



A Bolivian in Ivanovo

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Abstract

I was student at ISPU (Ivanovo State Power Engineering University), I did my third semester of a master's course with mention in Control and Simulation Systems. I studied with other students from different countries, Jiawen Li - China, Liubov Matichuk - Ukraine, Luis Estrada - Ecuador, Hernan Arriaga - Honduras, Juan Zuluaga - Colombia, Franck Sabatier - France (The most famous french guy in ISPU ha-ha) and Osmany Palli - Cuba (most known as Pepe and famous as well ha-ha). I met a lot of people at ISPU and shared good times.

What did I do before I came to Russia?

I was born in La Paz - Bolivia (the city at 3600 m.a.s.l.) yeah! I know, it is very high. It is said that people from La Paz have a very big heart, more than the average in the world, this due to such height the average sized heart does not pump enough blood for people who live at 3000 m.a.s.l. or more. An article titled "Effect of Altitude on the Heart and the Lungs" written by Peter Bärtsch and J. Simon R. Gibbs¹, study the effects of altitude exposure of people are not used to living at high altitude another article titled "El corazón y la altura: función cardíaca y adaptación" The heart and the height: heart function and adaptation written in La Paz by Dr. Gustavo R. Zubieta-Calleja is about types of exposure to hypoxia at high altitude² and "Modificaciones del aparato digestivo en la altura dilomegacolon andino (de la altura)" Modifications of the digestive system in the andean dolcomegacolon (of the height) by "Dr. José Luis López Ferrufino and Dr. Luis Pablo López Rivero" ³. The hypoxia, the

¹<https://ahajournals.org/doi/full/10.1161/circulationaha.106.650796>

²https://www.researchgate.net/profile/Gustavo_Zubieta-Calleja/publication/257065154_EL_CORAZON_Y_LA_ALTURA_FUNCION_CARDIACA_Y_ADAPTACION/links/0046352444bc12783c000000/EL-CORAZON-Y-LA-ALTURA-FUNCION-CARDIACA-Y-ADAPTACION.pdf

³https://www.academia.edu/34677638/REVISTA_PACE%3F91A_DE_MEDICINA_FAMILIAR_ACTUALIZACIONES_MODIFICACIONES_DEL_APARATO_DIGESTIVO_EN_LA_ALTURA_DOLICOMEGACOLON_ANDINO_DE_LA_ALTURA



cold of the Andes, the high exposure to solar radiation and other factors because of living at high altitude have made the anatomy of people suffer some biological changes, adaptations that allow us to live at that altitude. But do not worry, we are not aliens. At least that is what I think ha-ha.

The previous fact about paceño's⁴ heart is true, not only about biological part if not we are very dear people. We could be shy at the beginning but when we get more confident, we consider you as part of the family.

Very close, there is another city called "El Alto" and it is at 4100 m.a.s.l. impressive right? for people of both cities is normal to go from one city to another. Of course, many foreigners feel bad when they arrive to La Paz, because the airport is in El Alto. And I can imagine how difficult could be for people who live his whole life at sea level or less than 3000 meters, go suddenly to 4100 meters, it is crazy!. But does it worth it? 100% yes, first of all, the view is beautiful , you will see the Illimani mountain the guardian of the wonderful city and welcomes you with its majesty, in many countries of Europe a common way of transportation is the subway, in La Paz is the cableway, at the same time you go around the city you can enjoy it from the skies, very good deal, do not you think? And the most important thing, the food (huumm... my mouth is watering) it could be considered as exotic for some people, but believe me is delicious you will not be disappointed (if you want to conquer the heart of a Bolivian, the food is the key). In Bolivia there are a lot magical places it is like a small world, you'll find everything on a small scale.

I studied Electronic Systems Engineering at Military University of Engineering, after that I won a scholarship to study the master's degree in Europe, My first year was in Spain at University of Oviedo, in Gijon Asturias, the third selester to do my specialization in control and simulation systems in Ivanovo Rusia, and to present the master thesis in Besan/c on France.

Gijon is in the northern of Spain at the coast, and it has a beautiful beach (in fact it was the first time I saw the sea, in Bolivia there is no exit to the sea, "sad face") in Gijon I met all the "latino" guys I mentioned in the abstract, and many more people from Colombia, Ecuador, Greece, Italy, Mexico, Germany, Turkish, Portugal, Chile, Brazil, and so on. The locals are very funny and with a lot energy ha-ha they do not stop in the parties, I really enjoy the Thursdays of "tapas"⁵ and they also have very delicious food it was the first time I tried an octopus dish called "Pulpo a la Gallega" octopus and potato cut into pieces, with chili pepper, my favorite Spanish dish, of course I cannot forget about "Cachopo" another traditional food in Asturias, and it has tarnish thread, Serrano ham and breaded cheese in one accompanied by french fries.

