



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:	Social Science
Field of study:	International Social Science/ Developmental Studies
Home university:	Theologische Hochschule Friedensau
Nationality:	Cameroonian
Duration of traineeship (from ...to...):	17/10/2022-13/01/2023

TRAINEESHIP INSTITUTION

Country:	Bosnia and Herzegovina
Name of traineeship institution:	Humanitarian organization ADRA Bosnia and Herzegovina
Web page:	www.adra.ba
Address:	Milana Rakića 11, 78 0000 Banja Luka
Contact person:	Bozidar Mihajlovic
Telephone / E-Mail:	0038763751107

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

1) Traineeship institution

Please give a brief description of your host traineeship institution.

ADRA-Bosnia is completely dedicated to the fight for social justice, which concretely means easing the suffering of the poor, fighting for the rejected and oppressed, and being a voice of the voiceless. Since 1992 they have extended their activities to other regions in Bosnia. The organization has two offices, one in Sarajevo and another in Banja Luka. The working team is made up of 9 personnel ; 2 workers in Sarajevo and 7 in Banja Luka with 3 of them being full-time workers while the other 4 are part-time employees. Hence, the Organizational structure and Management of ADRA Bosnia is vertical. It is comprised of the country director, the project manager who works in a double capacity as the administrative assistant and media director and lastly the employees.

As of recent, ADRA-Bosnia is focusing on social entrepreneurship which is to create jobs and make people be independent and learn to fish on their own while learning skills and not solely depending on humanitarian aid.

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?

During my last semester, in which I had to go for an internship as part of my study program the covid pandemic disturbed my academic schedule. I had to halt for awhile while searching for possible internship opportunities abroad. It was during this period that my lecturer sent an email about an internship opportunity with ADRA Bosnia, precisely in Banja Luka, that can be sponsored by Erasmus.

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?

My state of mind was already prepared for possible cultural shocks and other challenges such as language barrier. However, due to several exchanges with my trainee supervisor via emails and advice from other students who did their internship, it was easier for me to to prepare in advance so as to intergrate into the new area. I will recommend to build a good contact with your supervisor if possible before starting your internship

4) Accommodation

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

The receiving insitution helped me in searching for accommodation. However, I was in charge with the accommodation expenses.

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?

During my internship at ADRA Bosnia in Banja Luka, I performed tasks such as, collecting data for potential clients networking , and helping women in the programme to produce marketable goods. I worked together with other institutions in the wide network of ADRA Bosnia like "Friendship of Mozaik". At "Friendship of Mozaik" helped in preparing ingredients to cook food for the elderly and less privileged ones. I also helped in sorting out donations to be distributed to them on a specific day

6) Acquired qualifications

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

- Intercultural competencies, understanding a different culture;
- Competencies in working with people with disabilities and homeless people;
- Awareness of the process of establishing cooperation with the workers and the clients;
- Teamwork; I think working as a team is one of the greatest skills I learned and was impressed to realize how the impact of good teamwork was pivotal for the company to achieve its goals.

7) Green Travel

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

Not Applicable

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?

None

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 visited the country's website to look for visa requirements which were not explicit enough. In order to get more inquiries i decided to visit the country's embassy in Berlin. At the reception, I was told with my student visa I can stay in Bosnia for 90 days. Though I insisted of having the visa, they told me to ask for a letter from the host institution which I did. However, upon arrival in Bosnia airport , I was informed that I can not stay continuously more than a month in Bosnia. Thus, I needed to move to the bordering countries of Bosnia territory every month before re-entry which was time-wasting and financially costly.

10) Other

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

Yes, students should endeavor to have their visa, before traveling no matter what the embassy tells them.

11) Conclusion

What is the conclusion drawn after your traineeship experience abroad?

To conclude, It was amazing working in a country that its cultural diversity to similar to mine (although the two countries are so far apart from each other) . Moreover, I was ready to learn and work hard to achieve my internship goals in Bosnia.

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].