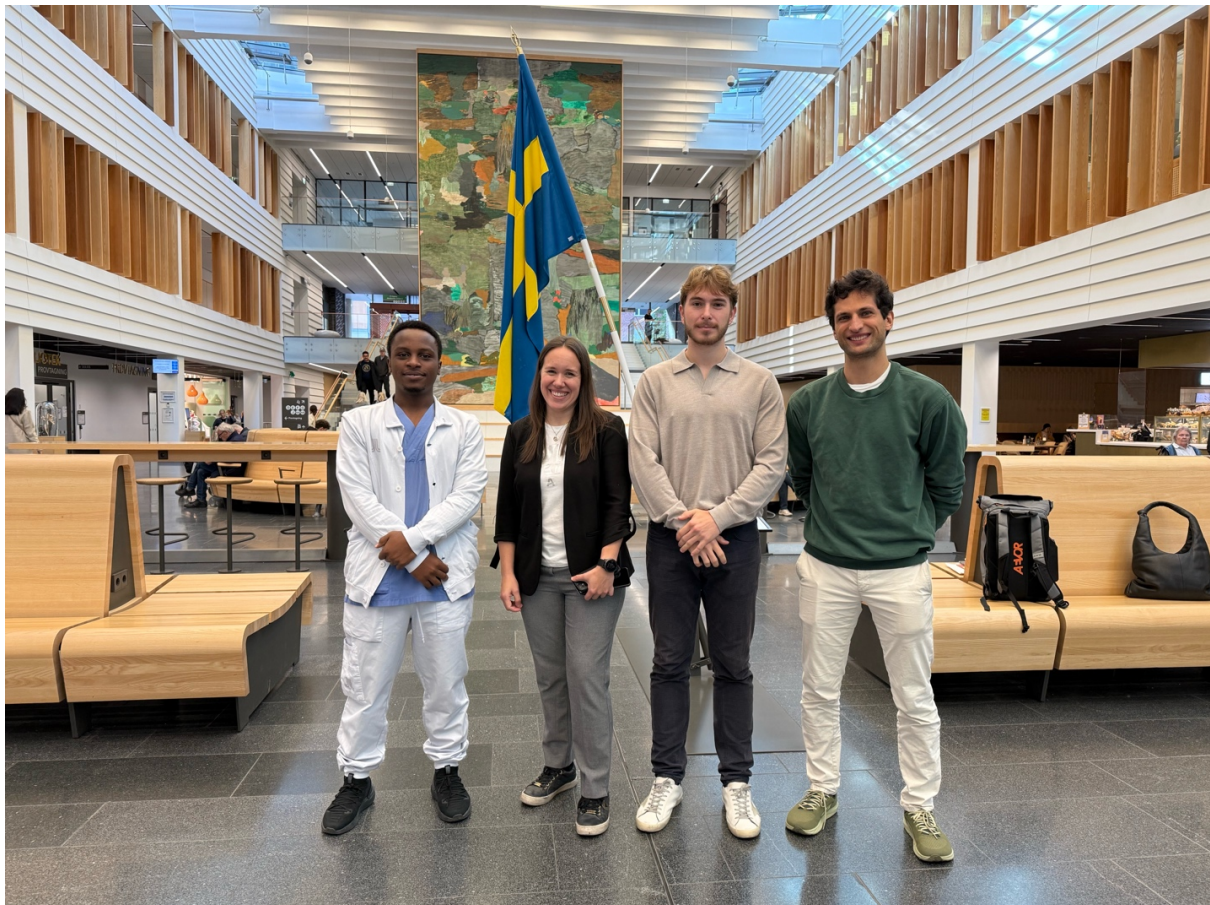




**Karolinska
Institutet**



EXCHANGE PROGRAM AT KAROLINSKA INSTITUTET, SWEDEN



NAME: MWESIGA HAMPHREY FAVOUR

SENDING INSTITUTE: MAKERERE UNIVERSITY

RECEIVING INSTITUTE: KAROLINSKA INSTITUTET

PERIOD; FROM 23/08/25 TO 25/10/25

1. Introduction

This report outlines my participation in an exchange program at **Karolinska Institutet (KI), Stockholm, Sweden**, undertaken as part of my medical training at **Makerere University College of Health Sciences**. The exchange aimed to provide international clinical exposure, strengthen academic and professional skills, and promote collaboration between the two institutions.

2. Duration of the Exchange Program

The exchange program ran from **23rd August to 25th October 2025**. Travel to Stockholm took place on **23rd August**, marking the official start of the program.

3. Orientation and Introduction Week

The first week of the program was dedicated to **introduction and orientation activities** for new students. These activities were organized largely by the **student unions at Karolinska Institute** and were aimed at integrating incoming students into the university system.

Activities during this week included welcome sessions, picnics, social gatherings, and guided **Stockholm city strolls**. These activities were important in helping us familiarize ourselves with the university environment, the city, and fellow students. The orientation period also provided an opportunity to form social networks that greatly eased adaptation to life in Sweden.



