

## My IAESTE internship in Greece

From September to October 2022, I had the opportunity to participate in an international internship program through IAESTE at the Aristotle University of Thessaloniki (AUTH) in Greece. It was not my first time working abroad, but it was certainly the most culturally different place I have ever lived, especially when compared to Western Europe. In this report, I will discuss my experience of being abroad, my experience at work, the cultural differences that I observed, and my thoughts on the IAESTE organization.

Being abroad in Greece was an incredible experience for me. I was able to connect with people through student associations and made some lifelong friends. The people in Greece were friendly, hospitable, and welcoming, which made the transition to living and working in Greece much easier. I had the opportunity to explore the city, try new foods, and learn about the culture of Greece. The pace of life was different from what I was used to, but it allowed me to slow down and appreciate life more. I was able to visit several beautiful places in Greece, including Meteora and Khalkidhiki.

My experience at work was enriching. I was assigned to work on a project that involved testing and analysing exhaust emission cycles, which helped me develop my skills as an engineer and data analyst. The work environment was collaborative and friendly, which made it easy to ask questions and seek feedback from my colleagues. However, I must say that I was not given as much responsibility as I wished for.

One of the most significant cultural differences I noticed in Greece was the pace of life. People seemed to be more relaxed, which was a welcome change from what I was used to. On the other hand, the Thessaloniki is much more chaotic and dynamic than your typical Swiss city, especially with regards to nightlife. I noticed that Greeks have a unique and delicious cuisine, and the food was always fresh and flavourful but also differences in customs and social norms, which made for a fascinating cultural exchange.

The IAESTE team in Greece was helpful, but the organization was smaller than what I expected, and they did not organize many events, so I had to find activities on my own. The much bigger Erasmus association was useful in doing so. While I did not participate in many IAESTE events in Greece, I want to express my gratitude to the organization for making this experience possible.

In conclusion, my international internship experience with IAESTE at AUTH in Thessaloniki, Greece, was a fantastic opportunity that allowed me to grow both personally and professionally. I learned a lot about engineering, culture, and myself during my time abroad. The experience allowed me to connect with people from different backgrounds and make lifelong friends. I would recommend IAESTE to anyone who is interested in gaining international work experience.

Here are a few photos of Thessaloniki and one of Meterora so you can get a feel for the environment

