



## Abschlussbericht über Ihre Stipendienzeit

Nachname, Vorname*	
E-Mail-Adresse*	
Stipendienprogramm	DAAD RISE Worldwide 2025
Förderzeitraum	June 4, 2025 - September 3, 2025
Gastland/-ort	Zurich, Switzerland
Gastinstitution	ETH Zurich

\*Im Rahmen des Abschlussberichts haben Sie die Möglichkeit, freiwillige weitere Angaben zu machen. Sie können Ihren Namen und Ihre E-Mail-Adresse angeben, falls Sie mit einer **Weitergabe dieser Daten an künftige Stipendiatinnen und Stipendiaten** und einer **Kontaktaufnahme** durch diesen Personenkreis einverstanden sind. Bitte beachten Sie, dass diese Angaben nicht erforderlich sind und Sie allein entscheiden, ob Sie diese Daten mitteilen möchten. Eine Einwilligung können Sie jederzeit widerrufen, ohne dass die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung berührt wird. Richten Sie ggf. Ihren Widerruf über das Portal an den DAAD.

### Hinweise:

Der Abschlussbericht ist **spätestens zwei Monate nach Förderende** einzureichen. Er soll Hinweise auf die Situation des Studienfaches im Gastland und die Arbeitssituation an der Hochschule/dem Gastlabor/der Praktikumsstelle enthalten. Insbesondere sollten Sie über die Ergebnisse des Aufenthaltes im Hinblick auf Erfolge und ggf. Hindernisse berichten. Besuche von Fachtagungen und Konferenzen sind ebenfalls von Interesse sowie Anregungen, die der Verbesserung der Arbeit des DAAD dienen.

**Kurzstipendiatinnen und -stipendiaten** (bis zu einer Förderdauer von 6 Monaten) sollten ergänzend auf folgende praktische Aspekte des Aufenthalts eingehen: Vorbereitung des Aufenthalts, Kontaktaufnahme zur Gastinstitution, Visum/Aufenthaltsgenehmigung, Zahlungsverkehr, Zimmersuche und Miethöhe, Freizeitgestaltung, nützliche Adressen im Gastland. Mit Annahme des Stipendiums (lt. Ziffer 10 der „Allgemeinen Bedingungen für Stipendiatinnen und Stipendiaten des DAAD im Ausland“) haben Sie sich bereit erklärt, dass dieser Bericht ohne Nennung Ihres Namens und Ihrer Kontaktdaten an künftige Stipendiatinnen und Stipendiaten des DAAD zur Information weitergegeben werden kann. Wenn Sie Ihren Namen und Ihre E-Mail-Adresse jedoch gerne mitteilen möchten, um eine eventuelle Kontaktaufnahme zu ermöglichen, tragen Sie Ihre Kontaktdaten bitte oben ein. Aus Gründen des Datenschutzes bitten wir Sie, in Ihrem Abschlussbericht keine personenbezogenen Daten Dritter zu nennen. Dazu gehören alle Informationen, die sich auf eine identifizierte oder identifizierbare natürliche Person beziehen, z.B. Namen, Kontaktdaten, Position im Institut, etc.

Weitere Einzelheiten zur Berichtspflicht sind ggf. in den "Besonderen Bedingungen" enthalten.

Bitte laden Sie den Bericht im PDF-Format über das DAAD-Portal unter dem Menüpunkt **„Berichte – Abschlussbericht“** hoch.

**Verlauf des Vorhabens** (Textfeld erweitert sich nach Eingabe automatisch; Formatierungen sind jedoch nicht möglich. Für eine bessere Strukturierung können Sie dieses Formular als Deckblatt nutzen und den Bericht als Anlage beifügen.)



I completed my three-month DAAD RISE Worldwide internship at ETH Zurich in the Social Brain Sciences Lab, where I worked on the project “WallBo - Handwashing Buddy.” The aim of the project was to design and prototype a virtual AI-driven companion that encourages children to develop proper handwashing habits through conversational AI, child-friendly text-to-speech, and animations. The project combined technical innovation with social relevance, and I felt motivated by its potential impact on public health. By the end of my internship, I had implemented a functional prototype consisting of four interactive modules, and the feedback I received from my supervisor and colleagues was extremely positive.

The working environment at ETH Zurich was excellent. From the very first day, I felt welcomed and integrated into the lab. The Social Brain Sciences Lab brought together researchers from psychology, neuroscience, and computer science, and this interdisciplinary atmosphere enriched my learning experience. I was trusted with real responsibility and at the same time received consistent guidance from my supervisor, who supported me not only in technical matters but also in thinking about long-term academic and career goals. My colleagues were approachable, collaborative, and always willing to help. This supportive environment enabled me to grow academically and personally and left a strong impression of ETH Zurich as a world-class research institution.

The preparation for the stay was smooth. Once I received my placement confirmation, my host lab created a Slack channel for all interns and shared helpful resources. I also received timely communication from my supervisor, which gave me confidence before arrival. Finding accommodation in Zurich proved to be one of the biggest challenges, as the housing market is very competitive and expensive. I began searching immediately after confirming my internship. I joined Telegram groups and Facebook forums for sublets and also reached out via the Slack channel. Eventually, I found a room through one of the lab members, who was subletting his place. After an online introduction and another conversation with his flatmates, I was offered the room. The apartment was comfortable and well located, with an ETH bus line that connected me directly to a stop only seven minutes away from my workplace on foot. Rent was high and consumed about half of my monthly scholarship, but the convenience and quality of the place made it worthwhile.

