

## Final traineeship report **[C1]** ERASMUS traineeship – Academic Year 2025 / 2026

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:                      | <b>Tenerife, Spain</b>                                          |
| Program of study:                  | Evolutionary Biology Master                                     |
| Home university:                   | <b>Johannes Gutenberg-Universität Mainz</b>                     |
| Professional field of traineeship: | <b>Marine biology</b>                                           |
| Language of work:                  | English                                                         |
| Duration of traineeship:           | from 25.08.2025 (dd / mm / yyyy) to 24.10.2025 (dd / mm / yyyy) |

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

|                                           |                                                                   |
|-------------------------------------------|-------------------------------------------------------------------|
| Name of receiving organization/enterprise | See You Diving                                                    |
| Street/P.O. Box:                          | Calle Dominguez Grillo 2                                          |
| Postal code and city:                     | Los Christianos, 38650, Arona                                     |
| Country:                                  | Tenerife, Spain                                                   |
| Website:                                  | <a href="https://seeyoudiving.com/">https://seeyoudiving.com/</a> |
| Email:                                    | seeyoudivingtenerife@gmail.com                                    |

### **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.

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| Search for traineeship: | I thought about doing a marine biology internship which also includes learning how to dive. I only searched on google and after a while I crossed the website from another university, on which I found a report about an internship with See You Diving, which lead me to contacting the marine biologist Alice Glenda Bianchi via E-Mail. |
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| Application (process, unsolicited application, interview, etc.): | I sent an email to the See You Diving E-mail adress, which you can find on the website. I sent them a normal application and a letter of motivation. After a few days, the marine biologist Alice from See You Diving answered me and we chose a date for an online interview. She gave me an overview about the internship and about my option to do my open water diver certification with her. At the end of the interview, she offered me the position and I agreed during the call. Afterwards she sent me an E-Mail with the confirmation. I needed to pay a part of the costs in advance and the rest 1-2 months before the start of the internship. |
| Search for accommodation:                                        | Los Christianos is touristy, which leads to high prices for accomodation. Alice recommended me a Hostel in Los Christianos, in which you can get a 20% discount if you are an intern at See You Diving. I checked it, but in the end, I stayed at an AirBnB, which I shared, so the costs were similar to the monthly Hostel price which is around 800-900 Euro.                                                                                                                                                                                                                                                                                            |
| Insurances:                                                      | I had to take out international health insurance, liability insurance, and accident insurance for the duration of my internship. The DAN insurance for diving (one year) is included in the internship price.                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Telephone/Internet access in the host country:                   | The internet and telephone access in Tenerife is the same as in Germany.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Bank/opening an account:                                         | I didn't need to open any bank account, but I would suggest you to have a visa card for easy payments everywhere. You can pay contactless with card or the phone at most of the places.                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Helpful websites /<br>Other things:                              | Mentioned report from another student: <a href="https://blogs.fu-berlin.de/auslandspraktikum/2024/11/05/von-der-theorie-zur-praxis-in-der-meeresbiologie-auf-teneriffa/">https://blogs.fu-berlin.de/auslandspraktikum/2024/11/05/von-der-theorie-zur-praxis-in-der-meeresbiologie-auf-teneriffa/</a>                                                                                                                                                                                                                                                                                                                                                        |

