

## **EXPERIENCE REPORT**

**Sharanya Revikrishnan - India**

**Trainee at Empa- Swiss Federal Laboratories for Material Science and technology**

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Being from a different continent, coming to Switzerland was never part of my plan. Like everyone I also dreamt of going to Europe someday. But little did I know that the opportunity was right there awaiting me. It took me by surprise when I received an offer to be a trainee student at Empa-Swiss Federal Laboratories for Material Science and Technology. Once I received the offer, everything else was pretty quick. IAESTE was very helpful when it came to dealing with all the procedures. Once I reached Switzerland, I found myself stepping out of my comfort zone. I never really had any exposure to so many international people in my life. Coming to Switzerland has changed that. I met with a lot of people from different backgrounds,

and different nations. I remember going to the Zermatt weekend right after the first week of my arrival. From then on, it became a routine for me to wait for the weekend to pack my bags, and go away with other IAESTE trainees. IAESTE Switzerland was very active when it came to arranging weekend activities and weekly meetings. A trainee never has to worry about what to do during their free time or how to meet new people. Literally, it is right at their doorstep. Working at Empa is more or less like working in a smaller IAESTE group. There were a lot of IAESTE trainees like me at Empa who made working much easier. They were always there to help, support and hangout when in need. Working in a research environment like Empa, has helped me grow professionally and has exposed me to a new area of science which I plan to pursue as a career. Interacting with other IAESTE trainees has always allowed me to look at things from a different perspective which has helped me grow personally. From being an under confident kid in town to being an independent young woman living in a different country, I am happy to say I am proud of what I have accomplished through this internship. The good times, the good people, and the beautiful places could never be forgotten. These will always stay close to my heart. All thanks to IAESTE for organizing such an incredible program.

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