

My story in Switzerland

Trainee: Siyuan Liang
Incoming City: Bern
Outcoming City: Shanghai
Company: Nestle Research Konolfingen
Period: September 2017- August 2018

I am a postgraduate student who study at Shanghai University of Science and Technology. I am very appreciate to have a chance to be a trainee at Nestle Research Konolfingen, as we all know Nestle is one the corporate champions in the world. I would say great thanks to IAESTE.

During the period I work there, I belong to Quality Management Department, provided support for the validation of new methods/equipment for raw milk analyses, in particular evaluation of new technologies and improvement of existing methods for the detection of milk adulteration. I have to say that Switzerland is a diversified country, which people worldwide work there, especially a transnational enterprise- Nestle. My supervisor is an Italian, he helped me, explained to me patiently since I never focus on raw milk. Apparently, the more professional we are, the small point we focus on. The serious attitude and high efficiency people work there really make a big influence to me. Of course, the hardworking and ambitions of Chinese student were admired as well. I received generous help from all my colleagues. They never think I am stupid if I don't know some knowledge point or I don't know how to deal with something. They always encourage me and say step by step. All I learned from Nestle really help me a lot for my future work and life.



For convenience, Nestle provide the accommodation for its employees who need Nestle apartment with all the furniture inside since there always some movements and trainees like us stay for a short period. You will never they already prepared the bed sheet for you. I love my apartment, it just like you were embraced

by the trees and I am the only one owner.

The first impression of Switzerland is calm and peaceful, which is a big difference with Shanghai. I live in Konolfingen which is a big village, it's less than 30 mins from the city Bern by train. Even the capital Bern is like a small town if we put it in China. People said that "Bern" in German means "Bear" in English since they always have bears alive beside the river Aare passed Bern. Here I have to say that SBB, the Swiss public transport, is definitely punctual, efficient, convenient and expensive. I like it of course. The way from Konolfingen to Bern is one of my favorite routes. You will have a wide horizon with blue sky, white clouds, green grass, sunlight...everything!



One of the biggest different cultures is the shops closed really early and they closed on Sunday! This situation actually makes me confused at the beginning. When I got off work at 5 or 6 pm, after a short rest or went to the gym, the supermarket were already closed at 6:30, how can I buy some food then? And there are only 3 three supermarkets in my village. After 5 days work I always prefer to have a good rest

and do some cleaning on Saturday, but you know the shops in Bern will close at 5pm and Saturday is my washing day. Apparently, I have to have a good plan of my routine life like a Swiss. At last, I put everything in order. Cleaning and shopping are on Saturday, outing or resting is on Sunday!

We have to admit that everywhere in Swizerland is beautiful, the only difference is view width. If you are a fun of sightseeing like me, who like feeling the life, do not hesitate to go outside, just take your bag and go! In winter, I have ever joined a ski camp with around 20 young people from all around the world and spend the New Year's Eve there. It's my first time to ski. We lived in La Fourly, where is real snow mountain belonging to the Alps, located in the edge of Switzerland, France and Italy. I was extremely excited every day. And that small village like a Ice Kingdom.



is

There are some other places with nice view. I have boating in Thun Lake and Brienz Lake. I have crazy enough to do paragliding in Interlaken. I have walked between the grasp gardens in lavaux, tasting Swiss wine, enjoying the nice Geneva Lake. I have hiked in Nissen and Niederhorn, taking pictures together with the cow. Do not forget the Great Aletsch Glacier! For sure, we should not waste our Schengen visa, I went to Iceland to see the polar lights, so lucky am !! I travelled to Rome, Paris, and Barcelona. I also went to the most west point of Eurasia in Portugal. The more world you see, you will want to see more. Every place I went, I just want to stay there longer. You will feel every place is worthy to find and explore. You talk to different people and know the colorful world. I will back to Europe to have the other tours again in the future. One year's experience changed part of my routine life and give me a new perspective of the world. I miss the people there, I miss Swiss mountains and lakes!

