

## FINAL REPORT

### *My experience in Zug, Switzerland*

Before coming to Zug, I couldn't stop thinking how my daily life would be here. I was nervous about travelling alone, feeling homesick, not learning during my internship... Sometimes, being away from home is difficult. Nevertheless, now that my departure is very close, I can say that coming to Zug has been one of the best decisions I have ever made.

Since the beginning, my host university and I stayed in touch through emails. The mobility coordinator from PH Zug, Judith Kreuz, sent me information about my stay and helped me very kindly with any doubts I had. PH Zug offered me different options as accommodation, organized two student buddies and gave me support at the school. I really think that PH Zug has a well-organized Teaching Practice Program. Moreover, I personally think that having their support throughout the whole program makes it even easier for you to enjoy the stay in Zug because you kind of feel secured when far from home.

Furthermore, having a student buddy has made my stay better too. I met two students from PH Zug on my first days in the country. They have been there for me when I had doubts about the daily life situations and swiss culture, and I had been doing plans and trips with them while been here. When feeling lonely I could rely on them and go for walks or hot chocolate. On the weekends they showed me beautiful places and they soon turned into more than just my "student buddies", but my friends.

## PH Zug



My mornings started by getting ready for school. The program I was doing included only practice (internship), so I did not have the chance to experience any lectures at the PH Zug. Nevertheless, the first day I was able to get a tour of the campus and see where students learn. So, every day I went to a school in Baar (very near Zug) by bus. The school is called “*International School of Zug and Luzern*” (ISZL) and it is a non-traditional swiss school. I don’t know any German, but that was not an obstacle to come to do my internship in Switzerland. The school is based on the *International Baccalaureate’s* philosophy and assisting to it has been the best choice they could have made for me.

During the school hours I was with my Kindergarten class (5-6 years old), along with my mentor and the teacher assistant. I had the opportunity to talk, play and learn from all the students. Each kid has taught me something, and I will be forever grateful that they welcomed me so kindly since the first day. In the same way, my mentor and assistant (plus all the other teachers) were so kind to me and shared experiences or tips that could help me during my stay.





After a long day playing and learning with the children at school, most days I went directly back to the monastery to rest. Some afternoons I had to go grocery shopping, so I stopped by Metalli before going back to my accommodation. The living costs in Zug compared to Spain were a little bit more expensive. On the other hand, a rented room in *Kloster Maria Opferung* (monastery) was cheaper than I expected. It is a big old building where you can have your own bedroom and access to shared rooms, such as bathrooms, kitchen and laundry room. Even though the bedroom is small, it is nice and cozy. The life here was very similar to a shared flat, and I got to meet other women who very soon turned into my new friends. Also, a positive thing about living in this monastery is that I had my own keys and there was freedom to enter-and-go whenever you wanted (being always respectful and according to some house rules). In conclusion, I think selecting this accommodation as my “home” for these past days has been a wise choice.

As for the goals and professional benefit of this experience, they have exceeded my expectations in a very positive way. Mainly, my learning aim at the school was discovering how to apply new methodologies and knowing new resources/activities to carry out in my future class. Moreover, I have been able to analyze how those methods affect the level of development in the students, and what attitudes or values teachers have when teaching. Other achievements during my internship include my improvement in how to help children in the acquisition of language (writing and reading guidelines) and learning a new way to keep record of the progress of each student through “documentation”.

## PH Zug

I truly believe that this Teaching Practicum have had an enormous impact in my studies and profession. I have discovered a completely different perspective of the education system, whose main objective is the growth of the students in every area (not just cognitive area). As for the biggest benefit for me, it has been an opportunity to be more autonomous, work once again as a team with other teachers, practice my social skills and my second language (English) during my daily life. So, I would say it has not only been a professional benefit, but a personal one.

To conclude, I would highly recommend this experience to other students. Even though it seems scary to leave your hometown and your family for some time, it will surely be a wonderful adventure. If I had to enumerate three negative things, it would be the bad weather and the high living costs (supermarket). On the other hand, the monastery is a great choice as accommodation due to its price and coziness. Also, the beautiful places to visit and the teaching practices at school are for me the main positive points of the stay. However, there is one thing that I will forever remember of this trip and that is the people I have met during my stay: teachers, students, and new friends I have made.

