



# Foliolum



## Just Breathe

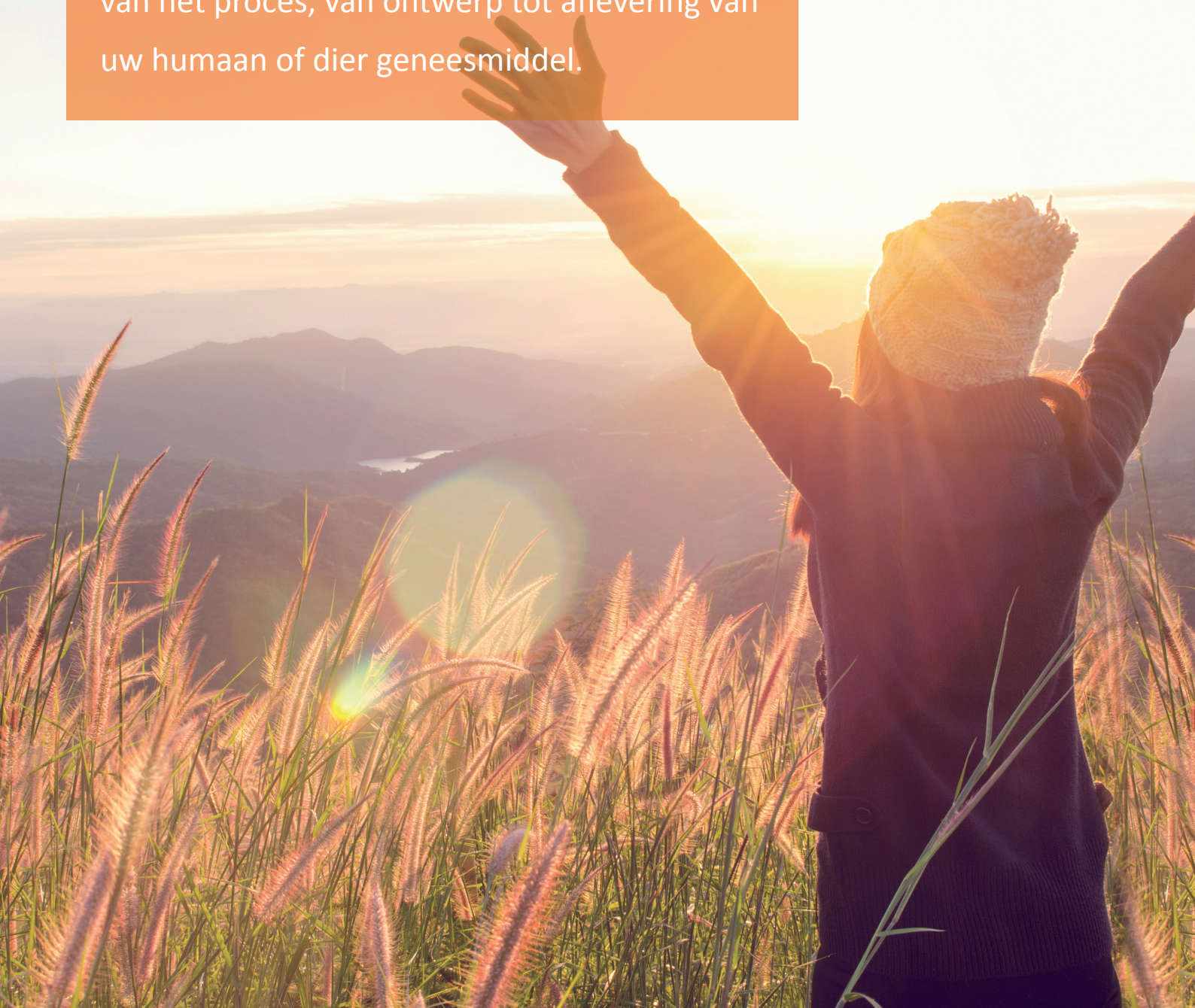


G.F.S.V. "Pharmaciae Sacrum" - Study Pharmacy  
Volume 35 - Issue 1 - October 2021





Wij van LelyPharma denken mee op elk niveau van het proces, van ontwerp tot aflevering van uw humaan of dier geneesmiddel.





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## Editorial



Dear reader,

While I am writing this preface, it seems that there is light at the end of the tunnel named the COVID-19 pandemic. The physical activities, everyone longs for, seem to continue little by little. Another improvement is that lectures with a maximum of 75 people can continue physically.

The theme of our first issue is 'Just Breathe'. Everyone knows that COVID-19 is a lung infection but besides this, we also yearn for some 'breathing space' during this pandemic. With breathing space we mean the so-called 'old normal' without restrictions. With this, we want to make a link to the mental health condition of people. Beate Volker will talk about the influence of the corona pandemic and the lockdown on people's social networks. Besides, we asked some questions to prof. dr. Reinoud Gosens about his life and the theme of this issue.

In this issue, you can also read about the PhD of Lisa-Marie Smale at the Radboudumc in Nijmegen. Furthermore, Lotte Šebek, who is working at Franciscus Gasthuis and Vlietland, tells about her life as a hospital pharmacist. Lastly, a Pharmacy student from abroad wrote an article for us.

We hope you are all doing well and that we meet each other soon in a physical way, may it be in the lecture hall or at a social activity. I hope you enjoy reading!

Love,  
on behalf of the Editorial Committee 2021-2022  
"PersCo",

Sharon Koers  
h.t. praeses

## Board



Dear reader,

The first weeks of the new academic year have already passed. Despite the circumstances around the coronavirus, a number of activities have taken place (with the help of measures). For example, the National Company Visit, the Faculty Introduction Day and First-year Introduction Weekend were able to continue. During the introduction period, we were able to make many freshmen familiar with our association. We hope to see them a lot at activities in the coming period, just as second-year members. We also organise additional activities for these students, to help them reintegrate better into student life after a hard last year as first-year student.

The Editorial Committee "Persco" has chosen to centre their first edition around the theme 'Just Breathe'. This interesting theme can easily be linked to the COVID-19 pandemic. Having the virus especially results in lung damage, which can cause short and long term breathing problems. At the same time, our social life has changed drastically because of the pandemic. With the introduction of online meeting programmes, we have become more flexible in setting up meetings. A pitfall of this development is that the border between study and spare time becomes more blurred. It is important to avoid this pitfall, by taking enough study breaks to sustain some essential 'breathing space'.

At last, I want to congratulate the Editorial Committee on the release of their first edition of the "Folium". I am looking forward to read it extensively myself. I wish you a lot of reading pleasure.

With kind regards,  
on behalf of the 140th board of G.F.S.V. "Pharmaciae Sacrum",

Sybrand Zielhuis  
h.t. praeses





**Corona, serendipity and the importance of weak ties 1\*)**

**Prof. dr. Beate Volker**  
**Department Human Geography and Spatial Planning, University of Utrecht**

**Despite the spot on the horizon – in the form of a syringe – we are still living with the SARS-CoV-2-virus and we don't have the pandemic left behind us. Meanwhile, we almost have one-and-a-half-year experience and we enter a corona-autumn for the second time – after a second “corona summer”.**

**Still, we do not know exactly what lessons the pandemic will eventually teach us. Scientists from several disciplines will have bunches of interesting questions for many seasons to come. We do not have ultimate conclusions yet, but we can already see several patterns and outline observations. In the following section I will focus on communication and networking – of course, there is much more to say about the social consequences of this COVID-19 crisis.**

### **In what way do the screens affect our communication?**

The most obvious is no surprise for social scientists, but even they probably did not realize until now, that it matters so much: Communicating via technical tools means impoverishment of interaction. Of course, without these tools the crisis would have been even more dramatic. But offline communication is so much richer and more layered than the exchange of information via a screen. Gestures, winking and subtle jokes perish, just like observations that we make during “analogous” conversations, which inform us how the communication partner is doing – without explicitly mentioning it. From the fashionable shoes to the tiredness in the eyes of the other – we miss a whole spectrum if we communicate via digital tools. Digital communication is simply no interaction, it is merely exchange of information. Very important, of course, and truly efficient – if the internet is doing its job and not additionally impeding the flow of communication. But due to the impoverishment, conversations get exhausting and boring: Because of the “flat screens”, the mood also flattens out and the seeds of inspiration are brutally smothered. Spontaneity, enthusiasm, distracting chattering or interrupting each other because one can no longer keep listening – the technical disciplines and we passionately miss the anarchy of analogous gatherings.

