

Praktikumsbericht

Auslandspraktikum

Angaben zur Person und zum Praktikum der/des Studierenden

Studienfach: Soziologie

Bachelor/Master/Staatsexamen: Master

Praktikumszeitraum: 03/11/2025 – 30/04/2026

Praktikumsort: Bangkok, Thailand

Praktikumsinstitution: UN ESCAP (Economic and Social Commission for Asia and the Pacific)

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Vorgaben:

- Der Praktikumsbericht sollte mindestens 4 Seiten lang sein (Times New Roman, 12pt, 1.5 Zeilenabstand)
- Wenn Sie Namen nennen möchten, geben Sie bitte nicht den vollen Namen der Person an. Nutzen Sie nur den Vornamen oder Abkürzungen wie „L.“.
- Bitte beachten Sie bei der Integration von Fotos, dass Ihr Bericht bei der Veröffentlichung und der damit einhergehenden Verbreitung des Bildmaterials gegebenenfalls die Einwilligung der fotografierten Person/en erfordert.
- Speichern Sie Ihren Bericht als Word-Dokument (max. Dateigröße: 8 MB) und laden Sie ihn auf MoveON hoch.
- 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](#).

Sie können Ihren Praktikumsbericht beispielsweise wie folgt strukturieren:

1. Planung und Vorbereitung (z.B. Bewerbungsprozess, Organisation der Unterkunft, Sprachkurs)
2. Praktikumsverlauf (Aufgaben, typischer Arbeitstag, Auslastung)
3. Soziale Kontakte
4. Alltag und Freizeit
5. Kosten und Finanzierung (Lebenshaltungskosten, Tipps für Einkäufe)
6. Praktikum und Studium (Konnten Sie im Studium Erlerntes umsetzen, Wie haben sich durch das Praktikum Ihre Studienmotivation und/oder Ihre Einstellung zum künftigen Beruf geändert)
7. Fazit (wurden Ihre Erwartungen erfüllt, Herausforderungen, besonders prägende Erfahrungen, Tipps an zukünftige Praktikanten und Praktikantinnen)

Planung und Vorbereitung

I started applying for internships at UN organisations about a year ago. I identified some organisations. I identified some organisations I was interested in and applied for suitable positions as and when they became available. I applied in countries where social development work and internship opportunities were available. As Bangkok is home to a UN regional commission that focuses on social development, I monitored this organisation's vacancies regularly. There are different teams specialising in certain topics, and intern positions are regularly advertised for each team, as internships can last up to six months.

I had about a month to prepare for my stay in Bangkok, which included arranging an internship-related visa, as well as accommodation. During this time, I received a lot of help from a friend who had spent a semester in Bangkok on an exchange programme. She helped me find accommodation in a convenient location with easy access to transport, food outlets, night markets and grocery stores. I would recommend looking at RentHub instead of Airbnb, for example. Accommodation on Airbnb tends to be more expensive. Furthermore, you can also find accommodation agencies on there who can help you find somewhere to live. Having a contract of more than six months decreases the monthly rental fee significantly.

Praktikumsverlauf

During the internship period in Bangkok, I could work remotely from home for two days and in the office for three days per week, with one obligatory day for the whole team and two other days that could be chosen flexibly. Working hours were 37.5 hours per week, or 7.5 hours per day. The workload was usually not too intense. However, when some intergovernmental meetings and workshops were being prepared for or taking place, it was busier. Most of the time, I provided support in the form of policy research and data visualisation, as well as taking minutes at intergovernmental meetings. Participating in and observing discussions between different stakeholders gave me valuable insight into how different countries address social challenges within their own contexts, how knowledge is shared between stakeholders, and the role of the UN in this process. As I was familiar with R and Python from my master's degree, I used these programmes to create the graphs needed for some reports and presentations. Sometimes, I suggested possible solutions to technical issues

that could be resolved using such programmes. I appreciated that my team gave me the freedom to attempt to solve these issues.

During my internship, I had the opportunity to participate in two major international events. The first of these was the Second World Summit for Social Development in Doha, attended by delegates from countries around the world. I attended several online events, including plenary meetings and side events. It was interesting to observe such an international event live, hear the national statements and take notes on them. I also had the opportunity to examine the Outcome Declaration on social development in detail and create a data visualisation. The second event was the Asia-Pacific Forum on Sustainable Development (APFSD), which took place in Bangkok. I provided on-site support with organisational issues and also attended several in-person and online side events, where I observed some lively discussions.

