



Please insert here at least one **PHOTO** of your traineeship stay abroad! Preferred motives are photos of your accommodation, of your workplace, of being at work. Attention! Due to legal considerations, we kindly ask you to send us only photos that have been taken by yourself!



STUDENT DETAILS

University department / faculty: **Life Sciences and Processing Engineering**
Field of study: **Msc Molecular Biotechnology**
Home university: **Hochschule Anhalt**
Nationality: **Ghanaian**
Duration of traineeship (*from ...to...*): **From 1st July 2023 to 31st December 2023**

TRAINEESHIP INSTITUTION

Country: **Austria**
Name of traineeship institution: **QPS GmbH**
Web page: **<https://qpsneuro.com/>**
Address: **Pakring 12 Grambach**
Contact person: **Magdalena Daurer**
Telephone / E-Mail: **office-austria@qps.com**

EXPERIENCE REPORT (*approx. 3 pages + more photos if applicable*)

1) Traineeship institution

Please give a brief description of your host traineeship institution.

QPS Neuropharmacology is a company division that focuses on preclinical studies in Central Nervous System (CNS) diseases, Rare Diseases, and Mental Disorders. Some major facilities of the company is the Animal Facility which houses animals for experiments and projects, the Cell culture laboratory, the Histology Laboratory, and the Biochemistry Lab. These are well-equipped labs for in-depth research of CNS diseases

2) Searching for a traineeship

How did you find your traineeship? Are there any recommendable links or other helpful tips you would like to share?

I got to know of this company through the list of companies the ERASMUS office shared with me and I emailed them. I was very precise with and shared my CV and motivation for wanting to do my internship and that helped them reach out to me to discuss my skills and goals then I was offered the internship.

3) Preparation

How did you prepare for your traineeship in terms of language, intercultural, professional and organisational aspects? Are there any recommendable links or other helpful tips you would like to share?

English is the medium of communication at work hence i didnt need to prepare in terms of Language. To be able to integrate well, I researched on the people of Austria to know about the people and culture. For professional and organisational aspect,reading on the company you are working on ist a great start to help you and thats what i did

4) Accommodation

How did you find your accommodation? Are there any recommendable links or other helpful tips you would like to share?

I used Facebook marketplace and Google to search out accommodation in Graz. I joined groups such as ERASMUS students in Graz and Provisionfrei Wohnungen in Graz. I also used WG gesucht and that helped but my accommodation was suggested to me by someone from Facebook. Students should however be watchful for scammers. Make sure you verify the authenticity of the accommodation before you make any payment. Lastly if you are ever coming to Graz, I recommend applying for accommodation at Fredrich Schiller Studentenheim. It is a cool and affordable place

5) Traineeship

Please describe the tasks and / or the projects carried out during your traineeship. In which way were you mentored and integrated? How were the working conditions? Did you have especially positive or negative experiences?

My Project focused on inducing Parkinson's Disease pathology in mice and to investigate it histologically. I was given a very detailed training in the first few weeks of my internship and this really helped me to know the various laboratory skills needed for my project. I had trainers for each specific task i was working on and this really helped me to build skills and integrate very well with everyone at the Lab. The working conditions were favourable and challenging at the same time. It really helped me to experience the real working world outside school and it is a great priviledge. Overall, i had positive experiences both in the work and with people

6) Acquired qualifications

Which qualifications and skills could you acquire or improve during your traineeship?

I improved my basic laboratory skills and in working independently in tasks i was assisgned to

7) Green Travel

If you travelled sustainably: Which transportation did you choose? Are there any recommendable links or other helpful tips?

I traveled by Bus. I recommend flix bus or train.

8) Country-specific features

Are there any specific traineeship regulations in the target country that affected you as an Erasmus trainee (e.g. France: housing allowance, convention de stage? If yes, which ones? Are there any recommendable links or other helpful tips you would like to share?

There were no country-specific features

9) Visa, residence and work permit (only for international students)

Which prearrangements had to be made in terms of visa, residence and work permit? Are there any recommendable links or other helpful tips you would like to share?

I reached out to the Austrian Embassy in Germany to ask them if I would need a work permit for my internship in Austria and they said because I am a student in Germany with a residence permit, I didn't need a visa or work permit though I am from Ghana and not an EU member state citizen. I recommend that students always reach out to the embassy of the country they are going to to enquire specifically about their situation.

10) Other

Is there anything else you want to let other students know?

Yes, Internships are great for building skills and for knowing how to work with people hence we should strive to put our best in our work places.

11) Conclusion

What is the conclusion drawn after your traineeship experience abroad?

My internship experience abroad has been a very good one. I met a Ghanaian community in Graz and now they have become family all thanks to my traineeship abroad. Also my working skills, confidence and taking responsibility of tasks have improved greatly. Taking Traineeship abroad is greatly recommended.

Declaration of consent

I hereby agree to the publication of this report on the website of the Office for Erasmus traineeships Saxony-Anhalt.

I assure that the photos used in this report do not violate the rights of other persons or companies (personal rights, copyrights etc.).

Please send this report by email to erasmus-praktika@ovgu.de!
Acceptable file formats: [.doc], [.docx], [.rtf], [.odt].