My first year in Spain was beautiful I knew many places, like Ibiza (I was there for a week full of parties), I learned and improve my knowledge in Mechanics and Mechatronics, I shared good moments with good people, and also I learned how to live by myself (alone far away from my family).

⁴People from La Paz

⁵Student meeting



What about Russia?

When I received the notice to travel to Europe to take the master's degree, I was exciting, but not afraid to travel alone, considering it was the first time I travel alone and to another country. Maybe because I heard and watched something about Spain on the TV or on the Internet. But in the case of Russia it was different, I had no idea what it would be like, most of the people think that Russia is always winter, people is cold, serious and just drink vodka. But when I arrived to Russia I saw a different environment. I remember it as if were yesterday, It was 04:00 AM and I traveled from Spain with, Osmany (Pepe), Hernan, Luis and Juan Pablo. There were not many people as other airports I have been to, we had to wait for our coordinator Ms. Elena Koltsova and the Dean Larisa Nikolayevna, they had to get at 06:00 AM, so we went out for a bite to eat while we waited, around 05:00 AM we met with a partner from China Jiawen Li, (a very clever girl) after that we met with the coordinator, the Dean and a partner from Ukraine, Liuvob. After ten-hour bus ride we arrive to Ivanovo (the famous city of brides, that according to many, there live the most beautiful women of Russia.) I saw a lot of vegetation on the road, a sky clear and sunny. In the residence we met the French student Franck and in the evening we went to the center city for dinner.

The first week of classes were informative and to know the university, professors, the plan of study, and some people who can help us (because except the Ukrainian girl, we did not know Russian) I noticed some similitude with my country, for example the transport in the city is the same, in my country also buses with signs are used and the driver must be shouted to get off ha-ha, the people are shy at first, but once they gain confidence they are very affectionate and warm. It even gives the impression that you are part of their family. I could not try more typical foods but one I will miss is Pelmini, very tasty.

In Russia I met nice people, Among the teachers I can highlight the teacher Galina Tokareva, my Russian language Teacher very kind person and sweet from the beginning (our first class) she always motivates us to learn Russian in a simple way, making us see that Russian is not an impossible language, that is why I love Russian language and I keep learning by my self, I hope learn enough to keep a normal conversation and the next time I return, I can speak with a native without problem. I must also highlight the effort of my French teacher Evgenia Molkova who sometimes explained to me the class in English included in Spanish (definitely she loves to learn languages) Also the other teachers of the subjects of engineering, control systems, dynamics, microcontrollers, etc., tried to be as clear as possible so that we could understand the subject. from whom I learned a great deal, reinforcing my knowledge of some subjects, and learning new methods for solving problems. That shows that the university has highly trained professors, I am proud to have spent a semester at ISPU.

And of course my coordinator, she saved my life when I was in alone in Moscow (ha-ha she saved the life of her baby student, thanks Elena) very kind and professional person, she has always tried to help us in everything she could, trying to we have a good experience in Russia, she was the first Russian I met and,



friendly from the beginning which left me with a very good impression about the Russian people and I was able to corroborate their kindness when I lived there for almost six months.

Russia leaves me a nostalgia, I really would have liked to know more about that country, visit more places, see the northern lights and enjoy more of that historic country. I hope to return in the future to do the things I wanted to do, meet again with friends and teachers, and of course meet new ones.

From Russia I'm going to miss the winter, which makes each place a landscape, which although I already fell twice because of melting ice. I am very grateful to have had that beautiful experience of living as a student. (After having lived the winter, I think that spring must be magical).

My plans for the future

After Russia I did my internship for my Master thesis in France, in a laboratory of Neurocybernetics, the main topics there are about neuro-cognitive models based on biological neurons to be applied in robotics and artificial intelligence, I found that branch very interesting and I would like to get into that I hope find a place to made my PhD in this area. But what about after all my studies? That was a question I could not answer months ago, but on vacation I had time to reflect and I have a goal and it is hope, yeah! Hope is what you will see in the eyes of the people who has never seen the world when you show it to them, is what people felt when they first saw a man go into space on April 12, 1961. The point is that I am willing to use my knowledge and abilities to make this world better for the next generation, we should remember that our life is fleeting and why do not something better to improve this world? So the goals for the future are take a PhD related with neuro-science, or another Master degree in order to improve my knowledge and be more specialist in my field. To participate in projects to help those who need my skills and improve their quality of life, Know more places of this amazing world and if it is possible go to the space, stay in one of the future space hotels that will be on the Earth's orbit. Of course into my plans are comeback to Russia to greet my professors specially my Prof. Galina Tokareva. I am very grateful to met many good people during these two years, know many places and all the experiences I lived, definitely all this things have a place in my heart, this kind of things are ones that will be present until my last breath.

