



Guideline Questions for Personal Traineeship Report

- ➔ **Pick one question out of each topic!**
- ➔ **Explain your answer with a few sentences or a short story!**

1. Experience of being abroad (all by yourself...)

- What was your most impressive / meaningful / touching experience?

For the summer co-op course I was taking online from York University during my internship, I was required to conduct an informal interview with someone from my work. I decided to do this with my supervisor. I asked him 3 questions that would give me some information towards what I was looking for:

1. How would you describe someone who would do well in the job/industry?
2. What do you enjoy most about your job? Why?
3. What do you wish you knew about this field before you began your career?

The responses he gave me really helped me see and learn more about what I wanted from this internship, an idea of the future. I learned from this that he started in the same position I currently am and told me a lot about how to progress in the job and field.

2. Experience at work

- What did your Swiss colleagues learn from you?

Surprisingly, my Swiss colleagues learned a lot more about the modelling software that they currently use in the design division. This was my first time using this program and I had to learn first, before even becoming somewhat proficient at it. However, by the end of my internship, I had other colleagues coming to my desk to ask a question on some tricks or tips as to how to use the software to do what they wanted to do.

3. Cultural differences / shock

- What will you miss most when back home?

I missed the travelling most. It was amazing to not only travel Switzerland, but I was also able to travel to numerous different cities for a weekend trip. Sounds amazing right? I went to Paris for a weekend for example, and price wise, uncontented with



travelling from Canada. I definitely miss the travelling and exploring I was able to do during my time in Switzerland.

4. IAESTE

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

IAESTE really supports you. When we first got this program, they were the ones who sent out our applications and found us the jobs, I didn't have to go out by myself and try to send a resume to employers I didn't know of in Switzerland. Another example is at one point we had a bit of an issue with our Swiss insurance but IAESTE was right beside us and were the ones who sorted out the issue for us. Another advantage is that they set up these groups for all the interns working in whatever country your internship is and these groups allow the interns to all connect and meet up to create new friends and meet new people. It really helped with settling in to being away from home when you have other people to help keep your mind off of that.

If you have any pictures, we would appreciate if you added them to the report.
Thanks!