In terms of bureaucracy, I arranged an appointment for my residence permit before traveling to Switzerland. The appointment at the Stadthaus Zurich took place four days after my arrival. The required documents included my passport, rental agreement, proof of matriculation, and the registration form. As a non-EU student, the fee was CHF 182, payable by card. The appointment itself was short, and the staff then scheduled a follow-up at the immigration office. There, my passport was checked, my photo was taken, and my application was finalized. I received my residence permit card by mail approximately two to three weeks later. In addition, I had to apply for an exemption from Swiss health insurance since DAAD already provided me with coverage for the duration of my stay. Having all documents prepared in advance was crucial to making these processes straightforward.

For financial transactions, I relied on a Revolut account, which I had set up before coming to Zurich. I transferred the DAAD scholarship from my German bank account and used Revolut for everyday payments in Swiss francs, avoiding high fees. This worked very well, and I would recommend future interns to set up either Revolut or Wise before arrival. The SBB app was also indispensable, as it makes it easy to check timetables and buy tickets for trains, trams, and buses. For mobile data, I used Zim@SBB, which offers affordable prepaid options and was reliable throughout my stay.

Living costs in Zurich are very high, and I had to be careful with budgeting since I relied almost entirely on the DAAD scholarship. For groceries, I found Denner to be the cheapest option, followed by Migros, while Coop was the most expensive. I frequently used the app “Too Good To Go,” where bakeries and restaurants



sell unsold food at the end of the day for a reduced price. This helped save money and also avoid food waste. For travel, it is helpful to purchase the Swiss Half Fare Card, which allows train, tram, and bus tickets to be bought at half price if you travel frequently.

In my free time, I explored both Zurich and its surroundings. Hiking is the most popular activity in Switzerland, and while I joined occasionally, I personally preferred exploring nearby towns. Zurich itself has plenty to offer: the Old Town is full of historic streets and small cafés, and the Limmat River provides a perfect route for evening walks. During the summer, locals swim in the lake and in designated areas of the river, which is a unique Zurich experience. The Uetliberg mountain, accessible by public transport, gives a panoramic view of the entire city and Lake Zurich. Culturally, the city has excellent museums such as the Kunsthaus (art museum) and the Swiss National Museum, as well as free outdoor events in summer. For meeting new people, I sometimes used Meetup.com, which lists language exchanges, hiking groups, and cultural events. If you are a chocolate lover, I highly recommend the Lindt Home of Chocolate museum, which includes interactive exhibitions and tastings alongside the world's largest chocolate fountain. A lake cruise on Lake Zurich is also very affordable and provides a relaxing way to see the city and its surroundings from a different perspective.

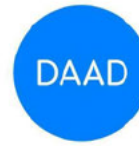
Beyond Zurich, I took several day trips to explore Switzerland. Lucerne, with its wooden Kapellbrücke bridge and mountain scenery, was a highlight, as were the Rhine Falls near Schaffhausen, which are among the largest waterfalls in Europe. Winterthur has a lively arts scene and is home to several interesting museums, while Bern and Basel each offer a distinct cultural atmosphere. Thanks to the excellent rail network, it was easy to visit different regions, although planning with the SBB app and using the half-fare card were essential for keeping costs manageable. These trips, along with smaller excursions such as visiting Rapperswil on Lake Zurich, gave me the chance to see more of Switzerland beyond Zurich itself.

Reflecting on the experience, I also learned the importance of maintaining a good work-life balance. While I was fully committed to my research project, I made a conscious effort to spend weekends and evenings exploring, socializing, and experiencing the local culture. This balance helped me to stay motivated and to appreciate Switzerland beyond the academic setting.

Packing wisely also made a big difference. Since I was traveling by train from Germany, I brought most of the essentials with me, including bedsheets and basic household items. This saved me from having to buy them at Swiss prices, which are considerably higher. I would strongly recommend that future fellows plan their packing carefully to avoid unnecessary expenses and to make settling in much easier.

Overall, my time in Zurich was enriching and transformative. Academically, I gained valuable experience in working with interdisciplinary research at the intersection of technology and psychology. Personally, I learned how to navigate the challenges of living in an expensive city, dealing with bureaucratic procedures, and adjusting to a new cultural environment. The internship confirmed my desire to pursue a career at the intersection of technology and social impact, and I left ETH Zurich with new skills, greater confidence, and a clearer sense of direction.

I am deeply grateful to the DAAD for enabling this opportunity. The RISE Worldwide program gave me the chance to work in a world-class research environment, to contribute to a socially meaningful project, and to grow both academically and personally. At the same time, the practical challenges of housing, finances, and bureaucracy taught me resilience and adaptability. I hope that future fellows will benefit from these insights: start looking for accommodation early, prepare all necessary documents in advance, budget carefully, and make use of cost-saving options. Be sure also to take the time to explore Zurich and



Switzerland, since these experiences outside the lab are equally rewarding and make the stay truly memorable.