

LUXEMBOURG

one of Europe's smallest countries



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Impressum

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Since its foundation in 1966, **ALEM** (Luxembourgish Medical Students' Association) aims at representing the interests of Luxembourgish medical students. The association counts **more than 400 members** all over Europe.

Our **objectives** are the **representation of the interests** of all students in the medical domain towards the national authorities, the **connection between medical students** and the **exchange of points of view** of students from different medical domains.

With these exchanges, ALEM tries to recognise and study the professional, human or material problems in the national health system and medical education and to propose suggestions for improvement.

Therefore, we also **collaborate** with the national authorities or other medical associations, such as the **national doctors' association** (AMMD).

Other important aspects of our work is informing young people with interest in medical subjects. We participate for example in **information fairs in high schools**, where we inform the pupils about the medical studies.

The Alem also informs its members about concerning changes in the medical education systems and **supports medical students** in organizing their studies.

We organise a **yearly Training Day** with practical medical workshops for the medical students.



A great work of our **SCOPH team** are the **teddy bear clinics** which are organized to reduce the children's fear from doctors and hospitals.

Furthermore, ALEM dedicates itself to the information about possible **internships or professional contacts** and **promotion of public and sexual health** in Luxembourg.



Since **2007**, ALEM is a **member of the IFMSA** and has 3 local committees. This membership offers us the possibility of international exchanges and projects. We participate every year with a delegation at the **March Meeting, August Meeting and EuRegMe** in order to inform ourselves about projects and initiatives of other NMOs and to get in touch with medical students from all over the world.

In **2014**, the association has been opened for students of other domains of the health care system such as **pharmacology or veterinary medicine**.



The different regions of Luxembourg

Luxembourg City



© Kevin Fernandes

The **capital** is still marked by a lot of remnants of the Medieval and Renaissance time. You can see the **fortification walls**, the Spanish towers and the “**Huelen Zant**”, which means “hollow tooth” and is a tower of the fortification wall.

You get the **best view of the fortification walls** if you take the elevator down to the “**Gronn**”/ “Grund”. This was the **ancient downtown-city**, not protected by the walls. From down there you can look up to the uptown part of the city where the former rich and noble people lived. Besides it is a very nice corner with **small lanes and little cafés**.

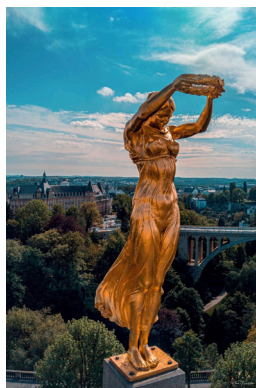
There is also the **Abbey Neumünster**, part of the **ancient prison**. Nowadays there are many concerts and exhibitions inside.

To find the elevator that takes you down to the Gronn you have to enter the “Cité Judiciaire”, where all the ministry of justice buildings are which are also beautiful to see, and go to the entry of the underground parking.

Also, **downtown** is the “**Rives de Clausen**”, a little quarter, former industrial, where you can find **bars and restaurants**. It is a nice place to go if you like to experience **nightlife** in the city. You can also visit the **Kasematten** which are **ancient underground corridors of defense**.

In the **heart of the city**, you can walk by the **Palais of the Grand-Duc** and next to it the **Parliament**. The museum of art and history is also around there.

From there you can continue your walk over the **Knuedler** and the **Place d'armes**, two **main squares** surrounded by many **restaurants, cafés and shops**.



Don't miss the statue of the “**Gëlle Fra**”. It even made its way to the **world exhibition in Shanghai**.

© Kevin Fernandes

Next to the Gëlle Fra is the **Cathedrale**, the **biggest church in Luxembourg** and you also see the “**Pont Adolphe**”, one of the **biggest stone-arched bridges in Europe**, which provides access over the Petrusse towards the main station.

On the **Kinnekswiss** you can take a little rest and watch people playing **sports or relaxing** on the lawn.

Take the **panorama-elevator** down to **Pfaffenthal**.



