



## **MARSHALL PLAN SCHOLARSHIP FIELD REPORT AFTER STAY**

### **PERSONAL DETAILS**

<b>First name</b>	Laura	<b>Middle name</b>	
<b>Last name</b>	Pajed		
<b>Research period at host university, min = 3 full months excl. arrival and departure day</b>			
<b>From (DD.MM.YY)</b>	01.07.2016	<b>To (DD.MM.YY)</b>	21.12.2016

### **FINAL FIELD REPORT (2 pages)**

*Please comment on the following topics concerning your stay at the host university:*

#### **General impression of your research stay**

My general impression of my research stay at the University of Pittsburgh is definitely positive. It was a great experience to go abroad for absolving my laboratory praxis and I am satisfied that I made this decision. For me, one of the most important experiences was to be integrated in a new research group and see how they are generally working, from the way issues are solved up to how the coworkers are cooperating within the working group. I had the opportunity to learn from many different researchers specialized in several research fields. They were all absolutely helpful, especially all my coworkers in my research group, who were a big help during my stay.

Looking back, I am glad that I made the most of my practical work for my Master's Thesis abroad. Working in a foreign laboratory surpassed all my expectations. It did not only boost my professional skills, additionally it taught me to adjust easier to a new environment and challenges. Even working six to seven days a week, I enjoyed my work, and observing some unexpected, interesting results increased my motivation.

Additionally there was great collaboration between the University of Graz and the University of Pittsburgh. During my research, I got not only huge support of my host laboratory, I also got feedback of the University of Graz. This is especially true if there were any issues regarding the approach or problems developing with the practical implementation of my research.

#### **Quality of the host institution in regard to research opportunity**

The University of Pittsburgh is known to be a recognized institution in research. During my stay as a research fellow I got the great opportunity to learn from experienced researchers. There was great cohesion between different working groups that helped me in solving different issues during my research. Additionally, it enabled me to extend my knowledge by learning different methods through individual encouragement. All in all, I can say that I got the ideal prerequisites to apply to the practical work of my Master's Thesis, and, in addition, was presented opportunities to achieve my qualifications, and the freedoms to make my own decisions in the process.

Generally the laboratory was well equipped and more than sufficient for my requirements. After just a few weeks, I was honored to be introduced to a few of the most popular researchers in the field of CREBRF, and I received some very important suggestions and useful tips for working

on my Master's Thesis.

**Contact within the host institution, academic opportunity for academic collaboration during stay**

If I needed any help or if there were any issues during the organization for going abroad, there were always people who helped me and gave me useful information.

In particular, the fiscal administrative director, Sharon Ferderbar, gave me great support in every situation before and during my stay.

Regarding collaboration, I had the opportunity nearly every week to join one or more talks about different fundamental topics. Researchers and research groups of the "University of Pittsburgh Medical Center" (UPMC) and guest lecturers presented their current research status as well as published and unpublished papers of various journals.

Additionally I had the possibility to join talks with special focus placed on fundamental research. These talks were given by UPMC medical doctors who also perform additional professional research. In those scenarios, I learned much about applied basic research.

Finally, I was able to improve my skills in grant writing.

**Recommendations for future Marshall Plan applicants**

My recommendation for future Marshall Plan applicants is - do it! Going abroad, especially to US, opened my mind. It is important to gain as many experiences as possible. As a student you have the great opportunity to go abroad under facilitated conditions. It is much easier to organize a big change like this with good support from foundations like the Marshall Plan Foundation.

A general recommendation for going abroad is that it is very important to educate yourself about the host institution and also about the habits and customs of the foreign country ahead of time so that you know what to expect.

It is easy to be influenced and choose a host institution based on the geography. However, choosing an institution that best meets your requirements in your field of study, and has the facilities to support your studying needs, is so important and easily should be your highest priority above geography. Use the time of being abroad conscientiously and try to learn as much as you can about the foreign language, habits and customs, and get to know the varied range of tasks and working practices as well as their attitude to work. You can use the time abroad to explore a new working world and your adaptation to it. You never know, it could be your future country for your work.

But one of the most important things is to enjoy your stay and have fun at work and in your leisure time.

**Contact Email after completion of research stay**

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**DECLARATION**

- I hereby declare that all information provided in the application is to my best knowledge, correct, and complete.
- I acknowledge and agree to the data included in this application being used for statistical purposes and any photos of official Marshall Plan Scholarship events being used for promotion purposes by University of Graz and the Marshall Plan Foundation
- I agree to my name and contact details being passed on to other students interested in Marshall Plan Scholarship:  
 yes                       NO

<b>Date</b> (DD.MM.YYYY)	02.02.2017	<b>Signature</b>	
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