

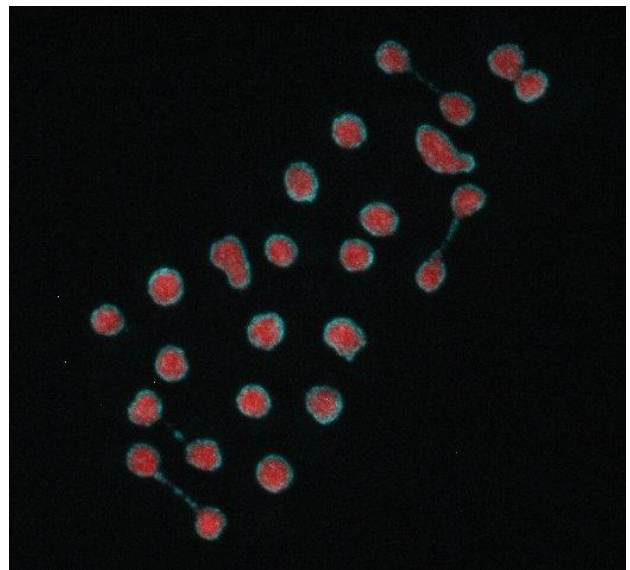
# Summer 2025 in Regensburg

J. J. Heupel

This summer I had the amazing opportunity to travel to Regensburg, Germany and conduct research at the University of Regensburg. Outside of my research, I had many opportunities to explore the surrounding cities and countries, meeting great friends along the way.

## Research

I worked in the Seufert Group at the University of Regensburg under the guidance of Dr. Philipp Girke. The lab's focus is to study fusion of the nucleolus in budding yeast cells (*Saccharomyces cerevisiae*) and I was honored to be able to assist in their research. My main goal was to generate yeast strains that contained various fluorescent markers on the nucleolar proteins Fob1 and Nop56 in order to observe changes in the structure of the nucleolus throughout the cell cycle. I also spent time working on cloning a yeast strain that contained fluorescently labeled Nup49, a nuclear pore complex protein, allowing the nucleus to be seen during microscopy.



*Nup49 labelled in blue and the interior of the nucleus in red.*

While working in the Seufert Lab, I learned numerous yeast biology techniques as well as bacterial cloning. I also spent much time working with a spinning disk microscope, acquiring photos that had to be analyzed on ImageJ and other statistical programs. Through these images, I was able to conduct signal distance and colocalization analysis on the various tagged proteins.

## Regensburg

After work in the lab, I spent most of my time exploring the beautiful city of Regensburg. Originally a Roman fortress, the city of Regensburg prospered during medieval times and much of the architecture from this period remains today. The city is full of life; there are countless shops and restaurants downtown and festivals nearly every week. My favorite of these festivals was Dult, a traditional Bavarian festival that happens in May and August every year. Dult and the other festivals were a great way to meet native Germans, and indulge in the customs, traditions, food, and drinks of Bavaria.

Everyone I met in Regensburg was very friendly and helpful if help was ever needed. It is also a large transportation hub meaning that there are direct trains to most German cities, and Flixbuses to international capitals. Regensburg location in Central Europe puts it in close proximity to Italy, Austria, Poland, the Czech Republic, and Switzerland meaning there is no shortage of vacation spots. Bavaria also has the most religious holidays out of any German state, meaning there were many 3-4 day weekends throughout the summer to take advantage of.



*Regensburg from the hills outside the city*



*Dom St. Peter from across the Danube.*

## Vienna

In my second week in Regensburg, I went to Vienna, only a 5-hour bus ride from Regensburg. Here, I enjoyed the food, architecture, and nightlife.



*Vienna city hall.*



*A cathedral in Vienna.*

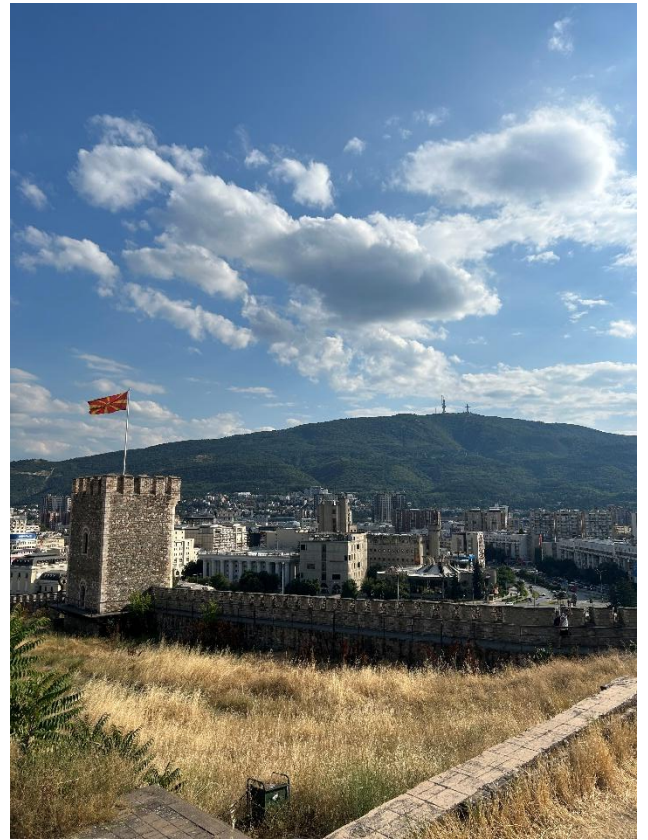
## Prague

Prague is full of delicious (and relatively affordable) food as well as beautiful architecture and history. The national history museum was one of the most fascinating museums I have ever visited.



## Skopje

Skopje is the capital of North Macedonia and was a city rich in culture and history. From the ancient fortress above the city, you could see the entire downtown, including the President's residence. Skopje also has a labyrinth of markets, antique stores, jewelers, and much more, and the residents of the city were some of the nicest people I have ever met.



*Skopje Fortress overlooking the city.*



*Cows enjoying the view of the Zugspitze.*

### **Garmisch-Partenkirchen**

Located in Southern Bavaria on the Austrian border, Garmisch is home to the Zugspitze, the tallest mountain in Germany. Although I was unable to climb it, I was able to summit some of the surrounding peaks, which offered mountain views in every direction.

Overall, I could not recommend this experience enough. I met countless friends, visited places I never knew existed, and worked on novel and impactful research. This program is a fantastic way to get out of your comfort zone and see the world. Living in Regensburg for the entire summer provides a unique perspective on German life that you would never get as a tourist. It is a great program for those looking to develop not only as a scientist, but as a citizen of the world.