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This summer, with the support of the UCD Ad Astra Academy, I had the opportunity to complete a summer internship in the Karolinska Institutet in Stockholm, Sweden. I was working in the Diaz Heijtz Laboratory, with my project focusing on the gut-brain axis and how antibiotic use influences the brain. This project was an amazing way to build and expand on the knowledge I gained in the first two years of my undergraduate studies and apply it to a real-world setting, whilst also being an excellent way to prepare for my future studies. This experience also gave me the chance to meet so many

incredible people and learn a multitude of new skills and techniques.



Doing an internship in Sweden was not only a great way to gain research experience, but also to explore a new city and culture. The first week of my stay overlapped with the traditional Midsummer festival and celebrations, which was an excellent way to be introduced to the country. Every weekend we would go to explore somewhere new, with highlights including the Swedish Archipelago, Uppsala, and the ABBA museum!



Punting in Cambridge

The programme finished with a symposium at Cambridge University, where all the undergraduate researchers presented posters about the project they had been working on over the summer. The other students were all lovely people, and it was great to spend time with them and hear about how those of us outside Sweden spent their summer abroad. After the presentations we also got the chance to explore the town and go punting in the river, which was a very fun experience! I thoroughly enjoyed my summer working abroad and am very grateful to the Ad Astra Academy and UCD Science Community

for their support in my pursuit of this incredible opportunity.