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Imagine being far away from the rest of the world learning from the top scientists in your research field – this is exactly what my stay was like. Travelling all alone from abnormally hot European summer into the rainy Australian winter was quite an adventure. Having landed in Melbourne, I was not sure what to expect. Luckily, Australians are very open and friendly, and the wonderful team at Melbourne Neuropsychiatry Centre made me feel very welcome. I got a chance to meet several famous scientists and participate in numerous research meetings, seminars, and lectures. The university atmosphere took me by surprise, as the vast majority of people are far from the stereotypical competitive type of academic workers seen in top ranked universities. Seeing all these scientists being driven by their research question rather than desire to be recognised was truly inspiring. We spent countless hours engaging in interesting conversations and exchanging research ideas both with other PhD students as well as with Professor Christos Pantelis, who was my supervisor during the research stay. As COVID restrictions were being lifted, the city itself was slowly coming back to life. Melbourne is known as the cultural capital of Australia with lots of galleries, exhibitions and events of any kind. Another great thing about Melbourne is its location – there are hardly any snakes and spiders in the area ☺ I also got the opportunity to attend a conference on Adolescent Psychiatry in Sydney, which was stunning. Overall, this was certainly once-in-a-lifetime experience, and the stay ended only too soon. I have learned a lot and came back to Prague inspired to continue doing quality research.



