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The midstay program at Karolinska Institutet achieved multiple goals. We got the chance to meet our EuroScholars classmates, learn about the research work they are doing, get introduced to a new university and city, and finally engage in professional development activities. In just a few days, I felt like I had the chance to experience Stockholm to its fullest starting with dinner at IKEA during our first night. Our program included built-in excursions, like our visit to Stockholm's famous Vasa ship museum, and time to explore the cities for ourselves. During our free time, we made a point to experience Stockholm's beautiful Old City, visit sites like the Fotografiska Museum and Skansen, and of course track down the best kardamumabullar (spiced sticky buns) in town. At the Karolinska Institutet, we attended seminars which got us thinking about research approaches in different disciplines or racial and gender biases in the 21st century. One of my favorite parts of the program was the tour of the SciLife Lab where we got a glimpse of the cutting edge bioinformatics and proteomics work being done at KI.