



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 situation brought you to your limits?
- How did your traineeship influence your personal development?
This internship enabled me to gain work experience and helped me understand topics that I knew only in a theoretical level. It also strengthened me at a personal level, because it was the first time that I was away from home and I had to do everything by myself. In that sense it was a really useful experience and I feel more mature.
- What are you proud of?
- What was the most interesting encounter you had?
- What was your most impressive / meaningful / touching experience?

2. Experience at work

- What was the most valuable thing you learned from a Swiss colleague at work?
- What did your Swiss colleagues learn from you?
- Did you notice any differences regarding the way work is done in Switzerland compared to your home country?
What impressed me more is the fact that Swiss companies have a clear hierarchical structure, they respect their employees and they give them the opportunity to keep a work – life balance. I also had the chance to implement new methods of analysis. Needless to say that Swiss laboratories are much better equipped than the Greek ones.
- What surprised you most at work in Switzerland?

3. Cultural differences / shock

- What was the most special food you had during your stay?
The quality of swiss meat and cheese is very good and I had the chance to taste some traditional dishes such as fondu and bratwurst. I also tasted some fine red wines.
- What was the most difficult thing to get used to?
- What did you miss most during your stay?



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- What will you miss most when back home?

4. IAESTE

- What was your general experience with IAESTE in Switzerland like?
I had the great opportunity to join an international and well-structured organization. I had the chance to meet students from other countries who also joined the program and exchange views with them. IAESTE's people helped me a lot during my stay, they were friendly and supportive. I will certainly recommend it to my colleagues in Agricultural University of Athens.
- What were the advantages of doing an internship through our exchange organization?
- What does IAESTE mean to you?

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



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