

## Semester exchange programme at PH Zug

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### Support

From PH Zug / the International Office

Since we got here the International Office has been very helpful and supporting during all this period. They have been here for us in every step of the way, we had to deal with different problems during our stay in Switzerland and they had been really helpful about it. Judith Kreuz is the person that have been more in contact with us and had been doing a great job since the moment we get here.

From your classroom teacher

My classroom teacher in the internships has been Rebecca Navarro, I have been doing my teaching practice at ISZL and has been a period of growth and self-development. I have learnt a lot from this experience, and I won't forget my time here. The school has been a great surprise for me, where I were able to improve my teaching skills and learn new methodologies and ways of teaching that have open my eyes to new ways of teaching and connecting with students needs.

From your buddy

My buddies have been Mirlinda and Lea, since the moment we got here they have been very supportive and helpful showing us a little bit about the swiss culture and society. We have done different activities together like going to Zurich, having lunch, spending time together and discovering new places near Zug like Bremgarten, Muri, Wohlen, and the Lindt Factory. I really enjoy spending time with them and their friendship, they not only have been our buddies but our friends too and for that I will be always very grateful.

### Accommodation and living situation

Finding accommodations, type of accommodations, cost

The accommodation, where I have been living in, is the Kloster Maria Opferung. The University suggested that one. It is very difficult to find accommodation in Zug because of the prices. In the Kloster I have been sharing floor with five other persons, two of them where my peers on this experience, we share a kitchen and two toilets and two showers, although the room is not very big it has the indispensable, a bed, a table, a shelf, a wardrobe, and a sink. It cost 450 CHF a month for the prices here that's really cheap and it is really close to the PH, like 1 minute walking and also close to the old town and have really good transport connections.

### Approximate monthly living costs

This is very variable, depending on how much you usually spend but I would say at least I have been spending 1000 CHF per month, in comparison with Spain everything is very expensive here in Switzerland but you get used to it. Also the public transport is a little bit expensive so I recommend you ask for the Swiss Pass, I had the monthly one and the Half Tax, which means that every ticket is half the price.

## Overall programme

### Programme at PH Zug (lectures etc.)

Our lectures have been the best, I have to say they have been very flexible with us and have helped us during every step of the way. In every subject they have shown comprehension and understanding about our situation, also they have given us tools to facilitate our learning during our stay. I want to do special mention to Olivia Green who has been our English teacher and our Mentor in the teaching practice experience how she has shown a really interest and care about us during our stay in Zug, since the first moment she has been very nice and caring.

### Teaching practice programme

The teaching practice programme has been life changing to me, showing me new methods of teaching and a whole new world of possibilities, also I have learnt a lot from my students and their learning experiences. They are an inquiry school who works by inquiry units, so being able to see a school that works with the IB curriculum has been a wonderful opportunity to see other ways of teaching and learning.

### Challenges you faced

I have faced different challenges during my stay in Zug. It was my first time abroad on my own and has been a period of change in my life, of growth and self-discovery. Facing a new culture was challenging, because you have to learn a lot and to do that you may face setbacks and misunderstandings which are going to make you feel a little bad at the beginning, but the university has this subject Studying abroad who gives you the tools and help to face and process all the different things you are in contact with. Also, it has been a challenge for me planning the lessons in the school because I wasn't used to it so, it has been a real challenge to balance everything that I had to do.

## Personal evaluation of the stay

### Benefit for your future studies and career

This experience has offered me the opportunity to meet new people and to learn a lot about my career, they have given me the chance to discover new tools to become a better teacher and this experience has marked my life forever personally and professionally.

### Recommendations for future students

For future students I will say: Enjoy every moment cause time flies, and be sponges – meaning – absorb every drop of knowledge you can because it is very useful for the future. Check the subjects before and the schedule during the first weeks to see if it is good for you, I would recommend (if you can) to go an entire day at the teaching practice because is totally worth it.

Personal evaluation (3 positive and 3 negative points)

Positive points:

1. The Buddies
2. The flexibility of the university with us
3. The teaching practice

Negative points:

1. the language has been a barrier (if you could do some German classes before coming it would be great for your adaptation to the country)
2. Being far from home has been a challenge for me
3. Some subjects where partly in German





