

## Final traineeship report **[C1]** ERASMUS traineeship – Academic Year 2022 / 2023

Version: February 2020

Please fill this form out on a computer, not by hand, and send it as an email attachment to the EU-ServicePoint: [eu-servicepoint@international.uni-mainz.de](mailto:eu-servicepoint@international.uni-mainz.de)

**Your report will be made available to other students looking for traineeships. Therefore, please make sure to provide important websites and other helpful information!**

### **GENERAL INFORMATION**

Host country:	Spain
Program of study:	Molecular Biotechnology
Home university:	Johannes Gutenberg University
Professional field of traineeship:	Preventive Medicine and Public Health, Food Sciences, Toxicology and Forensic Medicine Department
Language of work:	English
Duration of traineeship:	from 01.06.23 (dd / mm / yyyy) to 31.07.23 (dd / mm / yyyy)

### **ORGANISATION/ENTERPRISE OF THE TRAINEESHIP**

Name of receiving organization/enterprise	University of Valencia/ Departemnt of Pharmacy
Street/P.O. Box:	Av. Vicente Andrés
Postal code and city:	46100 Burjassot
Country:	Spain
Website:	<a href="https://www.uv.es/uvweb/pharmacy/en/faculty-pharmacy-1285849056598.html">https://www.uv.es/uvweb/pharmacy/en/faculty-pharmacy-1285849056598.html</a>
Email:	fac.farmacia@uv.es

### **BEFORE – Information about preparing for the traineeship abroad**

Please fill the following fields in in a detailed manner and give exact information about your search and preparation (websites, tips, contacts, etc.) for the traineeship.

Search for traineeship:	<a href="#">EU-ServicePoint- Johannes Gutenberg University</a>
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Application (process, unsolicited application, interview, etc.):	Online formulars submission following the guidelines provided by the university
Search for accommodation:	Online research through spotahome, airBnB, Globalx.
Insurances:	Health insurance, Accidents Insurance, Liability insurance, re-researched which insurances were required by the Erasmus+ and followed the guidelines
Telephone/Internet access in the host country:	I used the German sim card I had since it was also usable there. At home, we had internet provided by the homeowners.
Bank/opening an account:	I used my German bank account since it was also usable there, and every payment was possible to be done through the debit card.
Helpful websites / Other things:	EMT for transport, Google Maps is also good for transport, Valencia Bike for renting bikes, and Void for scooters.

## **INFORMATION ABOUT THE TRAINEESHIP**

Please fill the following fields in in a detailed manner and give exact information about the traineeship as such (websites, tips, contacts, etc.).

Type of traineeship:	Erasmus+ traineeship- Project work- Extended qualifications project- 2 months
Tasks within the traineeship: Could you apply learned skills and knowledge? Were the tasks too much / not enough? etc.	It had a lot to do with the work I was already doing in my master's thesis, so it was not complicated and also the people in the lab were very helpful.
Supervision (introductory/concluding conversation, weekly/monthly feedback, etc.)	We had weekly reports but also daily planning about what I was conducting in the lab.
Social contacts during the traineeship:	I got to know a lot of people from the lab and from the Erasmus student network in Valencia and for sure it can be easily said that it was a most welcoming environment
Language skills (benefits, improvements, etc.):	I improved my Spanish and of course also my English. And a bit of Italian because of multicultural interactions.

Short overall evaluation of your stay abroad: Private / professional benefit? What were your expectations? Were these fulfilled? What was particularly good / not so good?	It was a very helpful professional and personal experience. I learned how to work on a part of mycotoxins which was previously not really my focus.
Duration of the traineeship: Too short, just right, too long? Recommendations for an optimal length of time?	The duration was good because it was long enough to learn and adapt to the lab atmosphere, and learn something new, but not too long to feel like the time could have been used for more beneficial experiences.
Average monthly expenses abroad in €; Additional costs in contrast to expenses in Germany:	In Spain with the apartment expenses it was a bit more than in Germany since the apartment was short term and expensive (1900€), meanwhile in Germany would be more like (1200 €)
What should one absolutely know / keep in mind?	Try to find an apartment long before the departure time.
Are you of the opinion that the traineeship will benefit you in your future professional career? If yes, how? If not, why?	I think traineeships like these ones are always really good for overall development. They help you learn how to adapt, communicate, learn new skills, and improve the work group lab experience.
Can you recommend this traineeship? (Please be sure to elaborate) If yes, would the organization/enterprise accept trainees in the future?	Yes, the Erasmus program in itself was very thorough with everything I needed, and the faculty was very well adapted to the Erasmus system, so no one would feel left out or maybe alone in a foreign country. Regarding professional knowledge, the faculty was working on very interesting topics and approaches to proteomics which made it very exciting the whole experience.
Helpful websites / Other things:	Idealista for homes ESN Valencia – for organizing everything else apart from uni stuff

Do you agree with the anonymous publication of your report on the [www.eu-servicepoint.de](http://www.eu-servicepoint.de) website?

Yes ☒

No ☐