

ANGABEN ZUM FORSCHUNGSaufenthalt IM AUSLAND / ABOUT YOUR RESEARCH STAY ABROAD

Zielland / Destination country: United Kingdom	Ort / City: Cambridge
Name der Gasteinrichtung / Name of the host institution: University of Cambridge	Fakultät / Institut / Faculty / Institute: Faculty of Biochemistry
Anschrift / Address: 80 Tennis Ct Rd, Cambridge CB2 1GA	
Zeitraum / Length of stay: = Tage / Days von / from : 04.10.2015 bis / until: 14.11.2015 42 (TT/MM/JJJJ – dd/mm/yyyy) (TT/MM/JJJJ – dd/mm/yyyy)	

Administrative Formalitäten / Administrative formalities

1. Visum / Visa:

a) Welche Art musste beantragt werden? / Which type of visa did you have to apply for?

no visa required

b) Wo haben Sie das Visum beantragt? / Where did you apply for the visa?

-

c) Wann haben Sie das Visum beantragt? / When did you apply for the visa?

-

2. Welche Versicherungen haben Sie abgeschlossen/abschließen müssen und von welchen Versicherungsunternehmen? / What types of insurances did you purchase and from which insurance companies?

already had one from AOK

3. Welche Impfungen waren nötig? / Which vaccines were necessary?

no vaccines necessary

4. Wie haben Sie Geldangelegenheiten vor Ort abgewickelt? (z.B. über Konto vor Ort, Online-Konto, Kreditkarte usw.?) / How did you manage your finances? (e.g., opened a local bank account, online banking, credit card, etc.)

cash taken from Germany + debit/credit card

Information & Unterstützung / Information & Support

5. Wie erhielten Sie Informationen über Ihr Gastland, die Gasteinrichtung und die Kontaktperson? Waren die Informationen nützlich? / How did you get information about your host country, host institution and contact person? Was the information useful?

<i>Informationsquelle / Information source</i>	<i>persönlicher Nutzen / useful</i>	
	ja / yes	nein / no
WWU Münster	☐	☒
Gasteinrichtung / Host institution	☒	☐
Andere StudentInnen / Other students	☐	☒
Internet	☒	☐
Sonstiges (bitte genaue Bezeichnung eingeben) / Other (please specify) already ongoing collaboration with the host institute	☒	☐

6. Erhielten Sie vor und während Ihres Aufenthaltes angemessene Unterstützung durch Ihre Heimat- und Gast-Institution? / Did you receive adequate support from your host and home institution before and during your research stay?

	(1 = sehr schlecht/poor; 5 = sehr gut/excellent)				
	1	2	3	4	5
WWU Münster	☐	☐	☐	☒	☐
Gasteinrichtung / Host institution	☐	☐	☐	☒	☐

Beschreiben Sie bitte näher. / Please describe further.

There was definitely enough support from both host and home institutions. WWU Münster organised a helpful workshop before going abroad.
I was already collaborating with the host institution before and they have been supporting me as well.

7. Welche Vorbereitung auf das Zielland (bspw. Information zu Geschichte, Staatsform, Kultur, Verhalten, Religion etc.) wären hilfreich gewesen? / Which information or preparations in terms of the host country (e.g., history, language, culture, customs) would have been helpful?

I have already been to the host country so I was already familiar with the customs etc. However, I think it is always useful to read and take a tourist guide.

8. Welche Vorbereitungen hinsichtlich der Gastinstitution (bspw. Hochschulstrukturen, akademische Gepflogenheiten etc.) wären hilfreich gewesen? / Which information or preparations in terms of the host institution (e.g., university structure, academic customs) would have been helpful?

I had already been collaborating with the host institution before so I was familiar with the university structure etc. However, I think it is useful to read some of the papers published by the research group you are planning to visit.

9. Wie kann das Projekt IP@WWU Ihrer Meinung nach verbessert werden (z.B. Information, Bewerbungsverfahren)? / How could the IP@WWU project be improved (e.g., information, application procedures)?

