

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）

## What I learned during preparation for internship

### “Start action ASAP.”

It took 9 months from the first contact with the host faculty to the implementation of the program.

#### Housing

The student dormitory was fully booked 3 months in advance.

→ Replaced by Airbnb. Checking “CRIME MAP” is important and useful.

#### Document

It can take 2 weeks to exchange E-mail and document with overseas for one round trip.

→ Sometimes they forget about it, so you need to prompt them.

#### Visa inspection

The J-1 visa interview appointments are very busy.

→ If you recheck frequently, the latest date might be open. The earliest appointment can be on phone call.

## Purpose of internship and results

### “Learn about non-conventional yeast culture techniques and food-related research.”

#### Experiment

I learned yeast culture and medium analysis methods with lab members.

#### Meeting

Careful progress management and attentive guidance for students

→ Progress report and journal club for one student every week

→ Project MTG with external parties once every two weeks, MTG with PI before that

→ Personal meetings available as needed

#### Lectures & Scientific talks

Attended PI lectures and learned about the basics of Synthetic Biology and trends in the U.S.

### “Interacting with local people and cultivating an international mindset.”

#### Lab members

We talked about researches, home countries, and sightseeing spots at lunchtimes and home parties.

→ I got to know some of the students and was able to talk with them comfortably.

#### Others

I participated in events in my own department and interacted with people outside the laboratory.

→ There were many Asians in the host lab, and I also had opportunities to communicate with Westerners.

## What I learned about communication

### “Listening and vocabulary are the key. But the most important thing is passion.”

#### Listening

Asian and second language speakers' English is relatively OK; Westerners and native speakers' is tough.

→ If you listen back to them, they'll slowly speak in a different words and you'll be able to make sense.

#### Vocabulary

Grammar may be messed up, but it's understandable. “Degawa (Japanese comedian) English” works well.

→ We should memorize simple verbs, many nouns, and the necessary proper nouns preferentially.

#### Passion

They were more tolerant of people unfamiliar with the culture than in Japan.

→ It is important to speak up about what you don't understand. You can use body language as well.

## インターンシップ体験記 （続き）

**Growth points and unachieved challenges****“English skills for survival”****Documents**

Documentation skill of various intensities in English (emails, chats, reports, etc.).

**Talks**

Self-initiated conversations and simple research-related discussions were relatively well done.

→ Conversations with multiple people and listening to first meeting people need to be improved.

**“Time constraints and International situation limited some planned activities.”****Experiments**

Experiments conducted in two months were limited to yeast culture and medium analysis.

→ Time constraints and division of roles. I could see and hear others' through lectures and discussions.

**Urban Tourism**

I went to Chicago only once and felt a different atmosphere than campus towns.

→ I would like to go more, but the unstable international situation prevented me from doing so.

**Experience from working in different fields****“The difference that makes the difference.”****Strains**

Difficulty in handling yeast and other slow-growing strains.

→ Aseptic manipulation. Long-term experiments. Some people conducted multiple experiments at once.

**Project management**

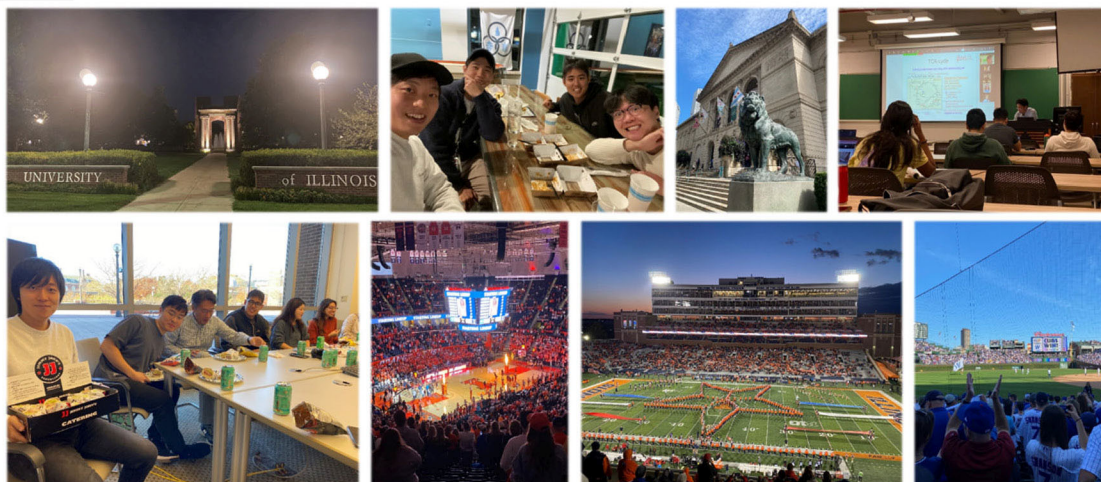
Thorough division of roles within the project.

→ Strain construction, Culturing, Analysis, etc. There is also a dedicated manager.

**Other important lessons****“How to establish a daily life foundation in an unfamiliar place.”**

Good foods and safety places are keys to stay healthy both mentally and physically in a foreign country.

→ This experience can be helpful for my future activities and care for international colleagues.

**Daily life**

**Thank you for this valuable experience with Dr. Jin and his kind students!!**