



My name is Tanja Radusin and thanks to Cost Action FP1405 I was able to spend 2 weeks in Institute of Agrochemistry and Food Technology (IATA-CSIC) in Paterna (ES).

This STSM gave me opportunity to finalize some of my research goals that were not possible in laboratories available at the University of Novi Sad, and in my Institute. As this was my second experience with STSM (first one was within different COST action), I knew that the preparation is the crucial for the successful outcome, because the time spent during STSM is short, and sometimes it is difficult to finalize all the plans that you may be had.

Apart from that, however, STSMs represent a great opportunity, not just for research and knowledge upgrade, but also for personal development, because you have the opportunity to see and live in different culture and meet a lot of interesting people.

In my opinion, therefore, STSM is one of the best tools of the COST, from both networking and applicative sides, and the most valuable point is that it is very available and easy to apply and, if you have a good working plan, in most cases it is not a problem to be financed.

I recommend all young researchers to apply for the STSM because it gives you multiple benefits from both professional and personal sides.