



**M.Sc. Air Quality Control,
Solid Waste and Waste Water
Process Engineering**

WASTE

SPECIAL EDITION WINTER SEMESTER 2022/2023 - ISSUE 26

NEWSLETTER

2022: M.Sc. WASTE IS CELEBRATING ITS 20TH ANNIVERSARY



2022 is an important year for the whole M.Sc. WASTE family that includes our lecturers, professors, alumni, current students, staff members and partners, who were and are part of this unique international master program offered by University of Stuttgart in Germany. This year, we are celebrating our twentieth anniversary, and in this special issue of our Newsletter, we would like to share some facts about our program, interesting articles regarding our current students, recent events held, and memorable photos of our generations that have been in our classrooms since 2002.

It is interesting to look back and realize that twenty-one generations (from Gen. 2002 to Gen. 2022) of highly motivated, qualified, and environmental-responsible professionals from almost 75 countries around the world, have studied or are studying M.Sc. WASTE. To date, we have little more than 700 alumni who are creating a better place to live, since they are contributing to our society in their roles as researchers, lecturers at universities / higher education institutions, owners of sustainable business, entrepreneurs, professionals working at the industry, decision makers in public entities, etc. In fact, our master program offers a vast amount of knowledge that allows to learn techniques and methodologies in order to respond to the current challenges in topics related to Air Quality Control, Solid Waste and Waste Water Process Engineering.

Nowadays, the profile of our M.Sc. WASTE professionals is more in demand than ever. Graduates with the ability to advise companies to use technology that reduces the environmental impact of operations, who can speak at least two languages (English and at least one more) and who can work in multidisciplinary and intercultural teams are hard to find. In this context, our students and graduates should feel proud that they possess the skills required for a globalized world, that is struggling to get ahead despite social, political, environmental, and economic circumstances.

We are glad to celebrate these twenty years of effort and look forward to many more years to come. For sure, our program will evolve according to the needs that arise to continue contributing to sustainable development. We are convinced that we are on the right track. Therefore, we invite you to keep in touch to bring new ideas and projects into life with the support of our WASTE Club and the great Alumni network that we have been building during all these years.

Happy Anniversary to the entire M.Sc. WASTE Family!

On behalf of the M.Sc. WASTE Office, we wish you an excellent and prosperous year 2023!

Dr.-Ing. Carolina Acuña Caro
M.Sc. WASTE - Course Director

M.Sc. Grecia Solis Castillo
M.Sc. WASTE - Course Manager

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79TH WIM - CHRISTMAS WIM 2021

Christmas is a wonderful time of the year, where the days seem more joyful, work and university life become less tiresome, and winter suddenly is more enjoyable. The 10th of December 2021, the Christmas bell rang again at the M.Sc. WASTE program. Our Santa Claus – the Christmas WIM Committee – brought a lot of presents to the WASTE students. One of the Santas, Ms. Raquel Rosales, shared her experience as a Christmas Committee member.

There were still some effects of the 2020 COVID-19 Pandemic, and therefore, once again, an online gathering was necessary to ensure the health and well-being of everyone. Being the “Newbies” of the international master’s program, this opportunity was an exciting event to spend some time with our wonderful classmates, considering that not everyone was able to recognize each other because of the masks, along with the “new school shyness” that always lingers at the beginning.

As the students of the program all come from so many different cultures, it was decided that the best way to celebrate Christmas as a “unit” was to show how each region celebrates it. The Christmas agenda included the regions of Asia, North and South America, and Africa. Of course, no gathering is complete without a little drinking game, dancing, and some friendly competition in form of a treasure hunt putting your Christmas knowledge to the test. The organization was very smooth! Task were evenly divided among the group members and a trial run was tested days before. (Even the drinking game was tested!!)

The day of the event arrived and the group members as well as the classmates were very excited to be spending some well-deserved fun time in the WIM. Celebrations started with a glimpse of how Christmas is celebrated in Asia, giving some insights into Indian culture and its traditions. It continued with a glimpse

of the celebrations in North and South America, where some amazing traditional dishes and customs were showcased by our class speaker Javier Rangel. The next highlight was an amazing dancing performance led by Dhruvit. Several group members showed that master’s students do way more than just read and learn but can actually get down and throw astounding dance steps.

The most sought out part of the night was the drinking game lead by Raquel where the rules were very simple: questions with a simple yes or no answer. The trick? You had to take a sip of your favorite beverage if the answer was yes! The questions? Well, as an international student in Germany, almost everyone has certain “funny mishaps” or funny coincidences. – So, why not make a game out of it?

The evening was followed by a glimpse of how they celebrate Christmas in Africa and, last but not least, the challenging treasure hunt. The last game was led by Anubhav and after a couple of drinks the stakes were HIGH! Luckily, after a couple of failed attempts and much needed help from the organizer, a winner was congratulated!

“It was great working with my classmates to come up with games, dynamics, and the overall structure of the event. It brought us closer in a way and we were able to put on an amazing evening together. The best part was spending some time with my classmates as well as the teachers outside the classroom.”, summarizes Raquel.

Haruto Nakao & Raquel Rosales
M.Sc. WASTE Student, Gen. 2021

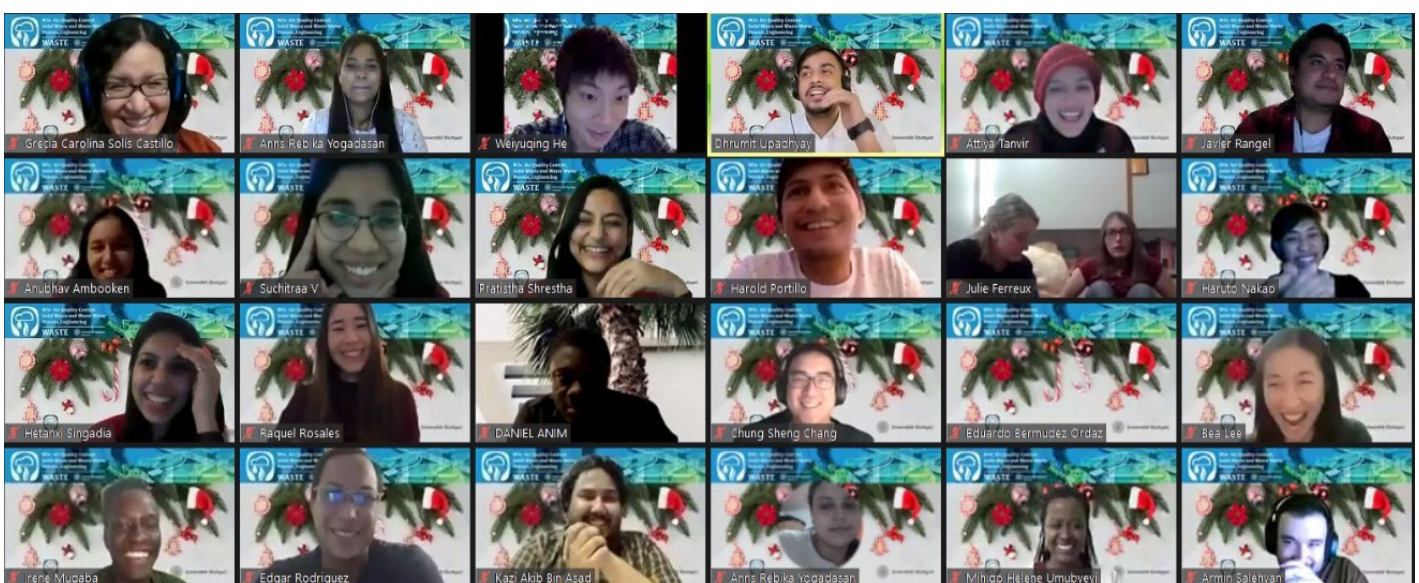


Image by Grecia Solis Castillo

GRADUATION CEREMONY GEN. 2018

The Graduation ceremony is a day to celebrate a very essential point in the life of a student. It's a time of shared optimism as examinations are over and everyone is together to celebrate the end of a two-year journey at the M.Sc. WASTE. It's a very proud moment for students and parents alike. Parents admire their children, sharing their joy and enthusiasm for reaching the end of a long journey.

