

This year, I spent three months at one of the largest university hospitals in Bucharest, where I had an exceptional opportunity to enhance my clinical practice and observe the operations of a renowned clinical teaching hospital. Known for its outstanding research work and diverse patient population, this hospital provided an ideal environment for my professional development. The main objective of my traineeship was to gain further knowledge in clinical practice and observe the hospital's studies and trials.

During my time there, I focused on clinical research design, preparation, and implementation, gaining experience in various phases of research projects. Immersing myself in a new environment and culture offered invaluable insights, broadening my worldview and understanding of another country's healthcare system. This experience also allowed me to establish international connections and collaborations, enriching my professional network. The chance to collaborate with professionals from diverse backgrounds significantly enhanced my ability to approach problems from multiple perspectives, a skill that will be invaluable in my future career.

As an internal medicine and gastroenterology resident, I integrated into the hospital's daily practice, learning from a diverse patient population and gaining significant experience in hepatology. The exposure to various clinical cases, including rare and complex conditions, allowed me to expand my diagnostic and therapeutic skills. One of the most critical aspects of my traineeship was deepening my knowledge in endoscopy, which is the focus of my PhD topic. I practiced on endoscopic models, performed diagnostic gastroscopies and colonoscopies under supervision, and observed numerous therapeutic procedures, enhancing my technical skills and expertise. The hands-on experience I gained is irreplaceable and has provided me with a strong foundation for my future work in gastroenterology.

Additionally, we involved the hospital in our ongoing projects, facilitating a mutual exchange of knowledge and expertise. I participated in patient rounds and case discussions, which further enriched my learning experience. I also gained additional experience in conducting ultrasounds, which complemented my training.

I am forever grateful for the provided experience, which will have a lasting impact on both my personal and professional life. The friendships and professional relationships I have built during this time are invaluable, and I look forward to maintaining these connections throughout my career.