It would be a good idea to advertise the project a bit more - I only found out about that opportunity after receiving a message from my supervisor.

10. Wie beurteilen Sie den Integrationsgrad mit den Studierenden und Mitarbeitern der Gastinstitution? / How do you consider your degree of integration with students and staff in the host institution?

(1 = sehr schlecht/poor; 5 = sehr gut/excellent)				
1	2	3	4	5
☐	☐	☐	☒	☐

Beschreiben Sie bitte näher. / Please describe further.

I had already known the students and staff at the host institution (I had been working with the before) so I didn't have any problems with integration. It was quite easy to integrate by participating in a lot of after-work social activities etc.

Unterkunft & Forschungsinfrastruktur / Accommodation & research infrastructure

11. Art der Unterbringung im Ausland / Type of accommodation abroad:

- ☐ durch die Universität (Studentenwohnheim o. Ä.) / university accommodation (e. g., student halls of residence)
☒ private Unterkunft (z.B. mit einer Familie)/ private housing (e. g. family)
☐ WG / shared apartment
☐ Sonstiges (bitte genaue Bezeichnung eingeben) / other (please specify)
-

12. Wie haben Sie die Unterkunft gefunden? / How did you find the accommodation?

- ☐ WWU Münster
☐ Freunde, Familie / Friends, family
☐ Privatmarkt / Private market
☒ Internet
☐ Sonstiges (bitte genaue Bezeichnung eingeben) / other (please specify)
-

13. Wie zufrieden waren Sie mit Ihrer Unterkunft?
How satisfied were you with your accommodation?

(1 = sehr unzufrieden/very dissatisfied; 5 = sehr zufrieden/very satisfied)				
1	2	3	4	5
☐	☐	☐	☒	☐

Beschreiben Sie bitte näher. / Please describe further.

14. Wie zufrieden waren Sie mit der Infrastruktur Ihrer Gasteinrichtung / How satisfied were you with your host institution's infrastructure:

	(1 = sehr unzufrieden/very dissatisfied; 5 = sehr zufrieden/very satisfied)				
	1	2	3	4	5
Zugang zum Arbeitsplatz (PC, Internet) / Access to working space (PC, Internet)	☐	☐	☐	☒	☐
Zugang zu den Bibliotheken / Access to libraries	☐	☐	☐	☒	☐
Sonstiges (bitte genaue Bezeichnung eingeben) / Other (please specify)	☐	☐	☐	☒	☐

Beschreiben Sie bitte näher. / Please describe further.

At the beginning of my stay I received an access card. I also had internet access via my university account (eduroam network).

Akademische Qualität / Academic quality

15. Wie beurteilen Sie die Qualität der Betreuung durch Ihren Gastgeber-Dozenten? How do you rate the quality of your host supervisor's support?

	(1 = sehr schlecht/poor; 5 = sehr gut/excellent)				
	1	2	3	4	5
Verfügbarkeit des Betreuers/der Betreuerin / Supervisor's accessibility	☐	☐	☐	☐	☒
Engagement des Betreuers/der Betreuerin / Supervisor's engagement	☐	☐	☐	☐	☒
Beratungsgespräche mit dem/der Betreuer/in / Consultations with the supervisor	☐	☐	☐	☐	☒
Sonstiges (bitte genaue Bezeichnung eingeben) / Other (please specify)	☐	☐	☐	☐	☐

Beschreiben Sie bitte näher. / Please describe further.

The supervisor from the host institution is also one of my PhD thesis supervisors and has supported my project from the beginning. The support received during my stay was really good - we had several meetings and discussions and I got a lot of useful comments and suggestions regarding my work.

16. Wie beurteilen Sie die Qualität ... / How do you rate the quality of...

	(1 = sehr schlecht/poor; 5 = sehr gut/excellent)				
	1	2	3	4	5
Ihrer Forschungsaufgaben?/research activities you took?	☐	☐	☐	☐	☒
des an der Gasteinrichtung zur Verfügung stehenden Forschungsmaterials?/study material you obtained at your host institution?	☐	☐	☐	☒	☐

Beschreiben Sie bitte näher. / Please describe further.

