

## General impression

My research stay at the Weill Cornell Medical College in New York City was inspiring. The work I did at Weill Cornell was very interesting and I was allowed to experience different projects and aspects of these projects first hand. Starting from primary cell culture to isolation of primary tissue and other parts of cell culture procedures, I gained incredible amounts of knowledge and experience in my 11 months stay. A big part of these experiences was animal research. I was allowed to get certifications needed to work with animals. After finishing these certifications, I worked on every part of my project alone. I don't think I would have been able to find another research group where I could do so many things and would be so welcome.

I took part in weekly project discussions and presented papers in a scientific manner. I was welcomed into the research group with open arms and enjoyed my time at work.

Aside from work my time in New York City was fun but challenging as well. Living in such a big city requires a lot of adjustments. Living there with the fact in mind that I will go back in after these 11 months proved to be difficult from time to time.

## Host institution

After the paperwork with Weill Cornell was finished, everything went smoothly. The cooperation between research groups is very good which makes finding friends very easy. Every other month, a small floor party was hosted to increase interpersonal cooperation. I can very highly recommend Weill Cornell Medical College for everyone who wants to experience first class science and is willing to live in New York City.

## Inclusion in the organization

It took no time at all to befriend my colleagues in the lab and the adjacent labs. I was considered a full time employee and was allowed to do research which is usually conducted by PostDocs according to my colleagues. I was welcomed as any other scientific researcher there even though I had a lot less experience. I cannot think of anything that the University could have done to improve my stay even more.

Aside from my lab colleagues, my primary contact there was professor Qiao Joe Zhou PhD.

His email address is [jqz4001@med.cornell.edu](mailto:jqz4001@med.cornell.edu).

I will stay in contact with my other friends from New York City with the possibility of going back to do my PhD or for another purpose.

## Recommendation for future Marshall Plan students

Anyone who wants to live in New York City has to be prepared to spend a lot of money. Living there as well as every other aspect of life is very expensive. Looking for affordable housing can be challenging and there will only be co-living arrangements available.

Apart from the financial standpoint, going to New York City or anywhere else in the United States is an incredible opportunity. The experience I gained there will be helpful wherever I choose to work in the future.