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How did your traineeship influence your personal development?

This was the first time I was out of my country completely by myself. I did not know how I would handle being on my own in a foreign country only knowing my native language of English. I also was wondering what it would be like to make new friends from all over the world. I believe I grew personally by becoming more confident and learning how to reach and be social with new individuals. I was able to make a lot of new friends and had adventures outside of the normal IAESTE trips with some of the awesome new people that I met.

Did you notice any differences regarding the way work is done in Switzerland compared to your home country?

One awesome benefit when working at a Swiss company is the morning and afternoon coffee breaks that let you connect with all the individuals working at the company. The community within the company was also extremely welcoming towards me even though I was not a native of Switzerland.



What will you miss most when back home?

I am going to miss two things! First the awesome transportation system made it simple to travel to all sorts of places in Switzerland and have fantastic trips with other IAESTE trainees. The other of course will be the endless amounts of cheese and chocolate; bye bye Raclette and Fondue :(



What were the advantages of doing an internship through our exchange organization?

The transition to Switzerland was relatively easy with the help of IAESTE. They guide you along the VISA process as well as connecting with the company you are working at. Another benefit is they help you find housing. The most important part is that they connect you with other individuals, which made my experience fantastic.