What exactly is it that gets lost besides the many impressions we can gain from an analog encounter? A lot has been written about this already. From the impossibility to look into each other's eyes in online meetings to the fatigue because of constantly staring at a screen. I think, however, there is something else: We miss the unexpected, the unforeseen events that color our daily life and that sometimes let it shine brightly. We miss what is described as “serendipity” – the lucky coincidences that can keep us happy for days. Instead: A joke in an online meeting is quickly misplaced, a little wink is seen by everybody and cannot be fully understood and after a session of two hours everybody is tired and the only thing they want is to leave. The stage for the unexpected, spontaneous things has disappeared. In this way, the crisis withdraws the nutrients from our interactions.



## Networks and the pandemic

The COVID-19 crisis not only imposes on us a different way of communicating, it also forces us to look at the contacts we currently have. These contacts were difficult to maintain during the several lockdowns because loads of meeting places – cafes, bars, clubs – were closed or the visits were regulated. In particular, making new contacts was almost impossible. Everyone was dependent on the network of this moment, the contacts that predate the crisis and changing our social worlds was not possible. The German poet Rainer Maria Rilke (1875-1926) described this feeling of impossibility and absenteeism a long time ago: “Wer jetzt kein Haus hat, baut sich keines mehr. Wer jetzt allein ist, wird es lange bleiben” (Rilke, Herbsttag, 1902). Our networks were ‘frozen’.

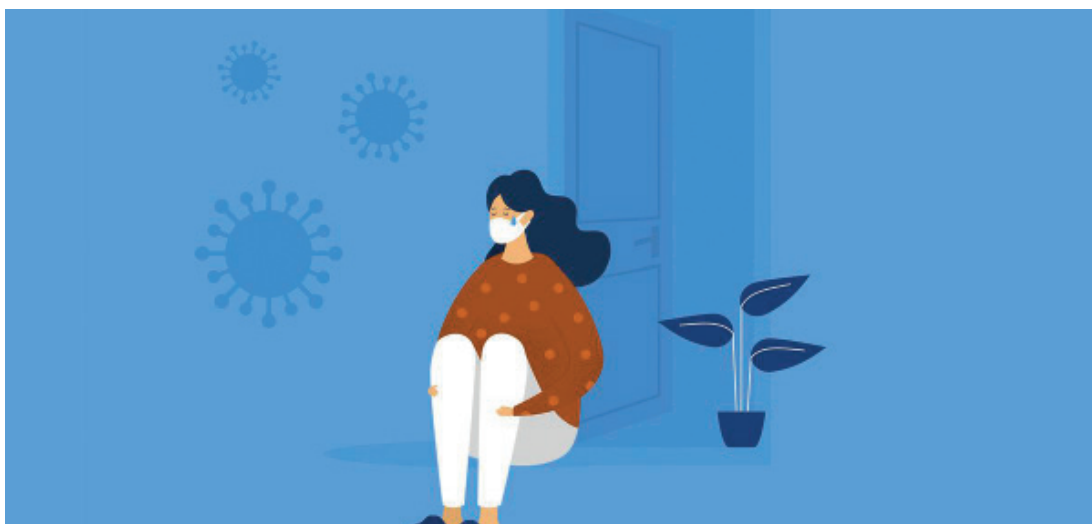
Before COVID-19, we lived differently: As if there were always new opportunities and we did not realize that this was not obvious. It is certainly not a bad habit – the belief and the trust in a changeable future keep us vital; they let us dream and make new plans. But now we were forced to live with the people that are present at this very moment – whether we chose them or not.

## Consequences for the young – and the elderly

The increase in feelings of loneliness is related to these frozen networks and to being forced into the small circle of close friends and household members. We miss a broader circle of contacts and we miss the chances of having new contacts surrounding us. Most people are not lonely because they do not have anyone to talk to. They mostly feel lonely and ‘empty’ because there are no perspectives and no possibilities; no prospect of change and no – spontaneous – renewal. The unexpected enjoyable evening that gives you a new friend or the spontaneous conversation with a stranger after a great movie. The song played by a street musician that still makes you whistle the days after. Unfortunately, innovation, inspiration, and new people do not pass our front door easily and naturally. Corona forces us into our bubble and takes away the diversity and the innovation that we, because of others outside this bubble, can experience. Our lives get much more predictable and there is much less around us that surprises us happily. Again, we see here the absence of serendipity.

There is also a discussion going on in the social sciences and politics as well, concerning the question whether especially younger people suffered from the pandemic. Without a doubt, whose life is in a transition – and that is foremostly the case for younger people – suffers more from the pandemic. Young people especially build their network and need the network dynamics when building up their friendship circle. In recent research we see that among younger people relatively more network members get out of sight – the contact decreases during the pandemic – despite the technical possibilities that young people have mastered. The internet fails if it is the only possibility left for maintaining contacts.

One of our most important findings is that people who foremostly do not have contact with their “weaker ties”, suffer more from feelings of loneliness. Keep in mind, these people are not isolated. Yet they feel a loss, the loss of weaker ties.





## The strength of weak ties

Social-network theory can explain this feeling of loss. Following this theory, we have, because of staying at home and mostly sitting behind the screen, not only a shortage of exercises and physical movement, but also a shortage of weaker contacts. The difference between weak and strong ties in network theory is crucial. Strong ties constitute our social comfort zone, the bubble. They confirm our identity; they give us support and the feeling that we are a person who is worth the effort. Weak ties, however, give us incentives, innovation, a different perspective. They challenge us and keep us sharp. Things that were unknown come to us through weaker ties. This way, we learn about other social worlds and feel connected with others, even if they are different from us. Almost 50 years of networking research teaches us that especially weak ties are important for social cohesion. A world where everybody only has strong contacts is a world of little social islands, highly fragmented and splintered. The increase of polarization and the fading of solidarity, that we are experiencing right now, can be seen as a consequence of this shortage of those weaker ties - as a result of the several lockdowns and the pandemic.

A simple figure can explain why weaker ties are so important for the connectedness with each other and why a society where everybody only has a couple of strong ties is falling apart: In the left segment, a network with strong ties (thick lines) and weaker ties (thin lines) is schematically displayed. In the right segment, the weaker ties disappeared with the result of a lack of connections between the different 'bubbles'. The latter situation is what we experienced during the lockdowns. This figure shows that foremostly the weaker ties are crucial for social cohesion.

