

After plenty of paper work and uncertainty if I'll get the courses I chose, the semester finally started in October. I already moved to Berlin in the end of August since I started an internship, which I simultaneously did at an educational institution for cognitive behavioural therapy. I really experienced these weeks in September as on hot coals: the semester in Sweden already had started a while ago and I was really curious about the new university. In the end, everything worked out well: I got all the courses I applied for. Language wise it was a "home game" (since German is my mother tongue) but it took me a while to get used to the completely different university system. Other than in Sweden you have several classes at the same time, in my case seven classes, each two hours every week. Additionally I had three block courses, held on a weekend. This means that you have to concentrate on many different topics at the same time. Furthermore, I experienced it as quite time-consuming (this might also be because of the double load I had due to the internship).

Most of the classes were, other than expected, quite small (around 10 people) which enabled us to work rather practical, make role-playing games and discuss a lot. The teachers, most of them are therapists themselves also shared their clinical experience with us, from which I learned a lot. Compared to the Swedish system, I often had the feeling that we were not working through topics that profoundly, since the amount of topics dealt with was much higher. Nevertheless I couldn't decide until the end which system I think I had gained more knowledge from. I definitely learned a lot in this half a year and I'm more than glad that this exchange took place. I think it was an enriching experience to get to know both ways of acquiring knowledge and this half a year definitely rounded my Master's programme off.

In the beginning of the semester I had the feeling of drowning in work, but after a while I got used to the new work rhythm and enjoyed most of the courses a lot. Most of the courses I chose were within the clinical field. Combined with my internship I prepared the ground for the next step after the Master's degree. Deepen my knowledge in clinical psychology was the reason why I decided to do an exchange semester in Berlin. After this half a year I'm sure that I want, someday in the next years, start a professional training to become a therapist.