



IAESTE

SWITZERLAND

NISHITHA WILFRED

Employer: NIUTEC AG, Winterthur

Internship dates: 24.01.2025 – 14.01.2026

Sending Country: India

Work

During my one-year IAESTE internship in Switzerland, I worked as a Chemical Analyst. This role allowed me to gain extensive hands-on experience in a professional laboratory environment while applying the theoretical knowledge from my academic background. I was fortunate to work with a supportive and knowledgeable team, from whom I learned a great deal on both technical and professional levels. The experience helped me improve my analytical skills, attention to detail, and understanding of industry standards. I also developed important soft skills such as teamwork, communication, and responsibility. The structured and efficient Swiss work culture exposed me to high professional standards, while the excellent work-life balance made it possible to remain productive without feeling overwhelmed. Overall, this internship played a significant role in shaping my professional growth and future career outlook.



Experience

Living in Switzerland for a full year was a transformative personal experience. Being independent in a new country helped me grow more confident, adaptable, and self-reliant. Over time, I learned how to manage daily life, responsibilities, and challenges on my own, which contributed greatly to my personal development.





IAESTE

SWITZERLAND

I created many meaningful memories throughout the year, both inside and outside of work. Interacting with colleagues, fellow interns, and people from different cultural backgrounds enriched my perspective and made the experience even more rewarding. Learning new things every day, adjusting to a different lifestyle, and experiencing a new culture firsthand helped me grow both personally and professionally. This exchange year pushed me out of my comfort zone in the best possible way.



Discover

Switzerland truly lives up to its reputation as a “heaven on earth,” especially during my first experience in the country. The landscapes, from mountains to lakes, were breathtaking, and exploring them became an important part of my exchange year. Traveling within Switzerland allowed me to appreciate its natural beauty, organisation, and quality of life. In addition, I had the opportunity to travel around Europe during my stay, which further enriched my cultural experience. Visiting different countries, meeting new people, and discovering diverse cultures broadened my worldview and made the exchange even more memorable. These travels, combined with my life in Switzerland, helped me gain a deeper appreciation for cultural diversity and made my IAESTE exchange year a truly unforgettable experience.