The **Kirchberg** is the **modern part of the capital** with the banks, the **philharmonics** and the European institutions.



© Kevin Fernandes

It is worth visiting it to see the beautiful building of the philharmonics, the modern museum **MUDAM** with the “**Dräi Eecheln**”, which means 3 acorns, in front of it.

If you are interested in Europe and politics the European court of justice may also be an option worth visiting.

In **August** and **September** there is a huge event going on in the capital city, the “**Schueberfouer**”. It’s a **big fair with rollercoasters** and other fairground rides and a lot of food stands.

Mullerthal



© David Dermouchamps

The „**Mullerthal**“ is a very beautiful region in the **north-east of the country** and often called “**Little Switzerland**”.

You can take **long walks** through the **rocky landscape** or go **mountain biking** or **climbing**. The rocks are out of sandstone which is the reason why some have gotten quite extraordinary shapes over the time by erosion.

Sometimes the path takes you between two gigantic rocks and you will be wondering in the beginning if you even fit through.

There also **numerous caves**, some of which you can enter. In that case it is handy to take a pocket light with you. Furthermore, you can see **little waterfalls, rivers and nice forests**.

Numerous villages still have **medieval castles**. Some of them have been renovated and can be visited for instance the castle of **Beaufort** or **Larochette**.

Éisleck



© Visit éisleck

“Éisleck” is the name of the whole **North of Luxembourg**. It is more rural than the rest of the country.

It is marked by **peaceful landscapes** with small hills, fields, farms and meadows with animals.



© Alexander Lang

In the **North of Luxembourg** there are some beautiful castles too, for instance the **castle of Vianden**. This castle was built between the **11th an 14th century** on the foundations of a Roman castle. It was home of the counts of Vianden until 1890 when it became property of the Grand Ducal family until 1977.

Today it belongs to the State ownership and can be visited from the outside as well as from the inside.

You can get to the castle by using the road or by a chairlift. By using the chairlift, you have a nice view over Vianden.

For the athletic ones, **next to the castle is a tree-climbing park.**

Speaking of history, in the town of **Diekirch** is a **military museum** about the second world war and in **Clervaux** an exposition about the **famous photographer Edward Steichen** who was born in Luxembourg.

Stausee



© Alexander Lang

The „Stausee“ is a **barrier lake** in the **west of the country.**

It covers an area of **3,8 km²** and has a **volumetric** capacity of **60 million m³**. It was constructed in 1950 with the aim to create a **drinking water** reserve.

Today **divers** can still see the remains of the former towns on the ground of the lake. In summer, it is very nice to take a walk around the lake or go **swimming**.

On certain places you have the possibility to try different watersports such as **waterski or kayaking** or you can go there and have a nice **barbecue** evening on the border of the lake.

Minette

“Minette” is how the **South of Luxembourg** is called. In the South of Luxembourg, the **steel industry** was always the major pillar of the economy. For the steel production stones were extracted of the forests and transported to the factories where they were melted to extract the iron ore.

These **stones**, which have a **red color** due to the **iron** ore they contain, gave the South region its name. Today the steel industry is no longer producing iron on basis of the stones. If you take a walk through the forests, you will see the red ground, the red rocks and the landscape that remained from the times of the steel industry.

In **Rumelange** you can visit a **museum** about the **mines** and even enter one. There you have the opportunity to see the machines that were used in the mines and learn about how the work was done and how hard the work conditions were in such a mine.

Esch-Alzette, the **second biggest city of Luxembourg**, is located in the South. The former industrial site of Esch-Alzette has been completely modified and renewed and is **now the campus of the University of Luxembourg**.



Musel

“Musel” is the **river** marking the border **between Luxembourg and Germany**. It gives name to the east region of the country where it runs.

Along it is the **wine region** of the country. You can stroll along the river banks and enjoy the **vineyards** on the hills around you.

If you like it faster you can also make a **bike tour or go inline-skating** along the banks. If you are interested in the wine-production you may visit a wine cellar and do a **wine tasting**.