At a Picnic



At Skinnarviksberget Scenic spot



Images 1: Introduction week activities including a picnic and Stockholm City stroll

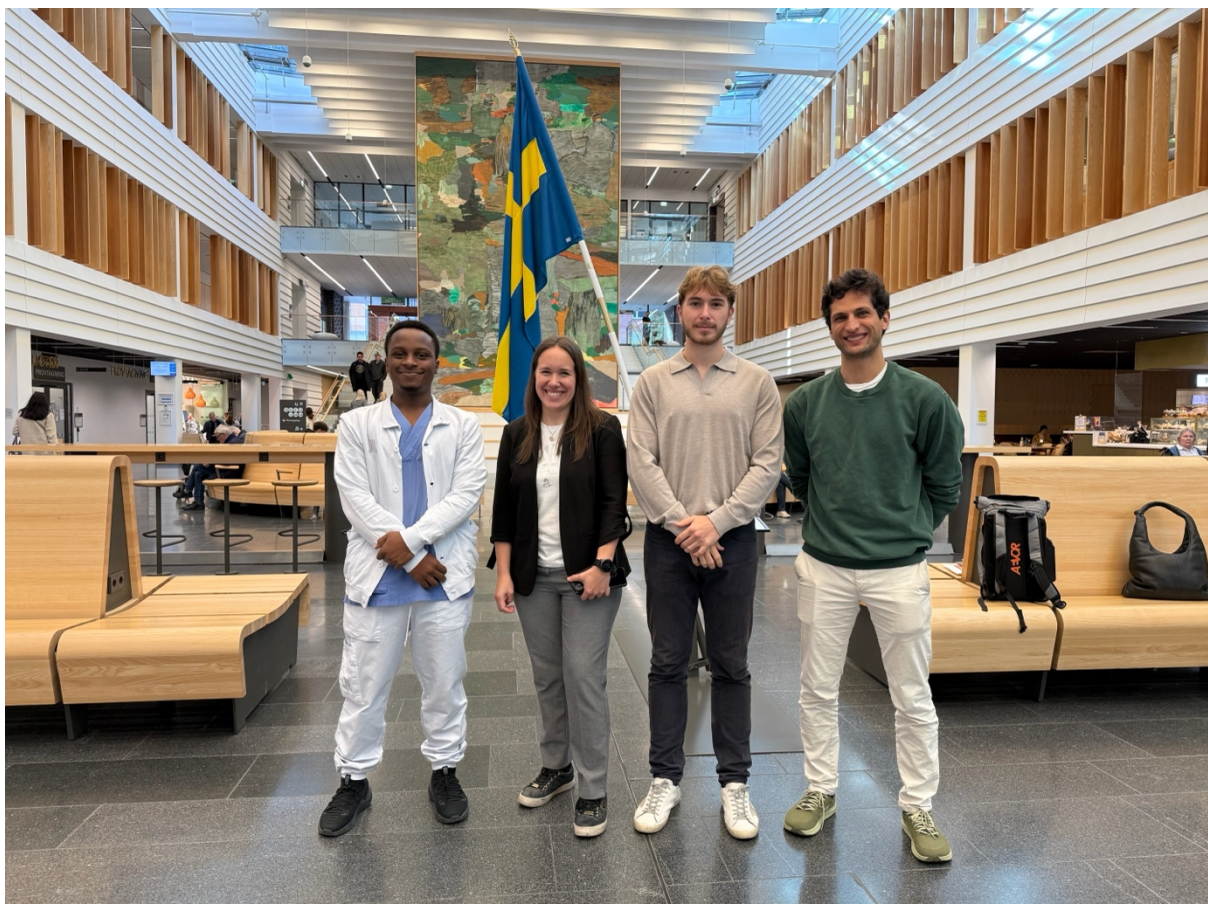
4. Academic and Clinical Rotations

4.1 Oncology Rotation

I undertook a **four-week oncology rotation**, from 2025-01-01 to 2025-09-28 which combined structured **e-learning modules**, tutorials, and hands-on clinical exposure. Learning activities were delivered through the university's online learning platform **Canvas** and in-person teaching sessions with Dr Lisa Vilaabona, the supervisor.

Clinical exposure included participation in oncology clinics, ward rounds, and multidisciplinary discussions. The rotation emphasized modern cancer management, including targeted cancer treatments, radiotherapy principles, and patient-centered oncology care.

A key component of this rotation was a **palliative care week at Stockholm Sjukhuset**, during which I participated in both inpatient and community-based palliative care. This included **home visits**, which provided valuable insight into holistic patient care, symptom control, and psychosocial support for patients with advanced malignancies.



My Oncology rotation team; L-R, Me, Dr. Lisa Villabona(supervisor), Vojta Bores and Laurens (fellow exchange students)



A photo with Dr. Franziska Edvinsson on a home visit during palliative care

4.2 Plastic Surgery Rotation

I was initially allocated to the **plastic surgery unit**, where I attended outpatient clinics and ward activities for a week. Unfortunately due to a positive MRSA screening, my access to the operating theatre was restricted. Despite this limitation, I gained exposure to patient assessment, postoperative care, and clinical decision-making within the unit.

