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The Euroscholars midstay program this fall, hosted by Karolinska Institute in Stockholm, Sweden, was full of friendships, great food, a beautiful city and university, and, of course, getting to hear about some amazing research going on throughout Europe. Due to some very nice planning on the part of one of the Euroscholars Coordinators, the majority of the students flew from Amsterdam to Stockholm on the same flight, and, from the moment I stepped foot in the airport, I was given the opportunity to socialize, befriend, and learn from a group of incredible American students doing research at multiple different universities in several countries. This program not only provided me with the opportunity to see Stockholm, a city I probably would not have had the chance to visit on my own, but also allowed me to build lasting connections with fellow researchers and to fall even more in love with the science community.

From the moment we arrived, we were warmly welcomed by both faculty members and students from Karolinska Institute. We were greeted with sandwiches and coffee—just what was most needed after a long morning full of travel—and immediately began becoming familiar with each of our fellow students' research interests and passions, learning from day one to appreciate the range of subject areas the Euroscholars this semester are involved in. That evening, a group of students currently studying at Karolinska Institute took us under their wing, taking us to a wonderful dinner in the largest IKEA I have ever seen, and then to an American themed bowling alley complete with nachos and hot wings to snack on. One of these students, currently studying for her masters at Karolinska Institute, was actually a Euroscholar herself. She fell in love with the city of Stockholm and the University and choose to come back to further her education. It was incredible to discuss with her the experience she has had during her time in Europe so far and the opportunities that participating in Euroscholars made available to her. Though being surrounded by more Americans than I had seen for over two months for an entire day was a little louder than I remembered, I very quickly became friends each person there, and looked forward to the remaining days in Stockholm I knew I would get to spend with them.

Throughout the remainder of the Midstay program, we got to listen to presentations by our peers, experience the city, see what Karolinska Institute had to offer, and, of course, enjoy our daily Swedish fika. I was able to learn from presentations made in subject areas ranging from Physics and chemistry to Psychology and Economics, amazed after each presentation by the research that was being done by my newfound friends. I was able to

see incredible research facilities and beautiful campus buildings at Karolinska Institute, as well as hear from multiple faculty members and students about the research and career opportunities available there. We got the opportunity to visit the Vasa museum, a museum that has the entirety of a recovered Scandinavian ship that sunk in the 1600s inside, visit Stockholm's city center, ride a ferry, see an incredible photography exhibit, and even visit an open air museum called Skansen where we got to see Scandinavian animals such as bears, wolverines, reindeer, and moose. The week was a perfect balance of learning about each other's research and experiencing a new city and, though I was thoroughly exhausted by the time I returned to the Netherlands where I am doing research at Leiden University, I came away from the Euroscholars midstay program with great new friends and memories and even more sure that pursuing research is the right decision in my life. Everyday I am thankful for Euroscholars for providing me with the opportunity of experiencing so much both in and out of the lab this semester.