© Laurent Nilles



The Health Care System

In Luxembourg, we have the **stationary health care** in hospitals and the **ambulant health care**, which majorly the general practitioners are in charge of. Nevertheless, the hospitals also have a non-negligible part in ambulant care. To relieve the ERs, we have the "**Maisons médicales**", a kind of institutions with several **general practitioners** which is open during times in which normal doctors don't work, for instance on Sundays, late in the evenings and during night.

In Luxembourg, there are **4 big hospitals and numerous smaller ones**. The smaller hospitals always belong to one of the big ones and form a cooperation. Our hospitals are being presented in the following article. Only in one hospital (the Centre Hospitalier du Luxembourg) doctors have regulated contracts with the hospital and will get a fix salary every month. In all the others, doctors work as liberal working health workforce.

In Luxembourg **doctors are paid directly by the patients** and afterwards the

patients send the bills to the **public health insurance** company to get **refunded**. It is different if patients are hospitalized, in which case the health insurance pays directly the costs and the patient will pay his participation later on (tiny amount).

It may also be important to know that in Luxembourg there is **no difference between private and public health**



insurance. We don't have private patients nor doctors who will only treat private patients as it is the case in our neighbor countries like Germany or France for instance.



Everyone has the same health insurance. Some may have an additional one that refunds extra costs such as for glasses, braces, ... but having this additional insurance doesn't make the patient a priority.

The Hospitals

Centre Hospitalier du Nord (CHdN)

The CHdN is the public hospital in **northern Luxembourg** and therefore, mainly cares for citizens from the North during hospitalization, a visit to the day hospital or on an outpatient basis.

It has two sites, one in **Ettelbruck** and one in **Wiltz**.

Certain specific treatments are concentrated on one site in close collaboration with the National Centers and University Hospitals.



© CHdN



Centre Hospitalier Emile Mayrisch (CHEM)

The CHEM is the largest hospital in the **South of the country** and has three sites, one in **Esch/Alzette**, one in **Niederkorn** and one in **Dudelange**.

The François Baclesse National Radiotherapy Center and the National Hyperbaric Oxygen Therapy Center are located on the Esch / Alzette site.



© Lucien Schmitz



Centre Hospitalier du Luxembourg (CHL)

The CHL has **four clinics**, CHL Centre in Luxembourg City, the maternity CHL Maternité (Maternité Grande-Duchesse Charlotte), the pediatric clinic CHL Kannerklinik and CHL Eich.

It is the **only Luxembourgish hospital** center in which **doctors work as full-time employees**.

The CHL is engaged in training, research and it is recognized as an internship site by universities in neighbouring countries.



© Nathalie Schmitz

Hôpitaux Robert Schuman (HRS)

The HRS is a **new hospital group** composed of the Clinique Bohler, the Hôpital Kirchberg, the ZithaKlinik and the Clinique Sainte Marie.

The Medical Training Center, which allows practical training on anatomical parts to learn new operating techniques, is also located in the HRS.



© Nathalie Schmitz

The University of Luxembourg

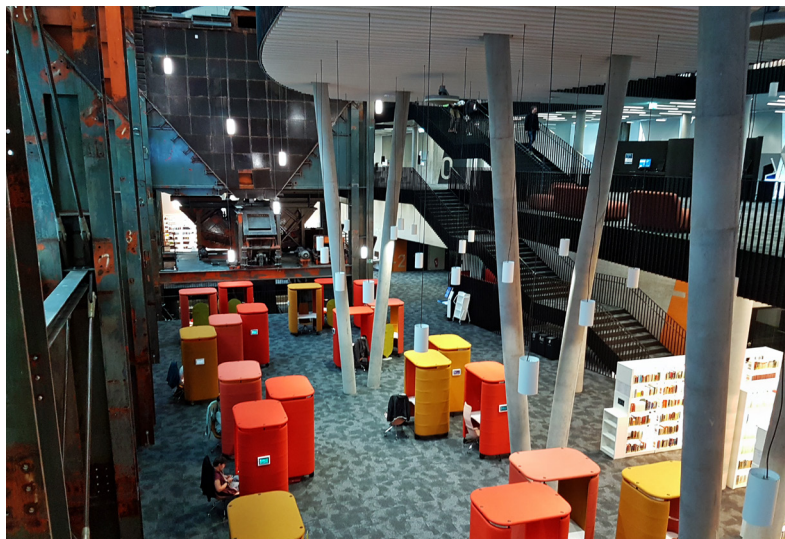
Since the start of the **academic year 2020/2021**, the University of Luxembourg is offering a complete **Bachelor in Medicine** out of an already existing first year which takes up to **125 students**.