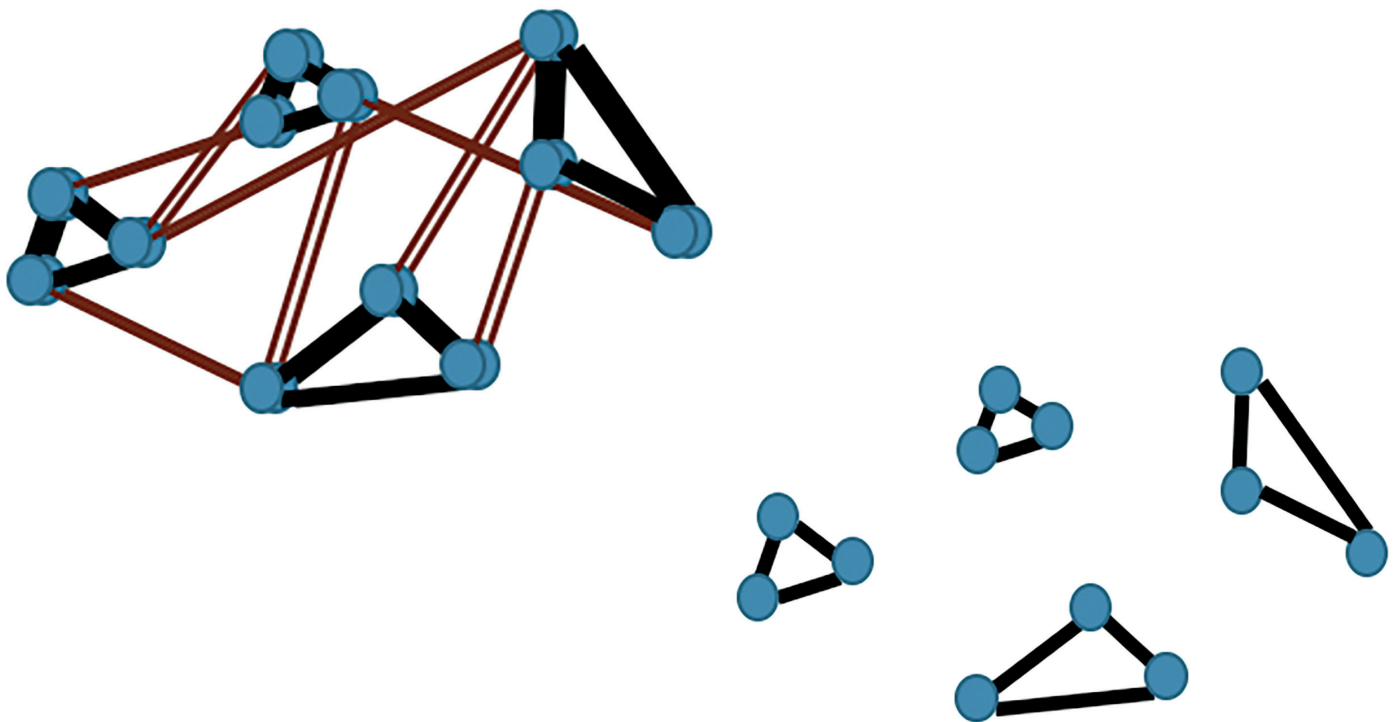


Figure 1: Left: Networks connected with each other through weak ties. Right: Networks that consist only of strong ties.



## Out of the Bubble...

But how can we escape from the bubbles, from being locked in our tiny, uniform worlds and the absence of surprises? The measures that restricted physical contact were necessary and might be initiated once more if the rates of infections grow. But everyone can playfully ensure that your world does not get smaller as a consequence. Read the daily newspaper for a week, that you normally do not read, or watch a television program that you normally would not watch. Try to get to know the friends of your friends by organizing a "Second-degree dinner" where everybody brings someone you do not know yet. Call someone you have not spoken to in months. A lot is possible, even with social distance measures that restrict contact. It can be very simple: Have a chat with a stranger every day during your walk or when you go to the groceries.

One day the pandemic will be over. But the corona lesson will stay: We really need weak ties. They are the windows in our minds that let through light and air. And even if there are times where it is hard to change or build your home - like Rilke described – we can keep searching for the tools that keep the windows of our mental homes wide open.

\*) This reflection is an adapted version of a text written for the KHMW essay competition in 2020, entitled "Wer jetzt kein Haus hat baut sich keines mehr", which got the first prize.

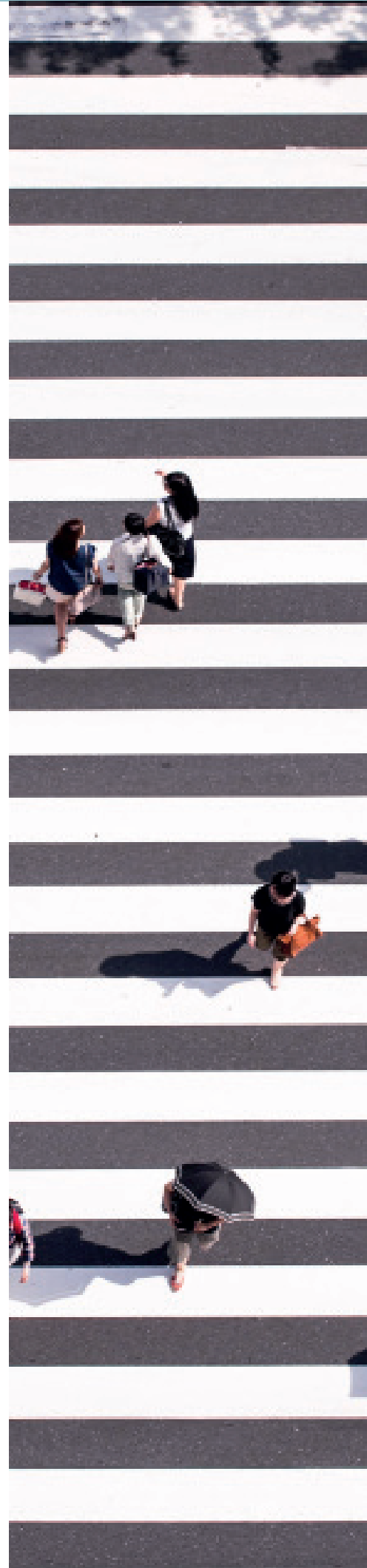
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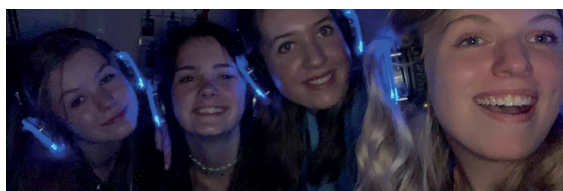
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**PhD student**

## **Lisa-Marie Smale**

**During your job or internship in the pharmacy, you probably witnessed a lot of redundant medication being returned to the pharmacy for disposal. So did I. For me, it felt short-sighted to throw away all these medications, especially when I care about sustainability in my personal life. This is why I started looking into sustainable pharmaceutical practices. This eventually led to me starting a PhD in this topic at the Radboudumc in Nijmegen.**

### **Societal impact of research**

Doing research already intrigued me for a while, but I always imagined it to be in the lab. Therefore, I consulted prof. Martina Schmidt to supervise my master thesis and we composed a study regarding the molecular mechanisms of an invasive fungal infection in collaboration with the University of Newcastle (Australia). I liked designing a research project and being responsible for the collection of my own data, but what I enjoyed most was presenting my findings. Since not much was known about the subject yet, I really felt that my work could make a (small) contribution to our society. That feeling triggered me to continue doing research, focusing on its societal impact.

### **Towards sustainability**

One day when working in the pharmacy, I received a bag of redundant medication from the family of a deceased patient. Although the patient stopped using the medication for a while, the dispensing continued. The bag must have contained at least five hundred tablets, maybe more. That really troubled me. Firstly, because it's such a waste of (financial) resources! Secondly, it's a shame to burden the environment with medication that is not even used! So, I started thinking: "How could we prevent the waste of unused medication in the future?"

In the pharmacy game Gimmicks we collaborated on this topic. One of my groupmates was familiar with ongoing research in the Radboudumc in Nijmegen regarding medication waste. We started a waste-minimising initiative in Pildorp, as we felt that this was currently missing in pharmaceutical practice. Inspired by this project, I contacted Radboudumc for an internship regarding this subject (Stage P). During this internship, I learned that there are a lot of ways to conduct research, not only involving lab research, but also including clinical research, qualitative research, implementation research and practice research. This internship ended in an offer for a PhD position, in which I would use these different investigational strategies to create a more sustainable pharmaceutical practice. After overthinking the position, I realised that this was my dream job and I started in 2020!

### **Preventing medication waste**

During my PhD I focus on creating a more sustainable pharmaceutical practice, particularly by minimising medication waste. Of course, there is a lot more to sustainable pharmaceutical practice, including green formulary choices and waste disposal management. However, to achieve sustainable supply and use of medication, we believe it is most effective to prevent the occurrence of leftover medication in the first place. Additionally, preventing medication waste also helps to effectively use our spare financial resources in healthcare, since annually at least €100 million worth of medication is wasted in the Netherlands alone.



We focus on oral anticancer drugs as this is an expensive group of medications that is frequently wasted. Up to two-thirds of the patients using oral anticancer drugs have to discontinue treatment early on. Half of these patients have redundant medication that comes to waste, worth on average €2600,- per patient. This creates an opportunity to invest in waste-minimising interventions for these drugs. That's what I'm investigating in multiple projects.

## Medication redispensing

My main project concerns medication redispensing. This means that unused medication is collected by the outpatient pharmacy, verified of quality and then used for another patient that requires the same medication. The quality of medication is assured by enclosing medication in bags with tamper-evident seals and sensors that monitor storage conditions. Subsequently, the quality of medication could easily be verified by checking whether the medication is unopened, stored appropriately and has a remaining shelf life. While this idea might sound simple, it has not yet been done anywhere in the world!

I am responsible for coordinating a multicentre trial that evaluates medication redispensing for the first time. Starting up such a trial in four medical centers is a large responsibility, considering the logistics and communication required for getting everything and everyone in place. Of course, there were some hiccups. We actively inquired patients and national stakeholders when designing the redispensing programs. Stakeholders argued that medication redispensing was not yet possible within the current regulations, as it counteracts the Falsified Medicine Directive (FMD). That was a big scare! Fortunately, we found a work-around by collaborating with the Ministry and Inspection of Healthcare, so we could start our trial in February 2021.

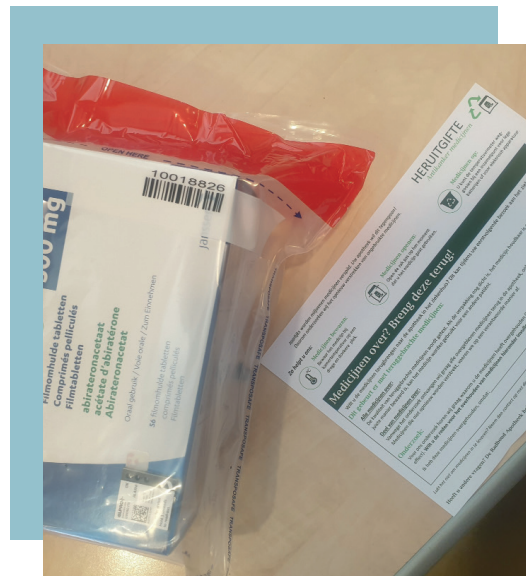
The first exciting part was that we received lots of national publicity, as it turns out that medication waste has been a major frustration for a lot of people. I was even invited to present my research on the newsshow Hart van Nederland! That really helped in the recruitment of participants: in the past 6 months, we included almost 1100 oncology patients. In this short period, we already approved 37 packages of unused anticancer drugs for redispensing, worth over €100k!

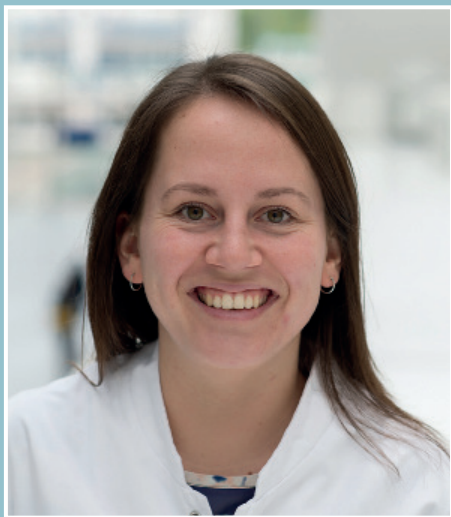
However, money is not our only concern. Imagine the carbon footprint associated with producing and distributing medication... That's why our ongoing trial focuses on implementation, cost-savings obtained, and reduction of environmental footprint caused by redispensing unused oral anticancer drugs. I really like that in this way we can reflect on the whole picture of medication redispensing. So if it turns out to be successful, we can translate it as a standard of care and even make a bigger societal impact!

## People skills

In my research people skills are important, as the project relies on support of patients, healthcare professionals and stakeholders. I feel that my enthusiasm regarding the subject really helped with that. Therefore, I can only advise you, as cliché as it may sound, to find out what drives you and follow that along. As Albert Einstein said: "play is the highest form of research".

Lisa-Marie Smale





## Alumnus

# Lotte Šebek

**In September of 2009, I started my studies in Groningen. When I had to choose a study, my eye fell on a short article from one of the universities where you could study Pharmacy (I don't remember which one, so it probably wasn't from the RuG). The article described a patient that got bitten by a venomous snake. The venom was extracted from the wound and analysis of the venom in a laboratory made it possible to identify the venomous snake and treat the bite. The article described that you could learn how to do this and how to treat these types of patients when you came to study Pharmacy. In retrospect, I don't think I learned this in Groningen at all, but it was because of this little article that I went to an introduction day for Pharmacy in Groningen and eventually chose to study Pharmacy in Groningen.**

I had an amazing time in Groningen. On my second day as a student, I went to the P.S. Social Drink in Café 'de Toeter', got to know some new people who turned out to become my friends (and played my first game of mexx). I was an active member of P.S. and took place in various committees, namely the First -years Committee, Introduction Committee, Foreign Trip Committee, and Student Council Pharmacy. In 2012-2013 I was on the board of P.S. together with Margot, Ivo and Marc and we had a fantastic year. We learned a lot about ourselves and each other. We learned about different career options in pharmacy, different (pharmaceutical) companies, we went to other European countries to learn about pharmacy there, we worked on our soft skills, learned how to deal with setbacks and most of all we just had an amazing time together.

Before our board year, I did not know much about hospital pharmacy. During that year, through activities such as the Career Day and the Hospital Pharmacy Evening, my interest in hospital pharmacy grew. One of the courses I took to learn more about the different subjects in the hospital pharmacy, was Clinical Toxicology. We learned about the most common intoxications in patients and how to treat those and even though we didn't learn how to identify a type of snake based on an analysis of its venom, learning about the toxic mushroom death cap came pretty close for me. I wanted to do a project for 'stage P' in a hospital pharmacy and the field of Pediatric Pharmacology seemed very interesting to me. I contacted hospital pharmacists in the different children's hospitals all over the country to find a project.

Unfortunately, I couldn't find a project in this field, but life took an unexpected turn and I ended up in the Erasmus Medical Center in Rotterdam, working on an interesting project about the interaction between azoles (antifungal drugs) and immunosuppressants and blood levels of these immunosuppressants. My first real introduction into this field and I enjoyed it.

During my internship in Rotterdam, two spots for a residency in hospital pharmacy had opened up. I decided to apply and to my excitement, I got the job. My training towards becoming a hospital pharmacist took place in the Erasmus MC (3 years) and Franciscus Gasthuis & Vlietland (1 year). Time flew by during my residency. The program of the training consists of a junior year, two senior years, and a differentiation of a year. The junior year is to get to know the different subjects in the hospital pharmacy, such as clinical services for adult patients, pediatric pharmacy and pharmacology, therapeutic drug monitoring, logistics and so on. The two senior years are to deepen your knowledge of these different subjects. Every resident can choose a differentiation in a field that they are interested in. I differentiated in Pediatric Pharmacy and Pharmacology. As a part of this differentiation, I investigated the adverse drug reactions of doxapram, a drug for the treatment of apnea of prematurity, in preterm neonates.



My training turned out to be everything I had hoped to learn and more. Sometimes it was challenging but mostly exciting and educational. Though I started not knowing many people in Rotterdam, this quickly changed. We had a large group of young pharmacists in our region, with whom we had serious activities like journal clubs, but also dinners and drinks and a yearly weekend away. And, luckily for me, a lot of friends from Groningen moved to the Randstad. After I finished my residency, I went looking for a position as a hospital pharmacist.

I have been a hospital pharmacist at the Franciscus Gasthuis & Vlietland in Rotterdam and Schiedam for a little over a year now. We have quite a large group of pharmacists, each pharmacist with their area of expertise. I am responsible for therapeutic drug monitoring and toxicology. I work together with a group of lab technicians and we are currently working to obtain an ISO15189:2012 accreditation for medical laboratories. I find my work as a hospital pharmacist to be challenging and rewarding. I learn something new every day, from a new fact on one day, to a new skill on the next day. I can recommend this job to anyone who wants to be challenged and likes to work in a team of peers every day.

If you want to become a hospital pharmacist, try to learn more about this field during your studies. Try to make the most of your internship in the hospital and see for yourself if this might be the job for you. But also, just enjoy your student life, especially now that some of the COVID-19 regulations have been lifted!





## Student abroad

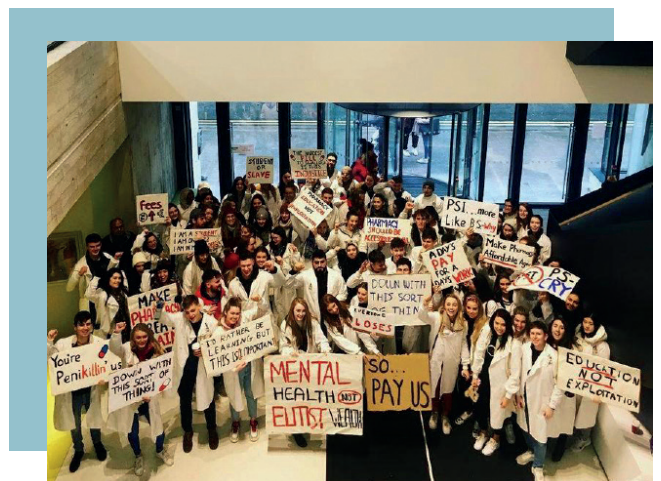
# Amy Fleury Walsh

There are three universities in Ireland which offer pharmacy; the Royal College of Surgeons and Trinity College in Dublin, and University College Cork. The three courses vary slightly in structure, although all are overseen by the Pharmaceutical Society of Ireland (PSI). The PSI provides guidance to all three schools regarding specific course requirements.

