

# Field Report

I spent my research stay in the Chaikof Laboratory a part of the Beth Israel Deaconess Medical center (BIDMC), one of the Teaching Hospitals of the Harvard Medical School.

I was very happy and satisfied with my research stay and had a great, educational and interesting experience.

Both the onboarding team at BIDMC and the Harvard International Office at were excellent. They efficiently responded to all my question and provided me with all the information and documents needed for the both the visa and onboarding process, in a timely manner. Furthermore, the took great care in providing me with all needed security and safety trainings to ensure a safe working environment in their laboratories.

The only thing I had to send continuous emails for was initiating the visas process, but as soon as it was started it was smooth sailing.

The Chaikof Laboratory in general and my supervisor in particular were very welcoming and inclusive. They provided a good working environment and invested a lot of time in my education and training. Furthermore, they tailored my responsibilities and even aspects of the reach projects to my personal interests and willingness to take them on. Thus, allowed me to include my own ideas and input in the reach project.

I would say that the Host Instituted and Laboratory are both of high quality, with professional organization, access to state of the art equipment, top collaborators and excellent expertise in their field of research.

I can only recommend the Chaikof Laboratory at BIDMC to any other student and encourage them to go there.