



TRAINEESHIPS

ERASMUS + 2015



ŠPANIJA, SEVILLE MAREC, APRIL - 2015

Dietetika, 2. stopnja, FVZ

UNIVERSIDAD PABLO DE OLAVIDE, DE SEVILLE

- <https://www.upo.es/portal/impe/web/portada>



CABIMER

- ANDALUSIAN CENTER FOR MOLECULAR BIOLOGY AND REGENERATIVE MEDICINE
- <http://www.cabimer.es/web/en/>



DEPARTMENTS OF STEM CELLS

- <https://www.cabimer.es/web/en/dept/sc/pancreatic-islets-and-stem-cells/>

LEADER OF LABORATORY - MENTOR

- [Prof. dr. Franz Martín Bermudo](#)

CO-MENTOR

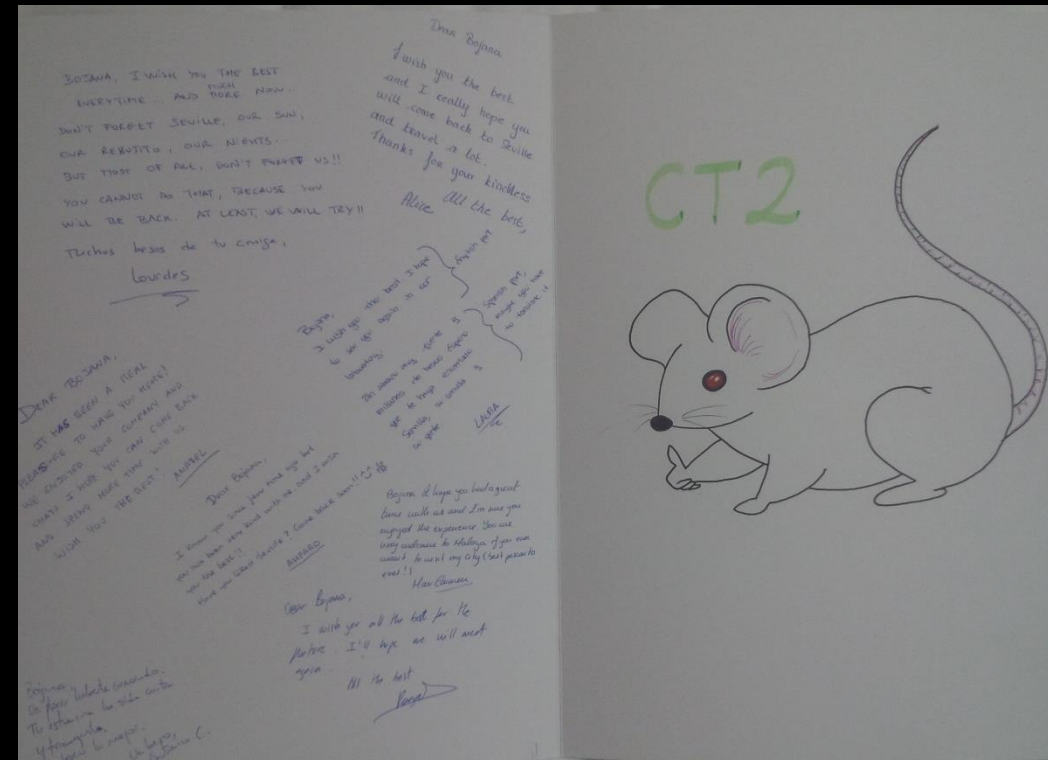
- [Dr. Lourdes María Varela Pérez](#), post doctoral researcher

