



Experience Report

1. Experience of being abroad

- How did your traineeship influence your personal development?
I have got an amazing and I would say life-changing experience moving to the new country, meeting people from all over the world, gaining the unique work experience in a great and successful company. I am more confident now in my decisions, somehow more optimistic (if it is even possible to be optimistic currently) despite all of the worldwide situation.
- What was your most impressive / meaningful / touching experience?
People and traveling. I have never met such a high concentration of interesting, kind and supportive people around me with the adventure spirit before this internship.

2. Experience at work

- How did your traineeship influence your professional development?
After my internship I felt like I have graduated from another “university”. I have gained a lot of useful professional knowledge that is helping me right now with my studies and career.
- Did you notice any differences regarding the way of working compared to your home country?
Everything. From rules to work environment.
- What surprised you most at work in Switzerland?
There is no very strict hierarchy that I still experience in my home country. Very smart and successful people are still very simple and helpful.

3. Cultural differences

- In which ways does Switzerland differ from your home country?
Everything was super organized and people in general were much more polite. Actually, it is so many things that it’s hard to properly answer.
- What will/do you miss most back home?
Possibility of traveling and feeling free and secure. Also, the feeling that it still will be possible for Russian people but it is a different story and not that important now.

4. IAESTE

- What were the advantages of doing an internship through our exchange organization?
IAESTE made the whole process much easier and less stressful related to whole visa-documents-process, answering on every stupid question with a great patience. It was also very nice that even if there is no one you know, IAESTE gives the feeling that you are not alone by having IAESTE events and meetings.



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And it's important to mention that IAESTE event are amazing (rafting, climbing, hiking-everything 😊)!

- What does IAESTE mean to you?

IAESTE is the organisation that showed me that world is actually open and that no matter how hard and impossible it would seem to get out of my home country to see the world, it's still possible, you just need to try 😊 Thank you very much!

