

Research internship at University of California San Francisco

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After months of preparation, in March 2016 my adventure on the other side of the Atlantic Ocean finally begun. For 6 months I performed a research internship at the lab of Dr. Erik Ullian at the University of California San Francisco (UCSF) as part of my master program Neuroscience and Cognition. At UCSF, I worked on the development of a novel *in vitro* model to culture human astrocytes together with neurons, with the aim to generate a better tool to study neurodegenerative and neurodevelopmental disorders in the future. During my internship, I learned many new techniques and research skills thanks to my excellent supervisor. Besides doing research, I also had the opportunity to visit many interesting seminars from top researchers in the field, including a Noble Prize winner.



After finishing up in the lab at the end of the day or workweek, the city of San Francisco had enough to offer to take your mind of work. It is not hard to feel at home in San Francisco: with the rollercoaster hills, the beautiful Victorian houses at every corner of the street and many bars and shops there was enough to see and to do wherever you went. Being a very multicultural city, San Francisco was a great place to try out delicious food, and I got myself acquainted with many different cuisines like Ethiopian, Peruvian and, my favorite, Burmese. Besides exploring the city life of San Francisco, I also had the chance to discover the rest of California. Within a four hour driving distance from San Francisco you can find many National Parks and State Parks. In the weekends, we often organized hiking trips with a group of internationals to explore these different places. The possibility to escape the busy city and explore nature was what I enjoyed most about living in the US.

Altogether, I had an amazing experience at the lab of Dr. Ullian and in San Francisco and I can recommend everyone to do an internship abroad. With that, I am also very thankful to the Nora Baart Foundation for the financial support.



Haight Ashbury, the hippie neighborhood



Weekend trip to Lake Tahoe