

Erfahrungsbericht/Experience Report

1) Gasthochschule bzw. Praktikumsinstitution/Host university resp. internship institution

Bitte beschreiben Sie kurz Ihre Gasthochschule/Ihre Praktikumsinstitution.

Please describe briefly your host university/your internship institution.

I interned at two locations: Tulasi, a rural rehabilitation and psychiatric treatment center, which was an in-patient facility, and Fortis, a large international hospital chain, with a OPD psychiatric department that served a wide array of patients with its myriad programs.

2) Studium bzw. Praktikum/Studies resp. internship

Bitte beschreiben Sie die während Ihres Studienaufenthalts besuchten Kurse/Tätigkeiten im Praktikum. Wie erfolgte die Betreuung? Wie waren die Studien-/Arbeitsbedingungen? Gab es besonders positive oder auch negative Erfahrungen?

Please describe the courses you attended during your study abroad/activities you carried out during your internship. How did the mentoring work? How were the study conditions? Have there been especially positive and/or negative experiences?

At Tulasi Rehabilitation Center my day began with attending and participating in the programs scheduled for the psychiatric patient group, which, I was informed, were based on Cognitive Remediation Therapy (CRT). I participated and occasionally supervised the group during morning prayers and exercises, newspaper reading and reporting, and games and activities, along with attending lectures to the addiction group and sitting in on individual counseling sessions with the counselors and clinical psychologists there. At Fortis, I observed the head psychiatrist's individual sessions with his daily patients, researched and discussed various topics under the instruction of the psychologist in charge of my internship. I also visited some of the hospital's wards—the dialysis and general wards—with her, and visited some child patients with the resident expressive arts therapist and participated in some activities for them.

3) Erworbenes Wissen/Acquired knowledge

Welches Wissen haben Sie während des Studien-/Praktikumsaufenthalts erworben bzw. erweitert? Wie hat Ihr Aufenthalt fachlich Ihr Studium an der IPU ergänzt?

Which knowledge did you acquire during your studies/internship? How has the study internship abroad contributed to your studies at IPU?

I think one of the most important things I received from this work placement was being able to experience first-hand some aspects of Indian life I had either only read about in social and cultural psychology textbooks and/or experienced in my own life as an 'insider'. Namely, the high importance placed on family and family duties as well as the place for religion.

4) Integration

Wie haben Sie sich eingelebt? Haben Sie andere Studierende der Gasthochschule/Institution kennengelernt?

How did you settle in? Did you get to know other students of the host university/institution?

Thankfully, I had few problems in getting integrated and adjusted to the places I worked at. Definitely a big part of it was that I am myself Indian, but the counselors and others I worked with were quite helpful, welcoming, and seemed legitimately interested in hearing what I had to say.

5) Vorbereitung/Preparation

Wie haben Sie sich auf den Auslandsaufenthalt vorbereitet (sprachlich, interkulturell, fachlich, organisatorisch etc.)?

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

My mother tongue is Hindi, which is the language of the region, and I grew up speaking it with my parents and the rest of my family, so I did not have very many problems there. I was able to get around and live comfortably enough thanks to that, as most of the people who knew that I was from America seemed to be surprised and pleased that I spoke Hindi as well as I do. In terms of other preparations, the hardest thing was probably finding a place to live.

6) Unterkunft/Accommodation

Wie haben Sie Ihre Unterkunft gefunden? Welche durchschnittlichen monatlichen Kosten hatten Sie für das Leben im Gastland?

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

The daughter of an acquaintance of my grandmother lives in Gurgaon and she was the one who recommended the place I stayed at to us. I ended up living there, a CoHo PG (Paying Guest), a type of dormitory that provided food and board. I visited it after a few days of traveling around the city and looking at several apartment options. The board was about 15,000 INR/mo while food (breakfast, dinner, and lunch on weekends) was 2,500 INR.

7) Sonstige Informationen/Further information

Gibt es noch etwas, das Sie anderen Studierenden bzgl. eines Auslandsaufenthalts allgemein und in Ihrem Gastland im Speziellen mitteilen möchten? Gibt es empfehlenswerte Links oder Tipps?

Is there anything else you like to inform other students about regarding a stay abroad in general and regarding your host country in particular? Can you recommend any links or tips?

It seems that things are becoming more commercialized there, as most institutions are charging a fee for interning through them. I only found out about this when I got there, but thankfully I was able to avoid this by speaking to my advisor, Dr. Mishra, who then spoke to the people at these locations, with whom he was friends. Making connections is pretty important. One will also have to get used to potentially crowded public transport in the big cities, as they can get quite packed, particularly to an extent that people raised in a Western environment may not find comfortable.

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?

Before going there, I wanted to learn more about the mental health system in India and see if it was a place I might consider having a career. I still have not quite answered this question satisfactorily enough for myself, largely because I would want to work in Mumbai, not Delhi, but I do think I was able to understand it a bit better, especially in the more formal aspects, as well as some general operations. Another thing I feel like I have gained is a bit more confidence to be able to speak with patients one-on-one.