MY LAB TEAM



MY WORK

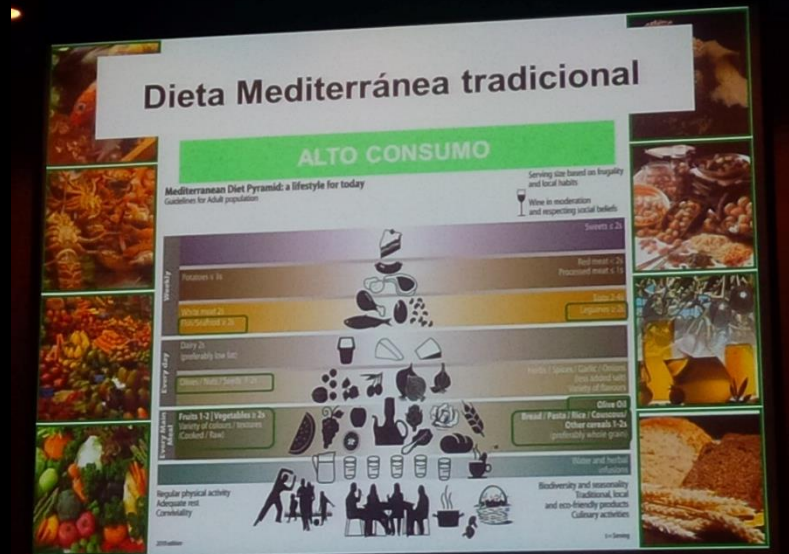
I have learnt a different techniques commonly used in a laboratory, such a cell culture techniques, isolation and purification of RNA and proteins of cells and tissues like a liver is; have studied of gene expression by RT-PCR, and Western blot to identify a specific proteins. I have been introduced to different techniques currently used to transgenic mice, and have a knowledge to perform a GTT and to measure the levels of glucose and insulin in the blood of mice after a GTT. Our research team has discovered a food composition polyphenols in olive oil are in correlation with genes, metabolic syndrome and non-alcoholic fatty liver disease. We have analysed a liver pathology after dissect and sampling a parameters from the blood (cytokines, insulin, glucose...).



START OF THE RESEARCH (MY MASTER DEGREE)



FESNAD – THE SPANISH CONGRESS OF NUTRITIONAL



ACCOMMODATION

RESIDENCIA SANTA ANA

<http://sta-ana.com/>

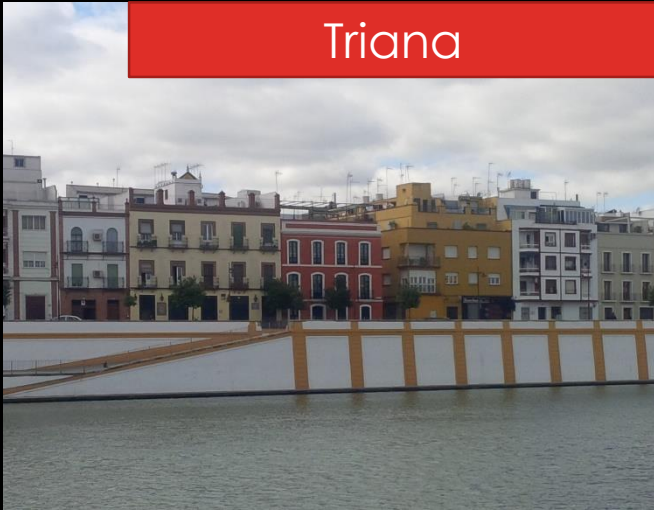
SINGLE ROOM IN A SHARED FLAT
400 EUR / MONTH

