

Erasmus+ Projekt „MIX IT“ - Zwischenbericht Auslandspraktikum

ALLGEMEINE DATEN

Zielstadt: Stockholm Zielland: Sweden

Fachrichtung: Neuroscience

Praktikumsjahr / -dauer (in Monaten): 2020/2

VOR DEM PRAKTIKUM

Wo hast du nach deinem Praktikumsplatz gesucht? Wie lange hat die Suche insgesamt gedauert?

I was looking for a lab where I could potentially do my PhD studies in the future. I was researching the Swedish higher education system, focusing on different subfields of neuroscience. As Karolinska Institute is one of the best scientific institutions in the world and has a great variety of labs working in the field of neuroscience, the choice was very simple. After I have found the labs I was interested in, I sent emails to their PIs, asking about the possibility of conducting an internship which could lead to a PhD. Together with all the interviews, the process of searching and securing an intern position took approximately two months.

Wie hast du deine Unterkunft im Zielland gefunden und wie hat sich die Zimmersuche gestaltet?

Looking for accommodation was very straightforward. Karolinska Institute Housing has very affordable offers for visiting scientists. I had to apply through the Karolinska Institute Housing website at least a month before the planned arrival and provide them with a letter of invitation from the PI of the lab I was going to visit. I received the offer at the Jaegargatan 20 dorm within two weeks from the submission and I accepted it.



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MEINE ERSTEN WOCHEN IM AUSLAND

Musstest du dich nach deiner Ankunft um besondere Formalitäten kümmern (Handy, Einwohnermeldeamt, öffentliche Verkehrsmittel, Finanzen, etc.)?

Since I was planning to spend in Sweden only 2 months there were not any further formalities I had to fulfill. I am still using my Polish phone with the Polish number, and I do not use public transportation in Stockholm because of pandemics. I go on foot everywhere.

Beschreibe kurz deine Einrichtung sowie deinen Tätigkeitsbereich.

I am currently working in the Professor Gilad Silberberg lab (neuroscience field) at the Karolinska Institute. Karolinska Institutet in Sweden, as one of the world's leading medical universities and a place of meetings of the Nobel Assembly since 1901, is an inspiring environment for young scientists from all over the world. The excellence of teaching is combined there with cutting-edge methods and innovative research. For these reasons, I was drawn to Karolinska Institutet for the opportunity to learn from its particularly vibrant community with such exceptional investigators in the systems neuroscience field.

I am learning multiple in vitro patch-clamp recordings in the mouse striatum and claustrum, in vivo patch-clamp recordings in the globus pallidum of the anesthetized mouse, and in vivo patch-clamp recordings in the striatum of the awake mouse. Multineuron patch-clamp recordings allow for determining the connectivity between various types of neurons, the strength, and the probability of these connections. The purpose of my internship is to deepen my knowledge in the field of neuroscience, especially regarding the basal ganglia circuitry and to learn the skills necessary in my further career as a neuroscientist.

Wie gestaltest du deine Freizeit?

In my free time, I go for long walks near the water. Stockholm is known as the city of islands. One of the most beautiful islands is Gamla Stan. It is the city's oldest section (Old Town), located on the original small islands and still featuring the medieval street layout. I like to admire architecture on the way and amongst the buildings that caught my attention were the large German Church (Tyska kyrkan) and several mansions and palaces: The Riddarhuset (the House of Nobility), The Bonde Palace, The Tessin Palace, and The Oxenstierna Palace.

Due to the pandemics, many cultural institutions are temporarily closed or with limited opening time. However, Stockholm is just a great place to admire the breathtaking view of the sea and lakes. Beautiful parks near the water are full of ducks and wild geese and are just perfect places to relax.



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Was hat dich bisher am meisten überrascht?

I was surprised by the level of the digitalization of the basic services. To print something in the local library I had to download a special application on my smartphone and then scan the code to access the printer. All the grocery stores operate with the card payment and a system called Swish which allows one to easily pay with the use of the phone. Even the fruit sellers near the road use the Swish system and card payments. Public transportation also requires an application that one can download on their phone or a special prepaid card that is just scanned on the bus. This is very different in comparison to the payment system in Poland or Germany.

WEITERE ANMERKUNGEN

Gibt es noch etwas, was du zukünftigen Praktikant*innen mitteilen möchtest?

Sweden is definitely a great place to live in. Enjoy your stay and learn as much as possible!