



# MY INTERSHIP

## Experience in Switzerland

The most important thing for me in this short but intense internship was the fact that I was a person who had the opportunity to learn about the culture and good values of the company in which it gave me the opportunity to develop as a mechanical engineer.

I am proud because I **left my comfort zone** to understand that the best way to grow is to have adversities and overcome them. The situation that challenged me the most was the language, which is German, however I now see it as an opportunity to learn another language and continue perfecting my English.



## Job and culture

What I learned most from the culture of my supervisors and my colleagues is to understand that good things take time, but that with patience and determination you can reach places that you had not contemplated.

Just like you **should be patient with yourself when making mistakes, but always focus on correcting them, not beating yourself up for it.** Likewise, always look for all possible alternatives before choosing a path. Critical thinking is something that I improved a lot in this internship.

I am surprised that in Switzerland a healthy work environment is taken into account as much as activities outside of work. Always looking for a work-life balance



# PANAMÁ AND SWITZERLAND

Compare Switzerland with Panama is that Switzerland has better health centers, such as the quality of its public transportation as well as its streets and public centers are clean, but in Panama it is human warmth that characterizes us as the heart of the world. ***That was the most interesting part, that we could complement our strengths for growing. That is the main of traveling. Learn from each other.***

What cost me the most was the food, but thanks to this internship I found a new passion, which is cooking. I hope to continue learning and growing in this aspect.



## THE BEST EXPERIENCE

IAESTE Switzerland for me was like a safe space because I met many colleagues who, despite our cultural differences, had something in common: we are exchange students in a country different from our own. We don't have that connection of language but we do have a common feeling.

I made many friends and people who inspire me to be better first as a person and as a professional. IAESTE for me is an opportunity to make connections and enriching experiences for young people who want to have an opportunity in the workplace.



## LIFE IS WORTH LIVING Thank you Iaeste Switzerland

