



Praktikumsbericht

(Auslandspraktika)

Angaben zur Person und zum Praktikum der/des Studierenden

Vorname, Name:

████████████████████

Ihre E-Mail-Adresse:

████████████████████

Studienfach:

MSc Human Biology – Principles of Health and Disease

Studienabschnitt (Bachelor/Master/Staatsex.):

Master

Praktikumszeitraum:

06/04/2021 – 25/09/2021

Praktikumsort:

Paris, Frankreich

Praktikumstitel (z.B. „Praktikum im Goethe Institut London als MitarbeiterIn in der Kulturabteilung“):

Praktikum im Curie Institut Paris als für mein Masterarbeit, mit dem Titel „Role of DANN methylation in somatic fate acquisition in mammals“

Bitte fertigen Sie einen frei formulierten ausführlichen Erfahrungsbericht an.

Der Bericht sollte eine Länge von **mindestens 4 DIN A4** Seiten haben (Times New Roman, 12pt, 1.5 Zeilenabstand). Gerne dürfen Sie auch Bilder (bitte dabei die maximale Dateigröße von 8 MB nicht überschreiten!) hinzufügen, jedoch beziehen sich die 4 Seiten Mindestlänge des Berichts nur auf den geschriebenen Text.

Bitte beachten Sie bei der Integration von Fotos und Bildern zur Untermalung Ihres Praktikums-berichtes, dass Ihr Bericht bei der Veröffentlichung und der damit einhergehenden Verbreitung des Bildmaterials/der Personenfotos gegebenenfalls die Einwilligung der fotografierten Person/en erfordert.

In diesem Falle würde es sich um die Veröffentlichung personenbezogener Daten handeln.

(Weitere Informationen bezüglich erforderlicher Einwilligungen und Ausnahmen bietet das Kunsturhebergesetz (KUG) und die Datenschutzgrundverordnung (DSGVO).)

Diese Datenschutzgrundverordnung gilt auch für Personennamen. Wenn Sie Namen nennen möchten, geben Sie bitte nicht den vollen Namen der Person an. Nutzen Sie nur den Vornamen oder Abkürzungen wie „L.“.

Machen Sie bitte Angaben zu den Themen, die Ihnen aus den folgenden am sinnvollsten und hilfreichsten erscheinen, und strukturieren Sie Ihren Bericht in Themenblöcken mit aussagekräftigen Überschriften.

1. Planung und Vorbereitung

- Wie haben Sie Ihr Auslandspraktikum gefunden?
- Wie haben Sie sich für dieses Gastland entschieden?
- Wie war der Bewerbungsprozess an der Gastinstitution?
- Was hat Ihnen dabei geholfen?
- Was musste im Vorfeld organisiert werden? Wie war Ihre Anreise?
- Wie verlief die allgemeine Organisation?
- Haben Sie einen Sprachkurs besucht?
- War die Vorbereitung zufriedenstellend? War sie ausreichend?



2. Praktikumsverlauf

- Mit welchen Aufgaben wurden Sie im Praktikum betraut?
- Waren Sie ausgelastet im Praktikum?
- Wie sah ein typischer Arbeitstag für Sie aus?
- Inwiefern wurden Sie im Gastunternehmen betreut und unterstützt?
- Wie haben Sie Neues gelernt und was?
- Haben Sie sich in der Arbeitssprache im Praktikum verbessern können?

3. Unterkunft im Gastland

- Wie haben Sie eine Unterkunft gefunden und wie würden Sie diese bewerten?
- Was hat Ihnen dabei geholfen?
- Hatten Sie Hilfe von Ihrer Gastinstitution oder anderen Anlaufstellen?

4. Soziale Kontakte

- Wie gestalteten sich die Kontakte zu Kolleg*innen am Arbeitsplatz?
- Haben Sie außerhalb der Praktikumsstelle Kontakte zur lokalen Bevölkerung aufgebaut?

5. Alltag und Freizeit

- Wie haben Sie Ihre Freizeit verbracht?
- Welche kulturellen Angebote haben Sie angenommen?
- Haben Sie einen Sport- oder Sprachkurs besucht?
- Wie sind die öffentlichen Verkehrsmittel? Haben Sie diese als Transportmittel genutzt?
- Haben Sie Tipps für zukünftige Studierende an Ihrem Praktikumsort? (z.B. Ausgehtipps, Sportmöglichkeiten, Freizeitmöglichkeiten, Kulturtipps, usw.)
- Können Sie bestimmte Anlauf- und Infostellen empfehlen?