After accomplishing their **first year** of medical studies, students have the possibility to continue their studies in one of the **partner universities in Belgium, France and Germany** or to finish their Bachelor in Medicine at the University of Luxembourg. The distribution of the places is based on the end-of-year ranking examination. For the moment there are 77 places to distribute: 15 in Belgium, 34 in France, 3 in Germany and 25 in Luxembourg.

The **program of the first year** corresponds with the **French and German one** and includes basic sciences with appearance of first medical courses such as anatomy, histology and physiology for the first semester. **Courses** are given in **French, German and English**, so C1 level in French/German are required.

The **second one** is more focused on **medical courses** and contains practical work in anatomy and histology as well as a course dedicated to the basics of medical imagery, clinical medicine and deontology for example.

Ultimately, the **third year** is centred on **internships** and **pathologies**. On the program are for instance neurological and lung pathologies.



© Malou
Stammet

As for the internships it is expected to have one in emergency care and general Medicine along with an hospital internship in surgery for the first semester. Lastly, the second semester will end with a medical internship.

As for the **second and third year of the new Bachelor** of Medicine a maximum of **25 students** will be able to profit from an advantageous learning environment.

After acquiring their **Bachelor's degree**, they can pursue their studies in France, more precisely in **Nancy, Paris V/VI and Strasbourg**.



© Eduard Hueber





Useful vocabulary

Luxembourgish	French	English
Moien [m'ojən]	Bonjour	Hello
Äddi ['ædi:]	Au revoir	Bye
Merci [m'ɛrsi:]	Merci	Thank you
Wannechgelift [vənæçgəl'ift]	S'il vous plaît	Please
Gäergeschitt	De rien	You are welcome
Ech brauch Hëllef [əç BR'æ:ʊχ h'ələf]	J'ai besoin d'aide	I need help
Mäin Numm ass ... [mæ:ɪn num as]	Je m'appelle ...	My name is ...
Gutt [gut]	Bien/Bon	Good
Schlecht [ʃ'æçt]	Mal/Mauvais	Bad
Wéi geet et?	Comment ça va ?	How are you ?

Tips and Tricks

First of all, **never be afraid to ask somebody**. In general, most **Luxembourgish citizens speak at least one of common languages** such as **English** or **French**. Even if we might not seem friendly at first, once you go up to somebody, nobody will reject you but try and help.

For **time-managing**, it might be helpful to download the '**Mobilitéits App**' or '**CFL App**'. These Apps will give you the **fastest connections from point A to point B** using the **free public transport**. Furthermore, it shows you if your bus or train might be delayed.

While staying in Luxembourg, you need to try **typical Luxembourgish food**. "**Kniddelen**", a further simple dish which consists of cooked dough with crème and bacon is commonly offered in Luxembourgish restaurants. For those who are more into the extremes, try and find "**Traipen**". This typical food consists of the intestine of cows in a sausage normally served together with apple sauce. When visiting the Schueberfouer (fair at the end of August), the "**Gromperekichelcher**" are a must.

If you like to try and **cook some Luxembourgish food yourself** you can check out the website www.anneskitchen.lu, where you find a lot of tasty recipes from a young Luxembourgish chef.

Gromperekichelcher



© Anne's Kitchen (Anne Faber)

Kniddelen





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