

Field Report

Valentina James, March 2022

Home Institution: IMC FH Krems

Host Institution: California Pacific Medical Center Research Institute

General Impression

Living in the US before, I didn't have any crazy expectations, but I was still excited to go to California, as I haven't been there before. It was really fun to go sightseeing and to live in an area where a lot of people travel to. It was interesting to experience the city life, while also learning about the cons of it. Although, I would definitely recommend considering the elevated prices in general. Overall, I had a great time and would greatly recommend anyone to do their internship at CPMCRI.

Quality of Host Institution

I am so honored to have been a part of the research taking place at CPMCRI. They work with the local Sutter Health network system and perform advanced techniques with a sophisticated way of thinking. There are several lab groups with intertwining members from the entire lab team. I would use being there to your advantage and introduce yourself and your passion to impress potential employers.

Contacts within the host institution, inclusion in the organization

Communication was smooth throughout the whole process. My internal supervisor, Mehdi Nosrati, was quick and understanding about all documents I would need. I felt very welcomed into the lab by the team. The HR, Caroline T. Cory, was very helpful and would always help when needed. My lab supervisor, Ryan Ice, was an amazing supervisor. He was very clear in his explanations and helped me with lab/science recommendations and some recommendations of great local places to make sure to go. Everyone else in the lab was very kind and always helpful. You can build a great network of contacts here, and it'll only be beneficial to you.

Recommendations for future Marshall Plan students and fellows

For the location, I would recommend researching the area to see which places would not be the best to live, if there is accessible public transport, and rental contracts with the owners. For the research at the lab, I would recommend reading into the topic prior to or in the beginning of the internship, and maybe ask your lab supervisor for several articles that are applicable to what you will be doing. Be attentive and offer your opinions on the lab methods and/or results. Don't be afraid to be wrong, and ask if you're unsure, because that's how you learn. It's okay to make mistakes, just be sure to learn from them and improve. Best of luck! 😊