

1 The University of California, Berkeley

The University of California, Berkeley (also CAL or UCB) was founded in 1868 and is according to the Academic Ranking of World Universities by Shanghai Jiao Tong University, China the number one in public and number 3 in worldwide universities. The official motto of UC-Berkeley is "fiat lux" which is Latin for "let there be light" while the unofficial and much more used motto is "Beat Stanford". The second motto is based on a long rivalry between Stanford and CAL in football. First played in 1892, it is one of the oldest college rivalries in the United States. It usually reaches its peak around the "Big Game" which is typically played in late November or early December. Its location alternates between the two universities every year. During that time and on Game Days (Saturdays) it's not a good idea to wear red colors around campus.

Cal is home to more than 29,000 undergraduates and nearly 11,000 graduate students, Berkeley is internationally renowned for excellence and pioneering achievements across all disciplines. For example: the element of Californium and Berkelium was found here. Berkeley alumni, faculty and researchers include 94 Nobel laureates (including 34 alumni).

The campus is huge and encompasses approximately 1,232 acres (499ha), though the "central campus" occupies only 178 acres (72ha) of this area. It is beautiful and open for everyone. It's fields and lawns are perfect for a quick nap or catching some passes in between two courses.

I really enjoyed my stay at UC Berkeley. Going to study and live abroad is an amazing adventure. I've met so many new friends, learned so many new things and had a remarkable time living in Berkeley.

2 Contacts

During my stay I was working with my Professor and Supervisor Carisa Harris-Adamson, PhD, PT and Alan Barr. Carisa is Assistant Professor at UCSF School of Medicine and UCB – Ergonomics. She is the Director of UCSF/UCB Ergonomics Research & Graduate Training Program and therefore the Director of the facility I was working at. This research and teaching program is part of the Center of Occupational and Environmental Health, a program dedicated to training future professionals on how to protect people from work and environmental related hazards to prevent disease, fatalities and injuries. Alan is working at the same Lab as an engineer and researcher. He was very helpful during the analysis of some of the recorded data.

3 Recommendations for future Marshall-Plan Scholars

Enjoy your stay in the United States and travel as much as you can. The holidays are usually on a Monday or a Friday, so you will often have the possibility of a three days weekend. Go to Las Vegas, see the Grand Canyon and the Monument Valley, Los Angeles or San Diego, it is all possible with your student visa and its super easy and cheap to fly around or rent a car. They even give you a 30-day grace period after your visa has expired so there's enough time for you to visit all these great places.

First of all, rent your car over a German website, on the one hand it is cheaper and on the other hand every damage is covered by the German insurance. Turo or Zipcar is also a good alternative.

For your stay in a foreign city, use AirBnB or Couch Surfing instead of a hotel. It offers you the possibility to get in touch with locals who are able to give you some insider tips.

For San Francisco I would recommend you cycle over the Golden Gate Bridge, go to Alcatraz and see the Museum of Modern Arts. If you are interested in football, go a football game of the San Francisco 49er or the Oakland Raiders.

Also Point Reyes is a prominent cape and popular Northern California tourist destination on the Pacific coast. It is located in Marin County approximately 30 miles (50km) west-northwest of San Francisco.

If you want to see Sequoias, the Muir Woods National Monument offers a great opportunity. It will take you about 40 minutes to get there by car.