

## **FMEMS Summer School 2022**

Being part of FMEMS Summer School 2022 was one of the best personal experiences I've ever had. 3 weeks full of self-learning, challenges, development, building international relationships with outstanding souls from almost each corner of our planet. Apart from the Engineering knowledge I acquired in the scope of Microfluidics, which will be useful for the beginning of my master thesis work, since microdevice's fabrication techniques until its applications on the Biomedical field, I gained an understanding of embracing an intensive learning process, smoothly, out of my usual bubble, considering how we need to be less hard on ourselves. No need to be perfect, neither to prove X to someone else but your own. This experience showed me that our limits are far away from what we guess we've defined. The international world really has its magic. At the end of the day, our confident self can handle everything. Remind yourself to just take the next step you deeply know will turn you into a better professional and person. The right mindset and balance are the key.

It is impossible not to mention the extreme quality that the University presents, a reference in its area, without a shadow of a doubt.

What I enjoyed the most were all the different leisure activities after class where all the students from the Summer School were able to get together, talk, have fun, share different experiences & points of view, and just have a proper chill time after a tough classes' day. The fact that activities are diversified ends up being able to satisfy as many people as possible, leaving no one out. I can highlight the Oldenburg night festivals, last Thursday party at Kling Klang, the trip to Helgoland and the Paddle adventure.







Regarding recommendations, I would suggest that when an activity from the original table changes, the students get a proper justification why that happen, as well as an advice with respect to proper schedules and spots (where they can find people, and the place is not empty) once they are experiencing a place/festival/etc for the first time, a new country/town.

My sincere thanks to my fellow mattes from the Summer School, lab workers, all the International Office, and each human being involved in this astonishing project, who were able to make each day distinct and possible, enriching the experience at its full capacity.

I'm back on track in 1 week to proceed with the beginning of my master thesis. Can't wait!



