

UNITED KINGDOM - NEWCASTLE

Art des Praktikums:

Forschungsprojekt SCORE

Person:

Name: *Madé Neumair*

Einsatzland / Einsatzort:

Land	<i>UK</i>
Stadt	<i>Newcastle upon Tyne</i>
Amtssprache	<i>English</i>
Empfohlene Impfungen	<i>Hep A,B</i>

Gesundheitsprofil des Landes / der Region:

England ist von den Gesundheitseinrichtungen, vom Ernährungszustand und vom Gesundheitsprofil des Landes sicherlich mit Österreich und Deutschland zu vergleichen.

Ausbildungsstätte:

Der Forschungsaustausch fand im Centre for Life, einem Forschungszentrum, statt und je nach dem bei welchen „Clinics“ man eingeteilt war auch in verschiedenen Krankenhäusern in Newcastle.

Arbeit und Ausbildung:

During my stay at the John Walton Muscular Dystrophy Research Centre at the Centre for Life, the main activities I was able to undertake were:

1. working in the PCR laboratories and in the Biobank within the institute where I extracted and amplified DNA, did tissue culture and run gel electrophoresis.
2. attending clinical and research meetings, as well as seminars and conferences.
3. preparing a case presentation on a clinical case observed in clinic.
4. attending clinics with the clinicians and physiotherapists on a regular basis. These clinics included: myotonic dystrophy, muscular dystrophy, adult neurology and general paediatrics.

Working hours were flexible; usually our days at the Centre for Life were from 9am to 4pm.

Wohnen und Essen:

Ich war während meines Aufenthaltes in einer Studenten-WG untergebracht, zusammen mit einer anderen Medizinstudentin aus Newcastle und zwei anderen Studenten. Da hatte ich mein eigenes Zimmer und Bad und die Wohnung befand sich in einem sehr schönen Studentenviertel.

Fürs Mittagessen in der Arbeitswoche holte ich mir meistens was mit den anderen Mitarbeitern in der Stadt oder in einem Café oder brachte was von zuhause mit. Am Wochenende und Abends hab ich mich dann durch Newcastles Gastronomie etwas durchgekostet, wobei die Stadt kulinarisch wirklich viel zu bieten hat.

Finanzielles:

Vorbereitungskosten: Es fallen leider 75 GBP an, als Verwaltungskosten für die Newcastle University an. Diese sind nicht in den 399€ AMSA Gebühren inbegriffen.

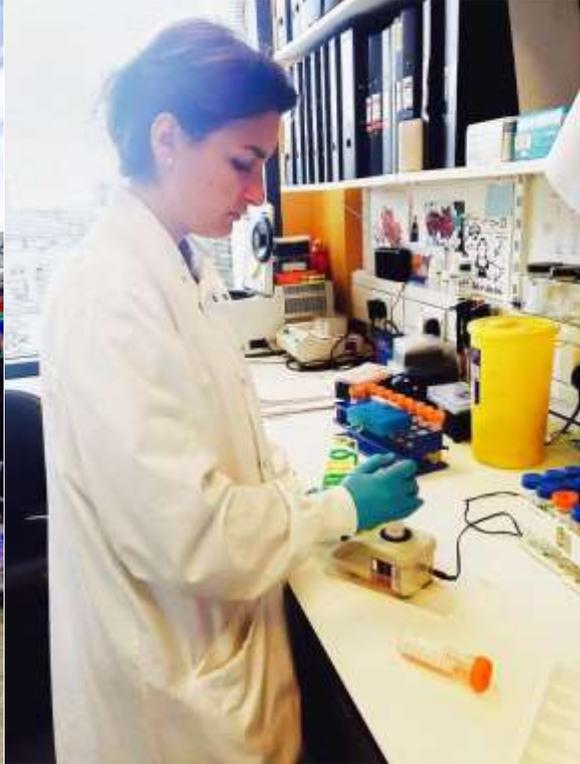
In England habe ich insgesamt recht viel Geld ausgegeben, zum einen weil der Pfund schon teurer ist als unser Euro, aber auch weil man in einer neuen Stadt gerne neue Pubs, Cafés, Bars und Restaurants ausprobiert.

Wochenendtrips nach London und Edinburgh erhöhen natürlich auch das Budget beträchtlich, sind aber absolut empfehlenswert.

Welche Internetadressen empfiehlst Du:

<http://www.ncl.ac.uk/> (Newcastle University)

Fotos:





Freier Teil:

I would definitely recommend this exchange experience in Newcastle. I learned a lot of new things regarding genetic neuromuscular diseases and also improved my lab skills. At the Centre for Life most people were really nice and enthusiastic to teach. I got a weekly schedule with times and places so I didn't feel lost at all. I could also feel and see that the whole team wanted my experience to be good and whenever I needed something, they were willing to help.

Observing in the genetic neuromuscular diseases clinics was also very interesting and made me realise even more how lucky one can feel, being born healthy.

Working in the lab wasn't my favourite part of the day but in the end I realised how many things I was able to do on my own towards the end of the exchange and was very happy about that.

Once I had to prepare a case presentation about a pretty complex patient I saw in the clinic and present it during a clinical meeting in front of the whole team. I was a bit nervous and very happy when everything turned out well and the clinicians complimented me about the presentation.

Unfortunately while I was in Newcastle the semester had already ended, so there weren't many students in town. At the Institute I was placed together with an other exchange student, Ahmed from Istanbul, and it was very nice to have an other student to talk with. We also met Raykal, a medical student who was studying for her finals. She showed us the city centre and the best bits of Newcastle and took us to some nice restaurants and bars. My housemate Farah was also super nice and helpful and it was fun living with her. Also Ahmed had some very funny and nice housemates whom I got to know. It was good to have some "local" friends, as they made my exchange experience much better.

Enjoy Newcastle and don't miss the chance to travel to other cities in the weekends! Planning train journeys ahead also saves a lot of money!

I met some pretty amazing people and Newcastle and am so happy to have shared the experience with them. When I left them on my last evening I was a bit sad because I wished we could have had more time together. Newcastle as a city was also a very easy place to live in, my favourite places were Jesmond Deene and the Coast, but also the river and the city centre.

All in all I am very very happy to have applied for this research exchange and can recommend it warmly.