# The NIBB Internship program

The NIBB Internship program, started in 2009, is a hands-on learning course for overseas students designed to give high-quality experience in real world research and focused education of biology. At the same time, this program aims to internationalize the graduate students of SOKENDAI (Graduate University for Advanced Studies), giving them the opportunity to get to know students and interns with various cultural customs. Another goal of the program is to build connections through providing education to the people who will form the core of international research networks in the future.

To participate in this program, applicants who would like to experience research at NIBB must supply the name of the lab they would like to visit as well as their reasons for choosing it, and a letter of recommendation. Based on this information applicants are chosen to spend set periods of time participating in specific research activities in the lab they applied for. Round trip airfare and housing expenses are provided by the NIBB Internship Program.

In FY 2015 there were 26 applicants, out of which six interns were selected. These interns were from universities located in 4 countries (Turkey, Vientam, Thailand, and Germany) and spent periods ranging from two to twelve weeks experiencing life as a member of a research team. Moreover, one interns from Peru stayed at NIBB on twelve weeks by his own travel grants.

## Report from a participant
**Pham Van Cuong**
**VNU University of Science,Vietnam**

I continued my journey of science by applying to the NIBB internship program immediately after completing my bachelor's degree. As a newbie in this field, I expected this program would be an opportunity to raise the skills of the scientist inside me: If I face a problem, how should I handle it? How should I solve scientific questions by designing plans or experiments?

Then I chose the laboratory of Assoc. Prof. Kamei, because he is using medaka fish as a model, and a heat-shock-inducible gene-expression system, as my undergraduate laboratory. Also, I wanted to have a chance at IR-LEGO, the technique that uses an infra-red laser to induce expression of the heat shock promoter-driving gene in desired cells. I spent nearly 3 months working in the Kamei-lab, I was supported enthusiastically by members of this laboratory and also the Bioresource Laboratory. Thanks to that help, my experiments (evaluation of heat-shock response and molecular experiments) turned out well and were finished with some expected results. I think the results I obtained were less significant to me than what I learned: techniques, experiment manipulation, and even working habits. And my questions at the beginning were also mostly answered.

To say something about this program, in an unscientific aspect, I feel how lucky I was to be selected for this program: coming to a country I dreamed about as my first time going abroad, being helped by the people surrounding me, and immersing myself in Japanese culture. Thank you for giving me these precious experiences and memories.