



Abschlussbericht über Ihre Stipendienzeit

Nachname, Vorname*	[REDACTED]
E-Mail-Adresse*	Klicken Sie hier, um Text einzugeben.
Stipendienprogramm	RISE worldwide
Förderzeitraum	05/2024-07/2024
Gastland/-ort	Sweden
Gastinstitution	University of Gothenburg

*Im Rahmen des Abschlussberichts haben Sie die Möglichkeit, freiwillige weitere Angaben zu machen. Sie können Ihren Namen und Ihre E-Mail-Adresse angeben, falls Sie mit einer **Weitergabe dieser Daten an künftige Stipendiatinnen und Stipendiaten** und einer **Kontaktaufnahme** durch diesen Personenkreis einverstanden sind. Bitte beachten Sie, dass diese Angaben nicht erforderlich sind und Sie allein entscheiden, ob Sie diese Daten mitteilen möchten. Eine Einwilligung können Sie jederzeit widerrufen, ohne dass die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung berührt wird. Richten Sie ggf. Ihren Widerruf über das Portal an den DAAD.

Hinweise:

Der Abschlussbericht ist **spätestens zwei Monate nach Förderende** einzureichen. Er soll Hinweise auf die Situation des Studienfaches im Gastland und die Arbeitssituation an der Hochschule/dem Gastlabor/der Praktikumsstelle enthalten. Insbesondere sollten Sie über die Ergebnisse des Aufenthaltes im Hinblick auf Erfolge und ggf. Hindernisse berichten. Besuche von Fachtagungen und Konferenzen sind ebenfalls von Interesse sowie Anregungen, die der Verbesserung der Arbeit des DAAD dienen.

Kurzstipendiatinnen und -stipendiaten (bis zu einer Förderdauer von 6 Monaten) sollten ergänzend auf folgende praktische Aspekte des Aufenthalts eingehen: Vorbereitung des Aufenthalts, Kontaktaufnahme zur Gastinstitution, Visum/Aufenthaltsgenehmigung, Zahlungsverkehr, Zimmersuche und Miethöhe, Freizeitgestaltung, nützliche Adressen im Gastland. Mit Annahme des Stipendiums (lt. Ziffer 10 der „Allgemeinen Bedingungen für Stipendiatinnen und Stipendiaten des DAAD im Ausland“) haben Sie sich bereit erklärt, dass dieser Bericht ohne Nennung Ihres Namens und Ihrer Kontaktdaten an künftige Stipendiatinnen und Stipendiaten des DAAD zur Information weitergegeben werden kann. Wenn Sie Ihren Namen und Ihre E-Mail-Adresse jedoch gerne mitteilen möchten, um eine eventuelle Kontaktaufnahme zu ermöglichen, tragen Sie Ihre Kontaktdaten bitte oben ein. Aus Gründen des Datenschutzes bitten wir Sie, in Ihrem Abschlussbericht keine personenbezogenen Daten Dritter zu nennen. Dazu gehören alle Informationen, die sich auf eine identifizierte oder identifizierbare natürliche Person beziehen, z.B. Namen, Kontaktdaten, Position im Institut, etc.

Weitere Einzelheiten zur Berichtspflicht sind ggf. in den "Besonderen Bedingungen" enthalten.

Bitte laden Sie den Bericht im PDF-Format über das DAAD-Portal unter dem Menüpunkt **„Berichte – Abschlussbericht“** hoch.

Verlauf des Vorhabens *(Textfeld erweitert sich nach Eingabe automatisch; Formatierungen sind jedoch nicht möglich. Für eine bessere Strukturierung können Sie dieses Formular als Deckblatt nutzen und den Bericht als Anlage beifügen.)*

I spent my RISE internship at the University of Gothenburg in Sweden. Upon accepting the internship, I contacted my supervisor, who was very nice and helpful in organizing everything. They offered assistance in finding accommodation, as this can be quite tricky in Gothenburg and Sweden in general due to the queue system for housing. This system requires you to sign up on a website and you earn one point for every day you are registered and you need a specific number of points to secure a room. This applies to both public and student housing, making it challenging to find accommodation if you have few points. You generally need at least a year's worth of queue points to get accepted for a room which made it a bit tricky to find something affordable.

