

Final Report – Research internship at the Lund University – Erasmus Funding

Tasks:

Regular meetings with colleagues at the institute

I participated in regular meetings with colleagues to present and discuss my PhD project and research interests. These discussions provided valuable insights, opened possibilities for collaboration with other research groups, and allowed me to receive constructive feedback on my ongoing work.

Completion of a research paper with the hosting professor

Together with my hosting professor, I completed a research paper on ecodesign policy strategies and product design, which we submitted to a well-known academic journal. This collaboration strengthened my academic writing and research skills while deepening my understanding of sustainable product design.

Finalising the doctoral thesis structure

During my stay, I worked on finalising the structure of my doctoral thesis. This process significantly improved my research planning and academic writing abilities, helping me establish a clear framework for the final stage of my PhD.

Attending relevant lectures and workshops at the institute

To further enhance my knowledge, I attended several lectures and workshops directly related to my field of study. These sessions expanded my theoretical understanding and exposed me to the institute's teaching methods, which were particularly valuable for my own professional development.

Skills Obtained:

Knowledge sharing in an international environment

Through daily interactions with colleagues from diverse cultural and academic backgrounds, I learned to communicate complex ideas clearly and exchange knowledge effectively in an international research setting. This experience enhanced both my intercultural communication and collaboration skills.

Presentation skills

Presenting my research at a weekly seminar and engaging in discussions with colleagues significantly improved my presentation skills and learned to respond to feedback in a confident and professional manner.

Digital skills

During the virtual part of the mobility we used various online platforms and tools for research collaboration, communication and data visualization.

Evaluation:

Hosting institution

The hosting institution provided a highly supportive and stimulating research environment. Regular feedback sessions and open discussions encouraged academic growth and promoted collaboration across different research groups. The traineeship fully met my expectations—the tasks were engaging, relevant to my research goals, and intellectually rewarding. Overall, the experience was both enriching and motivating.

Recommendation for future exchanges

I highly recommend this institution for future research exchanges. The team made a strong effort to integrate me into their community, offered constructive feedback, and fostered a genuinely collaborative atmosphere. I felt valued as a member of the research group.