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As soon as Transition Year began in September we were told to begin looking for work experience placements in my school. I visited many places, sent emails and rang countless businesses' looking for work experience without a clue about what I really wanted to do. It wasn't until mid-November whilst studying Nano science in my science class that I realised it was a topic of my interest.

After my science teacher showed us the CRANN website in class I was intrigued as a science enthusiast to learn more. That evening I went online and read all about CRANN and what they do, I was fascinated by all their work. After going through the website I stumbled upon AMBER'S 'Exploring Materials' TY programme, I had missed the boat for the placement in October so I gathered all the information I needed and submitted my entry in January for the chance to get a place in the March placement.

I was extremely lucky to be given the chance to be a part of this fantastic programme in the CRANN Institute in Trinity College, Dublin. It was a once in a lifetime experience and I will never forget all the memories, life lessons, knowledge and friends I gained from this week. At the end of this week I found that I had learnt a lot about Nano science as well as about myself and college, it was definitely an eye opening week for me. I have recommended this placement to all of my friends and they all seemed very impressed, it would particularly be good for anyone interested in pursuing an area in science in the future or even as a career.

During the week our team was involved in many tours, experiments, lectures, workshops, trips and not to mention scientific debates over a good subway at lunch time. Only naming a few activities the week began with a trip to the Lavelle labs to get us involved in an experiment to test for the live and dead cells of a mouse, using trypan to detect the results. Here we also learned about cell counts, microflow peroxide units and how it can take over 10-15 years to get new medicine on the market with only 1 in 10,000 molecules making it on to the market, this definitely showed us how high failure rate could be and how expensive research can cost in some of these facilities. After we had talks from different researchers and current college students studying in CRANN which definitely gave us a huge insight to what it was all about. We also learnt how to start a start-up and begin your own business to bring all the scientific discoveries found into an everyday use for people all around the world, which I found very interesting.

The visit to the research labs for Leukaemia and Lymphoma in St. James Hospital was an educational experience I was intrigued to learn about. I was so interested in the idea of how cells could turn cancerous literally overnight and how most cancerous cells are static but in Leukaemia and Lymphoma these cells move quite vigorously squirming through the veins and beginning to decay the bone marrow. I had no idea how this worked and I just wanted to learn more.

My favourite experience though throughout the whole week would have had to be the visit to the Royal College of Surgeons. I found each of the four labs we visited here so interesting, as we learnt about tissue reconstruction, material testing, peripheral nerve repair, decellularisation, auto grafts and cell culture. I honestly would have stayed all night just to listen to what the people here had discovered and what they had to say about it. Everyone I met spoke with such passion for science and I loved being able to relate with them.

This week's work placement has changed my whole concept of science in the use of everyday lives. I can now appreciate science for having such an impact on how many people live today. This week was definitely a main event in my transition year. I thoroughly enjoyed this week and it has brought me places I would never have gotten the opportunity to visit or see in my lifetime. I am forever grateful for this opportunity and I will cherish all the friends and memories I have made during these few days forever. I would recommend anyone who has an interest in science to do this course as it is much more than it says in the description.