6. Kosten und Finanzierung (freiwillig)

- Wie hoch waren Ihre Lebenshaltungskosten im Vergleich zu Deutschland?
- Haben Sie Gehalt im Praktikum bekommen?
- Wie viel Geld mussten Sie für Ihre Unterkunft einplanen?
- Haben Sie Tipps zum Erledigen der Einkäufe etc.?

7. SINIK: Interkulturelles Seminar an der LMU

- Haben Sie vor Beginn Ihres Praktikums an einem interkulturellen Seminar an der LMU teilgenommen?
- Wenn ja, war es hilfreich? Halten Sie diese Art der interkulturellen Vorbereitung für sinnvoll?
- Würden Sie das Seminar anderen Studierenden empfehlen?

8. Praktikum und Studium

- Konnten Sie im Studium oder in bisherigen praktischen Erfahrungen Erlerntes umsetzen?
- Wie haben sich durch das Praktikum Ihre Studienmotivation, Ihr Studienverhalten und/oder Ihre Einstellung zum künftigen Beruf geändert?

9. Fazit

- Welche Erwartungen (an Ihre Praktikumsstelle, das Land, die Stadt, ...) hatten Sie zu Beginn des Praktikums? Welche wurden erfüllt und welche nicht. Warum?
- Gab es Herausforderungen oder Probleme während des Praktikums und welche? Was denken Sie – wie hätten diese vermieden werden können? Wie konnten Sie sie lösen?
- Können Sie diese Stelle anderen Praktikant*innen empfehlen? Bitte begründen Sie.
- Wäre die Praktikumsstelle bereit, auch zukünftig Praktikant*innen aufzunehmen?



- Was hat sie besonders geprägt in der Zeit im Praktikum? Was haben Sie über die Inhalte des Praktikums hinaus gelernt?

Bitte speichern Sie Ihren Bericht als **WORD-Dokument** ab und laden Sie ihn uns gemeinsam mit den anderen Abschlussunterlagen im MoveON-Portal über das Formular „Abschlussunterlagen Internationale Praktika“ hoch. Den Link hierzu haben Sie bereits bei Ihrer Bewerbung von uns erhalten.

Falls Sie ein wenig Inspiration für Ihren eigenen Bericht suchen oder Ihre Erfahrungen mit denen anderer Studierender vergleichen möchten, werfen Sie gerne einen Blick auf unsere Website (https://www.s-a.uni-muenchen.de/studierende/praktikum/praktika_ausland/praktikumsberichte-neu/index.html).

Ihre Informationen und Tipps sind für die nächste Generation von Auslandspraktikant*innen sehr viel wert. Vielen Dank für Ihre Unterstützung!

My name is ██████████ and I am a 25 years old master student. I am originally from Spain, where I did my BSc in Biotechnology, and I am currently writing my master thesis to graduate from the MSc in Human Biology at the LMU Munich. I would like to talk about my Erasmus+ internship and to convince you that it is one of the best experiences I have taken part in so far.

I did an Erasmus+ traineeship program for two months at the Institut De Recherche En Santé, Environnement Et Travail (IRSET), a public research institution in Rennes, France. I am currently pursuing a master's degree, and I decided to broaden my experience in lab research during the third semester of the program and to do my master thesis abroad. The research carried out in the group I worked with was closely related to the project for my master thesis, that I recently started at the Institut Curie in Paris. Moreover, and most importantly, I already had a previous experience with the same group in Rennes. After I finished my bachelor's degree in Spain and before starting the master's, I decided to look for internship opportunities abroad. My home university in Spain has an agreement with the Université de Rennes I, a partner institution from the IRSET. Even though France was not my first choice because of the language, the dates and the duration suited my plans, so I applied for the position. The selection procedure was done by the department of international affairs at my university, which takes into account primarily the average grade during the bachelor and any foreign language spoken gives extra points. In some cases, the receiving institution requires a certificated minimum level of English or the country language, which was not my case. After having been selected for the program and I was entitled to receive the scholarship, I contacted the coordinator at the receiving institution and he got me in touch with the head of the team I eventually worked with, Dr. F██████████. Thanks to this internship, I started being interested in the topic of Epigenetics and how perturbations on these very specific patterns can affect fertility in mammals. During the second semester of the master program, I took part in a course related to the topic, where we had to do a project that required a lot of bibliography research. While doing so, I discovered the research lab of Dr. D██████████ at the Institut Curie in France. Considering the wonderful experience I had during my first and second internship in France, and the exciting city that is Paris, I decided to apply to do my master thesis in this group. In this case, the application and selection procedure were a bit different. I first contacted the group, and once I had their approval and a letter of invitation to complete a six-months internship with them, I applied for the Erasmus+ program. To this end, we filled the "Traineeship agreement", which specifies duration and dates of internship, main goals, responsible people in sending and

