

ERASMUS-ERFAHRUNGSBERICHT

Name: Anonym

Studienrichtung: Biotechnology

Gastinstitution: Kungliga Tekniska Högskolan (KTH), Stockholm

Studienjahr: 2020/2021

Aufenthaltsdauer: von 1.10.2021 bis 30.11.2021

Veröffentlichung des Berichts

Ich willige ein, dass der vorliegende Erfahrungsbericht inklusive der oben angegebenen Daten (Studienrichtung, Gastuniversität, Studienjahr, Aufenthaltsdauer) auf der Website des Zentrums für Internationale Beziehungen zum Zwecke des Informationsaustausches in Bezug auf den Studienaufenthalt veröffentlicht, sodass sich künftige interessierte Outgoings über Ihre Erfahrungen an der Gastinstitution informieren können.

ja nein

Die Einwilligung ist freiwillig und kann jederzeit ohne Angabe von Gründen mit Wirkung für die Zukunft widerrufen werden. Ein etwaiger Widerruf kann jederzeit per E-Mail an erasmus@boku.ac.at erklärt werden.

FOLGENDE PUNKTE WÄREN FÜR SPÄTERE OUTGOINGS SPANNEND:

1. Stadt, Land und Leute + soziale Integration
2. Unterkunft
3. Kosten
4. An- und Abreise (Verkehrsmittel)
5. Sonstiges (Visum, Versicherung, etc.)
6. Beschreibung der Gastinstitution/des Praktikumsgebers
7. Praktikumsbetreuung vor Ort
8. Anmeldeprozess im Vorfeld
9. Tipps und was man sonst noch unbedingt wissen sollte
10. Resümee

In autumn 2021 I went to Stockholm for an internship at the KTH. It was a wonderful experience. Despite spending only a short amount of the year in Sweden I fell in love with its capital and the culture. However, the experience itself was preceded by a chain of preparation steps, which are easily forgotten when thinking about an internship abroad.

Once the internship was confirmed from the receiving organisation, the first step was the application for the Erasmus grant and with it went the investigation of information such as who will be my supervisor at the guest institution, which tasks will I be performing etc. This information also needed to be confirmed by signature by the host and guest institution – in this case the BOKU and the KTH.

The next step was the organization of transportation as well as accommodation. This was the most stressful part, as it was not possible for me to get a room in a student's dormitory and finding one within my budget in the city of Stockholm for two months only proved to be a real challenge. Admittedly I was not truly able to look forward to the internship before finding a place to stay. At this point it might be beneficial to mention that I had Swedish friends, who have also berated me which areas I should avoid, even though the accommodation might be cheaper there. I ended up renting a room in Vällingby. It was further away from the university, but I really loved the area as it was close to the lake and the woods, so I would recommend it to anyone fond of spending time outside running, walking, or simply enjoying the nature. However, accommodation in Stockholm is expensive, so the Erasmus scholarship was just enough to cover my rent so all other life expenses I had to cover myself. This is something worth thinking of in case of an unpaid internship, like mine. In order of saving money, I have



also quickly learned which stores to avoid, and which ones were worth taking a few steps more for.

My internship was at the department for industrial biotechnology at the KTH. Having really nice colleagues and great supervisors I really did not mind my long way to work. I also enjoyed working in the laboratory and have learned a lot there, though this is due to my supervisors who really paid attention that I understand the processes we were working with. I also became friends with a colleague, and we have regularly spent time together also outside of work. Since I already had friends in Sweden, I spent some time hanging out with them, even though not all of them lived in Stockholm. Because of that and the fact that I worked with a lot of people my age (and the pandemic) I did not attend events offered by the Erasmus community in Stockholm. However, if I wanted to meet new people there were plenty of opportunities.

All in all, I had a great time in Stockholm and regretted that I could not have stayed longer. The city as well as its surroundings are very beautiful and offers a lot of possibilities for tourism and entertainment. The internship was a wonderful experience and I would definitely do it again.