MEALS ARE NOT INCLUDED
7 EUR / DAY



SEVILLE THE MOST BEAUTIFUL CITY IN SPAIN

Triana



Catedral



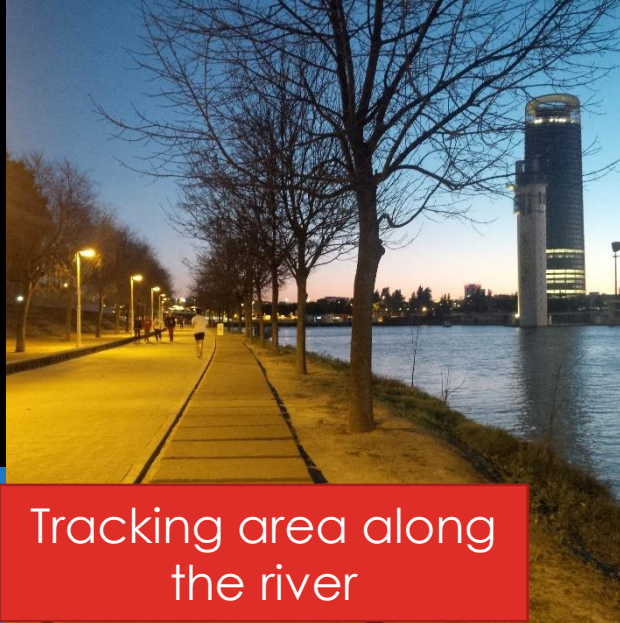
SEVILLE

THE CAPITAL OF PROVINCE ANDALUCIA

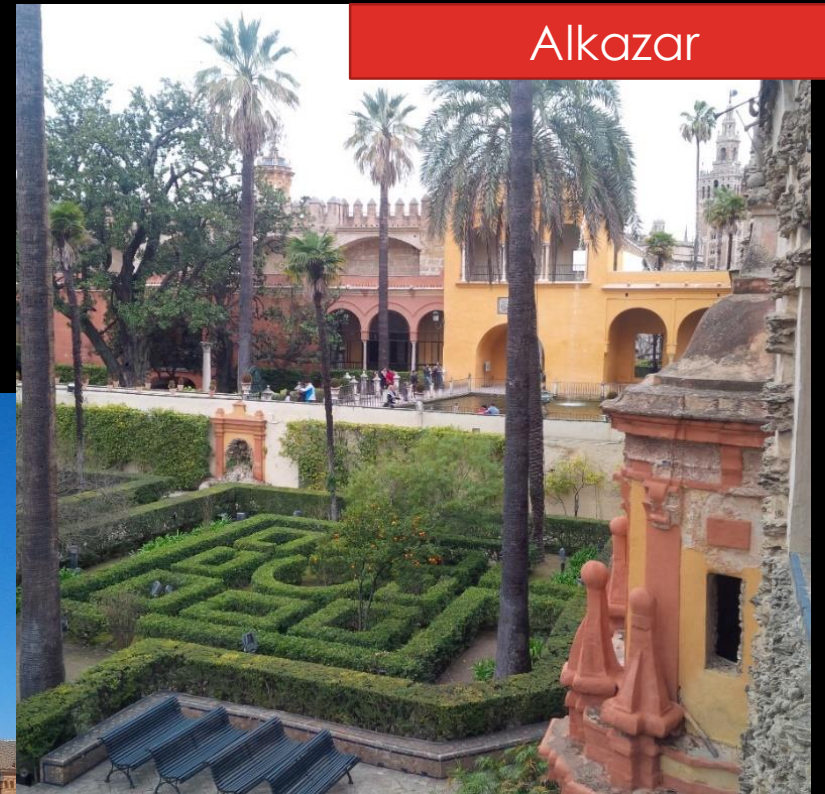
Mushroom



Tracking area along
the river



Alkazar



Plaza de Espana

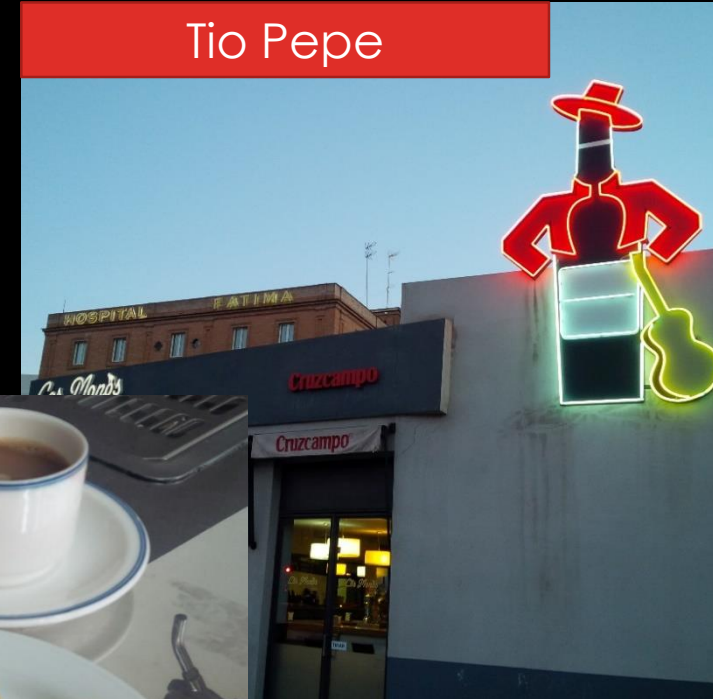


THE COUNTRY WITH A CULTURE OF FOOD AND DRINK