In Ireland, a new integrated course has been introduced. Whereas previously the pharmacy course involved four years of study followed by one year of pharmacy placement, the new integrated course includes several shorter placements over the course of the five years. In the first year, students typically spend two days in a pharmacy placement, whereas second year students spend ten days on placement. In the fourth year, students are required to undertake a four month placement in a community pharmacy, a hospital pharmacy or a pharmaceutical company. In the fifth year, students carry out an eight month placement in either a community pharmacy or a hospital pharmacy.

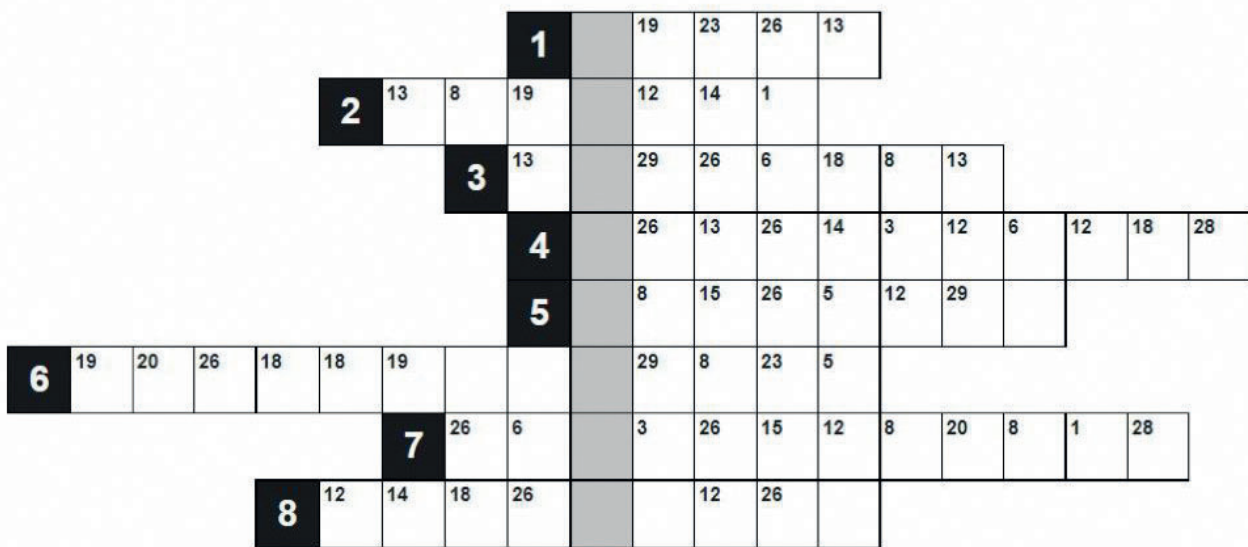
In addition to written examinations, pharmacy students in Ireland are required to perform several practical examinations. For example, students undertake several pharmaceuticals modules, which teach them how to prepare extemporaneous medicines. Dispensing classes are also included in the course, which provide students with the opportunity to practice using dispensing software to dispense prescriptions. Objective Structured Clinical Examinations (OSCEs) are also a course requirement, which focus on enhancing students' communication skills and the ability to apply clinical knowledge in response to individual patient cases.

As the course requirements are tightly regulated by the PSI, pharmacy students in Ireland are not permitted to participate in Erasmus exchanges during the academic year. However, students are encouraged to participate in Erasmus internships during the summer months.





# Just take a deep breath of...



1. Most cute blue animal ever
2. Nicknames for the twenties of the 20th century
3. Transfers signals
4. Happy coincidence
5. The feeling you have when you leave Groningen

6. First Dutch woman to successfully finish a study at University level
7. Study of preventing diseases to spread within and between populations
8. Method to gain systematic knowledge about a person by asking questions



**Questions to...**

## **Prof. Dr. Reinoud Gosens**

**In 1995 I started studying Pharmacy at the Rijksuniversiteit Groningen. At the time, it was housed in the old building at the Antonius Deusinglaan 2. In 2000 I graduated but still doubted what I wanted to do. After I was promoted in Groningen, my career continued in Canada and eventually I came back to Groningen. Since 2009 I have taught several courses, f.e. Receptorpharmacology, Advanced Human Disease Model Technologies and Endocrine System & Digestive and Respiratory tract. For a long time, I was the coordinator of the Pharmacology practical, which I really enjoyed doing because there was a lot of interaction with the students. Furthermore, I'm also teaching in several Master courses and I'm very active in research education.**

### **What was your dream job when you were in High School?**

To give you an honest answer, at that time I really didn't know. I knew my interests lied in the field of Biology, Chemistry and Physics. When I looked at the study Pharmacy I saw a bit of all three fields combined. Why does a disease occur and how do medicine work? All questions interested me so that's the main reason why I chose to study Pharmacy. Not necessarily because I had an ambition to become a pharmacist, purely because the study attracted me. Especially the combination of Biology, Chemistry, Physics and for example the fact that whenever you take an Aspirin headache will disappear really made me decide to choose Pharmacy.

### **What did you like the most during your time as a student?**

I was a student who really liked to go out and socialize with fellow students. Foremostly I enjoyed the freedom of having everything on my own. The transition from Roosendaal to Groningen was of course massive. Especially the first years of my study I really enjoyed living the "student life".

While the years passed by, I became more serious. During the study, I fell in love with the pharmacology courses. Furthermore, I was a member of Pharmaciae Sacrum and joined activities on a regular basis.

### **Why did you choose to practice this profession?**

I always followed my interests and as mentioned earlier I really liked the pharmacology courses. My Pharmacology Teacher at that time was Professor Hans Zaagsma. He was a very flamboyant and foremostly inspiring scientist. I noticed that his lectures attracted me. During the time I did research under his supervision. I had roughly two possible directions. Either going into lung research or the cardiovascular direction. Due to some family history with regard to lung diseases, decided to go for lung research. At some point I realized that I liked the research side more than the pharmaceutical preparation. So there was only one option for me, going into the academic pathway of research. Actually, it was not a choice made beforehand, but purely made based on my interests. The reason that I like it so much is that I can direct my research in the direction I want to. The curiosity-driven filling of my profession is in my opinion very unique and is the cornerstone of an academic research career.

When you climb the academic ladder, teaching students comes into focus. I always liked to educate other people, transferring knowledge is what I enjoy the most. When I was younger I functioned as a student assistant for lab courses and as PhD student you guide master students. The first time teaching in a lecture hall was very impressive. To be honest I was quite nervous. The thing I like about teaching is the reaction from the students, the dialogue especially.



The conversation that occurs when talking about the material that is covered during my lectures. In bigger groups it is harder to create the dialogue, that is why I prefer the individual teaching or in small groups. After all, I want to inspire my students, who in turn eventually inspire others.

### **How would you describe a typical workday?**

Nowadays I'm rarely in the lab, while 10 years ago I would spend around 80% of my time in the lab. At present, around 40% of the time is taken up by teaching, 40% by research activities and the last 20% are management tasks. The research activities in practice are mostly conversations with my team of PhD students, writing articles and designing my projects. Unfortunately, this is mostly from behind my desk. However, the one-on-one interaction with my PhD-students is really valuable. The education part is not equally distributed throughout the year. It mostly is in the form of preparing and giving lectures. The management functions are mostly within the institute or related to national/international organizations. As a result of this, every day is very different. I can have nine appointments in one day, all about completely different things. This continues during the week and it is very typical for my profession. You need to be able to switch from subject to subject almost every hour.

