



**IAESTE**  
SWITZERLAND

## Dirus Okelo

Employer: Empa, Dübendorf

Internship Dates: 15.1.2024-14.1.2025

Sending Country: Kenia



## Work

Switzerland's commitment to research and innovation is evident in its advancements and development of developing eco-friendly in insulation materials. I had the privilege of contributing to projects exploring carbon negative materials for insulation, aiming for carbon dioxide reduction in the atmosphere. Collaborating with experts in the field, I contributed to experiments and analyses aimed at enhancing the thermal efficiency and durability of insulation materials.

## Experience

My internship exposed me to the Swiss dedication to precision. I learned firsthand the value of precision in achieving top quality collaborating with Swiss professionals and from other countries as well and learned how attention to detail drives efficiency and excellence. Whether working on innovative projects or attending workshops, collaborating with a diverse



team of different countries and backgrounds have enriched my understanding and fostered creativity, highlighting the importance of varied perspectives in problem-solving.

## **Discover**

These experiences not only complemented my professional growth but also my personal connections and cultural understanding. My time in Switzerland has been a transformative journey of self-discovery and growth. Stepping out of my comfort zone and embracing challenges has strengthened my resilience and adaptability. The lessons learned, both professionally and personally, has already undoubtedly shape my future endeavours and aspirations.