

インターンシップ体験記 （海外インターンシップの場合は英語で記入）

For my overseas internship, I visited a German institute and stayed in there for 2 months in summer. I wrote my experience throughout this internship.

[Before the internship]

At first, I wanted to stay in abroad for long time before finishing my Ph.D. program, because I wanted know whether I have an ability to stay in overseas research institutes after graduating or not. After decided to go to overseas internship, I asked Professor Atsushi Yagi, who is my (previous) supervisor in Japan, about researchers related to my research fields. Then, he recommended me Professor Messoud Efendiyev (hereinafter called "Efendiyev sensei") who is a scientist in the Helmholtz Zentrum München, German Research Center for Environmental Health, Institute of Computational Biology. Consequently, I decided to visit him in Germany for this internship, and I think it was a good choice because I could smoothly share my studies with Efendiyev sensei due to the same backgrounds.

Efendiyev sensei recommended me to stay the guest house of Helmholtz Zentrum München to save staying costs. Indeed, it costed approximately 65,000 yen per a month to stay in München, so it was very helpful for me because I had to cover any costs during the internship from the limited financial supports by HWIP. I think it is important to know how much I need for daily life in internship place before going there. In my case, almost price in Germany is 1.5 or 2 times as expensive as that in Japan.

[Between the internship]

At first, I could arrive at the Helmholtz Zentrum München by using Google map, so I think it is very important to prepare the internet connection in abroad before arriving at there. (In my case, I bought a prepaid SIM card "Internet with legs" by Amazon and I could use it in Germany without any problem.)

Efendiyev sensei welcomed me warmly and sometimes talked to me in Japanese (for example, "Kyou wa totemo yoi tenki desune" (今日はとても良い天気ですね)). I feel very happy due to this talking. Efendiyev sensei has visited Japan many times and received a scientific award from Japan Society Promotion of Science, so he knows about Japan well. I noticed that it is important to try to learn other languages in order to build a good relationship with researchers from abroad.

In this internship, I learned that it is important to pursue the reasons for studying. In addition, Efendiyev sensei gave me chances to meet researchers from Japan and Pakistan who visited Efendiyev sensei. Due to his kindness, I could build my network.

As I wrote, I lived in the guest house which Efendiyev sensei recommended me and shared it with two students from South Korea and Brazil. The neighborhoods were very kind so that they taught me how to connect Wi-Fi in the guest house, how to go to stores which I could buy something to eat and drink, and so on. The place of the guest house was so peaceful and quiet. So, I do not feel any dangerous during my staying in Germany.



Gate of Helmholtz Zentrum München

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[About Language]

In this overseas internship for 2 months, I feel terrible lack of my English skill. During the internship, I was helped many things by the kindness of listeners. Nothing is more important than learning English! Furthermore, if one stays in a country whose mother language is not English, it is better to know the mother language. It is important to know the country (language, history, and so on) for communicating with people in the country. As well, it is also important to know the Japan as Japanese, because many people want to know Japan.

[About Daily Life in München]

It is obvious, but there are many differences between Japan and Germany. For example, it is better to buy somethings to eat and drink before they need, because there are few stores which open late at night and there are few vending machines. (I had no choice but to drink tap water on the day arriving at Germany.) In addition, almost all stores closed on Sunday.

The Very Germany Food (I think)

I could enjoy some sausages and beers in Germany which I think it is the very Germany food. (However, it was a little expensive.)

[Appendix: Berlin]

I could go to Berlin for 6 days during this internship. In Berlin, I met a senior student of my laboratory, who is from Vietnam, and try to do a joint work with him. We could discuss a certain numerical scheme, and we may make a paper if this work goes well.

Berlin Wall

He also brought me to sightseeing in Berlin for a short time. He taught me some historial things and ordinary things in Berlin during the sightseeing. I could see the "Berlin Wall", "Humboldt University of Berlin", and so on. I could go through inside of the University and I felt overwhelmed by the traditional buildings.

The reason I could meet him is owing to his kindness. At first, he sent Professor Atsushi Yagi an e-mail because he was worried about the powerful earthquake hitting Osaka on June, 2018. I knew about him from this kind e-mail (I have not met him in Japan), and I could make contact with him. I feel again that it is very important to keep in touch with acquaintance and have a kind mind.

Humboldt University of Berlin