### **In which ways do you identify yourself with the theme of our magazine, "Just Breath"?**

In the first place, my whole life is influenced by the lungs. My research is specialized in the lungs and I teach lung-orientated courses. It's something that plays a major role in my career and life. Besides that, "Just Breath" also means "don't drive yourself crazy". It is a very important message to me. Stay who you are and do what you really like and want. "Just Breath" also reminds me of the COVID-19 pandemic and the realization that it is a really nasty time at the moment. To be able to breathe without getting sick is an ideal image during this COVID-19 crisis and I hope this crisis will end very soon.

### **Did your profession as teacher/researcher suffer from the COVID-19 pandemic?**

Logically, my research suffered because all activities were shut down from March until May 2020. Also starting up after this period was hard because not everything was "normal", we were still restricted. But honestly, I was busier with the well-being of my research group: keeping them motivated. They are in a very different stage in their career, the well-being of them is far more important to me than an eventually decreased amount of academic results.

The impact on the teaching, however, was much bigger in comparison to my research activities. Especially when I'm staring at a screen for almost 4 hours, without any personal interaction. Maybe 250 students listen, maybe 30... The lack of interaction with the students was by far the hardest for me. It was very frustrating because during this pandemic I had a solution for everything, except the educational/teaching part.

It felt like I was doing an act the same time over and over again.

### **Do you think there were also some positive things from online teaching because of COVID-19?**

One of the advantages of working from home is that I am closer to my family. Nothing is more relaxing than being with/and around my children. They've been home for a long time during this pandemic. So that was one of the little lights in the darkness during the lockdown.

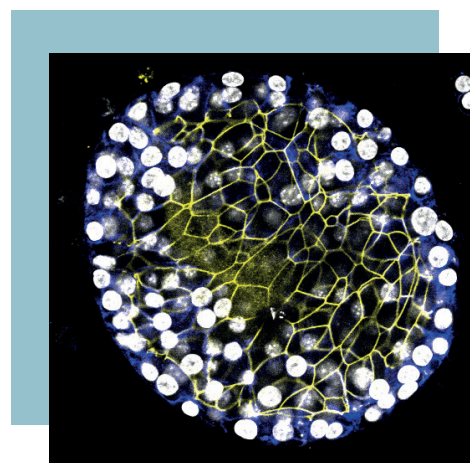
Besides this, working from home is more accepted than before. Video calling was not common before covid. Even international congresses are held online nowadays; during a lung-conference last year we almost doubled the number of participants in comparison to the years before. From an ecological perspective, "hybrid-events" are a big step in the right direction. For example, a congress with 25 thousand people also means that 25 thousand people need to travel. So, one of the positive aspects is the accessibility.

From a scientific perspective lung research is much more in the spotlight due to COVID-19. The awareness of the fact that lung diseases are capable of having an enormous effect on society has become bigger.

### **Do you have any advice for us Pharmacy students? (Bachelor and Master)**

My advice for bachelor students is to choose as broad as possible, this is because only then you know what you like the most. Try out different areas as much as possible so you have a good picture of how to design your master trajectory.

For Master-students my advice would be the complete opposite. At the start of your master study it is important to really think about what you want to achieve with your master. Do you want to have a career in the public pharmacy or do you prefer a more businesslike profile. Or (like me) do you want to go into the research world? Talk with other people about how to fill in your master, tutors for example. In the master Medical Pharmaceutical Sciences, these conversations are more common in comparison to the master Pharmacy. Certainly, if you decide not to go into the public pharmacy, the activities during your master will impact the direction of your further career.



## Corona guest lecture



On the 6th of May, there was a corona guest lecture by Diederik Gommers organized by the board of Pharmaciae Sacrum. At this time during the pandemic, there are a lot of questions also for us as future pharmacists. Especially now that many people will get vaccinated or already have been vaccinated.

Diederik Gommers is a professor of Intensive Care Medicine at Erasmus MC, Rotterdam. He has seen in short-range what impact the coronavirus can have. So he explained what the coronavirus is exactly and what effect it can have on the body. He also outlined the current situation on Intensive Care and medical treatments which are used. Thereby he explained the benefits of vaccination.

Due to the important role he has as a professor of the Intensive Care Unit, he was often asked for talk shows. Partly because of this, Diederik Gommers has become a well-known face in the Netherlands. After his lecture, there were still a lot of questions and Diederik Gommers took all the time to answer them carefully. Even when asked if he is still in contact with Famke Louise, he answered honestly. Because of her, Diederik Gommers got a popular Instagram account.

In short, it was a very educational and interesting guest lecture.

Marlyn Leferink op Reinink

## Commissioners' Activity



On Friday the 7th of May, the Commissioners' Activity took place. Unfortunately, it wasn't a barbecue like other years, but this was certainly just as successful. The 139th board had organized a wine tasting led by a real vinologist.

On the day of the wine tasting, everyone could pick up a wine package at 'Slijterij Groningen'. The owner of this shop was perhaps even more enthusiastic than we were. So, if you didn't feel like it yet, you got it now. Whoever thought we could start tasting right away was wrong, because there is a whole step-by-step plan beforehand: see the colour, swirl, sniff and sip. We had the choice to swallow or spit out the wine, but I think that choice was quickly made for everyone. With this step-by-step plan, we went by all the wines, from white to red and port. We missed the note that each wine was tasted before emptying the whole glass.

With difficulty, we were able to keep up the pace, and it took us a few 'adtjes' to keep up with the rest. I think this made the evening even more enjoyable. Everyone was in a good mood after all the glasses of wine, but never enough because the evening ended with a few more 'adtjes' chosen by the wheel of fortune.

I think I can speak for everyone that it was a very nice evening!

Thirsa Lohuis



## Women's activity



On the 20th of May, the long-requested activity was finally there. This was the women's beer cantus. The time for us, the strong independent women of P.S., to show that we can also drink lots of beer. Everyone was present from behind their screens in the most beautiful Tiroler dresses. We had received a nice package with 3L of beer per person, snacks and a lot of tools that we might need later that night. This promised to be an adventurous night...

The evening was led by Evelien, Myrthe and Laura. Evelien made sure the whole cantus went smoothly. Laura was responsible for all the punishments and she did not let anyone off the hook. Together with Morgan and Amber (and later on Katie), I was following the cantus. As a group, we sometimes had to sing some songs together or drink beers in crazy ways. One time we were a little bit too enthusiastic and did not notice that in the next song we were not supposed to sing. So with our brightest voices, we did sing along. Till our despite, because Laura noticed and gave us our first punishment: "the Congolese adt". Morgan was able to do this. However Amber and I were not able to get our complete mouth around the glass. Therefore we had to chug an extra glass of beer. So you can imagine that it went from zero to a hundred real quick and we felt the alcohol already after the first few songs. From the rest of the evening I can't remember much, but maybe that's for the greater good.

Charlotte van den Herik

## Dies gala and silent disco



At the end of May, it was finally time for the Dies Committee to organize their gala dinner and gala ball. Personally, I was already looking forward to it for a long time before that. So, when it was finally time, I couldn't wait to put on my lovely outfit and heels.

The evening started with a nice dinner from the Smaeckmakers. The food was delicious and somewhat different than I would usually choose, so that was nice. We also received plenty of drinks, which was an excellent start of the evening. After the meal, it was time to install the headphones and start dancing. I cannot remember everything in detail anymore; however, I remember that the DJ interrupted the music a little too much. Luckily, we had Joeri, who connected his music to the headphones, so we could also listen to his great music taste if we wanted to.

Altogether, it was a wonderful evening we all needed at this time, and hopefully, we can all dance together again very soon. Special thanks to the Dies Committee for organizing this great activity.

Morgan Spruijtenburg

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## I love Holland quiz



On Friday the 28th of May it was time for an activity organized by the Charity, Entertainment and Sports (LOS) committee.

During this evening we would play the 'Gek op Holland' quiz. The committee made sure we would not starve, so at the beginning of the evening we were able to pick up a delicious 'Toeterburger' with fries and of course also some craft beers.

At 8 o'clock it was time to start with the quiz. This time it would not be the board or the committee itself to be presenting the quiz, but an external company would be presenting it from a specially designed 'Ik hou van Holland' studio. This would make it extra fun. We were paired up with another team and had to discuss everything online, which made it sometimes more difficult but it was definitely hilarious. Different rounds were played, all with different categories and exercises where we had to show how much knowledge and creativity we had. One very funny activity was that one of the team members of each group had to wrap him/herself completely in toilet paper.