## **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.).

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| Type of traineeship: | The internship is a marine biology internship which leads the way into diving and into the world of marine organisms. It adds up well to a biology program because you can learn more about marine landscape and the overall ecosystem. Besides that it includes diving lessons and working underwater with seagrass etc. |
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| Tasks within the traineeship: Could you apply learned skills and knowledge? Were the tasks too much / not enough? etc.                                                     | The overall tasks were seagrass -, plankton - and hard bottom sampling. Besides that, we were expected to recognize organisms and analyze the data that we collected. In my opinion everything was doable after a detailed explanation from Alice.                                                                                                                                                                                                                                                                                                                                     |
| Supervision (introductory/concluding conversation, weekly/monthly feedback, etc.)                                                                                          | All the interns got feedback after the dives and the sampling. We always had detailed talks about everything we did and everything we saw. Alice explained the organisms with books and helped us to improve the data collection and analysis.                                                                                                                                                                                                                                                                                                                                         |
| Social contacts during the traineeship:                                                                                                                                    | I had a lot of social contacts, because I got mixed with a lot of interns from different countries who were very open minded. A few of them also shared the flat or slept in the hostel, which means that there was always a bigger group of people to do something.                                                                                                                                                                                                                                                                                                                   |
| Language skills (benefits, improvements, etc.):                                                                                                                            | My English was already very good, but now I feel even more capable of speaking with people in a professional context. I also used a little Spanish during the time in Tenerife, which also helped me practice the language.                                                                                                                                                                                                                                                                                                                                                            |
| Short overall evaluation of your stay abroad: Private / professional benefit? What were your expectations? Were these fulfilled? What was particularly good / not so good? | I am looking back at one of the most fulfilled times in my life. I learned so much in such a short time which benefits me and my career choices a lot. My expectations were exceeded because I couldn't have had imagined what I would see underwater and how good I can remember everything I learn if I put it in to practice shortly after. The only „not so good“ - thing about the internship was the overall cost of the stay in Los Christianos and the high prices because of the touristy region. In the end living there was much more expensive than I thought it would be. |
| Duration of the traineeship: Too short, just right, too long? Recommendations for an optimal length of time?                                                               | I was very happy with the two months. A few interns I met only did the internship for a month, which in my opinion is too short if you really want to learn diving in a professional way and also take as much knowledge as possible. In the beginning, the constant diving is tiring, especially if you are not used to it. But in two months you get used to the specific type of work. Besides that, two months was the internship length the most people I met chose, so you can get close with the other interns and get used to the country.                                     |
| Average monthly expenses abroad in €;<br>Additional costs in contrast to expenses in Germany:                                                                              | 2450 € : Internship costs = 1225 € per month<br>Around 800 € per month: Shared AirBnB                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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|                                                                                                                                               | <p>Around 300 € per month: Food</p> <p>Around 400€ for the two flights</p> <p>In the first month:</p> <p>360 € : PADI Open water diver (20% discount)</p> <p>In the second month:</p> <p>290 € : PADI Advanced open water diver (20% discount)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| What should one absolutely know / keep in mind?                                                                                               | <p>This internship will give one a great experience, but one has to be aware of the physical exhaustion especially in the first weeks and in my opinion one should calculate with at least 20% more money for food and living in Los Christianos.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Are you of the opinion that the traineeship will benefit you in your future professional career? If yes, how? If not, why?                    | <p>I think it will benefit me 100%. This was my first marine biology experience and now I have the option to find more internships, or even jobs that require diving and marine biology skills which I didn't had before.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Can you recommend this traineeship? (Please be sure to elaborate)<br>If yes, would the organization/enterprise accept trainees in the future? | <p>I would recommend the traineeship because one will learn a lot, meet a lot of new people and have supervisors who are very nice and interested in you.</p> <p>Yes, the company takes new interns every year. On the website are the possible dates.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Helpful websites /<br>Other things:                                                                                                           | <p>Website See You Diving:<br/><a href="https://seeyoudiving.com">https://seeyoudiving.com</a></p> <p>Report which led me to See You Diving:<br/><a href="https://blogs.fu-berlin.de/auslandspraktikum/2024/11/05/von-der-theorie-zur-praxis-in-der-meeresbiologie-auf-teneriffa/">https://blogs.fu-berlin.de/auslandspraktikum/2024/11/05/von-der-theorie-zur-praxis-in-der-meeresbiologie-auf-teneriffa/</a></p> <p>PADI Website to check general diving information and possible courses:<br/><a href="https://www.padi.com">https://www.padi.com</a></p> <p>PADI See You Diving:<br/><a href="https://www.padi.com/dive-center/spain/see-you-diving/">https://www.padi.com/dive-center/spain/see-you-diving/</a></p> |

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|  | <p>Also:</p> <p>Check the See You Diving Instagram page. They post a lot of videos and information about the diving spots and the internship:</p> <p><a href="https://www.google.com/url?sa=t&amp;source=web&amp;rct=j&amp;opi=89978449&amp;url=https://www.instagram.com/seeyoudivingtenerife/&amp;ved=2ahUKEwiokJr1uMKQAxX4VqQEhdPDKMsQFnoECCAQAQ&amp;usg=AOvVaw2ljePf_tVqYyPeoAE86LP1">https://www.google.com/url?sa=t&amp;source=web&amp;rct=j&amp;opi=89978449&amp;url=https://www.instagram.com/seeyoudivingtenerife/&amp;ved=2ahUKEwiokJr1uMKQAxX4VqQEhdPDKMsQFnoECCAQAQ&amp;usg=AOvVaw2ljePf_tVqYyPeoAE86LP1</a></p> |
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Yes x

No ☐