receiving institution, information about insurance coverage and possible payments, inclusion of the internship in the curriculum and ECTS, etc. The document needed to be signed by the student applying, by the coordinator at the corresponding faculty of the LMU and by the responsible at the receiving institution. Lastly, the student must write a letter of motivation stating the reasons why he/she wants to take part in a mobility program. The traineeship agreement, letter of acceptance of the receiving group and the letter of motivation need to be submitted for the application procedure to start. Once the application was accepted, I received all the information necessary about documents to be sent and signed before, during and after the mobility. The most important things to consider before starting the mobility is booking a proper health care, private liability and accident insurance which covers both during free time and at work, and accommodation. Regarding insurance, I personally recommend the one offered by the DAAD, as it is specific for students going on mobility programs abroad and it covers all the requirements. Then, the process of looking for accommodation can be a bit complicated, though I got a lot of support from my supervisor at the Institut Curie. In general, receiving institutions, in this case the university, provide accommodation in the public residences for exchange students. In France, the CROUS is the organism responsible for multiple student affairs, such as housing, financial support or management of student cafeterias (the equivalent to the Studentenwerk in Germany). It is possible to apply for accommodation, but it is advisable to do it with time, as spots are limited for the number of students in Paris. I got a room in student dorm in “Cité Universitaire”, where most of student forms are located, at the south of Paris. I first accepted the room and I had to pay a caution, but I actually preferred to find a shared flat. Thanks to a facebook group that a french friend of mine that used to live in Paris sent me, I found an add about a free room in a flat and I contacted the other housemates. The flat was located only 15 minutes away walking from the lab and it is in a very lively area from Paris. I shared the flat with a french girl and a French guy, so I got the chance to speak French. Looking for accommodation can be overwhelming, so it is very useful to ask for recommendations to previous students or to the receiving teams itself. It is very common that advertisements are posted on the internal website of the institutes. The last thing to be done is signing the grant agreement between the sending institution and yourself, who establishes the amount and payment dates of the financial support.

On the day of arrival, everything must be set up for the student to start working. It depends on the receiving institution and in my case, I needed to sign to confirm the date of start and to get my personal access card. Once I signed, I was officially an intern student from the Institut Curie

and I could go to work anytime within the official working times and always when my supervisor was in the lab as well. After getting ready with the paperwork, I spent some time with my boss discussing the details of the project I would work in and my specific tasks. The goal of the internship was to explore the role of DNA methylation in determining somatic cell differentiation. To complete the project, we designed three main experiments that were my responsibility: 1) Analyse changes in gene expression between cells that artificially do not have DNA methylation and compare it with normal cells, during a protocol that leads the cells to differentiate to neurons, 2) Analyse changes in protein expression, 3) and analyse the cells during a protocol that differentiates them to renal tissue. By the end of the internship, we managed to get very interesting results that we will try in the future to publish in a journal. This internship gave me the opportunity to put hands on practice on experimental and analysis techniques, as well as concepts that I learned during my bachelor's and master's studies. Such studies, especially the bachelor, gives us a broad theoretical background which is essential for the later laboratory work. I am strongly convinced that one is not fully capable of understanding and mastering a technique until one has to perform it on his/her own. It is in such moments when one faces difficulties and problems, but also when one realizes that one is capable of doing such tasks. Therefore, I did not only have the chance to implement techniques and concepts that I learned before, but I gained unvaluable self-confidence, problem-solving attitudes and teamwork, among many other soft skills. Among the specific hard skills I gained great expertise in, are immunofluorescence or immunohistochemistry analysis, gene expression analysis by quantitative real time PCR and next generation sequencing (NGS) by RNA sequencing (RNAseq), image analysis softwares and statistical analysis using various softwares, cell culture techniques, such as cell cloning, and some others. Moreover, I could get to know new techniques such as CUT&RUN which enables the analysis of DNA sequences bound to proteins of interest by antibody-mediated precipitation, or ATAC-Seq, that allows the study of the chromatin accessibility.

A typical working day would start at 9:30 and finish around 17:30 – 18:00, depending on the working load each day. We had our lunch break around 12:30 – 13:00 for an hour and we always had lunch all together with the whole team. As we were a small team, we got the chance to spend a lot of time together, getting to know each other and getting really close. Moreover, I got really close with my flatmates, that had been living in Paris for a while and introduced me to their friends. Getting the chance to know local people from the country who introduces you to his/her friends builds a social network that makes you feel 100% integrated in the new

country and community, making you feel as one of them and enjoying the experience to its maximum. Even though it is not always easy, I strongly recommend any student going abroad to make the effort to know locals, as it is an experience one would not regret.