However, almost a year into the corona pandemic, the plans to celebrate formal graduation were scrambled at best. Universities and colleges employed different strategies to help the students celebrate this important day safely. We at the M.Sc. WASTE had been dealing with a challenging year, due to the situation that the World was passing. Hence, we decided to be creative and adapt our event in the form of an online Graduation Ceremony via Zoom! The virtual event was held on 05.12.2020 via Zoom to celebrate a momentous occasion for generation 2018 with family, professors, friends, and everyone who had witnessed a bit of their journey through the MSc WASTE.

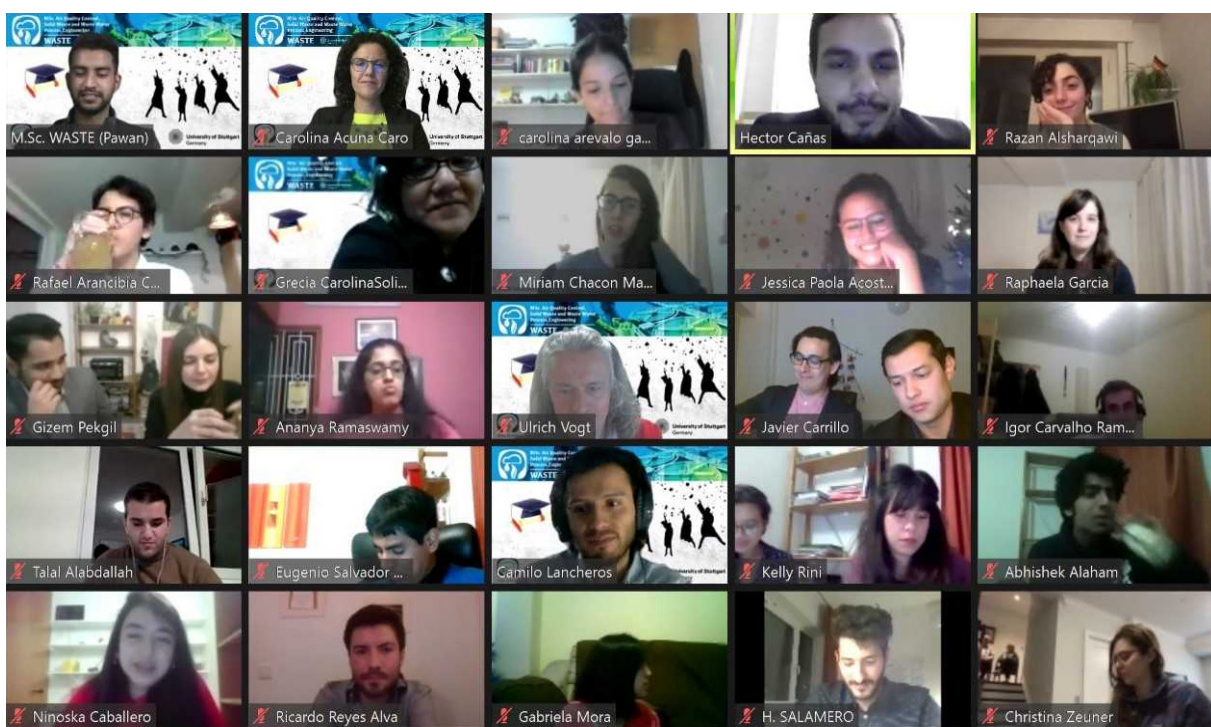
The organizing team at the WASTE office did an excellent job of setting up the platform and preparing the stage for a virtual venue. The event commenced with a welcoming address from Professor Dr. Kronenburg and was followed by the speeches from the M.Sc. WASTE Office Team, Dr. Carolina Acuna, and M.Sc. Grecia Solis. The Student representatives from generation 2018 shared their memorable moments at M.Sc. WASTE offering thanks to the professors and the office team for their support throughout their journey. This was followed by a Speech from the Godfathers, Dr. Klaus Fischer, and M.Sc. Nelson Rincon shared their proud moments with the students of generation 2018.

The speeches made everyone glow, as students beamed with self-fulfillment, and the faculty had the satisfaction of bringing another batch of successful students through the WASTE program. Musical performances by Ms. Junghui Park and Mr. Aldo Merino added an emotional effect freezing the moment in time.

The Handing over of certificates was conducted by Prof. Eckart Laurien who presented the final certificates to all students and the Best Students Awards to Mr. Javier Carrillo, Mr. Luis Serna, and Ms. Kelly Rini for the first, second, and third positions, respectively.

To add a more humorous contrast to a rather formal event, the Students of Generation 2019 hosted the unofficial awards for generation 2018. Students were given a survey to rate their classmates for titles like most popular, best dancer, most cheerful, most mysterious, most artistic, and presented with the awards at the graduation ceremony. As I looked at all their smiling faces, I wondered what the future holds in store for them. Every student will go on to have a life of joy and pain, a rollercoaster of positive and negative experiences. Frustration, loss, and challenges will be combined with job offers, awards, and successful publications. A graduation ceremony is a right of passage for most students at M.Sc. WASTE and as the future always appears to be more promising than the present, the present on the Graduation Ceremony Day was pretty good- even though it was virtual.

Pawan Bhojar
M.Sc. WASTE Student, Gen. 2019



GRADUATION CEREMONY GEN. 2019

For the second year in a row, we offered an online Graduation Ceremony to our students from M.Sc. WASTE Generation 2019. Despite the advances that have been made in health issues against COVID-19 around the world, unfortunately, we were unable to offer an in-person ceremony in 2021. We had to be cautious as mandated by local and national health authorities.

However, this did not stop us from organizing this important event for our M.Sc. WASTE students from Gen. 2019. The members of the organizing committee (formed by students from Gen. 20 and 21) were very active and creative to provide an unforgettable ceremony, even though it would be online.

The event took place on Saturday, November 27th and it started with the formal ceremony. Prof. Andreas Kronenburg opened the event with a speech, followed by the speech from Dr. Carolina Acuna Caro and M.Sc. Grecia Solis Castillo. Following the established agenda, the Student Representatives from Gen. 2019, Mr. Chidiebere Ogochukwu Okekeozor and Mr. Juan Camilo Lancheros Mayorga expressed words of gratitude to the professors and the M.Sc. WASTE Office staff for these two years full of challenges and difficulties. Then, the floor was given to the Godfather of Generation 2019, Dr. Klaus Fischer, who had been chosen by the students. Dr. Fischer emphasized the importance of applying the knowledge learned during the two years of the M.Sc. WASTE program. At this point of the ceremony, there was a musical intermezzo presented by our alumni from Gen. 2018 Aldo Merino, who performed two songs together with his musical band called "Los Tachos" from El Salvador. At this occasion, Mr. Merino commented on the importance of continuing to work together despite the difficulties.

Following the event, the most awaited moment for the graduates arrived. Prof. Laurien handed over the certificates to each student of Gen. 2019. It is important to mention that although this process took place virtually, it was very meaningful and exciting for our graduates. To finalize, Dr. Ulrich Vogt mentioned the top three students of the graduating class, who showed outstanding performance during their studies. Mr. Edgar Molina Salgado was awarded with the third place, meanwhile Mr. Zhaolin Xu received his prize in second place. Finally, the first place went to Ms. Gabriela B. Laperche. But not everything was left there. To finish, the students of 2020 and 2021 generations edited a surprise video with photos and short videos of Gen. 2019. Many showed their gratitude for such a meaningful surprise, which they will keep in their memories and hearts.

As a final part of the graduation event, the "informal part" started. First, with a small online survey where the graduates selected three words that described their two-years-path. Those words were "Friends", "Memorable" and "Exciting", which shows the enormous optimism and energy of our graduates. To end the event, some of our graduates opened their microphones and expressed their feelings and gratitude to all the organization committee and they made a small virtual toast, which was captured in photos.

All in all, I would like to congratulate our Generation 2019. - You did it! And I am sure you will be successful. Keep the optimism and be agents of change that go around the world contributing to sustainable development. And, last but not least, please keep in touch with our M.Sc. WASTE Alumni Network!

M.Sc. Grecia Solis Castillo
M.Sc. WASTE Course Manager



THE ONLINE SYMPOSIUM 2021

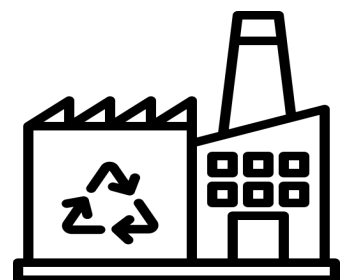
Along with Harold, Eduardo, and Marvin, I had the opportunity to organize the 5th International Symposium in 2021. We chose current challenges in sustainability as the core topic. The goal was to give the audience a broad overview of the different countries' perspectives towards achieving sustainability, the impact of the pandemic, and the emerging and ongoing technologies for tackling the challenges. We had 19 speakers from different parts of the world, including WASTE Alumni, entrepreneurs, professors, and researchers who were experts on their fields.

