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From late October to late November, I participated in the overseas training program at the University of Münster and the Helmholtz-Institute Münster in Germany through Syde program. This training provided me with a valuable opportunity to experience an international research environment and to broaden my perspective beyond my home laboratory.

During the training period, I was actively involved in daily laboratory activities, including experimental preparation, equipment operation, and regular group meetings. I also attended seminars and internal discussions, where researchers from different backgrounds shared their work and exchanged ideas. In addition to laboratory work, I had opportunities to observe how large research institutes in Europe are organized, including their collaboration between universities and industry partners. These activities allowed me to better understand how teamwork and communication play essential roles in scientific research.

Through this experience, I learned not only technical skills but also important professional knowledge. One of the most impressive aspects was the strong emphasis on laboratory safety and management. Before starting any work, I received systematic safety training covering chemical handling, waste management, and emergency procedures. This made me realize the importance of responsibility and risk awareness in research activities. I also learned how research projects are planned and managed efficiently in an international environment, where clear documentation and collaboration are highly valued. Despite the positive experience, this training also made me aware of future challenges. Working in an international setting requires strong communication skills and the ability to adapt quickly to different research cultures. Language barriers, different working styles, and high expectations can be challenging, especially for young researchers. In the future, I need to further improve my English communication skills and strengthen my ability to work independently while collaborating effectively with others.

Overall, this overseas training was a meaningful and inspiring experience. It not only enhanced my understanding of international research practices but also motivated me to reflect on my own growth as a researcher. I believe that the knowledge, skills, and perspectives gained during this period will be highly beneficial for my future academic and professional development.

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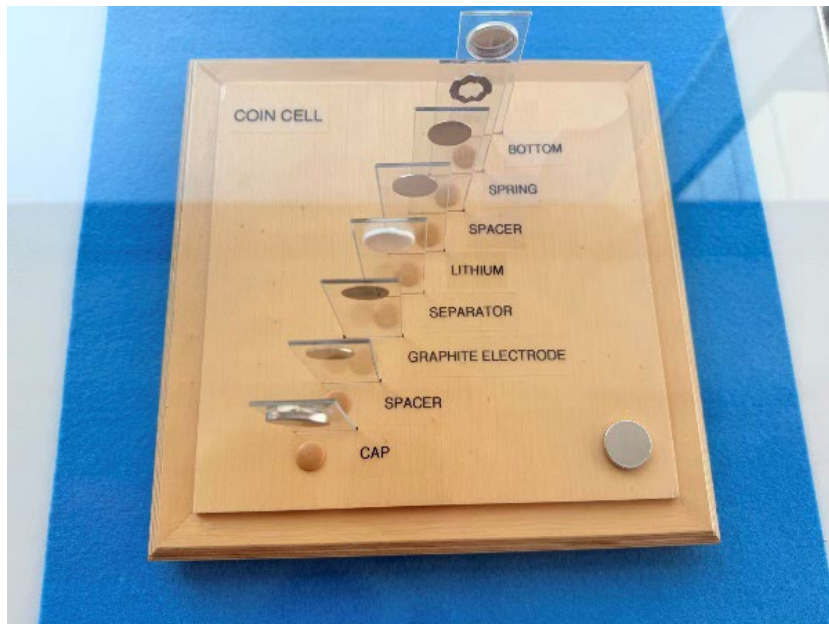


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The appearance of host institute



Coin cell model from the host research institute