

My journey to the beautiful city of Prague (Czech Republic) started with lots of new experiences, including my first-ever solo flight. But right from the beginning, I felt well looked after by IAESTE. Someone picked me up from the airport and accompanied me to the dorms, where he even carried all my bags for me, and showed me the way to the university on my first day of work.

I was very lucky to join an incredibly welcoming and supporting group (Laboratory of Biomimetic Engineering). My supervisors were all very nice to me and they even planned a hiking trip together with all the lab members - sadly, I was unable to join because I was sick. However, my supervisor was very sweet and understanding about my inability to come to work for a week due to illness and encouraged me to take the time I needed to recover.

During the weekdays, I dedicated myself to the lab project which focused on particle technology, aiming to generate and analyze polymer nanoparticles containing molecules found in garlic (allicin and allinase). But the evenings and weekends on the other hand were dedicated to lots of fun activities together with the other IAESTE interns. The other interns were the highlight of my entire journey, as I made friends from all over the world: India, Russia, Austria, the United Arab Emirates, Spain, Turkey, Poland, Tunisia, Brazil, and more. Together, we had a lot of fun and being able to learn about the different cultures was a very valuable learning experience for me.

We spent our evenings enjoying various activities, such as watching sunsets on the Vltava River from pedal boats, having game nights in pubs, as well as exploring Prague. On weekends, we went on trips to explore the Czech Republic and neighboring countries, visiting places like Český Krumlov, Dresden, Vienna, Budapest, and more.

All in all, the IAESTE internship was an extraordinary journey for me with three main takeaways: a) You get to know people from many different and interesting cultures and realize, that at the core we are all very similar; b) I developed a deeper appreciation for academic research, gaining valuable lab-experiences; c) Prague's famous beer culture made me develop an appreciation for beer for the first time :)