

Hello, my name is Jiyan Tiram and I am studying physical engineering/medical physics at bachelor's level. The ELBA program has enabled me to achieve a long-awaited goal, namely to study/conduct research in the USA, and what's more, in a laboratory dedicated to one of my greatest interests, neurophysics. I was able to conduct research at The College of New Jersey (TCNJ) in the neurophysics laboratory of Prof. Dr. Tuan Nguyen from October 2023 to March 2024.

I was essentially the only student in Professor Tuan Nguyen's laboratory and, after receiving introductions from him and a former student in his lab, I often had to work alone and independently. This took some getting used to, as I am accustomed to being in laboratories with many others. Therefore, I missed the exchange and discussion with other students. However, this also gave me the opportunity to become even more independent in my work.

I was responsible for preparing materials for the experiment and experimental plans, as well as documenting them. For the actual experiment, we dissected a pregnant rat, which had an average of 10-13 embryos. The preparation up to the dissection took up to two weeks each time, and the experiment itself also took a maximum of two weeks. When no experiments were running or no preparations had to be made, I used the time to read scientific publications on neurophysical topics or to evaluate data from older experiments.

During the second half of my stay, I was allowed to attend my professor's biophysics course, which gave me the opportunity to experience everyday student life at TCNJ. This was an enriching addition to my research work in the laboratory and made my daily routine even more varied.

In addition to my daily lab work, I also really enjoyed campus life. Unlike at Berliner Hochschule für Technik (BHT), TCNJ's campus is much larger and offers a variety of opportunities, such as numerous events organized by various clubs, Campustown, and the college gym. I also enjoyed using my free time to visit other places such as Princeton, Philadelphia, New York City, and even Canada.

Princeton is a beautiful small town and, in addition to Princeton University, offers numerous shopping opportunities, restaurants, and cafés. When we visited Princeton University for the first time, we happened to discover the lecture hall where our world-famous physicist Albert Einstein taught! For a brief moment, it felt like we had traveled back in time.

Philadelphia is the nearest major city and offers numerous interesting museums, such as the Philadelphia Museum of Art, the Franklin Institute, and the Mutter Museum. Of course, Philadelphia is also known for the movie Rocky and the Rocky Steps, which lead directly to the Museum of Art. The Rocky statue is also located right next to it, with a long line of fans. So if you want to take a photo, you should get there as early as possible.

The breathtaking city of New York City offers everything your heart desires. Special highlights for me were the Empire State Building, the Brooklyn Bridge, Chinatown and Korea Town, the MoMA (Museum of Modern Arts), and simply sitting in a café and watching the everyday life of New Yorkers.

I also had the opportunity to fly to Canada and visit a friend who was also in the ELBA program in Vancouver. Together, we enjoyed Canada's beautiful nature on a road trip on Vancouver Island.

TCNJ provided us with a guest house where we could stay for free, just a 10-minute walk from campus. It had three bedrooms, two bathrooms, a kitchen, a living room, a basement with a washing machine and dryer, and a garden that was occasionally visited by deer. There were six of

us living in the house, and we enjoyed campfires together. There was Wi-Fi in the guest house and also on campus. For additional mobile data, you can quickly and easily sign up for a contract with a provider online.

Overall, I can say that a semester abroad at TCNJ was a great enrichment for me. Not only did my professional knowledge expand greatly, but I also learned a lot as a person. I got to know many new people and cultures.

It was an exciting, adventurous, exhausting, but also educational time. I recommend everyone to do a semester abroad. Such an experience is simply unique and irreplaceable. I would like to express my sincere thanks to the ELBA program at BHT for making this scholarship possible and also to TCNJ for the great cooperation!