In general I can say that the stay was very useful. I could do all the experiments I planned and use all the facilities that I needed.

17. Wie unterscheiden sich Forschungsstruktur und -kultur an der Gastinstitution von denen an der WWU Münster? / How do research structure and research culture in host institution differ from those at WWU Münster?

-

Kosten / Expenses

18. Wie hoch waren die wöchentlichen Lebenshaltungskosten während Ihres Auslandsaufenthalts? / What were average weekly costs during your stay abroad?

	€
Unterkunft / accommodation	180
Lebensmittel / food	140
öffentliche Verkehrsmittel / Transportation	-
apart from the train from/to the airport I didn't use any transportation	
<i>Gesamtsumme per Woche / Total per week</i>	

19. Wurden Ihre Kosten durch das Forschungsstipendium gedeckt? / Did the research stipend cover your costs?

☒ Ja / yes
 ☐ Nein, per Woche habe ich zusätzlich _____ € ausgegeben.
 No, I spent additionally _____ € per week.

20. Lagen Ihre wöchentlichen Ausgaben im Ausland höher als in Münster? / Did you spend more abroad compared to what you normally spend in Münster per week?

☐ Nein / no
 ☒ Ja / yes, 160 €.

21. Mussten Sie irgendeine Art von Gebühren an ihrer Gastinstitution entrichten? / Did you have to pay any kind of fees in the host institution?

☒ Nein / no
 ☐ Ja / yes, _____ € für / for _____

(bitte genaue Bezeichnung eingeben / please specify)

Persönliche Erfahrungen / Your personal experience

22. Welche spezifischen Ziele hatte Ihr Forschungsaufenthalt? Haben Sie sie erreicht? / Which specific objectives did you have for your research stay? Did you achieve them?

Ziele / Aims:	(1 = überhaupt nicht erreicht/not at all; 5 = voll erreicht/fully)				
	1	2	3	4	5
do the experiments needed for my project	☐	☐	☐	☒	☐
enjoy stay in the UK	☐	☐	☐	☒	☐
maintain collaboration between groups	☐	☐	☐	☒	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

23. Wie würden Sie Ihren Forschungsaufenthalt insgesamt einschätzen? / How would you evaluate your research stay in general?

The research stay was very useful. I managed to do almost all of the planned experiments and the results I collected will be the basis for my current work in Münster. I had a great time and hope to be back.

24. Bitte beschreiben Sie Ihre beste Erfahrung / Please describe your best experience.

The opportunity of collaborating with a group in Cambridge is itself the best experience - I really enjoyed meeting new people, working in a different environment and using facilities that are not available at my WWU Münster. I really had a great time and would recommend such experience to everyone.

25. Bitte beschreiben Sie Ihre schlechteste Erfahrung / Please describe your worst experience.

I can't really think of anything.

26. Halten Sie die Dauer Ihres Forschungsaufenthaltes für / Do you consider your research stay to have been ...

- ☐ zu kurz / too short
☐ zu lang / too long
☒ genau richtig / just right

Falls zu kurz oder zu lang, welche Dauer hätten Sie sich gewünscht? / If too short or too long: which length would have been ideal?

Beschreiben Sie bitte näher. / Please describe further.

The time of the research stay was just enough to complete the tasks that I had planned.

27. Welche Tipps können Sie den nachfolgenden Promovierenden zu dieser Gasteinrichtung, dieser Stadt, diesem Land etc. geben (Geheimtipps, lohnenswerte Aktivitäten, wichtige Ratschläge)? / Could you please give other PhD students some tips about your host institution, city or country (insider info, useful activities, valuable advice)?

I think one advice that I could give to people planning to go to Cambridge is to make sure you plan your accommodation in advance. There are a lot of students coming and going, the student houses are sometimes full and it is sometimes not that easy to find a room to rent.