A wide range of topics were covered throughout the event. From Dr. Lucia Cattani, from Italy, working for SEAS, a Swiss company using different technologies to extract clean water from air, to WASTE Alumni Bernardo Villasuso, Country Manager at Nalco Water, explaining the water treatment challenge for developing countries like Mexico. And this is just to mention a few.

Also, it was important to us to understand how COVID-19 was impacting the environment and what new challenges came up. That is why we also had speakers like M. Sc. Manuel Lorenz, Project Manager at Fraunhofer and researcher at University of Stuttgart, to discuss about and understand the carbon footprint of digital work.

Or Dr. Bilge Kocamemi, Professor at Marmara University for Environmental Engineering in Turkey, explaining her findings when surveilling wastewater in Turkey during the COVID-19 outbreak at the beginning of the pandemic. Along with the rest of the speakers, they provided the audience with new knowledge and an opportunity to see what possible career paths exist after graduating. Organizing the symposium with the committee was a challenge, since there was much uncertainty regarding the pandemic situation. But the outcome was the most gratifying part of the process. Being able to provide a space for students to interact with experts on the field of sustainability, to ask questions, to make comments, and to learn, is what makes events like this important and worth to keep organizing.

Natalia Toriello
M.Sc. WASTE Student, Gen. 2020



ONLINE ALUMNI WIM 2021

So, we arrived at Germany, we took our first exams and currently the second semester will be soon finished. Time is passing fast, and decisions have to be made. Is a HiWi job or an internship better for me? How and when should I study German? How to find a good master thesis topic? Those and many other questions are in the mind of most of us. Certainly, the wild journey of internships, and job hunting, need a little guidance, and exactly in this point is where the help of our Alumni is needed more than ever. Because we do not want to end after Graduation, like those fishes in Finding Nemo, do we?

That is why the 78th Alumni WIM Meeting held on the 17th of June, was a significant opportunity to have some hints and tips about what does the life after the M.Sc. looks like and how to prepare our carrier paths for that moment while being a student. In the following lines we would like to summarize the remarkable tips and experience that our alumni shared with us on the event.



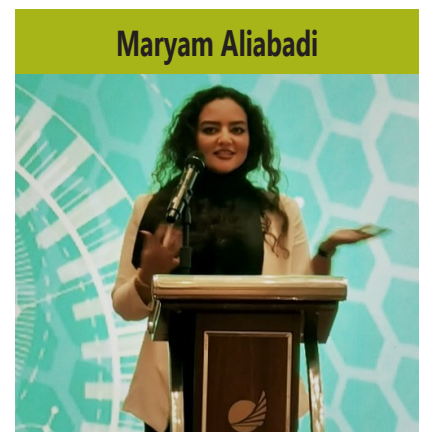
Ayumi Tanoue

Ayumi Tanoue, a Brazilian former student of generation 2017, works as a Project Engineer in TBF+. She suggested us to do an internship while studying, a good idea for that could be taking a "Urlaub Semester". Also, in her case, one lecturer was the link to obtain her internship, therefore she encouraged us to have a good connection with our lecturers. Furthermore, a nice tip that she gave us for working in German was the translation tool "DeepL".



Razan Alsharqawi

Razan Alsharqawi, a past student of generation 2018, works as a Researcher at KIT. She highlighted the importance to link our master thesis with the field of our wish Ph.D. research. For improving our German skills, she found helpful to share a flat with other Germans. Besides of that, a nice anecdote that she shared with us, was that the link to obtain her master thesis was through a conversation with a professor in the symposium. Therefore, she encouraged us to open our network and not just with professors, sometimes, she remarked, it is also a good idea to write directly to the department leaders of the institutes.



Maryam Aliabadi, a structured former student of generation 2015, works currently as Researcher in the Deutsche Institute für Textil- und Faserforschung. One interesting fact about her that Dr. Ing. Carolina Acuña, shared with us, was that Maryam was very active in the lectures, always asking questions and participating a lot. Certainly, that was a very big plus while applying to an internship in Mann Hummel with the guidance of one Professor. The message that Maryam wanted to share with us was to focus in the first two semester and obtain good grades for the following applications.

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ONLINE ALUMNI WIM 2021

„Is it more recommendable to do HiWi or to an internship? To the question, our Director replied “Why not both?”, she explained that a HiWi can help you to improve your skills with the use of technical language and some mistakes are acceptable. However, when working in an Industry, a little bit more dominance of the technical language is expected, and mistakes are not that welcome”.



Noshin Nower

Noshin Nower, a committed former student of generation 2016, who works at the “Abwasser-verband Starnberger See”. After finishing all her courses, Noshin found a position as a working student at Bosch, later she was able to do an internship at Daimler too. For her master thesis she also worked as Project Engineer at Mercedes Benz. This interesting pathway definitely required a lot of commitment and discipline. She also shared with us the importance to decide whether you want to work in the private or the public sector. In her case, after her experience in the private sector, she decided that she would prefer to work in the public one, therefore she started to apply there. A very good tip that Noshin gave us was that we should consult to the WASTE office always. Our Director added, that asking to the WASTE Office can prevent us to make some decisions that could lead us to spend more time in the Master.

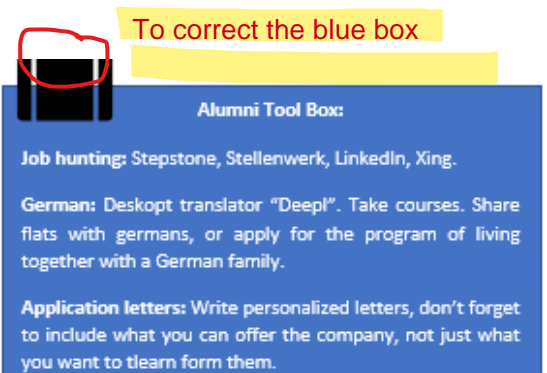
An interesting question at the end of the presentation was. Is it more recommendable to do HiWi or to an internship? To the question, our Director replied “Why not both?”, she explained that a HiWi can help you to improve your skills with the use of technical language and some mistakes are acceptable. However, when working in an Industry, a little bit more dominance of the technical language is expected, and mistakes are not that welcome. Finally, a HiWi, is not just useful if you want to pursue a research career, but also an opportunity to learn more technical language in German.

To conclude, this Alumni Meeting was a wonderful experience for us students, that gave us valuable tips to develop our carrier path and among all inspired us a lot. After the meeting many of us were surfing through LinkedIn, and sending us following request. In my case, I decided to start a profile in German as well, who knows? Just in case. Thank you a lot to the WASTE Office for the organization of such a Meeting.



Janette Makipaa

Janette Makipaa, works as Product Development Director in LIFAair. She started her presentation with some tips for the preparation of our CV. She encouraged us to be curious and active, a LinkedIn profile should be something that we should have. One of the remarkable phrases that she told us was “what is the worst thing that could happen if you send an open application on LinkedIn? Just two things could happen, either that they don’t reply or that they are rude, and in that case that would say more about them than you, so don’t be afraid”. Finally, she said that we should focus on what we can offer the company and include those words in our application letter. The final message of Janeth was “be nice”. To what our Coordinator Grecia Solis added, “a thank you, a please” “to be seen as a good team worker” will open you many doors, not only in the academic life, but also in the personal.



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Pamela Conde Morales
M.Sc. WASTE Student, Gen. 2020

CHALLENGES ABROAD - NEW STUDENTS GEN. 2021

Changes are unavoidable in our life. They will reach us no matter we are prepared or not. However, we can encourage ourselves to make them before they come. Of course, it is not easy, but when we challenge ourselves to new adventures, there will always be valuable learnings.

At the WASTE Club we wondered how our fellow students lived their changes moving abroad to start a master's program. So we asked a couple of the international students from the 2021 generation about how they felt leaving their home countries, what aspects they have found challenging or pleasant in the German culture, and what they would tell other students who are thinking about doing the WASTE master program.

