



Please insert here at least one **PHOTO** of your traineeship stay abroad! Preferred motives are photos of your accommodation, of your work place, 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: **Friedensau Adventist University/ Social Sciences**
Field of study: **International Social Sciences**
Home university: **Friedensau Adventist University**
Nationality: **Ghanaian**
Duration of traineeship (from ...to...): **17/10/2022-13/01/2023**

TRAINEESHIP INSTITUTION

Country: **Bosnia & Herzegovina**
Name of traineeship institution: **ADRA Bosnia & Herzegovina**
Web page: **<http://www.adra.ba/>**
Address: **Milana Rakića 11, 78 000 Banja Luka**
Contact person: **Božidar Mihajlović**
Telephone / E-Mail: **+38751490406, adrabih@gmail.com**

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

1) Traineeship institution

Please give a brief description of your host traineeship institution.

ADRA is a worldwide faith based organization that was founded in 1956 by the Seventh - day Adventist church. The branch office in Bosnia was founded in 1992. It is a part of the worldwide ADRA network with its presence in over 135 countries in the world. The mission of the organization in Bosnia is to work with people in poverty and distress to create just and positive change through empowering partnerships and responsible actions. With their Motto being: Justice. Compassion. Love. The organisation is headed by a Director who is also responsible for the welfare of the entire organisation in Bosnia. ADRA had two branches in Bosnia, one in Sarajevo and one in Banja Luka. The office in Banja Luka where I worked has 3 permanent staff who oversee the activities of the organisation. Aside that, the sewing project dubbed "Divas redesign" has about 6 women with disability who are responsible for the sewing

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?

The internship opportunity was recommended to me by my university professor

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?

Before I left for the internship, I tried to acquaint myself with some basic Serbian/Croatian since majority of the population do not speak English. I familiarised myself with some phrase and expression for me to easily intergrate with the masses upon my arrival. This made it quite easy for me to find my way out in the new country. Also I did an extensive research about the country, taking into consideration their culture, how they react to foreigners, food preference, as well as the cost of living in the country. I also spoke with the director of the organisation beforehand for some requirements and what is expected from me as an intern, this helped me prepare adequately for the task that laid before me. This made it easy for me to find my way out in my new position within a very short time and impact massively during my internship.

4) Accommodation

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

Before I left, I searched for accommodation online for me to have a fair idea about the cost of rent, then I asked one of the staff members to find an accommodation for me. This made it quite easy for me because I was able to draw a budget threshold for my rent

Online search is very important and is possible one should liaise with a local who would check out the room before leaving for the internship.

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 task as an intern included; market research for the sewing center, social media management, working with women with disability in the sewing center, development of business strategies for marketing the sewn products. The director of the center explained the duties and guided me through what was expected of me. After that, the work done was forwarded to him for recommendations and approval. Feedbacks were given intermittently to help me improve on my duties.

The working condition was very conducive and welcoming, there was an office that had all the gadgets to make my work easy, the staff members were so friendly and supportive. In all the experience was indeed a positive

6) **Acquired qualifications**

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

My research skill was harnessed during the internship
I acquired some basic sewing skills
My basic serbian was improved
My human relationship was improved
My excel skill was adequately improved during the internship

7) **Green Travel**

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

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?

No

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?

Fortunately, I was not required to apply for a visa to go to Bosnia, however, I was permitted to stay for not more than 30 days continuously in the country. I was required to leave and re-enter the country on the 31st day in order to renew my residency.

10) **Other**

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

If you are an intern in Bosnia on a Schengen Visa, you will be required to leave the country every month and renew your residency upon each arrival unless you apply for a Bosnian Visa. Within the first few days, you have to go to the foreigners office to register and obtain your resident permit.

11) **Conclusion**

What is the conclusion drawn after your traineeship experience abroad?

Not only did I learn a lot from my traineeship, I was also assimilated into a culture that seemed somehow new and impossible considering my background as a person of color in a country where there are no virtually people of color. The experience in Bosnia was worth it as it has changed my perspective on a lot of things

Declaration of consent

I hereby agree to the publication of this report on the website of the Leonardo Office 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].