4.3 Vascular Surgery Rotation

Following coordination between the international office and my supervisors, I was reallocated to the **vascular surgery unit** on short notice where I rotated for 3 weeks. This rotation proved highly educational and included exposure to vascular outpatient clinics, ward work, and operating theatre activities. I learned about the diagnosis and management of peripheral vascular disease, use of imaging modalities, and both open and endovascular procedures.

5. Informal Experience and Cultural Exposure

Stockholm was a highly enriching environment to live and learn in. The city is characterized by **numerous lakes, bridges, green spaces and colorful buildings**, which contribute to its unique beauty. The exchange took place during **autumn**, and the weather was generally mild and pleasant, allowing for extensive exploration of the city.

With support from the **Erasmus+ program**, which funded the exchange, I was able to travel, tour, and participate in cultural activities. Visits included museums such as the **Vasa Museum**, the **Nobel Prize Museum**, the **Royal Palace**, **Skansen** and **Baltic Sea Science centre** and recreational areas such as **Haga Parken**. Social activities with friends, including dining out and visiting local bars, further enriched the cultural experience.

Accommodation was located at KI Residence, Solna near **Karolinska University Hospital, Solna**, which allowed easy commuting. I used a **bicycle** as my primary means of transport, which proved convenient and enabled flexible exploration of the city.



At the Famous Stockholm City hall during a ceremony by the city council to welcome the new students to the city!



Photo with VC Makerere University during the celebration of Mak-KI Collaboration @25 years on 15th October 2025.



Here we were at Grona Lund amusement park in a Mos



At Vasa Museum, behind me is the famous Vasa Ship that sank in 1628



City stroll with a good Swedish friend, Mathias

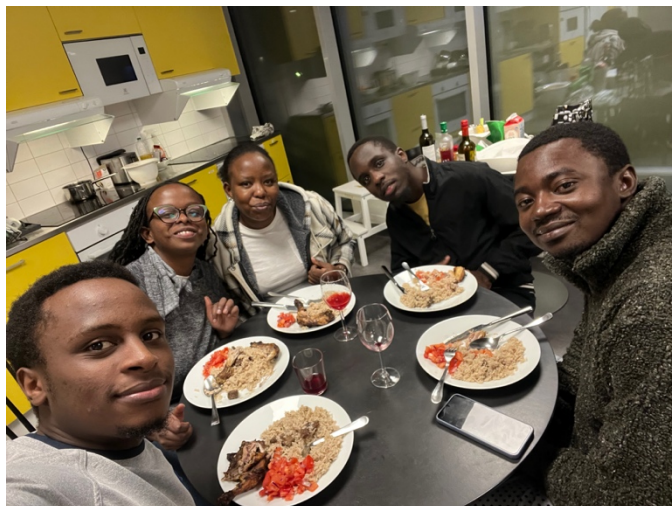




**Here we had visited Monic and Harriet at their residence at KI Residence Flemingsberg,
(other exchange students from Makerere University)**



Gamla Stan; the colorful buildings



Dinner with friends at KI residence, Solna.



Here we were at Skansen park with Mathias and his brother Thomas. Both very good friends!



On the last night outting with a couple of friends, this was one of my best nights and our flight back home was the next morning.

6. Acknowledgements

I would like to express my sincere gratitude to all individuals and institutions that made this exchange program possible.

Special appreciation goes to the **International Office at Karolinska Institute**, particularly **Ms. Magdalena Palmqvist**, for her continuous guidance, coordination, and support before and during the exchange.

I am deeply grateful to the **International Office at Makerere University**, especially **Ms. Susan Byekwaso** and **Mr. Alex**, for their invaluable assistance with preparations, official documentation, visa processes, coordination with Karolinska Institute, and logistical support.

I also acknowledge the **Erasmus+ Program** for fully sponsoring the exchange, including financial support for accommodation, living expenses, and travel, which greatly enriched both the academic and cultural aspects of the program.

My sincere appreciation goes to my clinical supervisors and specialists:

- **Dr. Lisa Villabona** – Oncology rotation
- **Dr. Franziska Edvinsson** – Palliative care week, Stockholm Sjukhuset
- **Dr. Josef** – Community palliative care and home visits
- **Dr. Asa Edsander** – Plastic surgery rotation
- **Dr. Mitra Sadeghi** and **Dr. Marten Huss** – Vascular surgery rotation

I am also grateful to the staff of the **Oncology, Plastic Surgery, Vascular Surgery, and Palliative Care units** for welcoming me and providing teaching and mentorship, particularly the vascular surgery unit for accommodating me on short notice.

I acknowledge the **Makerere University College of Health Sciences** and the continued collaboration between Makerere University and Karolinska Institute for providing such valuable international training opportunities.

Finally, I acknowledge my fellow exchange students and new friends, not to mention but a few; **Muramuzi Edwin, Vojta Bares, Mathias Hogberg, Lillian, Monic** and **Harriet** who made this experience even more memorable