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**3th year of training at the Doctoral School**  
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On 10.08.-08.09.2024 I had the pleasure of completing a foreign research internship entitled "Biomonitoring methods and the possibilities of their use" at the Prešovská univerzita v Prešove at the Department of Ecology (Slovakia, Prešov). My research supervisor was Ms. Doc. RNDr. Lenka Demková, PhD. I completed the internship with the support of the ERASMUS+ program.



Photo 1. Aleksandra Garbacz with her internship supervisor, Doc. RNDr. Lenka Demková, PhD.



Photo 2. Prešovská univerzita v Prešove



Photo 3. In the background Prešovská univerzita in Prešove

The aim of the trip was to expand knowledge and competences and acquire new research skills in the field of biomonitoring methods and the possibilities of their use. The internship allowed me to meet outstanding scientists, participate in research work in the field, including e.g. collecting environmental samples, *in situ* measurements, working with GIS and getting to know biomonitoring methods. In addition, the internship program included e.g. laboratory analysis through the preparation of samples for analysis and their processing in laboratory conditions, as well as creating databases, presenting research and university works and promoting the Erasmus+ program. During the internship, I had the opportunity to get to know the employees, PhD students and students of the University and the equipment located in the unit.



Photo 4. Laboratory at the Department of Ecology



Photo 5. Field research

Participation in a foreign research internship also enabled me to visit the most important buildings in the city of Prešov and become familiar with the culture of the region.



Photo 6. Regional Museum in Prešov



Photo 7. St. Nicholas' Co-Cathedral



Photo 8. Prešovský samosprávny kraj



Photo 9. Jonáš Záborský Theater



Photo 10. Marian Column



Photo 11. Monument symbolizing the 49°N parallel crossing the city center



Photo 12: Monument symbolizing a horse

The internship in such a high-class scientific unit of international rank broadened my knowledge and competences and allowed me to acquire new skills. It allowed me to learn new research methods and procedures, gain practical experience in field work, and also learn new methods of biomonitoring using geographic information systems. In addition, it allowed me to improve my language skills and communication skills, meet many wonderful people and build future cooperation.