

Experience Abroad – Personal Development

I really enjoyed my experience abroad during my internship and found it extremely valuable. It was a wonderful opportunity to gain insight into the professional practice of my field, architecture, before finishing my master's degree. This experience was unforgettable, especially because it was my first opportunity to work in the field within a large professional office.

During my internship, I was able to contribute to a real project and become part of an international team consisting of people from different backgrounds, cultures, and professional experiences. I learned a lot from my colleagues, both professionally and personally, and I would like to stay connected with them for potential opportunities in the future.

Living and working abroad also helped me become more independent, adaptable, and confident. I had to adjust to a new environment, communicate with people from different backgrounds, and manage my everyday life in a new country. Overall, I believe the experience helped me grow significantly both as a person and as a future architect.

At Work

My work experience was very positive. I integrated into the team quite easily, partly because there were several other interns of a similar age, which made it easier to connect with people both inside and outside the office.

One challenge I encountered during my internship was communication during some meetings. Sometimes the team switched from High German to Swiss German, which I found difficult to follow. However, whenever this happened, I could discuss the meeting afterwards with my supervisor and clarify anything I might have missed.

Everyone in the office was very welcoming and supportive. My colleagues helped me learn new programmes and were patient with me when communicating in German.

Culture in the Office

The office was very international, with people coming from many different countries and cultural backgrounds. My colleagues spoke English, Spanish, Italian, French, German, and other languages, which created a very diverse working environment.

What Was Difficult About Being Abroad?

One challenge I found was maintaining a good work-life balance at the beginning of my internship. Architecture is mostly a desk-based profession, so there was not always much physical movement during the working day. I had to find a routine that allowed me to exercise, spend time outside, and meet other people after work.

Another small challenge was cooking for myself after a full day at work. Restaurants in Switzerland can be quite expensive, so I mostly cooked for myself and only went to restaurants occasionally. After the first month, however, I became more accustomed to my new routine and found a good balance between work, exercise, social activities, and personal time.

Experience with IAESTE

My experience with IAESTE was very positive and helpful, especially at the beginning of the internship. The volunteers helped me with the administration and answered many of my questions about coming to Switzerland. They also helped me find suitable accommodation, which made the whole process much less stressful and smoother.

I also enjoyed the activities organised by IAESTE. They provided opportunities to meet other students and trainees who were also in Switzerland, which was a great way to make new connections and experience different activities together.

Advantages of Doing an Internship Through an Organisation

One of the main advantages of doing an internship through an organisation such as IAESTE is the support provided before and during the internship. Moving to another country can be complicated, especially when dealing with accommodation, administration, and other practical matters. Having an organisation that can answer questions and provide guidance makes the process much easier and less stressful.

Another important advantage is the opportunity to meet other international students and trainees. This creates a community and makes it easier to feel connected when living abroad.

Overall, I am very happy that I completed my internship through IAESTE. It gave me not only valuable professional experience in architecture but also the opportunity to experience another culture, meet people from around the world, become more independent, and develop personally. I would definitely recommend an international internship through IAESTE to other students and would be happy to participate in a similar opportunity again in the future.

