



## ERASMUS-EXPERIENCE REPORT

**Name: Anonymous**

**Field of study: Biotechnology**

**Host institution: KTH Royal Institute of Technology, Stockholm, Sweden**

**Year of study: 2021**

**Duration of stay: from 17.8.21 to 26.11.21**

### **Publication of the report**

I consent to the publication of this experience report including the above data (field of study, host institution, year of study, duration of stay) on the website of BOKU-International Relations for the purpose of sharing information related to the study visit, so that future interested outgoings can inform themselves about your experience at the host institution.

yes no

The consent is voluntary and can be withdrawn at any time without giving reasons with immediate future effect. Any withdrawal can be declared at any time by e-mail to [erasmus@boku.ac.at](mailto:erasmus@boku.ac.at).

**THE FOLLOWING ASPECTS WOULD BE INTERESTING FOR FUTURE OUTGOINGS:**

1. City, country and people + social integration
2. Accommodation
3. Costs and expenses
4. Arrival and departure (mean of transport)
5. Other (visa, insurance, etc.)
6. Description of host institution/internship provider
7. Internship support on site
8. Registration process in advance
9. Tips and other things you should know
10. Summary

The city and country are very friendly and people are very hospitable. However they are often very distant. I did not have any problems or difficult situations in Stockholm because I was foreign. Everyone speaks English here, so it is really not a problem to blend in the society. I mostly hang out with my peers from the Europe. Everything here is quite expensive, especially public transport, accommodation and specific type of food (vegetables, fruits, meat). However, this scholarship helped me in that sense. On average every month I spent 100 euros on public transport, 400 euros on food, 70 euros on leisure and 600 euros on accommodation. Arrival and departure to and from Stockholm was quite smooth - I took Austrian Airlines direct flights in both directions. Since I am an EU citizen, I did not need to apply for visa. Regarding health insurance, I had EU health insurance card which is accepted in all health clinics/ordinations.

I did my Erasmus+ traineeship in Stockholm, Sweden at KTH in the lab of prof. Christina Divne. My host lab was a structural biology lab with few members (mostly PhD students). My stay at KTH lasted for 3.5 months. Since I am doing my PhD, I came here for the reason of doing certain experiments that are easier to be done at KTH. I was occupied in the lab every day with certain tasks/experiments, which were planned a week in advance. I was supervised by a PhD student Valentina Furlanetto and the head of the lab, prof. Christina Divne. We had biweekly meetings to discuss things to be done in the future or to discuss results of experiments. Both of my supervisors were very friendly and I could reach both of them at any time and they always had time for me. Registration process from the BOKU side was without any objections as well as from the KTH side.

When going to do a traineeship abroad, I would advise others to plan everything in advance and not to forget important documents in Austria. In addition to that, I would recommend others to stay for at least 3 months because only then one has a feeling how it is to live in another country.

To sum up, I had a really great time here and I would advise everyone, if coming to Stockholm, to do their traineeship at KTH because it is a very organized university.