Helene Umubyeyi



Before leaving, I was excited and fearful at the same time. I could not wait to embark all of the adventures that I knew Germany could offer, but I was afraid of not knowing anyone, being alone, and missing out on all of the events that would go on at home while I was gone. At the beginning the language barrier was my biggest challenge. However, translation apps and Google Maps really helped me get around. German bureaucracy was also a challenge with the many paperwork and post mails, but I got used to it. Later on, I made new friends from all over the world and now I have a greater knowledge of their cultures and customs. Besides, Stuttgart is a clean and green city with so much to offer, from festivals to tourist attractions. I have not seen them all but hope I will. On top of that, the public transportation system is very convenient.

Circular economy is the new way of living. Since we are being depleted of natural resources, we should start thinking of ways to recycle used resources, and where waste disposal is inevitable. It should be disposed of in a way that it does not harm the environment or human health. What a better way to learn all this than studying the WASTE program, which is a combination of solid waste, wastewater and air quality management!

„Although the program is at some points demanding, the knowledge we receive makes it worth it. Besides, there is enough time left for doing multiple extracurricular activities, such as sports, travelling, meeting with friends, etc“.

Camilo Mena



I'm Camilo, a student from the WASTE M.Sc. Program and I'm from Chile. Leaving my country to come to study in Germany was both challenging and exciting. On the one hand, it was sad to leave my family and friends, but on the other hand, I was eager to experience a country I had never been to and to study a topic I've been always passionate about. When I first arrived, it was not easy because I didn't know anyone, and my German wasn't very good. Thankfully, a lot of people speak English and as my level of German improved, everything became easier. Also, as the time passed by, I met a lot of people from different parts of the world and made great friends.

Although the program is at some points demanding, the knowledge we receive makes it worth it. Besides, there is enough time left for doing multiple extracurricular activities, such as sports, travelling, meeting with friends, etc. Therefore, even though studying abroad might seem scary at first, I would totally recommend to everyone to come and live this experience.

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CHALLENGES ABROAD - NEW STUDENTS GEN. 2021

Bea Lee



When I was accepted to the WASTE program, I was overwhelmed with joy and excitement of the thought of moving to Germany to pursue a master's degree. I started learning German even before coming here. As fun and exciting as it sounds, moving to a foreign country also has its own share of challenges. I arrived in Stuttgart around the end of autumn - a season that is not considered cold by many but is already for me. But as what my German friend said, „there is no cold weather, you are just not dressed warmly.“ True enough, with proper clothing and Glühwein, even winters can be warm and enjoyable. Another bit of surprise is how Germans take rest days seriously. Few weeks in, I eventually learned to plan my weekends accordingly and even appreciate the rest days.

I am a city girl who loves nature, and I think living in Stuttgart is ideal for me. The city is just hours away from the Black Forest and Lake Constance. I live in the university campus, which is right beside a lush forest. Whenever I want to soak in the fresh air, I can simply step out of my door and be one with the nature. It doesn't get any better than this.

In case you are looking for an environmental engineering program but are still undecided which track to take (whether air, solid, or solid waste), then M.Sc. WASTE is for you. You can study all three and pick a specialization later. In the program, you will also be surrounded by a diverse group of people with rich life experiences to share. If learning about and experiencing the environment first-hand excites you, then I encourage you to apply to the program now!

Sanjar Ibromhimov



Germany has become my first foreign country that I have visited in my life. I have never travelled by plane before. So, the first flight in airplane was quite stressful for me. I left my country with the mixed feelings of fear of uncertainties and excitement about beginning a new chapter in my life. Before moving to Germany, I have heard quite a lot that most people speak English. I can agree with this statement partially but not fully. I feel that my German speaking skill is the number one barrier for socializing with locale people, and to tell the truth, the German language is not the easiest language to grasp and catch up so fast.

But on the other hand, what I liked about my university, especially Vaihingen campus, is that the dormitories, library, and institutes are located closely together. So, students can save precious time not having to commute and focus on their studies. Also, there is a small forest next to the dormitories, which looks very beautiful but also makes the surrounding air purer and fresher.

To those students who are doubting whether to accept the WASTE program, I would say: if you are interested in trying out something completely different, then the program can be one of your best choices. In this course you can try yourself out in mixed disciplines, which you probably have not done so far.

Anan Mohammad



First of all, let me introduce myself: my name is Anan Mohammad, I'm from Jordan and at the time of writing this paragraph I'm 24 years old. I moved to Germany last July to be part of the WASTE program, which I consider to be the best choice I have made in my life. I was a bit sad leaving my country, my family, and my friends, but I was also excited because I was finally making progress in the I dream I had had since I was 17. What I like about living in Germany is that everything is well managed, how clean and tidy it is (I like my plans and stuff to be clear and in order), and the relative easiness of finding a job here.

My message to everyone who wants to join the WASTE program is to absolutely do it. You will be studying interesting subjects, you will have great professors, of whose lectures you will be proud to be part of, and the most important thing is that you will have great and kind support from the program office team which are great help to navigating through our decisions and studies.

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CHALLENGES ABROAD - NEW STUDENTS GEN. 2021

„Students who are considering enrolling in the WASTE program would be well-advised to choose this course over others because the course’s variety, flexibility, and opportunities are literally unmatched anywhere else in Germany“



There was undoubtedly excitement inside, along with a lot of energy and determination to make a difference in the world and discover cutting-edge technological developments. Without a doubt, there was a tiny bit of fear present in the back of my mind as well because you are leaving behind not only the country but also the people you value most and with whom you have never lived so far apart.

Contrary to the most prevalent misconception and stereotype that portrays Germans as cold and unfriendly, I find it pleasing that they are actually rather very welcoming and nice. They might be party animals like you after all. I would advise not being shy about starting a conversation with a native. Perhaps you’ll meet a new friend.

Students who are considering enrolling in the WASTE program would be well-advised to choose this course over others because the course’s variety, flexibility, and opportunities are literally unmatched anywhere else in Germany. Here, you could organize your modules according to the three distinct components of waste management: air, solid, and water. And only this program provides this opportunity.

Juan Bastidas
M.Sc. WASTE Student, Gen. 2021

FAREWELL GRECIA SOLIS



After almost three and a half years working as Course Manager at the M.Sc. WASTE office, coordinating with students, supporting in the organization of tutorials, events, class meetings, WIMs (Waste Intercultural Meetings), EPOS-DAAD activities, among others; I have to say goodbye. Officially, my last day of work will be on May 31st 2023.

I would like to take the chance to thank you all for the support I have been receiving during this unforgettable journey. Thanks to Dr.-Ing. Carolina Acuna for the trust, teamwork and unconditional help; to Dr.-Ing. Ulrich Vogt who gave me important hints to develop this challenging and important job; to our HiWis who put a lot of effort toward our Master program.

Thanks to the five M.Sc. WASTE Generations (2018, 2019, 2020, 2021 and 2022) with whom I had the opportunity to work in different academic and extracurriculars activities. I wish all the best on your academic and professional path, please do not forget your dreams and keep being brave and motivated as you have showed until now.

Last but not least, I would like to share my email address where you can contact me anytime from any country in the world: grecia.solis@pucp.pe I will be happy to keep the contact with you and take the chance to participate in the WASTE Club and M.Sc. WASTE program activities for Alumni.

I will miss you all!

Grecia Carolina Solis Castillo, M.Sc.
Course Manager (For a last time)

HOW IS THE STUDY M.Sc. WASTE

Being a Mother During M.Sc. WASTE

Francine Schreiber Caiuta



Francine is a chemical engineer from Brazil. She graduated in 2009 from the Universidad Federal do Parana. She started working in an oil refinery and has about nine years of professional experience. Currently, she is doing her master thesis in Green Hydrogen. Her daughter Ana is almost 5 years old. Her journey to Germany started on December 2016, when she came to join her husband, who was working here. Join us to discover in the following lines how was her experience studying the master's and being a mother.

1. You are ending soon the master program. Looking back, how was the role as mother and student for you?

It was not easy. I wouldn't like to discourage other mothers of course but you should really think about it before making the decision. The most difficult part is that, as students, we don't have so much flexibility, no one can replace you, you have to study, and you have to take the exam. In contrast, when you work, usually a co-worker can replace you or you can take some hours off. The company offer some flexibility.

One advantage is that it is nice that your kid can see you studying. You can really be an example for her.

2. Were there difficult times?

During the COVID-19 Pandemic, the kindergarten was closed for one month. When you have a child, you need a back-person, a person on who you can lean on. This is the most important thing. My husband did that very well. He is working and he could ask for a day off or vacation to attend to our daughter.

