

ULLA report

- Patrycja Wojtyniak
Grant ID: 2006-11

Home university/ department: Copenhagen University department of Pharmacology and Pharmacotherapy

Host university/department: Leiden University, LADCR, department of Medical Pharmacology

- Period of stay: 01.02.07-13.08.07
- I worked on a research project concerning stress hormones and their effect on cognitive performance and participated in one course (Hormones and Pathophysiology of the Nervous System) which was offered by the department in which I was situated.
- The aim of my research project was to assess the role of mineralocorticoid receptor (stress hormone receptor in brain) in memory for aversive events. In order to achieve this I worked with fear and avoidance behavior in mice. I learned how to handle mice, analyze their behaviour by using several different scoring systems and analyze the data with statistical programs. The department in which I did my project is a well organized and much acknowledged. I gained insight in the dynamic work of a scientific department and I believe that the faculty of science in Leiden University has a high scientific level and very comfortable working/study environment. At my host institution I have only been following courses so it was very exciting and educational to see how university research takes place. I am very satisfied with the outcome of my stay both academic and personal.
- Personal and practical matters:
I did my ULLA internship in Leiden. A very charming Dutch city with small canals and amiable houses, cafes and pubs. It's a small city so it is very easy to find your way and make you feel at home. A large amount of international master and bachelor students enrolls at Leiden University with the outcome of a very international atmosphere in the city. Leiden has various student associations both connected to the university and independent which organize many events like movie nights, dinners, excursions, international festival etc. And if Leiden seems too small then are Amsterdam and Rotterdam easy accessible with train with only 30 or 20 min. of travel time.

I was housed in a big newly renovated student house for international students, where I shared my room with an Italian girl and shared the kitchen and bathroom with seven other international students. It was nice and clean (cleaning ladies

three times pr week) and located very near the city centre. Apart from nice housing the student house was also a good place to get to know other international students.

The lab where I did my project was within cycling distance and the working environment was very comfortable and friendly. The department was used to have many students and this was quite noticeable as everyone (professor, Ph.d, student) was always willing to help. There was a good mixture between international and Dutch students and the student group became quickly an integrated group of friends often with dinner or drinks after lab time.

I spent most of my spare time with international students/lab friends with going out or participating on many of the organized events from student associations fx joined the international festival with salsa dancing performance. I also joined the University sports centre where I practiced yoga and salsa. The sports centre was quite cheap and offered various outdoor and indoor facilities and classes. Weekends I traveled around Holland and sometimes to the surrounding countries, which is fairly easy as Holland is a small country and have a good train system.

- Brief Financial report:

Ulla Grant	960 euro
Erasmus and home university	1525 euro
Flight	240 euro
Accommodation	292 pr month = 1752 euro total
Transportation	120 euro
Books	84 euro
Cost of living	app. 500 pr month = 3000 total