

## The HG International Trip Seminars

We will start a series of online sessions where the idea is for the HGRs to share their experiences related to their international research trips.

The set up will follow these lines:

- About 1h30m online session.
- In each session, about 3 HGRs will offer a presentation for about 20 min.  
This is not a usual presentation. Besides offering us some up-to-date details on your research exchange, we are also interested in hearing about the following:
  - ✓ How did you first establish contact with the international researchers that you visited.
  - ✓ How did you reach an agreement to visit them.
  - ✓ How did you find the research exchange while abroad (was it worth it, or did it not help you so much as you anticipated).
  - ✓ How was the living part (settling down in a different country, language barrier, socializing, expenses, practical day-to-day tasks).
- After each talk, we will reserve a few minutes for possible discussion and questions from the HGRs.

Our main goal is to share your experience with the group.

In doing so, we hope you can inspire others to follow your steps, especially those who have never done this.

We find it very important that you share your personal impression as much as possible.

So feel free to talk about the good and perhaps the not so good things that you have experienced.

We will be inviting HGRs in turns to talk in these seminars.