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Hello everyone, I'm Gaspare, I'm from Italy and I had the opportunity to do my traineeship from March to June in Kosice. I had my experience at Professor Mangesh's Immunology Laboratory. It was an extraordinary experience.

I lived in the university dormitory and it took a few days to get used to the food and the place. It was in the dormitory that I met Hajni and Natalia, traineeship students from Hungary and Spain respectively, travelling companions with whom I have shared this whole experience.



The city is small and very quiet, it is well served by public transport and also by taxis (Bolt). The climate is fairly cold, but in the springtime it is fine. The university system is very well organised and Mario Segurado was immediately very friendly. Before arriving I thought Kosice was a boring country, I changed my mind in a few days. ESN students every week organise meeting events, in the pubs of the village, they are very inclusive and in this way I met a lot of people.

The lab experience was perfect, I worked with a very qualified and inclusive team. Kosice is a parallel universe, a place where you meet students with different cultures and ways of thinking, I am certain that this experience has changed me for the better. I carry with me many memories of Kosice, the group dinners where everyone cooks a typical dish from their own country, the football matches with Peter and the other students, the evenings playing Beer Pong, at the disco, the Karaoke, the walks in the mountains, the end-of-year veterinary party, Bryndzové halusky and Tatratea.

I met people with whom I made good friends, people with whom I still keep in touch today almost a year later. Kosice is a simple place, when you arrive you think there is nothing, then you realise that there is everything you need to feel good. I advise everyone to have such an experience.