Also, it is important to have a support group. In my case, this group was other mothers from my daughter's kindergarten. The mothers are very nice there, but to develop a friendship you need to speak German. They helped me to pick her up when I couldn't. I also helped them when help was needed.

3. Was there some ^{your} funny moment during online classes with your child at home?

Not especially in online classes. There were a lot of funny questions. For example, Ana said: "Mom, why do you need to go to school? Other parents don't do that. Or "Mom, in your school do you also have to play with boys?". She also asked: "Mom, in your school, do you also have a big playground like mine?" She was curious to go to the campus. Until now, that has not been possible.

4. Would you give us some useful tip for organization, productivity, or time management?

The organization is the base for everybody. If you don't do this, you lose the ground for everything. I am happy to say that since I am a teenager I was organized. Today it is easy to get information for studying. 20 years ago, I didn't have internet. So studying nowadays has a lot of advantages that can help you be more productive.

My tip would be to look for your style of organization. Also, I think it is useful to always have a plan B. I like to make agendas: I have one calendar in my kitchen regarding family events or appointments. And then I have one calendar for my master. I use excel sheets where at the beginning of the semester I write all the topics, lectures, exercises, and videos that I need to check.

5. What is your message to future moms studying the program?

I am not going to lie, it's completely possible, but before going ahead think about some points. You will absolutely need a support person, that is engaged to help you and have supportive friends. You need to set your goal and this advice is not just for moms. I set myself to finish this master in two years. If you do not have a goal, you might procrastinate. To set a time limit is of high importance, because if you take too long probably then you are not in the mood to study anymore and you just want to finish. You might not enjoy it anymore.

Pamela Conde
M.Sc. WASTE Student, Gen. 2020

HOW IS THE STUDY M.Sc. WASTE

Working During M.Sc. WASTE



Omar Abdel-Rahman AbulHeija

Some students choose to work during their studies. If this is something you'd like to do, let's look at Omar's experience working part-time with 20h per week while studying.

Omar comes from Jordan. He has done his bachelor's degree in Water and Environmental Science at the German Jordan University. During an exchange semester in Germany, he worked in a company in Hamburg for a couple of months. Then, he went back to Jordan and obtained his degree. While looking for a job, he received an invitation from a previous colleague to work remotely from Jordan. He did so for one year, after which he was told that it could be a good idea to come to Germany to do a master and work. So, he started the M.Sc. WASTE program in the winter semester of 2020 and began working as a Project Management Assistant in the company Black Forest GmbH.

1. You are finishing soon the master's program. Looking back, what are the advantages and disadvantages of studying and working at the same time?

Advantages are to have an income to support you during your studies, in addition to earning experience while giving you a better idea which career path you want to pursue after your master's degree. Disadvantages would be having to put more effort in organizing your time between studying and working, especially when confronted with deadlines and exams, which can be pressuring to some.

2. How was a normal day for you? How was your routine?

The week started on Sunday by planning the things that I should do during the week, both work and studies. A typical day was to wake up and start working by 10 a.m. until 17 p.m., unless I had meetings earlier or later. After that, I used to take a nap or rest for one or two hours. Next, I studied from 8 p.m. to 11:30 p.m.. During the exam period, I studied more and worked less.

3. Which were your tasks as a Werkstudent (working student)?

As I worked in the consulting department, tasks varied depending on the project. They could vary from interviewing stakeholders for a project to desk research for different topics. It might be easier for people to have specific tasks as a Werkstudent, rather having to focus than learning multiple things. Personally, I prefer doing multiple things, rather than just focusing on similar tasks.

4. Which were your favorite subjects of the master?

I liked all the solid waste related subjects. For example, the core module of Solid Waste, International Waste, and Solid Waste Management.

5. Did you have time for social activities or hobbies?

Well, in the first semester I didn't have so much time, but later I could do more. I like meeting friends. So, sometimes I went out with friends from the program, also other Jordanians living here, or colleagues from work. In the third semester, since the courses were lighter, I managed to travel to some countries.

6. For many students, having a part-time job, studying, and finishing the program on time may sound challenging. In your case, do you think there are any conditions that have made it easier for you to successfully complete the courses and your job?

What helped me was that the work was flexible and my friends' support. Sometimes, my friends briefly clarified some doubts about certain courses or shared summaries or notes with me. However, I also think that working in the project management field I learned to manage my time and task, so I just studied alone as well.

Continues >>

THE LOGIC OF THE HOUSE

7. Would you give us some useful tip for organization, productivity, or time management?

A friend of mine recommended a technique of studying for 50 minutes and then relaxing for 10 minutes. That technique worked for me, and later I found that some of my colleagues also use it at work.

Another tip will be to make a schedule of the chapters and courses you want to study for the week and follow it. I liked marking completed tasks on excel.

8. What is your message to future students who want to study and work part-time?

Working during your studies could be beneficial because it gives you an idea of where you want to work in the future, or where not. Even if the job is for a couple of months, an internship, a job as a HiWi (student assistant) or Werkstudent, offers you the chance to see if that field, company, or environment suits you. Also, I would say to future students: Don't let the work obstruct your studies. Studies must be your priority. You can work and finish your master in the regular time or extend it, but try to follow a plan. Go for it!

9. What are your plans after finishing the master?

Currently, I'm doing my master thesis for a project of the company I'm working in. Later I'll move to Berlin to work full-time with the same company. In the future, I see myself in more managerial position, rather than purely technical.

10. Are you happy to soon end your master thesis and work?

Yes, I cannot wait!

Pamela Conde

M.Sc. WASTE Student, Gen. 2020

The Logic of the House

Let me abord this topic stating a query. What does perfection mean to you? From one point of view, one could say that nature is perfect, although morality is something that is not fulfilled in all its splendour within nature. For example, in the case of lions: Every time a group of males want to take over the power of a pride, they attack the leader and all his followers. If the challengers are victorious, they banish the alpha male. The next step is to kill every single cub and inseminate the females so to dominate the reproduction of the new genes of the pride.

Another point of view could be the one putting the human beings as the ideal of perfection. With its constant inventions, with its great capacity for adaptation, with a great ability to propose solutions – not only to contemporary problems but also to the errors engendered in its own solutions – this specie is the faithful representation of perfection for many of us. At the same time, humans are not only the cause of the extinction of hundreds of other species on the planet but are also putting their own existence at risk through their daily activities. Paradoxically, humans are capable of feeling compassion, a characteristic generated by the specie itself, where sadness is felt for the suffering of others.

Whichever your interpretation of perfection, you should know that it is a subjective term, whose meaning changes depending on a person's perspective. However, when it comes to setting goals, human thinking tends to overestimate them. It takes on the position of perfection as a state where success must reach the highest possible point. It tends to set standards so high that they are often unattainable and ends up chasing utopias. As a result, one enters a never-ending race.

In 1987, in an effort to address global issues, the Brundtland Commission sub-organized by the United Nations developed the report named Our Common Future. This report addressed the concept of long-lasting or "sustainable" development, referring to meeting the needs of the present without compromising the ability of future generations to meet their own needs. The report covers contemporary issues, such as, economic and social

aspects, energy, food, and others. It also includes the environment under the following approach: „Poverty is not only an evil in itself, but sustainable development requires meeting the basic needs of all and extending to all the opportunity to fulfil their aspirations for a better life. A world in which poverty is endemic will always be prone to ecological and other catastrophes.“

Juan David Bastidas Sánchez



In 2015, the United Nations adopted the 2030 Agenda, setting out 17 sustainable development goals, including: no poverty, good health and well-being, decent work and economic growth, climate action, life bellow water as well as life on land, among others. It is here that a rift becomes even more evident, not only because a paradox is created, but also the general goal and the concept are inconsequent. Each of them explained in the following.

The sustainable development goals are in competition with each other, meaning that by achieving one goal we are undermining the achievement of another. For instance, environmental protection directly affects economic growth negatively as production costs rise along with the cost of products, which in turn limits access to these goods and reduces the competitiveness of companies.

Continues >>

THE PERKS OF THE WASTE PROGRAM

Let us look at this from the next perspective: Anyone who has once followed a microbiological culture in a Petri dish or has been informed about the stages of microbial growth knows that when a species is adapted to an environment without any competition, its growth is exponential up to the point where nutrients become scarce, or the environment becomes unfavourable for the species itself. Even though we as a species „have a solution for everything“ our population growth has not stopped incrementing, except for periods when our environment has turned against us, thus predominating the consumption of natural resources of all living beings on the Earth.

