

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.

The Trauma Clinic Foundation, which is located in Cape Town City is a network of psychologists and social workers who have been providing trauma support and training nationally in South Africa for more than 20 years. It gives interns the possibility to gain practical counselling experience at education institutions and in insight of trauma related work with adolescents.

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?

Generally the conditions of the internship were a really good mix of everything and I felt welcomed and supported all the time.
Three days of the week you do counselling work (most time one on one) with adolescents and learn a lot about trauma intervention with theoretical and practical inputs. The work is very independent and asks a lot strength of you, since the stories of the kids are tough. Also the different culture backgrounds always has to be on your mind. The other two days you work in the office of the trauma clinic where you get supervision, update your client-lists, write reports and evaluate tests e.g. the BDI. Moreover, there is time for reflection and interaction with other interns.

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 was confronted with problems of ongoing trauma exposure to physical and sexual abuse, domestic violence, gang-violence and lack of safety and resources for trauma. I received a total of 16 hours Supervision, which was really interesting and helpful as well. My understanding in the issues of continues trauma and the impact of culture in trauma were my two of my main focusses: So especially the trauma related disorders and with its treatment was a great addition to my previous knowledge.
Overall all the interaction with everyone I met and worked with in Cape Town was an enrichment for me.

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?

There are many interns in that beautiful city and its easy to meet new people and to also enjoy the vibe and the stunning are of Cape Town. With me there were 9 other interns as well, some international and some from South Africa. We had a great group dynamic, were there for one another and shared the ups and downs. I never felt alone or unsafe as well.

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, interculturally, study related, organizationally etc.)?

To speak English on a higher level is the main requirement I guess. From there you have to be open for everything new and probably different. Cape Town however is a really western city and not the "typical" African one but especially the work in with the kids, who are from the townships will need lots of patience and acceptance. I organized everything from Germany and within the first two weeks I saw how the things there work or ... not. It was a lot in a sense "learning by doing".

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?

I lived in a shared-flat with four other people, all from different countries. I got the address for this accommodation from the Trauma Clinic and was very happy there. Even though South Africa is a third-world country, don't expect it to be cheaper than Germany. I paid mainly the same amount of money every month as I spend here. Cape Town is a rich city with lots of great stuff to do but which you have to pay for.

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?

Cape Town is worth a journey!

www.gumtree.co.za www.capeintern.com

8) Fazit/Conclusion

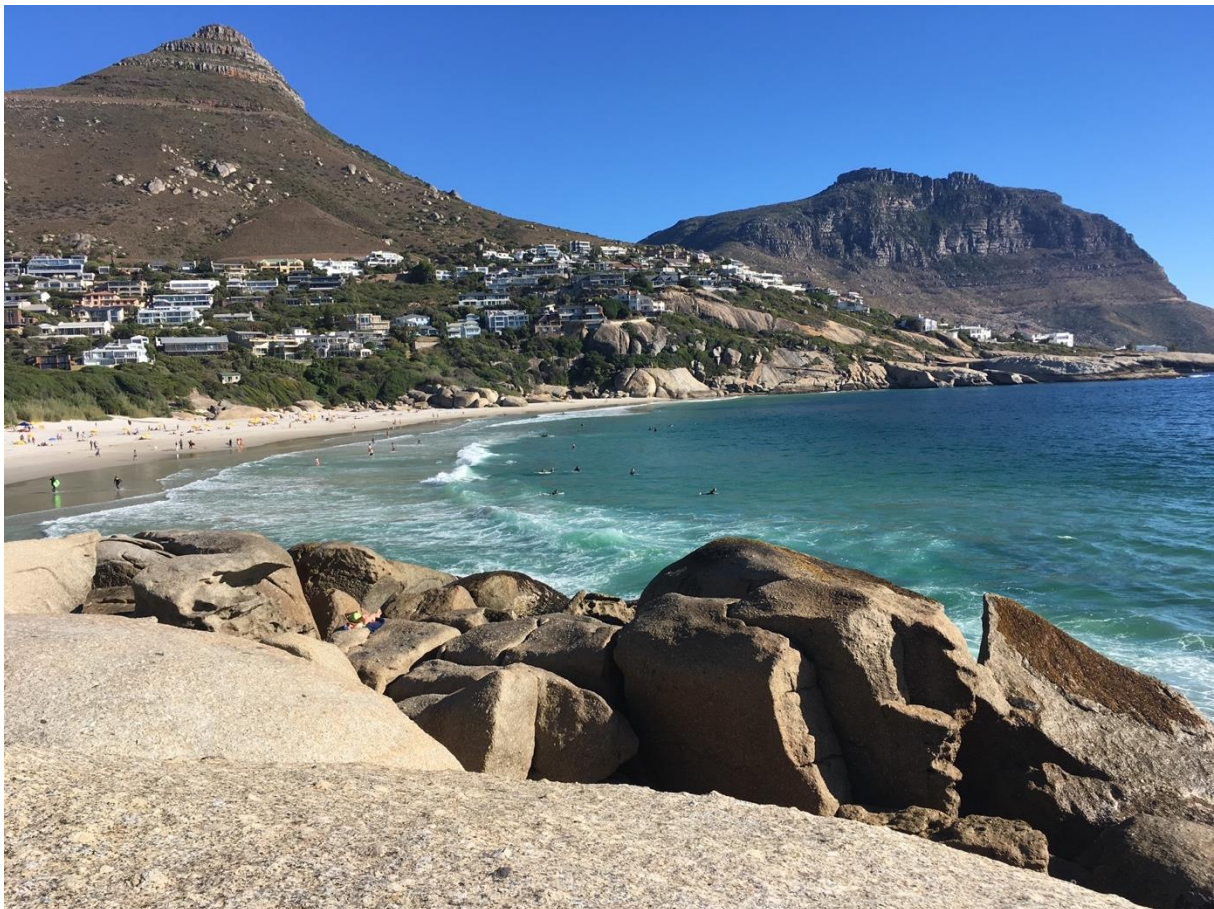
Was hat Ihnen der Auslandsaufenthalt persönlich gebracht? Wie lautet Ihr Fazit?

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

Those 11 weeks made me grow in so many different ways. It was an awesome opportunity to gain new experiences in the field of psychology with some different views in trauma related work. I had a healthy mix of office time and free time, which I needed to reflect the work I've done. Also to get to know new people, open up for different ways of thinking and structures is something I will benefit from my whole life. Saying good-bye to Cape Town was really hard but it wasn't the last time I was there.



Climbing up Lions Head



My neighborhood