Salmorejo, Sangria



Tio Pepe



Sweet bread



Patata bravas, olives



Typical Andalucian breakfast



TWO THE MOST IMPORTANT EVENTS IN SEVILLE

SEMANA SANTA
(HOLLY WEEK)



FERIA DE ABRIL

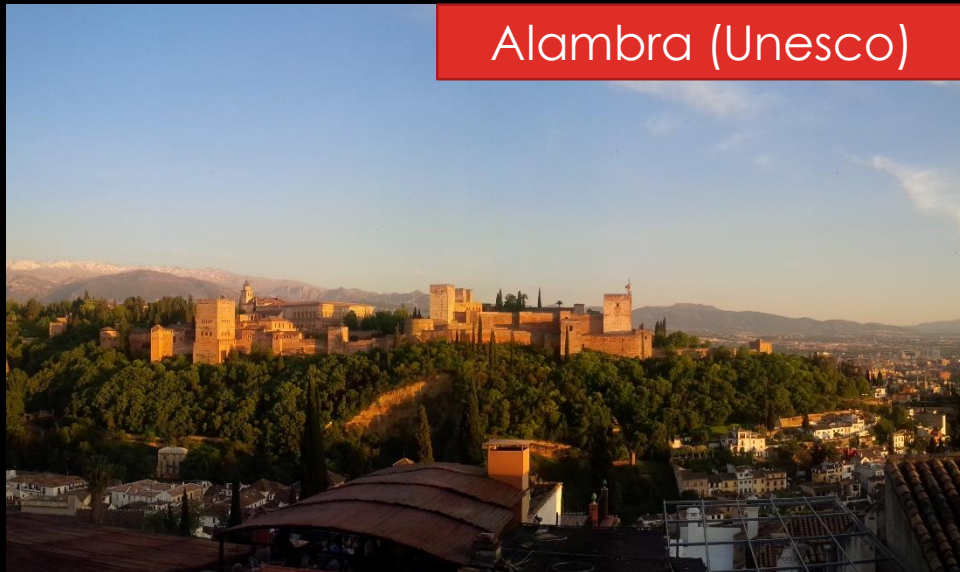


A GOOD INITIAL POINT FOR TRIPS



ANDALUCIA

GRANADA



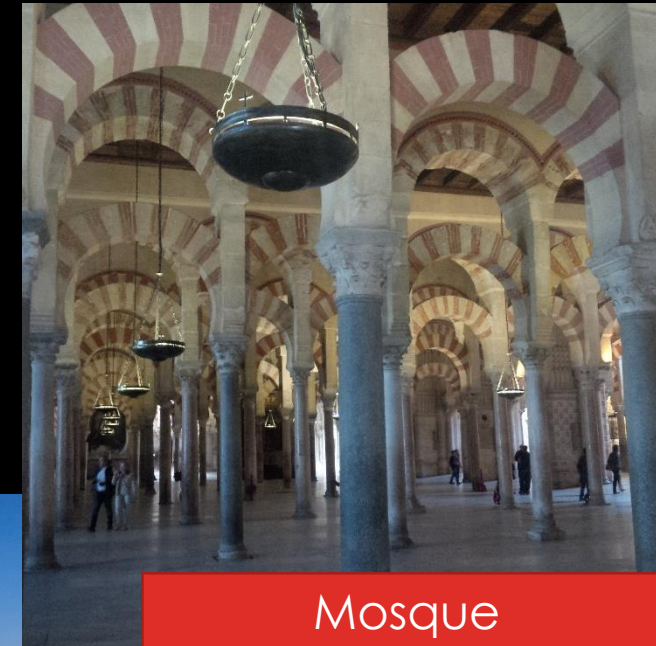
Alambra (Unesco)