Following with the conceptual point, when sustainability can be achieved in different ways, even if it affects its own objectives, we enter an undefined space in which many actions with different directions are possible. This means that an objective can be sustainable and unsustainable at the same time, depending on the objective which is to be achieved. Consequently, these contradictions strip the word sustainability of its meaning.

Following these observations, the fundamental rift is caused at the moment when human beings separate themselves from the environment and begin to see it merely as an aspect to be considered. The moment mankind loses notion of the place where they live in, they create parallel worlds where only human ideas exist. This means, that the lack of identifying ourselves as a part of the place where we live means that we simply do not know how to live in our own home, the planet Earth.

Elinor Ostrom, economist and the first woman to win the Nobel Prize in economics in 2009, takes an alternative path to address these contemporary difficulties, or „the tragedy of the commons“ as the economists call it. This “tragedy” is defined as the tendency for any unowned resource to be overused and undermaintained. For example, fishermen overfish a common pond, because each fisherman is afraid the other will pull out the fishes first. As a result, there will not be any fish left in the pond. After several case studies in

different countries, Dr. Ostrom concluded that in order to avoid the tragedy of the commons, one must first know how much of the commons can be used without being affected and then build local associations to protect these limits and their own agreements.

Views such as Dr. Ostrom’s are generated from experience and close observation of events, with a humble and holistic rather than an anthropocentric approach. I do not intend to contradict the efforts made under the good intentions of sustainability. Still, from a scientific point of view, I would like to say that their content lacks a hierarchization of what is necessary to maintain a coherent development with our environment and all the species that inhabit this planet. But to be coherent, it is necessary to be self-critical and to establish limits. Pragmatic limits that break paradigms, to place the well-being of the environment at the top of the hierarchy. After all, perhaps humanity is not yet ready to set them and prefers to ignore the signs until more adverse conditions arrive.

In a world where there are so many realities and points of view, why not consider the way the world itself operates? After all, this is where we live. As human beings, we have the capability to understand natural behaviours and control our instincts so to act in accordance with the place we inhabit. Why not adopt an ecological approach? Ecology, a word composed of the ancient Greek oikos and logos, meaning „house“ and „logic“ respectively. The logic of the house is a simple and concise definition, easy to understand if we shut down our parallel worlds where the human being is placed at the centre of everything. Zeno of Citium, founder of the stoic school said: „All things are parts of one single system, which is called Nature, the individual life is good when it is in harmony with Nature“, referring to living in accordance with the logic of where we are, the planet Earth, our home. Living in accordance with the rules of the house.

Juan Bastidas

M.Sc. WASTE Student, Gen. 2021

The Perks of the WASTE Program



Prof. Dr.-Ing. Harald Schönberger

Being the WASTE program an international master with highly qualified professors and so many facilities to be used in the fields of air quality control, solid waste and wastewater engineering, this programme offers a wide variety of areas where its graduates can make a career.

Who would be better to talk about this than Dr. Prof. Harald Schönberger, who has worked in the public administration sector and as an international consultant in different countries? He was head of the European IPPC Bureau of the European Union and has thought as a professor since 2016.

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THE PERKS OF THE WASTE PROGRAM

WASTE Club: Why is an international approach important for the current environmental challenges?

Prof. Schönberger: Everything today is interconnected. We have a global economy; we have a lot of networks around the globe. If we buy for example a t-shirt here in Germany, it has an impact on the water availability in the countries where cotton is produced. That is why an international consideration is necessary. Because of this global interconnection we need a global approach.

And of course, we should learn from each other how different countries address

different issues. For instance, people from South America, Africa or Asia come here to study and see how environmental issues are tackled in Germany or Europe in order to get to know different approaches and to see which is best to solve the environmental problems in their home country.

WASTE Club: Where do you see the need for professionals like WASTE graduates in international projects regarding environmental protection.

Prof. Schönberger: In many international conventions, like the UN conventions, different aspects of waste or wastewater are covered thematically. So here I really see a broad field of activities for WASTE graduates from University of Stuttgart. If they want to work on an international level, the UN level is of course the highest level. There are other international organizations which work on

waste, wastewater, or emissions to the atmosphere, where graduates can work in consultancy positions. I also see possibilities in the development of new technologies that treat waste and wastewater, for example to recover certain metals or organic compounds from the water for their reuse. So, I think there are many opportunities for WASTE students to work in the international area

WASTE Club: Can you see students also on the local level, applying their knowledge in their countries?

Prof. Schönberger: Of course. I personally would recommend starting a professional career working on environmental issues in one's home country. Before going on an international level, it is better to deepen and foster the general knowledge gained at University of Stuttgart on a local level. It is always good

to have experience and expertise for a certain country. Then, if one is interested and the opportunity comes up, of course one can go on to the international level. Like with everything in life, step by step is the best thing to do.

WASTE Club: Why would you encourage foreign students who think about doing the WASTE master program to do this program?countries?environmental protection.

Prof. Schönberger: First, it is a steep learning curve. This program brings together students from about fifty to sixty different countries. So, here we have an exchange among students from all over the world. Through this, networks are created, there is an exchange of ideas, and living together with people from different cultures is really enriching one's life and one's perspective. Second,

students can see the technology and level of environmental protection in Germany, which one can use as a benchmark or to compare the level of one's home country. So, the WASTE program gives you another perspective to assess the situation in your country.

Prof. Dr.-Ing. Harald Schönberger

A review by the founding member and 12 years study dean apl. Prof. Dr.-Ing. Günter Baumbach

20 years ago, Prof. Oktay Tabasaran from ISWA¹ and I, apl. Prof. Günter Baumbach from IFK², Department of Flue Gas Cleaning and Air Quality Control, founded with the administrative support of Dr. Michael Waldbauer from ISWA the Master of Science Program "Air Quality Control, Solid Waste and Waste Water Process Engineering – WASTE". Before that, I was still member of the study commission of the German Diploma study program "Umweltschutztechnik" (Environmental Engineering) and was responsible for "Air Quality Control". From the wide fields of this German Umweltschutztechnik study program we extracted the subjects Air Quality Control, Solid Waste and Waste Water to the special international Process Engineering Master program WASTE. It was the time when at the University of Stuttgart the Diploma study programs changed to Bachelor and Master degree programs. Our former faculty of Energy Technology (now Faculty of Energy-, Process- and Bio-Engineering) took over the responsibility for this new international master program. As delegate of the faculty I had to justify and to defend the WASTE program to the highest board of



Prof. Dr.-Ing. Günter Baumbach

¹ ISWA: Institut für Siedlungswasserbau, Wassergüte- und Abfallwirtschaft

² IFK: Institute of Combustion and Power Plant Technology;

former name: IVD- Institut für Verfahrenstechnik und Dampfkesselwesen

20th ANNIVERSARY OF THE STUDY PROGRAM WASTE

our university, the Senat. They accepted it but they asked for the name: Do you want to name your program really "Müll" (German translation of WASTE)? The head of the department of foreign affairs of the university, Mr. Philips, was an Englishman. He appreciated the name for being ingenious, since it contains, on the one hand, initials of the study subjects and, on the other hand, it expresses a symbol for the content of the program. Thus, the name WASTE was fixed.

At first there was the rule that the master programs should take three semesters. To bring into line students with different previous knowledge from various study programs from all over the world with the principles of process engineering, we offered half a term as a pre-semester, e.g. with the subjects of Adsorption and of Thermodynamics (some may remember the lecturer Mr. Biggs from Edinburgh who left for Australia later).

One of the requirements from our Ministry to continue the master program WASTE was the evaluation or accreditation of the program. For that, we argued that we needed four full semesters for the program since the pre-semester always caused problems (adaptation of the students from different disciplines, no clear matriculation of the students etc.). This four-semester-program had been accepted by our university. But the other master programs which were changing from diploma to bachelor and master had to design a three-semester-program. Just a few years later, the German Board of Technical Universities decided that the master programs should have four semesters and the bachelor programs six. Every German master program which had been designed for three semesters had to change again to four semesters. Fortunately, the WASTE program was designed and accredited already with four semesters. So, no change was necessary.

