

## Internship at MIT, Manipal, India About my stay in Manipal

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**Contents: General informations, sport facilities and interesting fruits**

### General informations

From September until December 2013 I did an internship at the Biomedical Engineering Department, MIT, Manipal. My accommodation was the Ladies Block at MIT campus. It is a big, yellow building, clean and calm. Almost every day the cleaning staff knocked at my door for cleaning. The building is one of the costly accommodations at MIT. But compared to German prices it is really cheap. Luckily I could use not only my room but also the free, unlocked neighbor room. Usually you have to share the bathroom and entry room with another woman. To go into the ladies block you have to pass security guards. Men are strictly prohibited. Security guards are everywhere on campus.

From my new home to the academic block I had to walk about 15 minutes. At work my internship colleague and me got our own small office. The working times were quite flexible, so during longer weekends I could travel to places far away.

Travelling in India is easy, save and cheap. You can book busses or trains at one of the many travel shops at Manipal main road. For trips with trains, it is better to book in advance. For overnight travels I usually paid about Rs. 500-650 (~ 6 – 7 €). Do not expect the transport to be on time! If you want to avoid crowded train wagons, where people are sitting at and laying on any possible part of the cabin (aisle, luggage rack, under the seat, ...), don't book the general class. But it's an extraordinary experience and you'll have the opportunity to talk with unknown Indians about the way of life.



*Ladies block*



*Security guards in front of ladies block*

### Sport facilities

If you're keen on sports, Manipal is the right place for you. Only the Indian heat, high humidity and the monsoon during summer could possibly prevent you from doing sports.

The Manipal University owns a new built, air-conditioned indoor sports center called Mareena. It is a huge center for almost every activity (jogging, futsal, badminton, fitness, basketball, volleyball, table tennis, sauna, etc.). For some activities you have to register and pay in advance, other are offered for free. Indoor sports shoes (except for jogging) are

compulsory.

At the beginning of my stay I could not imagine, that I would be able to only run a few meters outside in the heat. But I got used to the weather conditions and explored the stadium and the soccer grounds next to the ladies block. When I asked the guys at the soccer ground for the first time, whether I could join their game, I earned sceptical glances. Soccer is not a popular hobby for Indian women. But when the match was over the guys were really friendly and most of them were happy to meet me again on the sports ground or campus.

The stadium next to the soccer fields is used for different types of sports, such as cricket, volleyball, athletics and jogging. It is a simple one, the grass grows faster than the gardeners can cut it and after monsoon time the markers for the running track have to be renewed. I liked the simplicity and the proximity of my accommodation. But it was strange for me to see, that most Indian joggers did not wear sports clothing but sarees or shirts.

20 minutes by running or about 8 minutes by rikshaw from KC, the campus gate opposite from the food court, you can reach the End point. It is a park from the university with soccer and cricket fields and a large area with flowers and lawn. There also is a jogging track. It leads you around the park area, hill up and down. I came here mostly in the evening and could enjoy the nice view over the landscape and the river. It is also a nice spot to watch the sunset.

For people who are into swimming, there is the MIT swimming pool. Men and women swim separately at different times of the day. As almost everywhere, it's necessary to fill in a form and pay some money to get into the pool. Swimming is only allowed with the right swimsuit. I only had a bikini with me so they didn't let me go inside. Near the sports ground at the ladies block, there also is a badminton hall (non-AC). Entry is free.



*Sportsground next to ladies block*



*End point*

### **Interesting fruits**

During the short period of time I could prepare my stay in Manipal, I spoke with several people, who have already been in India. Some of them mentioned that I should be aware of the fruits, because toxic chemicals might have been used to grow them. Prepared to get a vitamin deficiency, I arrived in Manipal and checked out how it really was with the fruits. Luckily I can say, there is no problem to eat fresh and healthy fruits in Manipal and in

India in general. There are lots of fruit shops everywhere in India. I really liked that most of the shops also offered freshly squeezed fruit juices. In that way I got my daily dose of vitamins by drinking tasty beverages. Usually they are sold with ice and tons of added sugar. Some shops might use non-filtered water to prepare the juice, but I always ordered them with ice.

There is a wide choice of tasty, exotic fruits in India. During my stay I tried as many as possible. It's hard to describe their taste. But I definitely recommend to try all of them at least once during a stay in India.

**Chikku**



**Custard Apple**



**Guava**



If you order a **musumbi** juice and the seller gives you a drink, which looks and tastes exactly like orange juice, everything is alright.

The **tamarind** is a fruit which Indians add to cooked meals. But it is also possible to eat it raw.

If you want to peel a **pomegranate**, do it with your hands. You will avoid a big mess.

You can get a **guava** with white or red pulp. By looking at it, I couldn't notice any difference between them. My favorite is the one with the red pulp.

If you want to buy a **chikku**, make sure it's not a potato or kiwi.

And last but not least the **custard apple**. The peel looks like a tortoise shell, but the pulp is very soft and sweet. There are a lot of pits inside.

**Musumbi**



**Pome Granate**



**Tamarind**

