

## Part 1:Final report

### *About the support I received*

From PH Zug / the International Office: In general they have been very patient with me because before coming I asked a lot of questions and I always felt very good treated and confident about asking all the questions that I needed to ask. When I arrived at PH Zug I felt quite spoiled (in a good way) with all the things they gave us (the PH bag with a folder filled with tourist guides, a pen drive, a key ring, etc.). In many aspects I think they were good organised (giving and asking for papers in advance, giving a part of the grant in advance, timing with answering mails...) in other aspects I perceived less organisation for example in two of my modules I didn't really understand that they were going to be mainly in German and my first day of class I had a shock.

From my teachers: In general I am very happy with my teachers and I understand the effort they are doing at the time of giving the class in English, all of them have treated me good and understand my circumstances and they try to adapt the work that I have to do, but I also have to say that some teachers find it more difficult to adapt to this new situation (this program in English is also new for them) and that maybe they have underestimated the work involved in integrating a new foreigner student. I also liked a lot that some of my teachers sent me an email before coming here in order to let me know about the module, the things we were going to see and to learn about me.

From the buddies: At the beginning we had a little meeting in which we talked about the things we expected from each other, and the things we would like to do. I perceived that Marc and Stefanie have made a good effort to do plans and propose things although Natalie has also been nice, it has been very nice having them when we needed them but we have also not maintained a "stable" relationship over time, since in the end each one also had his life, but here are some photos:



Trip to Zugerberg



After hiking in Klöntalersee (Kanton Glarus)

### *Accommodation and living situation*

PH informed us about the possibility of living in the monastery that is next to the PH installations and I thought that it was simple, near and cheap so I didn't need more it is just perfect and I'm very happy there, I find it funny how people creates a quick image about the life in a monastery... We don't have to wake up at 5 a.m. in the morning to go to pray or have dinner with the nuns, in fact we rarely see them because we are in a different part of the building, of course there are rules but they are rather logical and there are made for creating a good atmosphere among us (because we live more people together and I must say that I feel very grateful with the people that I'm living with) but we also have a lot of freedom. The rooms are very simple (a bed, a desk, a chair, a sink, a shelf, a closet and a cupboard), there is a kitchen, two bathrooms and two showers, but as I said before I don't need more. The monthly rent is CHF 450 and approximately the monthly living costs is of CHF 1.200 it varies depending in the activities you do.

### *Overall programme*

Programme at PH Zug: I have to remember that is the first time that they have an English programme and I think that it takes time to find the perfect way to develop it and find the things that have to be change or that should stay, but it has been an honour to be the first to be in this programme. I have had modules that were more challenging for me because of the language and sometimes I didn't received enough support from the teachers or students so sometimes I didn't feel included in the class. In other modules I really appreciate the effort that both, teachers and students, have made. I found some modules very interesting and that were developed in a practical way (although I feel that I lose part

of the essence because of the language), other were good but were similar to other modules that I had already did but I must say that it has helped me to view my previous knowledge from another perspective and to add new content. I also think that future students should come with a basis in German (for being able to communicate and understand), I liked that they offer German lessons that are taught by other students (I think that is positive because it approaches students to new teaching experiences) but I am not very sure with the German book that we have because all is in German and it has been a little bit frustrating not understanding. I really **love** how sports are organised because you can try every time at which sport you want to go in order to experience different options and it's included in the programme so this means that there aren't additional costs.

Teaching practice programme: I feel so lucky with my teacher at the school, I really liked this experience. I would have liked to go to a Suisse school (but not possible because of the language) but this international school was also amazing! I really learn a lot, although didn't spend that much in the classes because in the afternoon I had another module (but that depends in the schedule you have), and I'm very happy that I was with the 1<sup>st</sup> graders because it has been my first experience teaching in this cycle. I also found my teaching mentor very nice and our meetings helped me a lot because she helped me finding new ideas or how to develop them in the class and also provided me materials and resources, I think it was a great team work!

Challenges I faced: The most challenging thing has been the language and dealing with some situations outside and inside PH (regarding to the language). Also is a challenge to make friends here, everyone is very nice but at the time to make friends it's harder because there are like boundaries, probably because of the culture. Regarding to my teaching practices it has also been a challenge teaching in a foreign language (English) and subjects that I find more difficult for me (like maths) but I'm very happy that I did this.

#### *Personal evaluation of the stay*

Benefit for your future studies and career: This has been a very powerful experience to make myself grow, not only because of the modules here, but because of the different experiences that I lived and the way challenges came into my way and how I overcame them, and overall because of the people that I have met here and all the things I've learnt

from them, I really feel that this experience has been very enriching and gave me a whole new perspective about life, inclusion, openness and diversity.

Recommendations for future students: As I've said before coming with a basis in German, being open minded, traveling and meeting new people and overall investing the time wisely because it goes by very fast and here you have a lot of things to do and to learn. Another advise it to trying not to hold on in Spanish people (for example if you came from Spain) but to be very open to be with different people and to really improve in the language or the things you want to improve.

Personal evaluation (3 positive and 3 negative points): For me is positive the opportunities PH offers to try new things in different areas (sports, seminars, workshops, etc...) that you can easily join and that help your own development. I'm also very happy with myself and with all the things I've done overall going out my comfort zone. For me is negative my own organisation (has to improve), the boundaries with the language and some aspects from the Suisse culture that sometime are a little hard for me (like being more distance).