Today, the educational team of the WASTE program consists of the professors, lecturers, assistants, master's and doctoral students. Besides, there is the study dean (I held this office until 2014, now Prof. Kronenburg). The organization is performed by the Course Directors, Dr. Michael Waldbauer (he was the first), Dr.-Ing. Ulrich Vogt, Dipl.-Biol. (t.o.) Jessica Hahn-Ebner, Dr.-Ing. Kristy Pena Munoz, M.Sc. Louiza Avgeropoulou, and Dr. Carolina Acuna Caro. In addition, the Course Managers support in running the program successfully: Adolf Neuwirth, Nelson Rincon et. al, and Grecia Solis.

Objectives of the WASTE program

The initial objectives of the WASTE program remain valid until now: "Air and water pollution as well as the removal of waste are challenges facing society throughout the world. We have to face these challenges and try to find appropriate solutions. In addition to dealing with the political and legal implications, the specific education and training of engineers has become an essential prerequisite in mastering these environmental challenges. The University of Stuttgart has a long tradition of teaching and research in these areas and, for this reason, we offer now an interdisciplinary Master of Science degree in Environmental Engineering called Air Quality Control, Solid Waste and Waste Water Process Engineering – WASTE. The program will provide students with the right education to meet these interdisciplinary

demands. Not only is the scientific structure in Stuttgart ideal, but there are also very close ties between the academic world and industry in the state of Baden-Württemberg. Here, students have a wide range of opportunities to gain first-hand practical experience in some of the small and medium-sized companies that form the backbone of this state's economy. This degree program is designed for persons wishing to find employment outside of Germany or in international operating companies and will provide participants with profound knowledge in the state of the art in the field of environmental technology."

Of course, we cannot offer the solutions for all environmental problems the students will be confronted with in their country or in their future job. But, we hope to teach them the fundamentals of process engineering, show them methods, give them tools and a feeling to solve environmental problems practically. We also try to sensitize them for environmental problems.

My field was, and is till now "Air Quality Control". In this field we must distinguish between the local and regional air pollution which affects human health and environment directly. On the other hand, we teach about the global effect of greenhouse gases like CO₂ and others. CO₂ is not directly a toxic gas, but it contributes to the warming of the atmosphere. The heat causes forest and bush fires, which we could see specially during the past summer. These fires emit a lot of primary pollutants like soot, hydrocarbons, NO_x etc. and a huge amount of CO₂ and other compounds which increase the greenhouse effect. Forests have a great water storage potential. When they are burnt, water reservoirs disappear, which has direct influence on our water resources. As can be seen, environmental problems are linked together.

Personal comment and wishes

I mentioned that Air Quality Control is my scientific discipline. There is a lot of research on effects of air pollutants on human health: Epidemiological, clinical, and toxicological studies. But a world-wide experiment on human beings has shown where all three of these studies overlap: personal smoking. From this experiment, we received much knowledge about diseases culminating in many lung cancer cases. It was a great step that around ten years ago smoking was forbidden in public rooms etc. For us as an "Air Quality and Environmental Community" it should be obvious not to smoke and give a good personal example for healthy living. That includes also healthy nutrition and sufficient physical exercise. As an example, for promoting that, the university combined excursions to the air quality monitoring station at the Zugspitze, the highest mountain of Germany, with a mountain hiking to this summit. Such common hiking is, like this summer party and intercultural meetings (WIM), a good method to bring international students together.

I wish all students successful studies, open eyes for environmental problems, a magic touch and endurance for solutions and good health!

Prof. Dr. Ing. Günter Baumbach



GENERATION 2002



GENERATION 2003



GENERATION 2004



GENERATION 2005



GENERATION 2006



GENERATION 2007



GENERATION 2008



GENERATION 2009



GENERATION 2010



GENERATION 2011



GENERATION 2012



GENERATION 2013



GENERATION 2015



GENERATION 2017



GENERATION 2019



GENERATION 2014



GENERATION 2021



GENERATION 2016



GENERATION 2022



GENERATION 2018



GENERATION 2020

DO IT WITH PASSION

Do It With Passion

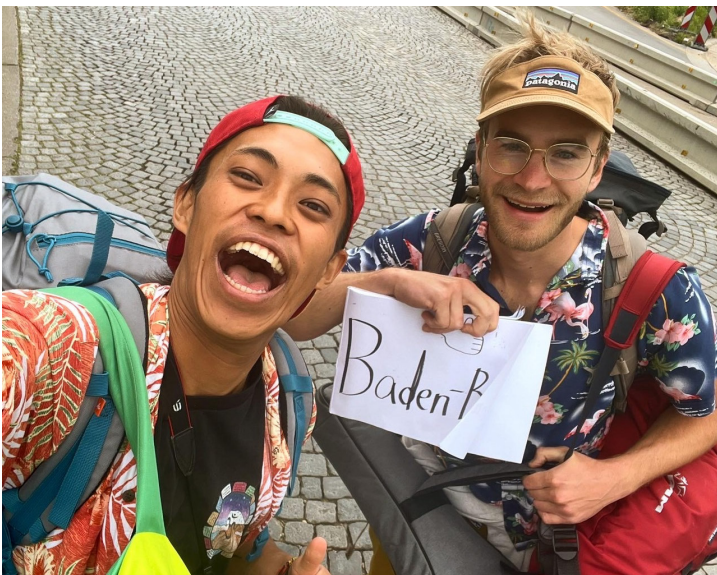
The University of Stuttgart and the city itself offer a huge number of different associations and activities that students can join for free just for having fun or follow their own interest. Those activities are essential not just for the all-round development, but also to create a group of people with the same curiosity about a subject. This is the perfect nest where great ideas or relationships start. In this opportunity we present three different activities or associations that might be interesting for you:

Climbing at Battertfelsen

In May 2022, me and my climbing mate planned to go on a climbing trip for two days to Battertfelsen in Baden-Baden, located in the north-western part of the Black Forest. It takes around 3-4 hours by train and foot to get there, but we were inspired by the other climbing friends and as it was something we both had never tried, we decided to hitchhike there. We were so excited but also nervous, as we didn't know what would happen and even if we would be able to arrive in Baden-Baden or not.

At 10:30, we were at the entrance of the highway just next to the campus in Vaihingen and started our first thumbs up, holding an A4 notebook that said "Karlsruhe ☐". At 13:00, what a surprise, we were already at Battertfelsen. It took just around 2.5 hours to get there, it was faster than a train! Against our expectations, it was amazingly easy, or we were just lucky. We had to stand on the side of the road for less than an hour.

The two days of climbing at Battertfelsen were also a wonderful experience. The view from the top of the rock, sleeping under the stars and the landscape of the French border from Hohenbaden Castle... In the end, I was so glad we decided to leave our comfort zone and did this trip. I'm not saying, "Do hitchhiking!", but I really enjoyed trying something new and I'd recommend you to do that as well!!



Haruto Nakao
M.Sc. WASTE Student, Gen. 2021

MitMachGarten – The community garden of the University of Stuttgart

As a student at the University, I was looking for an activity which would allow me to relax my eyes, my hands, my mind and body after the long study time during the exams period last semester. Around that time, we received an interesting invitation by e-mail to join a community garden located near the campus in Vaihingen, which turned out to be exactly what I was looking for. It started in winter, therefore I couldn't see much of the beauty of the garden, and we were mainly planning and preparing everything for the coming spring. This process you can see in the initiatives YouTube channel called "Community garden in Germany // Mitmachgarten".

By the time the weather got warmer and warmer, I could see how our weekly work on the garden was paying back. Currently, the group meets every Tuesday at 17:00 to do planting, composting, the preparations of the ground, construction of high beds, and even receive some workshops about gardening. Personally, I started with no knowledge about this, which was very funny every time I did something wrong, but we all are learning. The best of this is that we can harvest what we plant. Everybody can join either on Tuesdays to meet with the group or on another day to sit on a bench and have a good time with friends surrounded by nature. To know more about us and stay in touch, you can follow us on Instagram @mitmach_garten.



Andrea Flores
M.Sc. WASTE Student, Gen. 2021

New title: My experience with volunteering and activism

↳ **Bolivianisches Kinderhilfswerk**

My grandmother Teo is a 76 year old lady who grew up in Lanza Mohoza, Bolivia, a town with a cold climate where they produce a lot of corn and potatoes. When she was 10 years old, her mother died, and she was left in charge of four

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WASTE ON THE BEACH

siblings. She taught me many life lessons in such a simple way that today for me they are like life guides. I remember that the first thing she taught me was to break bread before eating it. When I asked why, she told me that while I was eating someone might come hungry and, if there was nothing to eat, at least there would be the other half of the bread to offer.

