

I am Anastasia Salnikova, a lecturer and researcher at Kuban State University, Krasnodar, Russia. I visited Gothenburg, Sweden in June-October 2017 and I would like to express my gratitude to the Sverker Åström Foundation for giving me this opportunity.

During my stay, I had an appointment at Handelshögskolan (the University of Gothenburg) as a visiting researcher in the field of energy systems.

In June, I volunteered at 8<sup>th</sup> International Sustainability Transitions Conference where I met leading researchers in the field of sustainable development. The problem of transitioning to sustainable communities was tackled from multi-level perspective, therefore, I learned about novel scientific approaches, which I am currently continuing to explore. Volunteering on such a big international event gave me a chance to meet young researchers in this field and join the scientific community of early-career professionals. Besides the official part of the conference, we explored the beautiful archipelago of Gothenburg.



As a visiting researcher at the University of Gothenburg, I was under the supervision of Professor Anders Sandoff. His vast experience in the field of energy management both as a scientist and as practitioner helped to find bottlenecks and points of improvement in my scientific research. In addition, I cannot help mentioning a huge and modern library at Handelshögskolan, to which I was given

the access, and friendliness and willingness to help of all personnel at the department and at the library.



The cultural part of my visit was extensive as well. I attended the course “Swedish Language and Culture, level A1” for newly arrived researchers. I learnt some basic Swedish phrases and words and along with that, the course instructor introduced the Swedish culture to us. For example, now I know there is a difference between Stockholm area and Gothenburg area and it is demonstrated both in the language and way of living.

In September thanks to Disa Håstad, I had an honor to meet Örjan Berner, the former ambassador, and other scholars currently staying in Sweden. During our meetings, I assured myself again the scientific and cultural spheres of Sweden are highly internationalized and people are open to innovations and eager to listen to different point of view.

I could not let myself miss an opportunity to explore the Scandinavia a little further. I had a quick 3-days trip to Iceland and Denmark. Visiting Iceland has been a cherished dream for a long time. Even the cold I caught could not head me off from enjoying every single second I have spent on that beautiful island.



Having returned back to Russia, I reported to my colleges and students at Kuban State University on the results of my stay in Sweden. Gained experience has helped me feel more confident in my teaching and researching activities. In February 2018, I participated in Erasmus+ Teaching mobility project where I delivered lectures at Skoda Auto University, Czech Republic.

The experience I gained in Sweden truly helped me develop my cross-cultural and researching skills. Nowadays I participate in international activities, which encourage students and young researchers at Kuban State University to go abroad and explore the world.

My personal gratitude goes to Disa Håstad. She is a kind-hearted person and always willing to help.