As I previously mentioned, I did not choose France because of the language, as I was not fluent in French before arriving. The group I worked with was very international and the daily work was done in English, however I decided to take part in a language course offered by the institution. However, it is very advisable to speak French not only to communicate outside the working context, but with locals in your free time. Paperwork is easier as well. Even though working in English was not a new thing for me, the more you do, the more comfortable you get with it and you feel less tired of not working in your mother tongue. However, I did experience an improvement in my level of French, not especially at work, but during my free time. The beginning of my internship was a bit complicated regarding the pandemic we are going through. I arrived in April, at the time that I curfew was implemented in France from 6pm until 6 am, which does not leave much time for free-time activities after work. Moreover, we were not allowed to leave our region. Therefore, my days were very quiet during the first months, which on the other hand allowed me to spend a lot of time at home with my room mates. As of June, the curfew was dismissed and bars reopened, so I started to have a more intense social life, which I greatly appreciated. Paris is a very big city with a very extense and wonderful culture and offers great variety of activities in the free time. It is very difficult to get bored.

Paris is a very big city, and more importantly, very crowded. However, it counts with a very efficient network of public transport. As I lived 15 minutes away walking from the lab, I did not purchase a transport card, as it would have been more costly.

In terms of living costs, Paris is a quite expensive city. It is difficult to find a cheap flat, but more importantly, in good conditions, so I strongly suggest to visit the potential flats in person before signing a contract. In this regard, a room in a dorm is a safer option. Accommodation ranges from 400€ if one is lucky enough to get a room in a dorm from the CROUS, the French equivalent to the Studentenwerk, to around 600 to 700€ for a room in a shared flat or “colocation” in French in the inner city. The prices of the supermarkets are very similar to Germany, though I noticed more expensive prices compared to the cheapest supermarkets in Germany such as Aldi, which is where I used to shop. Hence, it is easier to find cheaper options in Germany than in France. If I had to choose one thing where I did see a big difference in prices is beers in the bars. The minimum price of a pint in France is 5-6€, whereas in Germany

you can find many bars offering beers for 3-4€. Unfortunately, I did not have the chance to get financial support from the receiving institution, so I counted on the Erasmus+ scholarship, financial support of my family and own savings from part-time jobs in Munich.

As I mentioned, this internship was the third one I did in an institution in France. Moreover, during my bachelor's studies in Spain, I spent one year abroad in Würzburg as part of the Erasmus+ studies program. Therefore, and considering I'm doing my master's far from my home country, I already had experience with foreign cultures in the cultural, social and academic environment and I considered it would not be especially useful for me to take part in the SINIK at the LMU. However, I would recommend it to students who are not familiar and will experience an exchange program abroad for the first time.

To sum up all the points covered, I would say that the Erasmus+ program offers an enormous and fantastic opportunity to explore new cultures in a social and academic or professional context. Thanks to my first Erasmus+ experience, I decided to do my master's degree abroad. Later, during my first internship in Rennes, I discovered a field of research in biology that I found extremely fascinating and gave me the motivation to consider it as my future field of research and to consider France as a country to live long term. It is for this reason that I decided to carry out a second internship in the same institution, and to do my master thesis in Paris in the same field of research. Hence, I can say that it was a very future life-defining experience. In fact, I was offered to stay in the lab to pursue a PhD, so I will soon be PhD student in the lab. And still living in the same apartment.

The day I started the internship I was nervous and stressed. I knew that the team was a very recognized one in the field, so I wanted to do everything right. Moreover, people in Paris have the fame to be not as friendly as in other regions, so I was concerned about doing a good job and feeling welcomed. Would it be easy to get to know people? Would I manage without speaking French? Would I feel integrated? Would I get along with the team? And the answer to all the questions is a big yes. Luckily, I did not face any difficulty apart from the exceptional situation in which the covid pandemic put all of us.

To conclude, I would strongly recommend this institute and specially the group led by Dr. D██████████ to other students. The field of research in mammalian reproduction is fascinating, the Institut Curie, which is part of the French public research institution INSERM and CNRS, is a well-recognized scientific institution in the whole country, which automatically boosts the CV and future working opportunities. More importantly, the human quality of the team members provides an excellent and welcoming atmosphere for coming students which

are not familiar with the culture and the field of work. Teamwork is crucial in this group, and one would never feel alone or unattended, neither in the academic nor personal side. They are always happy and count with all the resources to welcoming new students. In fact, I know by personal experience and from the experience of friends that students come back for additional internships after the first one, which says a lot about the team members and the projects.