



## Experience Report

IAESTE Traineeship

Portugal

01. September 2016 – 31. January 2017

I'm studying Food Science at the ETH Zürich and besides this topic, also Pharmaceutical Sciences always interested me. To check whether my future working place would be in the Food or rather in the Pharmaceutical industry, I took the chance and applied for an IAESTE internship at Hovione, in an international pharmaceutical company. The internship was offered in the production site in Loures, a village next to Lisbon.

I got in touch with IAESTE Portugal before I started my trip to Portugal and everything was well organized. I was picked up from the airport and brought to the room which they rented for me in a shared flat, close to the city center of Lisbon. After arriving and exploring the flat, the IAESTE employee took me for a short walking tour through the city and made me familiar with important things like cheap supermarkets, good restaurants, gave me a city map and a Portuguese SIM card for my phone. In fact, he well prepared me for my 5 months stay in Lisbon. One day after my arrival, another IAESTE trainee from Brazil arrived and got a room in the same flat. She did her internship at the same company as I did and we were both very happy to get to know each other and start this adventure with a new friend.

Hovione is situated in a village next to Lisbon with limited access by public transport. But the company has a bus only for its employees that picks up the people in Lisbon and brings them to Loures. So, we could take the bus quite close from our flat to get to work. I was part of the Drug Product Development Department where I assisted my supervisor in one of her projects. On my first day, I got some instructions and had a security training. The next days were quite improvised as nothing really seemed to be prepared for me. My supervisor needed to prepare my working plan and I spent the first working hours waiting for a computer and instructions to the project. Once, my supervisor was ready and I finally had a computer with internet access, I started with a Literature Review and a short presentation. As the material and equipment wasn't ready when I needed it, we extended the Literature Review and I ended up with reading for 1.5 months. When things finally were ready, it was quite exciting to start the work in the lab. It was very interesting and I felt that the work



Figure 2: Part of the Drug Product Development Department during the Team Building Activity

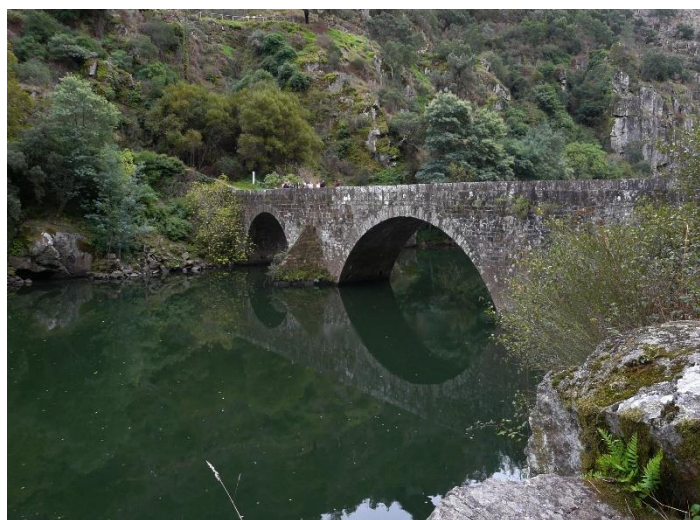


Figure 1: On a trail organized by the company

into this area.

The Brazilian girl and I got to know ELL (Erasmus Life Lisboa) and we bought a membership card. During the weekends, we did a lot of trips with this organization and got to know a lot about the culture of Portugal and saw a lot of different cities. I really enjoyed this trips and tried to see as much as possible during the weekends. The weekdays were a bit calmer, but from time to time we went out for dinner or a drink and get in touch with international students. The people from work were nice and invited me for different events. I really felt like home in Lisbon, made new friends and I am very happy that I did this internship.

that I was doing was appreciated by the team members. Nevertheless, people in Portugal don't plan everything in detail and due to some delays in other projects and limited place in the lab, my work was postponed over and over again. I spent quite some time in front of the computer waiting to continue my work in the lab. That's why I couldn't finish all the work that was planned for me which was a bit frustrating, but that's how it works in Portugal or at least in this company delays are very common. For me it was a good experience to work with these complete different conditions. I learned a lot about pharmaceuticals and had good insights