Overall it was a very successful evening and I think I could say that for everyone! I also want to thank the LOS committee who were still able to organize an original online activity after a whole year of online activities and socials drinks.

Emma van Rijn

## Battle of the Pirates



The Battle of the Pirates was a ferocious battle between many captains with their crews. The Battle of the Pirates consisted of a set of two games.

First a Crazy88. This game proceeds as follows: the entire group gets a piece of paper containing 88 challenges all varying in difficulty and that meant the harder the challenge, the higher the number of points you could gain. This high paced game was followed by a more traditional, slow and luck-based game: a Pirate Bingo with a multitude of prizes to win. The main prize was a Bottle of Captain Morgan for the real victors of these games.

Personally, I think the Battle of the Pirates was a resounding success. During the Crazy88 you were kept busy to get as many points as possible and afterwards it was very fun to rewatch all these funny challenges because they had to be filmed and checked by the jury, the JAK. The most beautiful part was to see that shame was put aside and even the most challenging tasks were successfully done. Real pirate behavior I think.

The JAK succeeded in capturing the competitive character of pirates in the Crazy88 and the gambling character in the Pirate Bingo. The food was good, the drinks were better and the battle was glorious. Absolutely something to remember in a beating pirate heart.

Fabian Schaub



## Masteractivity



On the 25th of June, it was time for the graduation drink. Last year we did not have much social contacts, so this Master Activity came as a pleasant prospect in our agendas. The Benidorn Bastards (read Master Committee) did a great job by finding a place where fifty people could be seated to see each other again and to say goodbye to the graduated students. The only condition was to attend a black & white theme, which was applied well by everyone.

In our black and white suits we walked to the big field of De Suikertuin to search for EM2. Once inside, the sociability was back as never before. With the table grouping, we could follow the corona measures and were able to have a nice evening. Me and Puk enjoyed our free wines and a pizza, definitely recommended. After some games and more drinks, it was time to take pictures outside to capture the memories. With our free drinks we took a lot of pictures. While we waited for our turn, we were petting some little, sweet wild boars at the field of EM2. That evening, Puk and I also discovered a hidden talent for jeu de boules on high heels (while watching out for wild boars that walked over the track).

I would like to thank the Master Committee for this great evening. Your attempt to search and arrange for a nice place in this COVID-19 time was worth all the effort. Thank you Benidorn Bastards!

Minke Copinga

## EJC activity



On the 29th of July the EJC activity, themed orange, took place in Villa Volonté. Numerous first-year students dressed in their most beautiful orange outfits showed up, curious to get to know their fellow classmates. Divided into groups the students sat down at different tables. Board and card games, beer pong, a beer in the hand, the evening could begin. Playing board games was a great way to somewhat break the ice, however most games did not last long. Most people seemed to have stopped playing after only two rounds, instead chatting and laughing in small groups.

After a year of not really knowing the other first-year pharmacy students, it was amazing to finally see and meet them. Not just from a computer screen, but in real life. Due to this, the ambiance was very open and pleasant, making the evening even more fun. Everyone was eager to meet and talk to 'new' people.

The evening ended by giving away some delicious beers to the winners of the games played. However the real price was of course the new friends made that evening!

Rosa Ellens



## Educational afternoon



On the 12th of May 2021, the Educational Afternoon & Teacher-Student Activity took place.

At the beginning of this afternoon, several people from the pharmaceutical world spoke about sustainability and the role of the pharmacist in it. The first speaker was Jelmer Faber from PharmaSwap. He talked about the concept of PharmaSwap. PharmaSwap is set up to reduce drug waste within the pharmaceutical world. Secondly, Anne van Valkengoed (PhD at the RuG) explained the concept of environmental psychology, climate adaptation and the connection with psychology and healthcare.

All in all, it was an interesting afternoon on a subject that you don't hear much about in the study. Also, sustainability is very topical these times.

After the Education Afternoon, it was time for the Teacher-Student Activity, the more informal part of the day. This part of the afternoon was filled in by a pub quiz. In this pub quiz, mixed teams competed against each other for coveted prizes. I can certainly speak for myself when I say that I got to know some teachers better because of this, which was of course the intention of the activity. I can also conclude that some teachers do not always have the same amount of knowledge outside Pharmacy. The pub quiz took place via Gather, so the real feeling of being in a pub was present, including some lovely craft beers and snacks. It was all in all a very nice day.

Floris Hofman

## National company visit



On the 31st of August and the 1st of September, the National Company Visit (NCV) took place, organized by the SSS. We traveled to accommodation Blauwestadhoeve in Midwolda. Due to the COVID-19 restrictions, we couldn't visit the pharmaceutical companies physically. Therefore we visited the companies virtually.

First of all, we watched a video with a tour through The Hague Hospital Pharmacy. This was followed by a physical lecture from one of the pharmacists of The Hague Hospital Pharmacy. We learned about how drug shortages due to COVID-19 were handled. We also got a online presentation from a pharmacist of Apotheek Voorzorg, who told us all about Baxter rolls and how mistakes in the rolls are avoided. Last we watched a virtual tour followed by an online presentation by Fagron Sterile Services. They showed and told us everything about sterile drug preparations.

After taking in all this interesting information, it was time for a delicious BBQ. We soon moved on to the theme party 'Let's get groovie, dreSSSed as your favourite movie'. Thanks to the corona check app, we could finally dance to our favourite songs together again. After brunch the next morning and a hug between the owners and the identified 'girl in black' who entered private terrain that night, we walked to a beautiful lake where we enjoyed supping and sailing on the water. Back in Groningen, to top it all off, we ate tasty burgers at the restaurant Blokes.

Thank you SSS, it was a great NCV!!!

Love, Regina Dijkwel





Voor jouw apotheek

*“Als VNA-apotheker heb ik de mogelijkheid om zonder groot financieel risico en met veel support zelf te ondernemen”*

Luuk Dohmen

## Ondernemen in je eigen apotheek!

Eigenlijk is het te mooi om waar te zijn... Je beheert een eigen apotheek, leert het ondernemersvak en runt je zaak zoals jij het wilt. Zonder financieringsrisico. En als er iets aan de hand is, helpen wij je met een oplossing.

Toch is dit precies wat VNA al sinds 1948 voor jonge apothekers doet.

Bij VNA kun je je registratiefase doorlopen. Ben je gevestigd apotheker, dan deel je na twee jaar al mee in de winst. Na vijf jaar beheer je de apotheek geheel zelfstandig als medevenoot van VNA. Uiteindelijk is de apotheek 100% van jou.

### Interesse?

Neem vrijblijvend contact met ons op en we kijken samen met jou naar de mogelijkheden! Bel 033-460 10 00, mail naar [vna@vna.nl](mailto:vna@vna.nl) of kijk op [www.vna.nl](http://www.vna.nl)





## Career Day Committee



Dear readers,

We are proud to announce that we are the new Career Day Committee: Gossip Girls. We organize the annual Career Day for Master students, which takes place on the 4th of March 2022. During this day students get the opportunity to get acquainted with potential employers and/or gain inspiration for the future. This day will be filled with plenary sessions and workshops from all kinds of pharmacy-related companies. Now let's introduce ourselves. Evelien is the praeses of our committee, she is the "Queen B" of our girl squad. She ensures that there is some peace in the group full of chatterboxes. Every Blair needs a Serena, so there is our ab-actis Thirsa. Just like Serena she will show up everywhere and knows everything with all her contacts like a real ab-actis does. These ladies, of course, need some men and money, so there are our quaestors Nate and Chuck a.k.a. Marlyn and Liene. Maybe not as masculine, but money is the only thing that counts, right? The newest member in this squad is Dan aka Kirsten. This will be her first year as a committee member. Just like Dan she will learn all the tricks of the trade.

Every Monday there is not only a meeting but also the latest gossips will be discussed while enjoying the necessary glasses of wine. We are looking forward to organizing and taking part in the Career Day of 2022.

You know you love me,

XOXO (Career Day Committee 2021-2022) "Gossip Girls"

## Master Committee



L.S.

We are the Master Committee 'Sprezzatura'. The Italian word sprezzatura comes from the Renaissance and is hard to translate. It is best described as 'studied carelessness', 'well-practiced naturalness', or 'the appearance of effortless'. The word refers to an attitude – literally as well as figuratively – which indicates that you don't belong to the common people, but that you are part of an elite group that knows how things should be.

