

FEATURING BIRGIT FISCHER, DR. MONICA GAGLIANO, TESSY ANTONY DE NASSAU

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AUF SINNSUCHE IM DIGITALEN RAUM

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Running every mission directly in space would be prohibitively expensive. Experiments and tests are therefore carried out in these analogue missions to prepare the next generation of astronauts, robots and medical professionals. For Switzerland to host the largest student-led analogue mission is a huge honour. I am very grateful to EPFL and Asclepios for giving students this opportunity.

Our new issue focuses on the search for meaning in digital space. What gives you a sense of direction and meaning in the digital world – and what do you consciously choose to ignore?

I do not see a big difference between the digital world and the “real” world. The things that keep me on track online are the same things that keep me grounded offline. Curiosity is my greatest drive and compass, but overall my approach is very holistic. It is about good books, a curated community and a constant willingness to self-reflect. I prioritise having creative outlets instead of passively consuming all the time. I care a lot about planning and decluttering my mind, as well as the spaces I spend time in – while always leaving a little chaos and blank space for unexpected magic and whimsy to enter. And what do I choose to ignore? I choose to ignore the algorithm’s attempts to narrow my world, opting instead for intentional discovery.

We are especially interested in the perspective of young women in future-oriented fields: how do you decide what to listen to – and what not to – in a world full of information, innovation and expectations, in order to stay true to your own path?

The digital space definitely adds another layer of complexity to an already complex world – it is very much a double-edged sword. Personally, I do not like overcomplicating things. If

every decision requires a massive thought process, it may be a sign that more structure is needed. My mind tends to be quite mathematical and, much like mathematics itself, I like relying on definitions. Defining things is not always comfortable, but it is necessary. If you want to stay true to your path, you first have to define what that path actually is – and what staying true means to you personally. The clearer your definitions are for your expectations, your contributions and your mission, the easier decision-making becomes. It almost turns automatic: you place incoming information next to your definition. Is it a match? Great. If not, move forward.

How would you personally define your own path at this moment – and what does “staying true” mean to you in concrete terms?

At this moment, I would define my path as actively expressing love towards the people, ideas and fields I care about. To me, love is a verb – it is something you do. If I care about a field, it should feel that through my contribution. If I care about nature, it should feel it through my protection. And the same applies to everything I value. Staying true to this path means translating that love into a way of living. It is reflected in consciously considering those values in every step I take. If my actions are not a tangible expression of that love, then I am not staying true to the definition I have set for myself.

Ten years from now, at 34 – where do you see yourself?

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Der weibliche Körper ist für die Medizin noch immer ein Rätsel.

Jahrzehntelang wurde fast nur am männlichen Körper geforscht, Hormone und Zyklen blieben ein Mysterium.

Beim Female Summit in Zürich öffnen wir gemeinsam diesen Raum. Ich zeige dir einen sanften, energetischen Blick auf deine Hormone und dein Frausein, mit einfachen Übungen, die du sofort spüren kannst.

Wenn wir das Weibliche tiefer verstehen, können Mann und Frau wieder wirklich zusammenfinden. Ich freue mich auf dich.

www.female-summit.com



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WEIBLICHEN PIONIERE

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HOSTED BY

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