

Project code: 2022-1-IT02-KA171-HED-000073309

Home Institution: Al-Farabi Kazakh National University

Host Institution: University of Camerino

Type of mobility: Erasmus+ KA171

Duration: 22.02.2024 – 21.07.2024

Description of the activities:

During my participation in the Erasmus+ KA171 mobility program, I had the invaluable opportunity to immerse myself in a new culture in Italy and gain insights into the European educational system. This experience was not only academically enriching but also personally transformative.

Living in Italy, I was able to explore and appreciate the rich cultural heritage of the country. I had the chance to participate in significant cultural events such as Easter celebrations, which are profoundly observed throughout Italy, and the famous Festa della Repubblica, celebrated with parades, concerts, and fireworks. Traveling to various cities, I was inspired by the architecture and history that each location offered. Additionally, my travels extended beyond Italy to other European countries, further enhancing my cultural appreciation and global outlook.

One of the most rewarding aspects of this mobility period was meeting individuals from diverse nationalities and professional backgrounds. Interacting with specialists in different fields helped expand my knowledge and professional network. These connections, which I hope to maintain and develop in the future, have already begun to enrich my academic and professional journey.

Academically, my experience was highly rewarding at University of Camerino. I had the opportunity to practice in applied biology and work in genomic and molecular epidemiology labs. I was fortunate to have the opportunity to practice in this field, which provided me with hands-on experience and practical skills. Specifically, I gained experience with Genome-Wide Association Studies (GWAS) and flow cytometry, both of which are critical techniques in modern biological research. Additionally, I attended classes on Molecular and Clinical Diagnosis and Epigenetics, which were incredibly informative and have deepened my understanding of these subjects.

Living abroad for an extended period, especially for the first time, challenged me to step out of my comfort zone. This experience significantly improved my stress resistance and problem-solving skills. Navigating a new environment, managing daily life, and overcoming unexpected challenges have all contributed to my personal growth.

In conclusion, my Erasmus+ KA171 mobility experience in Camerino was transformative on many levels. I am profoundly grateful for this opportunity, which has allowed me to grow academically, professionally, and personally. The skills, knowledge, and connections I have gained will undoubtedly have a lasting impact on my future endeavors.

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Home Institution: Al-Farabi Kazakh National University (Kazakhstan)

Host Institution: University of Camerino (Italy)

Type of mobility: Erasmus+

Duration: 22/02/2024-21/07/2024

This report aims to provide an overview of my enriching experience as a biology student from Kazakhstan, who had the incredible opportunity to participate in an Erasmus+ program at the University of Camerino in Italy.

The academic curriculum at the University of Camerino offered a diverse range of courses and practical training that broadened my understanding of biological sciences. I had the chance to delve into specialized topics such as epigenetics, conservation biology, and clinical and molecular diagnostics, which provided a comprehensive view of the field. The hands-on approach to learning, including laboratory sessions and fieldwork, significantly enhanced my practical skills and theoretical knowledge.



Presenting an article during the course

During my time here, I had the privilege of working in the laboratories of Professor Eleuteri and Professor Tomassoni, where I gained hands-on experience in Western Blotting and immunohistochemistry, respectively.

Under the guidance of Professor Eleuteri, I learned the principles and techniques of Western Blotting. This experience allowed me to understand the process of detecting specific proteins in a given sample using antibodies. I was involved in various stages of the procedure, from sample preparation to result analysis. This experience not only enhanced my practical laboratory skills but also deepened my understanding of molecular biology techniques.

In Professor Tomassoni's lab, I was introduced to the intricate process of immunohistochemistry. I learned how to prepare and analyze tissue samples, as well as how to use antibodies to visualize specific proteins within cells or tissues. This experience was invaluable in broadening my knowledge of cellular and tissue-level analyses. In addition, participating in cadaveristic sections with Professor Tomassoni in San Marino was an eye-opening experience. It provided me with a unique perspective on human anatomy and allowed me to apply my theoretical knowledge in a practical setting. This experience greatly enriched my understanding of human physiology and anatomy, and it was a privilege to learn from real scientists' expertise in this field.

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*“Anatomy lab: Laboratorio teorico-pratico di Anatomia settoria, topografica e clinica su Cadavere”, ICLO Teaching and Research Center San Francesco Di Sales
27 July, 2024*

One of the highlights of my experience was engaging in fieldwork and research projects across various ecological settings in Italy. This allowed me to observe and study unique flora and fauna, expanding my understanding of biodiversity and ecological systems. Additionally, I had the privilege to contribute to ongoing research projects, gaining valuable insights into scientific methodologies and data analysis techniques.



With professors Giulio Nittari, Daniele Tomassoni, Amantini Consuelo and Seyed Khosrow Tayebati (from left to right)

Beyond academic pursuits, my time in Italy provided an immersive cultural experience. Engaging with local students and faculty members not only enriched my understanding of Italian culture but also fostered meaningful cross-cultural exchanges. Exploring the historical sites and natural wonders of Italy further broadened my perspective and enriched my overall experience.

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A slice of life in the lab

Being in an Italian-speaking environment presented an excellent opportunity to improve my language skills. Through interactions with locals and daily life experiences, I was able to enhance my proficiency in Italian and English, which will undoubtedly benefit my future academic and professional endeavors.

Participating in academic and social events facilitated by the university enabled me to establish connections with students and professionals from diverse backgrounds. These interactions have broadened my network and provided potential avenues for future collaborations and partnerships in the field of biology.



Another gift which Camerino provided me is the acquaintance with this incredible company of close friends

The entire experience as an Erasmus exchange student at the University of Camerino has been transformative on a personal level. It has not only broadened my academic horizons but also equipped me with essential life skills, independence, and adaptability necessary for thriving in a globalized world.

My time at the University of Camerino as an Erasmus exchange student has been an invaluable chapter in my academic journey. The knowledge gained, experiences lived, and connections made during this period will undoubtedly shape my future endeavors in the field of biology. I am immensely grateful for the support, guidance, and hospitality extended to me during my stay in Italy. This experience has not only expanded my academic and cultural horizons but has also left an indelible mark on my personal and professional growth.