

4th year bachelor Life, Science and technology student

Lisbon, Portugal

Instituto Superior Técnico

12/11/2022 – 19/11/2022

ATHENS course microbial MultiOmics

Preparation

The application procedure is very easy! After choosing three courses that I found interesting, I was registered within 30 minutes. A few weeks later I got an e-mail telling me that I was enrolled in the microbial MultiOmics course in Lisbon. Before the course started I got a very enthusiastic e-mail informing me about all the upcoming activities, which made me very excited for the week!

Study Programme

I had lectures Monday to Friday from 9:30 to 17h, you have to pass a quiz in the end to get 3 ECTS. Everyone passed this quiz in my class as they really want you to pass the course. Each day we had 2 1,5h lectures and 2 computational classes with a different subject each day. With each subject, we first learned the theoretical background and the professors often also told a bit about their research within this subject. All the professors were very passionate, enthusiastic and were also very curious about our backgrounds, questions and what we wanted to learn. We applied this theoretical background in the computational classes where we answered questions using different Omics tools. I definitely see myself using these tools in my future, as it is a very useful skillset in my field of interest.

I was one of the few bachelor students in my class, the others were all master students. Most people were in the same field as I am but there were also some computer science students that wanted to go into the bioinformatics field. Even though I am not a master student, I had no problems with the level of the course. This program fits perfectly in my study programme and I will probably do a more in depth course on this in my master.

Funding

The first day I paid 60 euros for the social programme of the ATHENS week, which was very much worth it! The local travelling costs was mainly for a metro card, which costs 1,50€ per ride.

The accommodation and the plane tickets can be a lot cheaper, I was a bit late with booking. My hostel is more expensive than a regular hostel as I really wanted a female-only and safe hostel. I also bought lunch at the cafeteria and went out for dinner every day with my newly made friends, so you can spend a lot less on this than I did.

After completing the programme, you get 100€ in compensation from the TU Delft, which I did not add in the calculation.

Accommodation	€ <u>168</u>
Food	€ <u>125</u>
Insurance	€ <u>0</u>
Local travelling costs	€ <u>20</u>
Entertainment	€ <u>60</u>
Plane Tickets	€ <u>298</u>
Total	€ <u>671</u>

Free time

We spend the first two days getting to know each other (as everyone is from a different technical university in Europe) and sightseeing. We started with a campus tour, followed by a city tour. After that we all went to dinner in a typical Portuguese restaurant. The next day we went with the bus to the City of Sintra, Cabo da Roca and Boca do Inferno and had lunch together. During the week I did not spend any time studying for the quiz after the lectures. After classes, we had different activities in the evening: a pub crawl, a visit to a high tower on campus to watch the sunset and an activity where everyone brought food from their own country (I brought stroopwafels which was a big success 😊). I usually grabbed dinner in the city centre before the activity with some other students.

During these social activities we mostly spoke English which was nice to practice. It was also really fun getting to know the city and so many different persons and their cultures.

Overall, I would really recommend the ATHENS programme as it is a great chance to practice your English, get to know a lot of different people from different countries, learn more about a subject of your interest and to do a lot of fun activities. Already after a week, it honestly felt like I was a true exchange student!