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The midstay program this year was held in Stockholm, Sweden at the Karolinska Institutet. It was wonderful meeting all of the other members of the EuroScholars program as we bonded over minimal sunlight, cold weather, and lots of fika (Swedish coffee breaks)! The first day we arrived, we had a presentation on what research can encompass, beyond just the natural sciences of pipetting cells and mixing chemicals in beakers. Instead we discussed research in the humanities, in economics and international studies, and how all of our projects approached research in different ways. Following the discussion, a group of students from KI were in charge of giving us a taste of Stockholm. And so we ventured to IKEA, where we enjoyed a classic Swedish dinner of, yes, IKEA meatballs. After, we went bowling and got a chance to hang out and get to know each other.

The next day we had some student presentations, followed by a tour of a new and innovative science lab, built to provide state of the art labs for all the Swedish universities to utilize. We then met for a discussion about culture and presentations about masters programs at KI and other possibilities for studying abroad in the future. Of course this was accompanied with fika. The following day we started with more student presentations, a tour of a library with many of the old medical texts, and a visit to the vasa museum. I had so much fun exploring the city with the group, and the students at KI did a wonderful job of playing tour guide for the weekend. Some of us decided to stay an extra day, and so we decided to explore Gamla Stan (Old Town) and of course, stop for fika. The city is absolutely beautiful and I loved learning about Swedish culture and tradition. Midstay was definitely a highlight of my abroad experience so far!

A few photos of the city:

