



IAESTE
SWITZERLAND

Personal Traineeship Report

Intern: Yike Chen, China

Company: Nestle, Konolfingen, Switzerland

Internship dates: 01.09.2018 – 31.08.2019

Experience of being abroad

Although I have travelled in many European countries before coming to Switzerland, I was surprised at the high standard of Switzerland, fabulous landscape and high living costs. In such a small country, there are still 4 different official languages, and the policies can be very different among the cantons. I really enjoy the fresh air, majestic mountains and beautiful lakes in Switzerland. The most valuable things are that I work hard to my limits in the new environment and meet so many kind people from different countries.



View on top of Mountain Niesen



IAESTE
SWITZERLAND

Experience at work

The one-year-internship experience in Nestle is special to me because it is my first time to work full time after my studies. Although having studied in Finland and the Netherlands, working in an international environment is still different. I like the company culture and its social responsibility. There are more than 10 trainees each year from different countries and Nestle provides us good opportunities for training and learning. Our colleagues are from all over the world and many of them speak even 3 different languages. They are all experienced and specialized in their area. During the group meetings, they often have very different opinions on the same topic, but they always give their reasonable explanations and make the decision multi-perspective. I enjoy working with people from very different backgrounds because I can learn a lot from them. What impresses me is the complicated systems in the international company since internal standards and systems are important parts. I am also surprised at the flexibility in the working time. There is no fixed working period, and we can get time compensation for extra working time. Not every one works 100%, and employees can have different working percentage to have good work and life balance. Apart from trainings, interesting lectures and e-learning are also organized from time to time to update our knowledge.

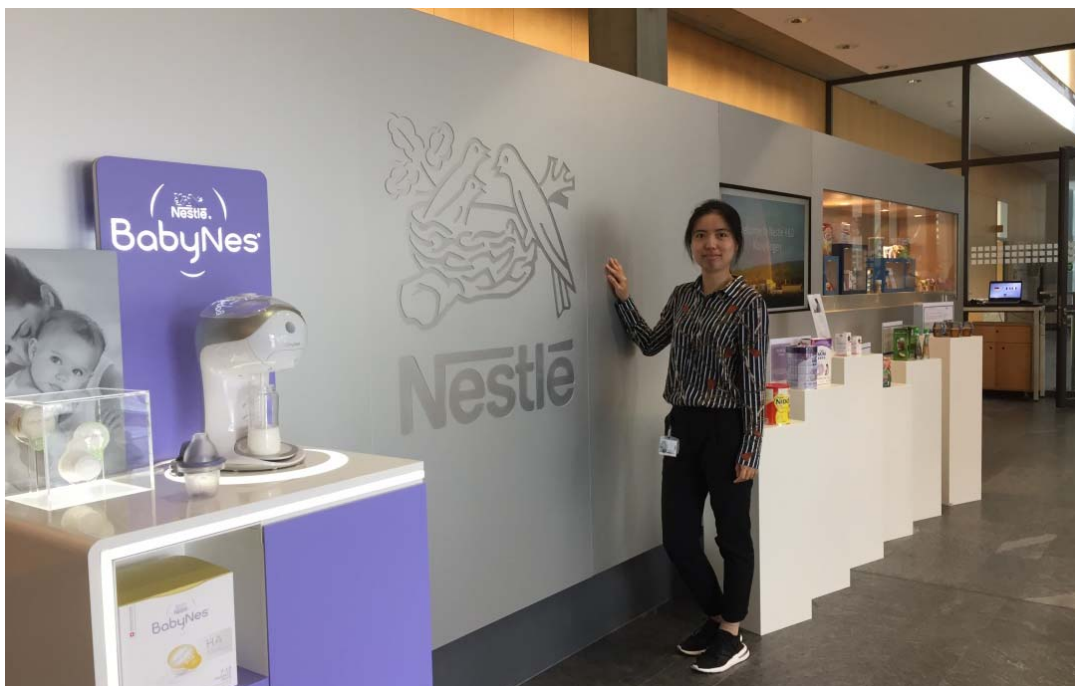


Photo in Nestle Research Konolfingen



IAESTE
SWITZERLAND

IAESTE Switzerland

I am really grateful to IAESTE for providing this great internship opportunity for me. IAESTE supported me during the application for the internship and working visa as well as the preparation before the work started. Also, during my one year in Switzerland, there were many trips organized by IAESTE. I joined two weekend activities, Geneva weekend and Ticino weekend. The weekends organized by IAESTE are not too expensive and give trainees good opportunities to discover Switzerland and meet other trainees. Although the participants were totally different during the two weekends, IAESTE spirit is the same and both the activities were well planned. I have good memories of the trips and was happy to meet all the international trainees.



Group photo of IAESTE Ticino weekend in Lugano