

## **Experience report on ERASMUS internship abroad in London**

I study biochemistry in Hanover at the MHH and currently in the 4th semester of the Master. As part of this study and thanks to the Erasmus grant, I was able to do a three-month internship in London (England) at the Queen Mary University of London. In the field of research very good English skills and good international contacts are very important, that's why I decided to work abroad. The internship was credited with 18 credit points (ECTS).

### **Preparation**

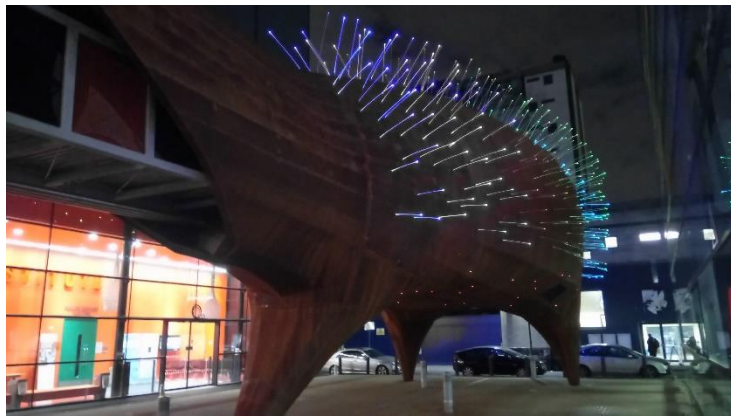
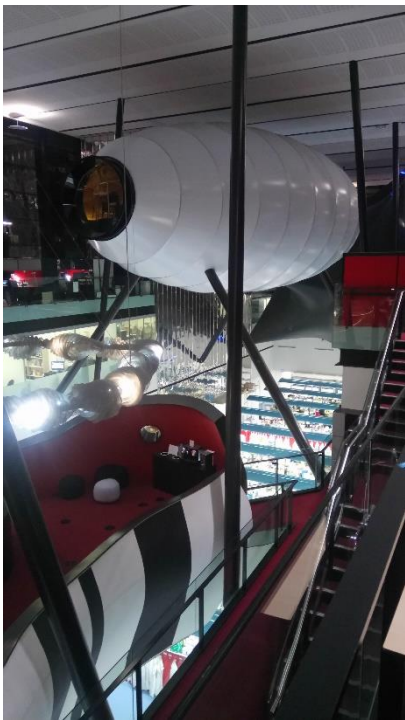
As part of my Biochemistry Masters, I was previously able to complete a research internship at the MHH in the field of immunology. I really liked it there and could imagine a career in science. From this point I got after request and interest a contact to London mediated. Then I introduced myself there (by mail) and sent testimonials, CV, etc. I also got a commitment very quickly afterwards. After I had the pledge, I signed up for the module with my study coordinator and took care of the funding. I applied for foreign student loans and the Erasmus grant. Both financings have been approved. I have completed the foreign health insurance and liability insurance with the DAAD. For the flight and accommodation, I have more time left, because I had not committed yet and have considered several offers. Nevertheless, I would not wait so long, because the good deals were already gone.

### **Accommodation**

The accommodation I found at Airbnb, other sites I found very obscure with the pricing and fees. This was a shared apartment, the hosts were an Italian couple who rented two rooms. The location was very close to the centre and it took me only 35 minutes to the university by public transport. At the apartment I felt good, but the walls were not very thick and you heard a lot. I could share the kitchen and many basic foods were also available. The room was not very big and expensive (750 euros), but very good for London standards. For that I could also use the living room and also do my laundry.

## **Queen Mary University of London**

The university was in the district of Whitechapel, I had a good connection via public transport. The building included a large-capacity laboratory and an open-plan office, lecture halls and cafeteria were in the building next door. I was warmly received by the team and cared for me very well. The presence time were flexible, I got my own place in the office and could acquire a lot of knowledge. I was very well trained and was allowed to work independently in the laboratory. In addition, I was there over the Christmas season and was able to witness two Christmas parties.



## **Everyday life and free time**

I was able to make my time flexible, I have done a lot in London. I actually did something every weekend. In London, I found the visits to Soho and Chinatown was the best. Free guided tours in English are also offered and are very interesting, as you will learn a lot about history. Over the Christmas season, my parents visited me for a week and went on a great sightseeing tour together.

During the week I made small tours, visited the local parks, twice I went to the cinema. In the evening I read scientific papers or an English book to improve my English. I also registered in a gym nearby and went about twice a week. Otherwise, I bought, cooked and talked to my flat mates or tried local TV channels.



## **Conclusion**

I can say with certainty that this internship in London has brought me many benefits. My English did not really improve according to the Erasmus test, but I am much more self-confident in speaking and understanding. At the facility, I was taught a method that I can now use for my master's thesis. Due to the practical experience, I also have better chances to get a position in research. I also have a lot of impressions of London and its inhabitants, in general I found the many cultures that are spread in London great. The interaction with each other at the institute was also very open and friendly, I felt very well there and thus the separation from my family, friend and pets well overcome. In the beginning, of course, I had to orientate yourself and adjust, but not everything as bad as I had thought. The effort at the beginning to organize everything was worth it. The effort is not to be underestimated, took about 6 months to complete. I would recommend it to anyone, if you are curious and would like to gain new impressions.