

## Living the American Dream in San Francisco,

Last January I moved to San Francisco, to perform an internship in the lab of Sophie Dumont at the university of San Francisco. The Dumont lab is a biophysical lab that is interested in how cells coordinate mechanical and chemical activities to accurately segregate chromosomes during cell division. During my first internship, I got really interested in cell division and therefore wanted to work on this subject during my second internship. I chose the lab of Sophie Dumont, because I was attracted to the science performed in this lab in addition to their expertise in microscopy. Moreover, I found it a challenge to join a biophysical lab and hoped to expand my knowledge about biophysics.



My first impression of the Dumont lab was a great lab. The environment was really nice and my colleagues were very sweet and welcoming. It was a great place to learn and perform good science. During my internship, I worked on the question of how the spindle assembly checkpoint is silenced and cells progress to anaphase. The first months in the lab were good. My project went well and I was learning a lot. Therefore, we decided that I was going to stay two months longer than initially planned, making my whole period in the US 10 months.

Living in San Francisco is wonderful. I lived in Haight Asbury, the neighbourhood that is known for being the origin of the hippie counterculture. All the buildings were very colourful and there were always a lot of interesting people on the street. It never got boring. A huge benefit from living in Haight Asbury is having the Golden Gate Park as your backyard. It was always nice to escape the craziness of the city and go for a walk or a bike ride in this gorgeous park.

In addition to Haight Asbury, there was much more to discover in San Francisco. One of my favorite places to go to was The Golden Gate Bridge. I used to cross the bridge by bike and go to this cute small town called Sausalito where they have the best ice cream ever (according to me). One of the other very interesting things I did was visiting the old prison at Alcatraz island that lies in the bay of San Francisco. It was very interesting to see and hear about the origin of the prison and the famous escape attempts that took place back in the days. The only downside about San Francisco, being a Dutch person, are all the high hills the city has. Biking around the city has never been harder! But,

when you manage to get up on one of those hills, you have the most amazing view.



Moving to San Francisco for 10 months is one of the biggest adventures I have ever started, but also one of the best decisions I have ever made. I already miss all the beautiful places of gorgeous San Francisco.

Eline