Soziale Kontakte

As there are many interns and young consultants in my division, I was able to easily make good social contacts within the division. In addition, there is a 'happy hour' in the compound once a week. Everyone in the building can bring drinks and food, or buy them from a café, and drink in the "UN garden", which is usually a place where you can have lunch or coffee within the UN compound. Many interns from different divisions join during this time after work to socialise. I also got to know many people during this time. Some interns organised sports clubs, e.g. tennis and pickleball.

Alltag und Freizeit

During the week, after work, I used to rest at home and spend time doing things like working out, reading books and learning French and everyday Thai phrases. As I was in Bangkok during the dry and cooler season, I went jogging in a nearby park many times. After sunset, the park came alive with locals and tourists. Additionally, the UN actively supports learning foreign languages. The UN provides diverse language courses, and I participated in a French course. Although it was only for a couple of months, as the start date of the course and my internship did not align, I also spend many hours planning weekend trips, either alone or with friends and family visiting me, to places in Bangkok and the surrounding area.

While Thailand is famous for its beautiful beaches and islands, it also has many other natural landscapes. Some places which I visited that are not on the beach include Chiang Mai, as well

as Erawan National Park in Kanchanaburi and Ayutthaya. The first is a small city near the Myanmar border with beautiful mountains, and it is also famous as a place where digital nomads from all around the world live and work. Erawan National Park is known for its beautiful mountain waterfall. The last place is a historical site with a huge UNESCO-registered temple complex, only about 1.5 hours away from Bangkok. The areas surrounding Pattaya are also great for weekend or day trips.

Kosten und Finanzierung

The cost of living in Bangkok is lower than in Munich. However, living costs in Bangkok are comparatively high compared to the rest of Thailand. In my opinion, if you want a decent-sized room with air conditioning and a kitchen in a central area, it will cost around 400 euros per month. This could be lower if the contract is for more than six months. I had a three-month contract. The electricity and water bills are usually not included in the monthly rent. In my case, it was about €30. I cooked a lot at home, but I also regularly used the workplace canteen for lunch and coffee/desserts. In total, I spent around €300 on living costs, including food, small shopping expenses and transport. In this budget, travel at weekends outside Bangkok is not included. I assume that this is relatively low compared to others, as I tried to cut costs. Some other interns had a room without a kitchen, which is cheaper and easier to find, as street food is filling and not too expensive.

When it comes to public transport in Bangkok, the BTS Skytrain is a well-established, clean, convenient and reasonably priced option. However, as my workplace is far from a BTS station but has a bus station close to the main entrance, I mostly took the bus to commute. The bus is one of the cheapest modes of transport, costing less than 50 cents per journey. At the same time, the public bus system is not very well established and heavy traffic is very common in Bangkok. If travelling by bus is an option of interest, it is highly recommended to either start the day early or allow plenty of time. For example, for me, it usually takes 25 minutes to get to work but can be reduced to 15 minutes during the national holiday period. On the way back, it sometimes takes 40 minutes or more. So, many people come to the office by "bike taxi", which is fast and convenient, but a comparatively more expensive option than the public bus (in my case, around 3.5 euros per journey at busy times). However, the air quality on the roads can be very unhealthy depending on the time of day and season, and there is a high risk of accidents, with Thailand having the highest rate of motorcycle-related deaths in the world.

Praktikum und Studium

The team I worked with focused on demographic changes, including an ageing society, youth and migration. During my internship, I had the opportunity to contribute primarily to the topic of ageing. Throughout my studies, demographic changes were addressed in many seminars and reports that I wrote. More specifically, I wrote a paper on the relationship between fertility rates and gender inequality and attended a seminar on Ageism, ageing societies and its consequences. This knowledge gave me a solid background in population debates, which was important for understanding policy measures to increase the well-being of the elderly, for example, across different countries. Additionally, I was able to utilise and further develop the data analysis skills I acquired during my master's degree. Having conducted several quantitative studies using Stata, R and Python, I was able to apply these skills to create professional data visualisations for use in publications and multistakeholder meetings, as well as analysing a global declaration. Overall, I deepened my knowledge of ageing societies and gained practical experience of policy measures in different countries.

Fazit

In conclusion, this internship was a valuable experience, allowing me to apply the theoretical knowledge I gained during my studies to real-world professional situations. I particularly enjoyed learning how social inequalities can be addressed at global, regional and local levels, and the critical role that intergovernmental organisations such as the UN play in this process. Throughout the internship, I had the opportunity to utilise and develop my analytical skills further, gain a deeper understanding of the dynamics of international cooperation and learn from senior professionals in the field. Overall, this internship has contributed significantly to my personal and professional development, providing a solid foundation for my future career. I am very grateful for the opportunity and support I received from the LMU Career Center, which made this experience possible.