The ECNP internship was exactly how I imagine short-term scientific visits. I spent this time in the group headed by Martien Kas at Department of Translational Neuroscience in Utrecht and it was a great opportunity to exchange research experiences. I had also the opportunity to find out about methodological issues of studies in the field of behavioural neuroscience. The ECNP internship was also an opportunity to meet new people that are experts in the field of my research. Finally, my stay in Utrecht resulted in making plans for future interdisciplinary collaborations. I think that this initiative will result in establishing a long-term and fruitful relationships.