

01. How did your traineeship influence your personal development?

Since my studies mainly based on theoretical concepts, this was a good opportunity for me to apply my theoretical knowledge into actual scenarios. So within the office, I am mostly attracted to the facilities and the technology we have. As well as I gained lots of knowledge by working in the same projects with experienced experts. The way they are analyzing, managing and solving problems is truly amazing and the things I gained from them, impossible to find in books.

Live all by myself, from far away from my home is not an easy task that one can imagine. The lack of Sri Lankans made it quite an alien world at first, but eventually, I started to get used to it and hang out with local friends. As well as I was survived pretty well so far which also gave me lots of confident about myself.

I can say without any hesitation that my traineeship turn me into a completely different person in a better way than I was before.

02. What differences did you notice in the way work is conducted in Switzerland compared to your home country?

In my training place, there isn't any fixed time for office starting or finishing. I can arrive and leave from work whenever I wish. Only thing I have to consider is to complete my scheduled working hours for the month. So I have enough flexibility to decide my work starting and ending time, which gives me lots of freedom to work.

As well as calculating the working period in hourly basis is also a new experience for me, because in Sri Lanka we use a method of daily basis.

03. What did you miss most during your stay?

Making home in a land away from home, is indeed a challenge for me. So I miss mostly my family, friends and loved ones. Apart from that I badly miss Sri Lankan spicy foods, which is almost impossible to find in here.

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

One of the main advantage of doing an internship through an exchange organization is I could experience the true friendship and was able to make new friends with several cultures that are different to each other. Switzerland is always filled with international crowd where you get to meet people from all over the globe with all colours of the rainbow. Working in very diverse conditions and people coming from different backgrounds was definitely an opportunity to experience friendship at a whole new level. This allowed me to understand different perspectives

of life and still be friends with people and get along with them. Differences make the social lives better because of all the new things we get to experience and share with others

Their helpfulness has made me to a person who never hesitates to give my hand to someone in need because I know a simple thank you wouldn't be enough to appreciate and repay the true meaning of friendship I have received from my friends and specially from my colleagues who are still working with me.



With my supervisor Dr. Hans Jorg on left and my Sri Lankan best friend Kasun Munasinghe on right



With my IAESTE mentor Saskia



With my office buddies



With IAESTE friends on Interlaken rafting weekend



With IAESTE friends on Lucern weekend