

## Information Stay

The Bay area is a magical place that shaping the work more than any other at the moment. It is a beautiful but demanding area that can lift people up and make you to something bigger but also always keeps you on your toes. Stanford is truly magical. The palm drive, the historical buildings and the famous people that teached and studied there give it an atmosphere of prestige and knowledge. Coming from Austria the bay area is as large as Syria but completely urbanized and full of Tec. There are certain things incoming students should be aware of: Pricing: The Bay area is experiencing a second gold rush, a silicon rush in the last 30 years. Software engineers earning min salaries of 180000 dominate the area making it one of the wealthiest in the world. Living costs are extremely high, especially housing. Food, public transport and services not so much, but still above vienna everage. For a detailed list of my expenses, take a look below. The University is great. A lot of sports opportunities, very helpful staff and good scientific facilities. Public transport is a mess, the caltrains connects San Francisco with the peninsula and San Jose and cheaper buses drive all around the stations. While Stanford has its own buses for the Campus which are free and great, the public transport in the bay in general is limited and not as good. I would recommend to get a car, your european driving license is valid for half a year in the US. There is a lot so see and explore around the bay, most of it only accessible by car. I didn't get a car and just relied on my bike, which was ok, but without friends that drove me around I wouldn't have seen a lot. Cycling is fun around the university and the cycling paths are mostly good and safe. The best supermarket for young people is definitely Trader Joes, affordable, great products and quick. People are very nice and there are also many internationals to hang with. Living in Palo Alto or the surroundings keeps the university close while living in San Francisco (SF) gives you a great city vibe. SF might not be the alternative city it ones was or sometimes claims to be but the parks, museums, architecture and costs make it stunning.

Living costs in the Bay for my stay per month: Rent + utility: approx. 1380 \$ Stanford Visiting Student Fee + Campus Health Fee: approx. 1300 \$ Food, trips, public transport, expenses: 800 \$ Flight: 822\$ GRZ - SFO and bac

General impression of your research stay abroad:

The research stay was great and important for my future carrier. I learned a lot and think that the bay area and Stanford are stunning places to be. The research helped me in my carrier and contributed to the field gives me a long-lasting output.

Quality of the host institution

Stanford has the highest standard of education in the world and it's something you notice when your there. It is a beautiful, very well-funded university with some of the smartest minds in the western world.

Contacts within the host institution, inclusion in the organization

My main contacts at the host university were my Professor and his group. They supported me greatly and helped me with everything. The general University staff is helpful but more in a formal way.

Recommendations for future Marshall Plan students and fellows

The US is a great place to be and learn. I would recommend to find a good social network and try to understand the region beyond the university itself. Every state is unique and has its own history and

people. There are also many things to learn about society and Europe in general. Buying a car at the beginning of the stay can also be very helpful in some regions.  
Applying for the Visa ahead of time is also recommendable.  
Use TransferWise for Money transfers and get a credit card before your stay.