

FIELD REPORT

General Impression

When I have arrived in San Francisco I was really impressed by this amazing city which offers so many opportunities. It has a really good public transport system so you can reach everything very easy. This city has so much beautiful places to visit that it will be hard for me to visit them all during the weekends. All the people are generally very helpful and friendly so if you get lost there will always be somebody offering his help. San Francisco is also called the „Air Condition of California“ because the weather is very strange. It is often very foggy and windy and the temperatures will always be in between 10-25 degree celsius independently if it is summer or winter.

I really enjoyed this internship as I was welcomed with open arms and everybody was trying to help you as much as he can so you can learn everything very quickly. Especially in the beginning it was hard to find all the things you need for the experiments, but after a few days-with the help of everybody-it felt like I have worked there for much longer.

Host Institution

My Research Institute is called the California Pacific Medical Center (CPMC). This Institute is located in San Francisco, California. It is one of the largest private, not-for-profit, academic medical centers in California and is a Sutter Health affiliate. As a tertiary referral center, the Medical Center provides a wide variety of services, including acute, post-acute and outpatient hospital care; home care and hospice services; preventive and complementary care and health education.

The CPMC has a large sector, called the California Pacific Medical Center Research Institute (CPMCRI), which leads innovative research in cancer, aging, arthritis, cardiovascular disease, diabetes, epilepsy, infectious diseases, drug addiction, neurobiology of pain, neurodegenerative diseases, and osteoporosis. Approximately 60 principal investigators—both laboratory and clinical—work within the Research Institute and the Medical Center. Some of these scientists are engaged in clinical research and clinical trials, and others lead discovery research to deepen our understanding of the genes and molecular pathways underlying common, chronic illnesses.

I was working in the Research Group of Mohammed Kashani-Sabet, MD. It is performing Basic Research with the focus on cancer. They are working on melanoma, lung carcinoma, glioblastoma, liver carcinoma, pancreatic cancer and cholangio carcinoma. My supervisor is called Altaf Dar and he is working on melanoma, cholangio cancer and pancreatic cancer. My project was focussed on melanoma.

Contacts within the Institution

My supervisor Altaf was very nice and helpful and was explaining all the steps very detailed so he made sure I understood everything I was doing. Also his assistant Sarah was showing and explaining me a lot to introduce me into all the work and the project.

I was able to learn a lot during my Internship, so I could improve all the techniques that I have learned during my studies. Additionally I was also able to learn *in-vivo* techniques on mice and participate in a GBM *in-vivo* study with other colleagues of the Laboratory.

Personal Recommendation

I can recommend all fellow students to do their Internship at the California Pacific Medical Center Research Institute because you have the possibility to learn a lot and improve the laboratory techniques which have been taught in University.

The institute is very helpful with all the paperwork that is required for the Visa and the Marshall Plan Application. Furthermore I would really recommend to use the time in the US to get to know all the other people in the Lab because they also showed me a lot and they gave me the opportunity to also help them with their projects and showed different views on the same aspect.