

Erfahrungsbericht/Experience Report

1) Ihre Gasthochschule bzw. Praktikumsinstitution/Your host university or internship institution

Bitte beschreiben Sie kurz Ihre Gasthochschule/Ihre Praktikumsinstitution.

Please describe briefly your host university/your internship institution.

The university is one of the most important in the country; many prominent Hungarian figures studied ELTE. The faculties are spread over different locations in the city. Budapest is very accessible by public transport, on foot or by bicycle. There were two buildings that I frequented, both close to my home. The professors are very friendly, knowledgeable in their areas of expertise, and constantly communicate with students to enhance the learning experience. The class dynamic included to work in groups and for this, all the groups must include at least one Hungarian student with the international students. The university subjects offer as well as the cultural and sporting activities are extensive and interesting. It had, however, to be suspended due to the pandemic.

2) Ihr Studium bzw. Praktikum/Your studies or internship

Bitte beschreiben Sie die während Ihres Studienaufenthalts besuchten Kurse/Tätigkeiten im Praktikum. Wie zufrieden waren Sie mit der Betreuung? Wie waren die Studien-/Arbeitsbedingungen? Gab es Anwesenheitspflichten für Kurse? Wie wurden Prüfungsleistungen absolviert? Gab es besonders positive und/oder negative Erlebnisse?

Please describe the courses you attended during your study abroad/activities you carried out during your internship. Were you satisfied with the provided mentoring services? How were the study/work conditions? Was attendance in classes mandatory? How did final examinations work? Have you had any especially positive and/or negative experiences?

The research internship concentrated on the work of Sándor Ferenczi. It seems to me that Budapest, Hungarian psychoanalysts and Hungarian scholars of Ferenczi's work and the Budapest School are the best reference and support to find documents and clues that are difficult to access for outsiders since the work was produced in a specific cultural and social context. Living in Budapest, it is impossible not to get in touch with the atmosphere, the history, the culture, the sayings, the daily life and much of what Ferenczi refers to in his texts. One example is the literature and the group of artists with whom he surrounded himself and built up psychoanalysis in Hungary. Additionally, I took a course in Hungarian literature to cover different moments in Hungarian history in conjunction with what was written at that time. The history/culture of Hungary can be found in every corner of the city and when visiting the towns and villages which are also accessible by train and public transport. The meetings with the supervisor were only once by zoom, and the rest were face-to-face meetings. The experience of living and doing research in Budapest was vibrant. The only difficulty is that there is too much to learn and understand, which also demanded a lot of time to concentrate solely on the psychoanalytic research itself. However, I could say that my stay in Hungary provided me with a precious path of investigation for the coming years. I am deeply grateful for this experience.

3) Integration/Integration

Wie haben Sie sich eingelebt? Haben Sie andere Studierende der Gasthochschule/Institution kennengelernt? Wie haben Sie den Aufenthalt interkulturell wahrgenommen?

How did you settle in? Did you get to know other students of the host university/institution? How did you experience your stay abroad on an intercultural level?

Unfortunately, my stay in Budapest was during the pandemic, I had very little time to interact with my university classmates. However, my intercultural experience was unbeatable. Hungarians are warm, generous, caring and very friendly people, and despite the confinement, I never felt lonely or unprotected. On the contrary, I can say that I have a vast social network mainly made up of Hungarians and people from other countries living in Hungary. Life in Budapest is very kind and

welcoming. I learned not only from the psychoanalytic field (which until now I am trying to process) but also got involved with different aspects of the Hungarian culture. For instance, Hungarian typical dishes, national celebrations/pains, language, cinema, artists, philosophy, etc. I felt at home everyday

4) Vorbereitung/Preparation

Wie haben Sie sich auf den Auslandsaufenthalt vorbereitet? Haben Sie Empfehlungen zur Planung bzw. was besonders zu beachten ist, z.B. für Visa, Versicherung, Anreisemöglichkeiten? Wie sah die Bewerbung an der Gasthochschule/Praktikumseinrichtung aus? Gab es Einführungsveranstaltungen an der Gastuniversität? Gab es ein Tutor_innen/Buddy-Angebot?

How did you prepare for your stay abroad (language, interculturality, study related, organizationally etc.)?

Before this stay, I had visited Hungary at least three times. I have been interested in the work of Sándor Ferenczi and his country for years. However, during the exchange, I took the first level of Hungarian language learning and became very involved with life, culture and history on a full-time basis. There wasn't much time for the organisation as I applied almost at the deadline, it was also complicated to have a regular dynamic because of the pandemic, uncertainty and the lack of places destined to read, study and work. Still, all the processes were friendly to integrate me into life there. Besides, Hungarians always offer help for nearly any difficulty; whether they speak English or not, language is never a barrier.

6) Unterkunft/Accommodation

Wie haben Sie Ihre Unterkunft gefunden?

How did you find your accommodation? On average, how high were your living expenses per month in your host country?

Before I moved, I asked for help from a Hungarian to whom I had rented a room on my visits to Budapest on previous occasions. When the pandemic started, I found a real estate agency to rent a space through Facebook groups. Although I consider that it was not cheap, around 500 euros per month, the contract and the support for any problems were efficient, and the attention was permanent. I would add that living costs can be up to 400 or 500 euros per month without a limited budget regardless of the rent. This includes food which outside has a reasonable price, sports activities, public transportation (cheaper with the students card/document), recreation activities such as museums, trips (organised by the Erasmus exchange staff), etc)

7) Alltag und Freizeit

Wie hoch sind die monatlichen Lebenshaltungskosten? Kosten und Tipps bzgl. der öffentlichen Verkehrsmittel und der Freizeit- und Sportangebote?

How high are the monthly average cost of living? Costs and recommendations regarding public transport, leisure time and sports?

Studio rent 450 euros, living costs 400 euros (groceries, transportation, leisure activities, etc)

8) Fazit/Conclusion

Was hat Ihnen der Auslandsaufenthalt persönlich gebracht? Wie lautet Ihr Fazit?

What are your personal gains from your stay abroad? What are your conclusions?

I gained a broader picture of what psychoanalysis in Hungary entails and the importance of the context for the Budapest School's contributions to psychoanalysis, its practice and its theory. In addition, I met many people with whom I plan projects for the future. My supervisor is one of the most experienced and knowledgeable people in this field in Hungary and psychoanalysis in other countries. Moreover, I had access to documents of which I have copies and even books to be

translated. I took a lot of work for the future and joyful and peaceful life in Hungary. I could not forget all that Hungary and Hungarians have given me on a professional and human level.

9) Fotos/Pictures

Falls vorhanden, fügen Sie im Folgenden bitte ein paar Fotos Ihres Aufenthaltes ein oder senden uns diese zusammen mit dem Bericht per Mail zu. Die Fotos dürfen keine Gesichter anderer Personen erkenntlich abbilden. *If available, please add some pictures from your stay abroad or send them to us via email together with the report. The pictures must not depict any other persons' faces.*