She also said to me „Hijita la papita viene de la Pachamama“ (little daughter the potato comes from mother earth), so to teach me the importance of taking care of our planet. In my country, there are so many beautiful teachings of the care for mother earth, humility, and solidarity like the ones my grandmother gave me, but there are so many other grandmothers like mine who do not know how to read.

Living in Germany, in Europe in general, intensifies this contrast of realities even more. For that reason, I believe that as long as I have the opportunity and the skills, I will voluntarily support improving the conditions of those realities that face many disadvantaged sectors in my country or countries like mine.

Where to do it? Well, there are many organizations in Europe that support different groups and causes in different countries. In my case, I already had the focus group and the place defined, so finding the organizations was easy. My mission is to work for children, women and the environment in Bolivia.

I could list many benefits of volunteering, but, honestly, when you have a cause, you don't think much about the benefits, they just come. However, here are a few: when you volunteer, you lose your embarrassment because there is a greater cause to answer to. The magic of volunteering is that you do things with so much heart that doors open for you, whether they are professional jobs or other academic positions. It makes taking decisions easier for you. - Why? Because you have a direction that guides your path. As time is limited, you also learn to value the time, and productivity increases. You'll learn German by osmosis. You

WASTE on the Beach

The Campus Beach is a student initiative, that every summer creates a beach in the middle of the Vaihingen campus. It is developed, organized and operated on a voluntary basis by students from the University of Stuttgart, represented by stuvus.

We took the opportunity to meet after the photo shooting session on May 20th to get to know each other more and gather together at the campus beach. It was a nice moment, some played the guitar, other sang, others just enjoyed being present and having a good conversation about future plans. Besides that, we also played a game called the Cristiano Ronaldo goal, where we put our fears in a ball and kicked them out and celebrated the goal like Ronaldo does. Moments like this seem small today but probably will be memorable in a few years. It is no small thing to say that for many of us, studying the M.Sc. WASTE program also meant to know people with whom we will certainly form a bond, a lifetime connection.

will be amazed at the people and network you can make by volunteering. Volunteering has another particular magic: problems become smaller. Obviously, not everything is rosy, there are also days when you feel tired, but I believe it is worth it. In conclusion, I would say that being a volunteer is something unique, which definitely shapes the person you want to become.

Bolivianisches Kinderhilfswerk, an activist group at Fairtrade Deutschland, gives workshops about the sustainable development goals in schools in Germany, is a fellow of the human rights program „Humanity in action“, and a tutor in “Tu beca Bolivia”, a program for Bolivian students who are applying for scholarships.



Pamela Conde
M.Sc. WASTE Student, Gen. 2020



Pamela Conde
M.Sc. WASTE Student, Gen. 2020

SPORTS AND ME

Sports and Me

Hello My name is Kang and I am from WASTE generation of 2020. I am really appreciating that WASTE Newsletter could give me the chance to express my feelings. Sport means everything to me. Just as Voltaire proposed few hundreds of years ago that "Life lies in health exercise", I think that doing sports can significantly helps me to find a balance between studying and living my life. My basketball life was initiated by Yao Ming entered Houston Rockets and played a big role in NBA far away from China, since then I am always enthusiastic with playing basketball. After I joined WASTE family and came to Stuttgart, I played a lot of Basketball near Patch Barrack. There I have met a lot of friends and we together playing more often. It was the same place where I met the Captain of the club and he lead me to the team. Since then I go practicing with the team twice a week and joining the competition game according to club's schedule. Although the practice is really hard and sometimes we have to swallow the feeling of losing in game, I keep moving. Because I feel alive when I stand on the court while sweating, feeling the muscle crashing or hearing the sound of ball falling through of net. All these can help me erasing the unpleasant mood and lighting the anxiety when facing some difficulties in studying. Besides basketball, I also play beach volleyball and tennis in Sportshalle at campus. In winter time I also go snowboard sometimes to experience the speed and the good view high from mountain. You can always extend your friend cycle by going out and doing exercise. I highly recommended the Hochschulsportclub, it provide students various events of sports and bonding every player together. I hope my experience can encourage you, I'm sure everyone will enjoy themselves in sports!



Kang Ao
M.Sc. WASTE Student, Gen. 2020

WHENEVER YOU ARE READY

Whenever You are Ready

Everybody passed or is passing through difficult moments during their studies. Losing a family member, breaking a relationship, losing economic support or a job might be some of the examples. Also, other problems may be loneliness, stress, burnout, or the feeling of not being included because of your identity. Nevertheless, nowadays more and more people are aware of the fragility of mental health and it's time to talk about it.

Like any of you, I passed through a hard time during my studies. Currently, that period is behind me, and I ask myself how did I overcome that phase? I wonder if there are other students that live in all types of difficult situations in silence and there is no shoulder to lay on or a trusted person to talk with. From this experience, I would like to share some tips collected from different friends to cope with such situations.

1. Communicate how you feel

Taking a time off when dealing with a difficult moment could be highly recommendable. However, it is also important to let know people around that you will not be available those days. It's good for planning and it's fair for others that are around you. You don't need to give details just express your situation and say when you will be back.

2. Try to do some sports

If you have the chance to live in the Campus Vaihingen, you maybe have seen how beautiful the forest is. You can try to have a walk or run through the trees. Pablo our classmate introduced me to that habit, and I can do nothing more than recommend it.

3. Take a shower

This was advice from a girl of my support group from Start Science, a program from the University that connects women in Science or Engineering careers to motivate each other. We had one meeting when one of us was having too much stress with her studies and after trying to find a solution between all of us to her problem. My friend said, have you taken a shower today?

4. Meet classmates or meet people with whom you share common hobbies

We are all busy with studies, hobbies, and sadly with our phones, sometimes we forget to have real contact with people. Take the lead and ask your friends or neighbors out. It doesn't have to be always an activity to do. You can go together to the supermarket and have fun.

→ It should be in bold as a new paragraph

5. Call home

Calls are "for free" nowadays with the help of Wi-Fi and WhatsApp. They don't cost anything and give you so much back. What about calling mom, dad, your sister or beloved friend from home while cooking. A dear friend from the Waste program Gen. 2018 Ninoska, told me that she put herself the goal to call her mom every time when she returned from work and was walking from the s-bahn station to her room.

6. Eat well, drink water and have a good sleep

This is something that might sound obvious but... have you drink enough water today? Sometimes we feel low because of a lack of attention to our habits. A loved friend for example put a post right in front of her desk – Fatima Zhara drink more water!

7. We can do it

We are engineers, if we can solve thermodynamic problems, we can certainly find a solution for everything. Trust in you.

8. Express gratitude

Sometimes we forget how privileged we are for having the opportunity of studying here. We forget the effort that our family took for our education or forget to value the love and friendship of our friends. In my country Bolivia, we always say thank you when we end to eat eat lunch or dinner. We usually say, thank you mama, thank you papa, thank you Anna, thank you George. I introduce that habit to my life and even when I have friends at home I motivate them to follow that tradition. It feels always nice to say thank you.

9. Let it flow

Cry if you have to. If you need a day off, take it. A week? Do it. Even if it is a month off, do it. Nothing as important as being healed and having passion again for life.

10. Help others on the way

Sometimes problems seem bigger than they are when you meet people that are passing through other moments and need you.

To my classmates reading these pages. Don't forget to be kind, we don't know who is passing a hard time and sometimes kind words can be really comforting. Some beautiful words to hear are: "How are you?" "How was your day?" "Sit next to us!"

If you are passing through a hard moment in your life, feel hugged and remember that you are not alone. Don't be afraid to communicate that you are not feeling well and look for support. Here at the university, it's amazing how there are many counseling options, and you will for sure find there help or assessment for your special case. Don't worry nobody will judge you and some services are also anonymous. Take a break and start whenever you are ready.

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NEWSLETTER

SPECIAL EDITION WINTER SEMESTER 2022/2023 - ISSUE 26

M.Sc. WASTE Generation 2022 - Photo: Vinay K. Shetkar

Newsletter of the International Master Study Program WASTE and the WASTE Club Stuttgart e.V.

International M.Sc. program „Air Quality Control, Solid Waste and Waste Water Process Engineering“ (WASTE)

PUBLISHER

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DESIGN, EDITION AND PRODUCTION

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