

## **Field Report**

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### General impression of research stay

I spend my compulsory internship that took place in the fifth semester of the course “Medical and Pharmaceutical Biotechnology” in a research group of the California Pacific Medical Center Research Institute (short CPMCRI) in San Francisco, California. This internship had a duration of around 6 months. I chose the CPMCRI because I knew that a lot of former students of my university did their internship there and after talking to some of them I started to do research on the topic announced, namely the impact of downregulating a rather new protein, the pleckstrin-homology domain interacting protein in the development of lung cancer and started to catch fire for this topic.

When I arrived in San Francisco my supervisor David De Semir introduced me to the whole team and the first few weeks can be described as “introduction-weeks”. I got to know the processes of the laboratory, got introduced to different techniques and protocols. Luckily I was able to start with my project in the very first days and could gain hands-on experience as quite a few students from my university already worked there so the lab and especially my supervisor already knew what to expect from me and therefore allowed me to perform experiments on my own in the first weeks under his supervision and advise.

I got more and more confident and familiar with my daily tasks. Overall I really enjoyed the time that I got to spend in this great lab and would return anytime.

### Quality of the host institution

As the CPMCRI is not classified as an education institution I am having a hard time comparing it to other host institutions of my colleagues as most of them spent their internships in universities in the US.

The CPMCRI and especially the lab group of Dr. Kashani-Sabet was cooperative and tried to make my stay as enjoyable and informative as possible. Our lab manager Mehdi Nosrati as well as my supervisor informed themselves what the focus and goal of our internship was and were in close contact with some of my lecturers.

Another point to mention would be that I did not only work on my project but was integrated in the group and other projects so I could learn a lot of new techniques and could perform a lot of experiments besides the ones of my project. This was also helping me to get to know the working structure within a laboratory and how a typical day in this business looks like.

### Contacts within the host institution and Inclusion in the organization

As already mentioned I had and still have a good connection with my supervisor David as well as with the lab manager but also with members from other groups. A big advantage and contribution to my overall expression of my stay is the fact that a colleague of mine also did her internship in the same lab group so we worked together every day. Our colleagues and supervisors frequently asked us about our plans for the weekends and provided us with insider-knowledge and must-sees in and around the city and therefore also contributed to the positive experience. The relationships within my group as well as to other groups was familiar and relaxed, so working together was always fun but productive and informative at the same time.

One thing I got to know and like during my stay were the many events within the institution and within the building the lab is located in. These events, that we were always invited to, brought people closer together and the day after a lunch with the whole group or a seasonal party one could feel the newly found motivation within the group. This is one aspect that I do not want to miss in my future career.

### Recommendations for future Marshall Plan Students

My recommendations for future Marshall plan students is to inform their external supervisors in detail about their abilities and experience beforehand. This makes it easier for both parties to set their expectations to the correct level and avoids a long period to adjust to the new situation.

I would also recommend to talk with students or volunteers that have been there before, also if they did not necessarily stem from your university, just to get some additional tips and to already get there with an idea of what can be expected.

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