

Final traineeship report **[C1]** ERASMUS traineeship – Academic Year 2024 / 2025

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

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:	Portugal
Program of study:	M.sc. Ecotoxicology
Home university:	RPTU Landau
Professional field of traineeship:	Endocrine disruptors chemicals / Marine Ecotoxicology
Language of work:	English
Duration of traineeship:	From 14/04/2025 (dd / mm / yyyy) to 30/09/2025 (dd / mm / yyyy)

ORGANISATION/ENTERPRISE OF THE TRAINEESHIP

Name of receiving organization/enterprise	CIIMAR
Street:	Terminal de Cruzeiros do Porto de Leixões
Postal code and city:	4450-208 Matosinhos
Country:	Portugal
Website:	secretariado@ciimar.up.pt
Email:	www.ciimar.up.pt

BEFORE – Information about preparing for the traineeship abroad

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

Search for traineeship:	Internet and websites informations. I found some interesting working groups and asked informations to them
Application (process, unsolicited application, interview, etc.):	Formal email. Asked for opportunities. After first answer, CV and aims. After that a video interview + university agreement

Search for accommodation:	Online. Private housing + students' dorms in Porto. In Porto the prices are high and the option not so much, so must search some time in advance to find a good solution.
Insurances:	Provided from university and receiving organization + EU health assurance card. It was not difficult to have all the assurances needed.
Telephone/Internet access in the host country:	I used my italian SIM card that is valid in the whole EU
Bank/opening an account:	Not needed. I used my own bank account.
Helpful websites / Other things:	www.ciimar.up.pt https://www2.gov.pt/en/servicos/pedir-o-numero-de-identificacao-fiscal-para-pessoa-singular - for tax ID number if you want to work

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:	Practic work in the lab in the field of ecotoxicology. Compulsory for the master degree.
Tasks within the traineeship: Could you apply learned skills and knowledge? Were the tasks too much / not enough? etc.	Yes the skills gained with the university were very useful and it was easy for me to apply them in the practical work.
Supervision (introductory/concluding conversation, weekly/monthly feedback, etc.)	Warm welcome. Professional introduction on the facility and group member. Meetings with my supervisor 2-3 times per week. Work and social life feedback and suggestions.
Social contacts during the traineeship:	Mainly with the member of the working groups. Porto is a big city and is relative difficult to make friends. Taking part to some sport and free-time activities help. There are also Erasmus groups that organise a lot of activities and are a good option to socialize.
Language skills (benefits, improvements, etc.):	Mainly I used my academic English. I gain some knowledge of the Portuguese Language. (Not so difficult since I speak Italian and I know well Spanish)

Short overall evaluation of your stay abroad: Private / professional benefit? What were your expectations? Were these fulfilled? What was particularly good / not so good?	My overall experience at CIIMAR in Portugal was positive. It allowed me to discover a new reality and work experience and get to know a different culture. The people were very friendly, and the city and its surroundings were truly beautiful. The laboratory organization was sometimes a bit challenging, perhaps due to the summer period when many people were on vacation. The lab infrastructures and safety standards were not at the same level as in Germany or Italy, which is something to be aware of when going abroad. Nevertheless, the experience was enriching, I had the opportunity to attend many workshops that deepened my knowledge, especially in toxicology, marine biology, and ocean protection. The research centre has great potential, and the presence of many groups working on different topics makes it an excellent environment for broadening one's cultural and scientific background.
Duration of the traineeship: Too short, just right, too long? Recommendations for an optimal length of time?	For me, a duration of 5–6 months is perfect for a traineeship. It gives you enough time to adapt to the new environment, settle into your routine, and make friends. Personally, I needed about a month to get used to the new lifestyle. This period also allows you to explore the country, visit different cities, and get to know new cultures. At the same time, 5–6 months is not too long in case something doesn't go as expected. Overall, I would highly recommend this duration for an internship..
Average monthly expenses abroad in €; Additional costs in contrast to expenses in Germany:	1200€ per month just for house+transport+food (if you manage to find a "cheap" student dorm). For me as a student it was around 600-700€ per month more expensive as the life in Germany
What should one absolutely know / keep in mind?	Work infrastructure and safety standards can be different from your home country. It is also worth keeping in mind that Porto is a very touristic city and can become quite crowded during the summer months. Using public transport every day can be unpleasant, especially in July and August.
Are you of the opinion that the traineeship will benefit you in your future professional career? If yes, how? If not, why?	Yes, I believe this traineeship will benefit my future professional career. It gave me the opportunity to work in an international research environment, improve my practical and problem solving skills, and gain hands-on experience in the fields of marine biology and ecotoxicology. I also learned how to adapt to different working methods and cultural contexts, which will be valuable

	for future collaborations. Overall, it helped me grow both professionally and personally.
Can you recommend this traineeship? (Please be sure to elaborate) If yes, would the organization/enterprise accept trainees in the future?	Yes, I would recommend this traineeship, especially to those who want to gain new experience, discover a different culture, and learn to adapt to new working methods. CIIMAR offers a stimulating international environment with many research groups working on diverse topics, which allows trainees to expand their scientific knowledge and skills. The atmosphere is friendly and open, and although the organization and infrastructure may differ from what one might be used to in other countries, this makes the experience even more valuable for personal and professional growth. I believe the organization would gladly accept trainees in the future.
Helpful websites / Other things:	https://www.metrodoporto.pt/ - public transport https://andante.pt/en/purchase/ - bus-metro ticket https://micampusresidencias.pt/residencias-universitarias-porto/micampus-porto-tower/ - living

Do you agree with the anonymous publication of your report on the www.eu-servicepoint.de website?

Yes x No