



**Karolinska  
Institutet**

# Post doc – how and where?

Hans-Gustaf Ljunggren

# Why?

- Learn a lot! New techniques/methods, learn area of research
- Get to see a new environment/lab/city/country, learn from it, get perspectives
- Get new friends/future colleagues
- Pave the way for a future career, including project ideas as well as a position and grants

# Why?

- All new experiences are valuable experiences, both good ones and not so good ones...

# Post doc how and where?

- Abroad or stay in the same country
  - If stay in the same country
    - Another university
    - Same university, another group
    - Same group
- Short, intermediate or long period of time
- More than one post doc, trend is towards one longer post doc

# What subject to choose for a post doc?

- Completely new area of research with new technologies/methodologies
- Same area of research, new technologies/methodologies
- Same technologies/methodologies, new area of research
- Stay in the same area of research with the same technologies/methodologies

# Some good examples...

- **Malin Flodström (PhD)**
  - Five year post doc Scripps, excellent publication last year to build research career on
- **Johan Sandberg (PhD)**
  - Two years Rockefeller U, two years UCSF, series of good publications, collaborators for life
- **Niklas Björkström (MD, PhD)**
  - During PhD studies research at Rockefeller U and Kampla, Uganda, new technique and experience/contacts; shorter post doc NIH to take up new technology and latest trends
- **Kalle Malmberg (MD, PhD)**
  - Post doc at CIM, create platform for future research, short three month period Perugia to pick up latest trends
- **Mattias Carlsten (MD, PhD)**
  - Three year post doc NIH, learn and prepare for future career as clinical scientist

# Trend for future success for full time scientists with PhD (not MD)

- If possible, go abroad, stay away long (do not go home to early), see to that you do get a good track record, i.e., good publication(s) with you

# Creating a good environment on people with diverse background

- Hans-Gustaf Ljunggren, MD PhD Immunology, infection, cancer (MIT)
- Jan Andersson, MD PhD Immunology, virology, microbiology (U Chicago, UCSF)
- Steve Applequist, PhD Immunology, vaccinology (Wash U)
- Karl-Johan Malmberg, MD PhD Immunology, immunotherapy, cancer (U Perugia)
- Jacob Michaelsson, PhD Immunology, virology (UCSF)
- Susanna Grundström, PhD Immunology, microbiology (U Lund)
- Anna-Lena Spetz, MD PhD Immunology, virology, vaccinology (Harvard)
- Anna Norrby-Teglund, PhD Microbiology (U Tennessee)
- Johan Sandberg, PhD Immunology, virology (UCSF)
- Maria Teresa Bejarano, MD PhD Immunology, virology, parasitology (Stanford, LICR))
- Daria Donati, PhD Immunology, virology, parasitology (U Pisa)
- Adnane Achour, PhD Immunology, virology, structural biology (KTH)
- Antonio Barragan, MD PhD Parasitology (Wash U)
- Malin Flodström-Tullberg, PhD Immunology, virology, autoimmunity (Scripps Res Inst)
- Karin Loré, PhD Immunology, virology (NIH)
- Mattias Svensson, PhD Immunology, parasitology (Lond Sch Hygien and Trop Med)
- Benedict Chambers, PhD Immunology, parasitology, cancer (U Conn)
- Robert Wallin, PhD Immunology, cellbiology (U Dundee)
- Alf Grandin, PhD Immunology, cancer, cellbiology (U Madrid)
- Markus Moll, PhD Immunology, virology (U Marburg)