



## **Report on the Exchange Program in Academic Year 2/2022**

**Ludwig Maximilian University of Munich**

Submitted by

Pimpisa Thanaprasars

Bachelor of Arts Program in Journalism (Mass Media Studies) English  
Program, Faculty of Journalism and Mass Communication, Thammasat  
University

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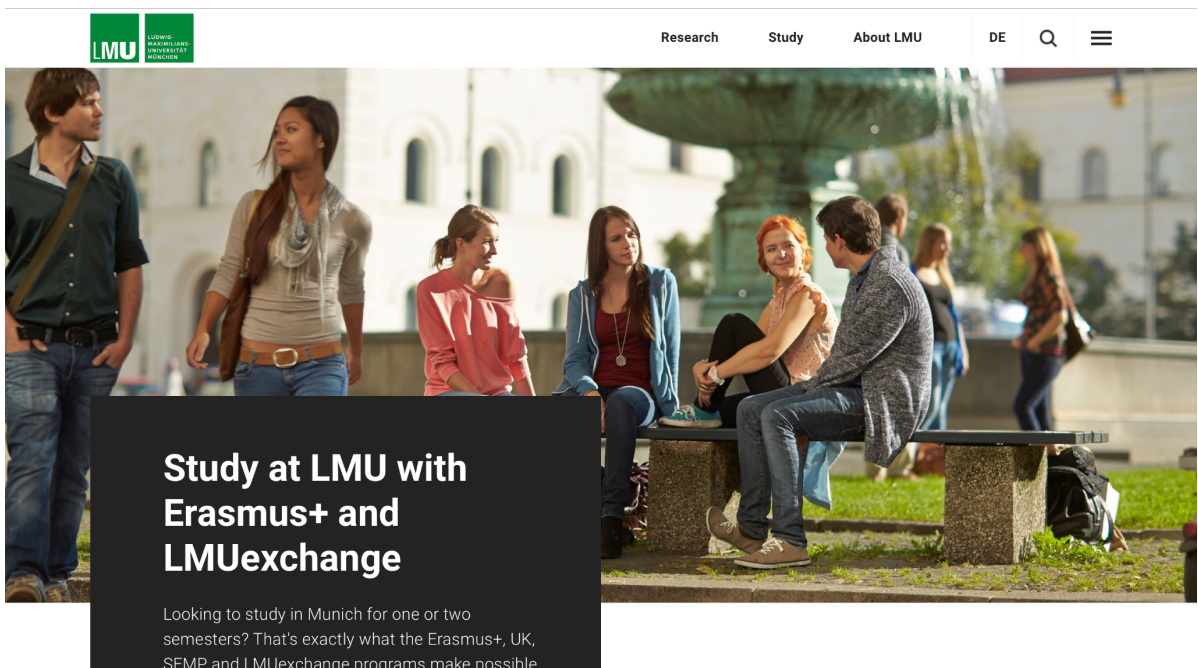
Thammasat University Tha Phrachan 2 Phrachan Road, Grand Palace  
Subdistrict, Phra Nakhon District, Bangkok 10200

# Topics

## 1. Preparation before arrival

Before you go on an exchange program, you should prepare by selecting classes that interest you. You can select based on your interests or the faculty in which you are enrolled. My advice is to look up the course descriptions for the subjects you wish to study and compare them to the subjects from your faculty's courses, as well as the credits. You can consult your advisor or instructors who teach that subject to see whether it meets the criterion and if the contents are comparable.

To find out about courses at Ludwig Maximilian University of Munich, as well as other information and suggestions in Munich, visit the LMU webpage for International exchange students. There will be numerous section recommendations, such as Pre-arrival in Munich, Student housing, or Course Selection, as well as the Buddy program.



The image shows a banner from the LMU Munich website. At the top left is the LMU logo. To the right are navigation links: Research, Study, About LMU, and a language selector set to 'DE'. There is also a search icon and a menu icon. The main part of the banner is a photograph of a group of diverse young adults sitting and standing in a park-like setting with a large fountain in the background. Overlaid on the bottom left of the photo is a dark grey box with white text that reads: 'Study at LMU with Erasmus+ and LMUexchange'. Below this, in smaller white text, it says: 'Looking to study in Munich for one or two semesters? That's exactly what the Erasmus+, UK, SEMP and LMUexchange programs make possible.'