A boy who understands the last bit very well is Joost, the 'chef de mission' of this Paralympic committee. The similarities between Joost and Berlusconi are simple to see. At first, it seems like a good idea to put him on lead, but he is crooked as a dog's hind leg. Luckily there are high expectations of Laura. Laura is a woman who is a master in the art of writing. Soon she will be mentioned in the same breath with names like Michelangelo and Leonardo Da Vinci. Yet, we fear getting a Scapino Shoe, instead of the expected Santoni. Furthermore, Lisa is in charge of the money of the committee. This mafioso has slipped herself into the committee as a true charlatan. With her Italian expertise in accounting, our committee will be submitted to money laundering and self-enrichment. Don't be surprised if it turns out that 5.2 billion euros in receipts have been lost. In a world full of chaos, improvising, money-wasting, misconduct, perplexity, topped with a sauce of whether or not romanticized crime, Nienke is also fine. During her maiden speech, she promised, without blinking an eye, that she would do little work in the coming year.

As the sweet laziness of Toscane, it is not possible to do anything about it. So, it's best to just let her be. And last but certainly not least, Bram. Bram is the absolute subtop. If you would think of something like Bram, you are thinking of lard, sport fishing, fries with mayonnaise and SBS6. We are completely paralyzed with someone like Bram in our committee. We are competing in the Formula 1 championship with a Fiat. Nevertheless, we will put everything on the line to win, but in the worst case we still had a blast.

The Master Committee

## STOF Committee



Dear P.S.-ers!

We are the Student Council Pharmacy 'SCP' (in Dutch: Studenten Overleg Farmacie). Our job is to help students with every study-related problem and improve the study Pharmacy. Every two months, we organize a meeting in which every question that is reported to us will be discussed. These meetings are also attended by the year representatives, the heads of Pharmacy, and other academic representatives. Do you have a question? Or a complaint? You can contact us via [scp@psgroningen.nl](mailto:scp@psgroningen.nl) or come to us for help.

Last but not least, we would like to introduce ourselves. Manon is the praeses of the SCP, she is a second-year master student and will be the chair during the SCP meetings. As the ab-actis, Mirthe will keep track of all important things that are discussed during the meetings. She just started her Master. Danique is a third-year master student and being our quaestor, she will keep an eye on every penny that is spent for our committee. Jip is a second-year master student and as our assessor I she will help us with various things, but most importantly bring a lot of cheerfulness during our committee meetings!

Hope to see you for a drink at 't Vaatje!  
With love,

The Student Council Pharmacy 'ToverSTOF' 2021-2022

## TOC Committee



Dear P.S.-ers,

We are the "Technical Committee". Not to be mistaken by the "Technical Supporting Committee" as this is the first time we introduce ourselves under this brand-new name. With our new name "Technical Committee" we will have a fresh start, ready to pick up our standard committee nights on Monday evenings. Again, we are eager to support the board and our association with all technical affairs such as computer and server installations, installation of all the latest software and advice on purchases of needed hardware.

Sadly, this year the committee consists of only four members as we had to say goodbye to the ULTIMATE tech-guru, Remco Prins (a.k.a. petje). We would like to thank you for all your support and dedication to this committee.

However, this sad news may also be a good opportunity for YOU! Because we are always looking for P.S.-ers with an interest in the technical field to help us support our association. So do you think you are up for the task or do you just want to know more about this committee, contact us at [toc1881@gmail.com](mailto:toc1881@gmail.com) or say hi at one of the many parties and social drinks we hope to see you all at again this year.

With love,

Technical Committee '21-'22

Cees Boone (praeses)  
Daan Geertjes (ab-actis)  
Adnan Kanaan (quaestor)  
Sina Nikbakht (assessor I)





14 questions with...

# Twan Schrijver

## Assessor II of the Board

**What is your hometown?**

Raalte

**When is your birthday?**

7 september

**How would you define yourself in three words?**

Patient, sincere and chill

**What is your function?**

Assessor II

**What makes you smile the most?**

When my friends ask me to drink some beers with them

**How do you start your day?**

By waking up

**What is the most adventurous thing you have done in your life?**

Volunteer work in Romania

**What are the three things you can't live without?**

Music, friends and family

**What is your favorite movie of the last five years?**

Will Smith, because I would like to experience the life of a loved actor

**What is heavily played on your music playlist right now?**

The Script

**What is your favorite cocktail?**

Moscow Mule

**What is one thing you have always wanted to try, but were too afraid of?**

Bungee jumping

**What is one city you have always dreamed of travelling to?**

Havana

**What is your favorite fast food order?**

Frikandel speciaal







14 questions with...

# Wies van Bakel

## Assessor I of the Board

**What is your hometown?**  
Veghel, Noord-Brabant

**When is your birthday?**  
23 May 1999

**How would you define yourself in three words?**  
Friendly, enthusiastic, caring

**What is your function?**  
Assessor I

**What makes you smile the most?**  
Unexpected (small) activities with friends, which happen to be really nice.

**How do you start your day?**  
Chilling in bed (if I don't set my alarm too late) and checking my phone for new messages and the news.

**What is the most adventurous thing you have done in your life?**  
Not really adventurous, but I overcame my fear of flying.

**What are the three things you can't live without?**  
Friends, family and money

**What is your favorite movie of the last five years?**

I don't watch a lot of movies, but I do have an absolute favorite TV series which is 'Friends'.

**What is heavily played on your music playlist right now?**

Two (very different) songs are my absolute favorite at the moment, which are Futureproof – Nothing But Thieves & Leuk – Antoon

**What is your favorite cocktail?**

I like many cocktails, but my favorite (at this moment) is Moscow Mule.

**What is one thing you have always wanted to try, but were too afraid of?**

Something like skydiving seems really nice!

**What is one city you have always dreamed of travelling to?**

New York

**What is your favorite fast food order?**

Kipfingers after a few drinks, otherwise sushi!





# Graduates

## MPS

Moustafa Naasan  
Jia Lin Tan

## Pharmacy

Benno Diekmann  
Nicole Wiersema

# Activity list

## October

October 19	EJC Party
October 20,28	BENU Pharmacy Training
October 21	SPITS Excursion
October 26	General Members' Meeting
October 29	Master Activity

## November

November 9	P.S. Social Drink
November 15	WOLK Lunch Lecture
November 17	Board Information Evening
November 24	Hospital Pharmacy Evening
November 25	MPS Career Afternoon
November 26	Hammer Centenary

# Colophon

## Editorial Committee

Sharon Koers  
Wietske van der Bijl  
Jens Lammers  
Emma Dorenbos  
Kai Timmers  
Juliette meijers

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Schaub, Minke Copinga, Rosa Ellens, Floris Hofman, Regina Dijkwel, Career Day Committee, Master  
Committee, SCP Committee, Technical Committee, Wies van Bakel, Twan Schrijver.





# Wolk Academie

## ONDERWIJS

Delen van kennis, vaardigheden  
en attitudes brengt ons  
allemaal een stap verder

### Wolk Academie

Wij willen samen met jullie waarde creëren in de farmaceutische zorg. Dit doen we door kennis te genereren met onderzoek. En: door kennis te delen met onderwijs.

### Onze doelstelling

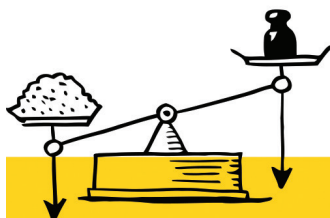
Ons doel is om gezamenlijk farmaceutisch wijzer te worden door te onderzoeken, kennis te delen en te groeien naar optimale farmaceutische zorg voor en zelfstandigheid van de gebruikers.



#### SAMEN



#### WAARDE



#### CREËREN



### Zin in een leuke farmaceutische stage?

Wij begeleiden en faciliteren met veel plezier studenten farmacie bij de stage Apotheek Organisatie en PraktijkOnderzoek, en doen dit in samenwerking met onze farmaceutische partners. Kijk op **wolkacademie.nl** voor meer informatie en ervaringen van stagiaires.

### Farmaceutische partners

Wolk Academie is opgericht in 2020 samen met de volgende farmaceutische partners:



Interesse in een farmaceutische stage bij ons?  
Neem contact met ons op via [info@wolkacademie.nl](mailto:info@wolkacademie.nl)