Fortunately, I found a room through a private company called Colive, which offers rooms to students without requiring queue points. I applied on their website, and luckily, I was accepted. It was relatively

easy for me to get accepted because many rooms are vacant during the summer break in June and July when most Erasmus students left. Although the rooms are rather expensive, costing over €600 in rent, the location is well-connected with public transport, taking only 25 minutes to get to my workplace and 15 min to the city center. The shared flat concept at Colive includes about 12 people per floor, sharing the kitchen, living room, and dining room, but everyone has a private bathroom with a shower and toilet.

Here are some general things about Sweden that I think are important to know. First, you don't need cash, as almost everything can be paid with a credit card, and many places don't even accept cash anymore. Additionally, almost everyone speaks English, so communication is not a problem. The cost of living in Sweden is higher than in Germany, but the differences in supermarket prices are not too great. For example, pasta costs about €1.10. However, eating out and buying drinks in restaurants and clubs is significantly more expensive than in Germany. Be prepared to pay a lot for alcoholic beverages in clubs. Also, check the minimum age for club entry, as it can vary between 18 and 25, with many clubs having a minimum age of 20 or even 23.

During my eight-week internship at the University of Gothenburg, I worked in the Department of Physics, located on the Chalmers University campus. I conducted experiments with yeast cells, learning the basics of handling yeast, including the different media they need and how to work with them sterilely using a Bunsen burner. While learning the basics, I started experiments with my supervisor, including *E. coli* transformation to create plasmids. These plasmids were used to create specific yeast strains, involving further transformations with the plasmids. My experiments included Western blots to determine how carbon stress (limiting glucose availability) affects protein production in specific yeast strains that I transformed. I also used a fluorescence microscope and a high-resolution single-molecule laser microscope. My supervisor showed me how to do new tasks once and then asked if I felt confident doing them myself or needed further supervision. They expected me to become self-sufficient quickly, which I appreciated. Nonetheless, they were always available by text or call if I had questions. At this point I want to mention that you do have to invest a lot of time in the experiments which means expect to work a 40 h week and sometimes you will be in the lab from nine in the morning to seven in the evening. But don't worry you usually never alone in the lab and there is always one of your coworkers that also has to work late. The work environment in the lab was very welcoming, and everyone treated each other with respect and kindness. Most of the time we ate lunch together allowing me to make a few friends here in Sweden though most of the people I met there moved to Sweden for their PhD. I should note that there were few other students due to the summer break, so if you want to meet more students, it might be better to intern in Sweden during August or September when the semester starts again. Overall the work in this lab helped me a lot to become more self-confident trying out new experiments and protocols by myself which I personally think is a great preparation for a Master's degree or a PhD. And I think it is also worth mentioning that a part of the experiments I performed will be used for a publication. This is a great achievement for me to be part of this and be mentioned in the authors list.

Lastly, I would like to share some tips about Gothenburg. First, visit Kafe Magasinet in Haga, which serves one of the best pizzas in Gothenburg. Another great café is Brogyllen Hamngatan, an old classic café with amazing pastries. Also, try to visit the City Museum and the Natural History Museum, as they have free entry and interesting exhibitions to explore. Do not miss out on visiting the lake Delsjön which is very beautiful but the water is rather cold. For the weekend I highly recommend visiting the Archipelagos in front of Göteborg. They are magnificent and the ferries are included in the public transport ticket. And for a weekend one has to go to Stockholm at least once during your stay. Another nice weekend trip is Halmstad with its beautiful long beaches.

Overall I can genuinely recommend doing the RISE internship in Sweden.

