Between Monday 20th November and Sunday 10th December 2017, I visited the INAF Osservatorio Astronomico d'Abruzzo in Teramo, Italy. Accommodation was provided by the observatory. The objective of this trip, as agreed with my director of studies, Prof. Maurizio Salaris, was to acquire and begin familiarisation of BaSTI, the FORTRAN-based stellar evolution modelling code which I will be using and modifying as the basis of my PhD research into chemical mixing in stellar interiors. Specifically, I will be modifying the code so that it incorporates the effects of thermohaline mixing, rotation and radiative levitation. In Teramo I was supervised by Prof. Santi Cassisi and Dr. Adriano Pietrinferni, who are both long-time experts in BaSTI and stellar evolution.

During my stay, I was first shown how to run the code and how to activate additional optional physical processes beyond the most basic possible version. I then studied how the code output changed as different fundamental stellar parameters, such as mass and metallicity, were fed into the model.