(<https://www.lmu.de/en/study/all-degrees-and-programs/programs-for-international-visiting-students/erasmus-and-lmuexchange/index.html>)

Furthermore, if you did not receive the scholarship, you must plan and research the Blocked account as well as the insurance for the Visa. For insurance, I chose the "Mawista" option rather than the "TK" one recommended by the LMU. Mawista, in my opinion, has several packages to choose from, and I selected a student package that is reasonably priced for students and simple to register for and process.

The screenshot displays the 'TARIFF OVERVIEW' for Mawista health insurance plans. It features three main categories: INTERNATIONAL STUDENTS (highlighted with a red border), TOURISTS, and EXPATS. Under INTERNATIONAL STUDENTS, there are two plans: Mawista Student (from €25 per month) and Mawista Student Pro (from €42.67 per month). Under TOURISTS, there is the Mawista AOK plan (from €115.88 per month). Under EXPATS, there is the GKV BARMER plan (from €119.94 per month). Each plan card lists benefits with checkmarks and includes 'MORE DETAILS' and 'APPLY' buttons.

Category	Plan Name	Price (per month)	Benefits
INTERNATIONAL STUDENTS	Mawista Student	from €25	✓ Private travel health insurance ✓ Attractive cost-benefit ratio ✓ With accident and liability insurance ✓ Monthly contract termination
	Mawista Student Pro	from €42.67	
TOURISTS	Mawista AOK	from €115.88	✓ Statutory health insurance ✓ Direct billing to the doctor ✓ Incl. preventive medical checkups ✓ Up to 30 years
EXPATS	GKV BARMER	from €119.94	✓ Statutory health insurance ✓ Direct billing to the doctor ✓ Incl. preventive medical checkups ✓ Up to 30 years

([https://www.mawista.com/en/tariffs/?mtm\\_campaign=Brand\\_CoreBrand\\_en&gad=1&gclid=CjwKCAjwsKqoBhBPEiwALrrqiBRnUlws38i70q9al9qo-L00E1eHO7jC4Amj6RtcMpaiUrA5CQkQShoCs8AQAvD\\_BwE](https://www.mawista.com/en/tariffs/?mtm_campaign=Brand_CoreBrand_en&gad=1&gclid=CjwKCAjwsKqoBhBPEiwALrrqiBRnUlws38i70q9al9qo-L00E1eHO7jC4Amj6RtcMpaiUrA5CQkQShoCs8AQAvD_BwE))

Also, if you do not receive student housing, I would say it is quite difficult to obtain if you don't make the effort to look for it. This is a problem that most of my international friends are facing. It is quite a struggle, and it is incredibly expensive. If you have the opportunity to live in student housing, I recommend that you take it.

Another suggestion is to enroll in a German language course before the semester begins. There will be a summer or winter course for overseas students to study and practice German in preparation for everyday life. As you will have the opportunity to make new wonderful friends from many countries and you may choose the level of German class as I start from the basic one, I would think it is extremely useful and beneficial for your daily life in Germany. It is tough to live here if you do not know the basics of German because everything is in German, including the menus at the grocery store, supermarket, and restaurants.

## 2. Living in Munich

As an exchange student living in a student dorm, I prefer you to prepare for yourself because it saves you money over grocery shopping and dining out. Moreover, it was a lot enjoyable for me to cook up new meals as well as some Thai food for my international friends.



“Cooking together with new friends”

Additionally, try to go out to do a lot of outdoor activities with your friends, and you will meet new people by participating in student activities.



Do not be too lazy or afraid to make new acquaintances or try new things. Step outside of your comfort zone since it is worthwhile to do so as a student in your twenties. Do not let the opportunity pass you by!!



“Meeting new friends from German class and students activities”



“Joining the Fruhling Fest which is an annual family-friendly celebration of the spring season in Munich”

### 3. Problems and Obstacles

It is not a problem in my opinion, but it may be an obstacle because I live in student housing with a common kitchen. That implies I will have to share a kitchen and a refrigerator with 10-20 other people on the same floor. When it is messy and someone does not wash their dishes, I am unwilling to use the kitchen, so I bought my own electric pan to cook in my room instead. Fortunately, a neighbor gave me a free compact refrigerator. This facilitates my exchange life and avoids the need for me to spend time or cook in the shared kitchen much.



“Some point of views of the shared kitchen and common room in my dorm”

Additionally, the issues may vary from person to person. We might encounter cultural shocks because our cultures, traditions, and languages are different. You must give yourself time to gradually adjust to it. There are many activities you can participate in with other students, so my advice is to try to socialize with others and enjoy every moment you have.