CADIZ

The cradle of
Flamenco



CORDOBA



Mosque



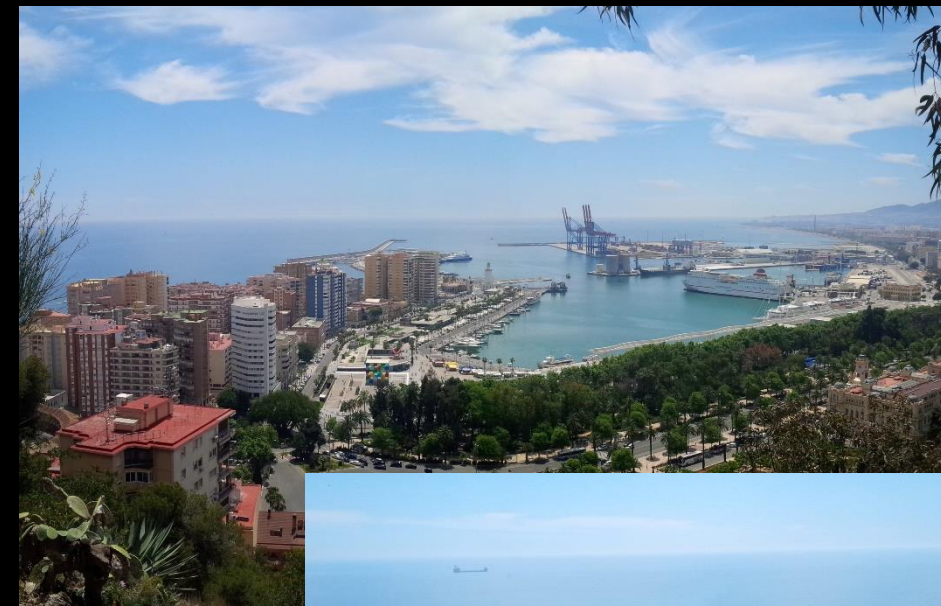
ANDALUCIA

MALAGA

GIBRALTAR



Say Hello from England



Tangir - **AFRICA**



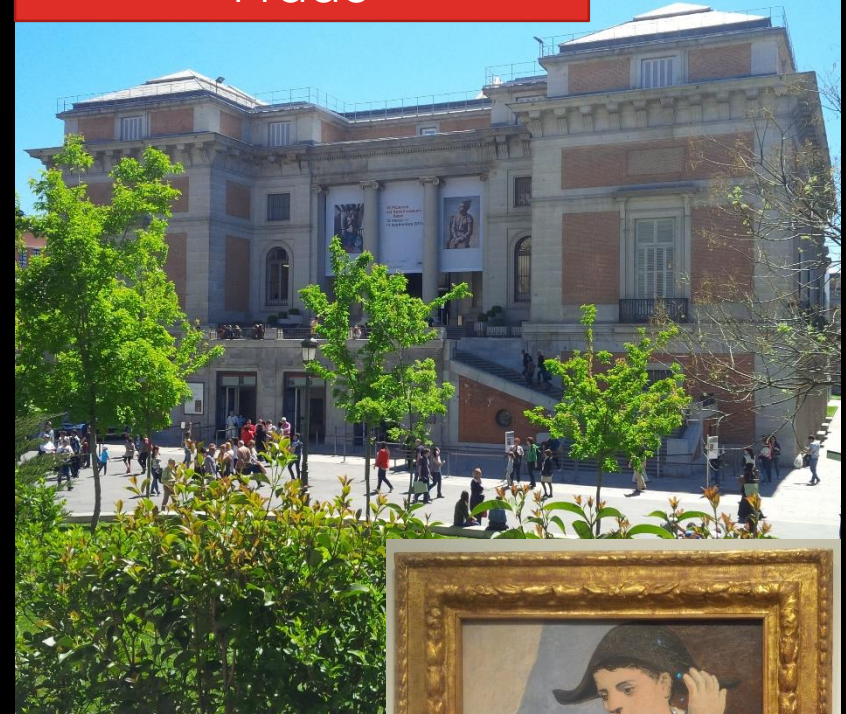
MADRID



Plaza de España - Don Kihot



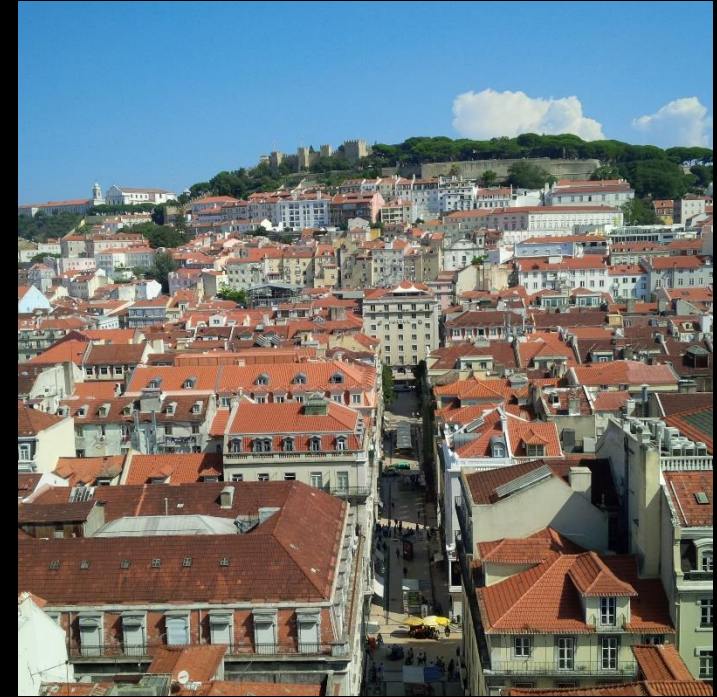
Museo Nacional del Prado



PORTUGAL

ALGARVE

LISBOA



10 REASON FOR ERASMUS+, TO CHOSE SPAIN-SEVILLE

- PERSONAL GROWTH
- IMPROVING LANGUAGES (in the research area a Spanish language is not necessary)
- CULTURE OF FOOD
- CULTURE OF SOCIALISING
- KNOW NEW FRIENDS FROM ALL OVER THE WORLD
- RICH CULTURE (the cradle of Flamenco)
- A BEAUTIFUL CITIES AND VILLAGES
- A GOOD INITIAL POINT FOR TRIPS
- SUN
- PRICES ARE THE SAME LIKE IN SLOVENIA (a food and drink are cheaper, flats more expensive)

MONEY

COST

- ACCOMMODATION

400 eur / month (center, single room with inside view, cleaning and bedding included, share flat)

- FOOD

7 eur / day (home cooking; beer 1 eur, coffee 0,80 eur, orange juice 1 eur, meal in a food services 3,70 – 6 eur, in a restaurants 4 – 12 eur)

- FLIGHT

200 eur in both direction with all luggage

SCOLARSHIP

- ERASMUS

450 eur / month

- JS

150 eur / month

- SAVINGS*

800 EUR

* Without saving is possible to live

KO BOŠ SPOZNAL SVET, BOŠ SPOZNAL SAMEGA SEBE



*Hvala koordinatorici
Erasmus mobilnosti na UP FVZ,
ga. Andreji Brecelj,
za to čudovito izkušnjo...*