

Study Abroad Programs

一橋大学 海外への留学プログラムマップ2024年度

全学プログラム			
主な対象者	プログラム名	奨学金等	条件等
学部3-4年生 大学院生	一橋大学海外派遣留学制度 (交換留学制度)	大学基金等 (給付型)	●本学協定校への交換留学(協定校約100校) ●留学期間1年以内 ●派遣先大学毎に異なる語学要件等あり ●単位互換認定可
学部3-4年生	グローバルリーダー育成海外留学制度	大学基金 (給付型)	●アメリカ：ハーバード大学 ●英国：オックスフォード大学、ケンブリッジ大学、LSE ●留学期間1年以内 ●派遣先大学毎に異なる語学要件等あり ●募集人数4人程度 ●単位互換認定可
学部2-4年生	一橋大学サマースクール等留学制度*	大学基金等 (給付型)	●アメリカ：ペンシルベニア大学、スタンフォード大学、カリフォルニア大学(ロサンゼルス校/アーヴァイン校/デーヴィス校/バークレー校/サンタバーバラ校/バーサイド校/サンディエゴ校) ●カナダ：プリンスエドワード大学 ●イタリア：ボッコーニ大学 ●英国：LSE、ロンドン大学東洋・アフリカ研究院、グラスゴー大学 ●オーストラリア：ウィーン経済大学 ●スペイン：ESADEビジネススクール ●デンマーク：コペンハーゲン経済大学 ●ドイツ：マンハイム大学 ●フランス：パリ政治学院、HEC経営大学院 ●韓国：ソウル大学 ●シンガポール：シンガポール経営大学 ●中国：北京大学、中国人民大学 ●香港：香港大学 ●オーストラリア：クィーンズランド大学 ●留学期間2週間~2ヶ月程度 ●派遣先大学毎に異なる語学要件等あり ●単位互換認定可
学部生	異文化交流研修(春期・スペイン企業派遣)	大学基金等 (給付型)	●スペイン：Bergé社 ●留学期間5週間程度(春季授業休業期間中) ●7単位認定 ●TOEFL79(iBT), 577(PBT), TOEIC820, IELTS6.5程度 (スペイン語能力(DELE中級以上)保持者は優遇)
	異文化交流研修(春期・マレーシア工科大学)		●マレーシア：マレーシア工科大学 ●留学期間3週間程度(春季授業休業期間中) ●4単位認定
学部生	海外語学研修(英語)*	大学基金等 (給付型)	●アメリカ：スタンフォード大学、ペンシルベニア大学、ボストン大学、オレゴン大学、カリフォルニア大学(デーヴィス校/アーヴァイン校)、テキサス大学オースティン校 ●英国：グラスゴー大学、サセックス大学、ロンドン大学東洋・アフリカ研究院 ●オーストラリア：ニューサウスウェールズ大学、シドニー大学、クィーンズランド大学、モナシュ大学 ●留学期間3週間、4週間、または5週間程度(夏季または春季授業休業期間中) ●派遣先大学毎に異なる語学要件等あり ●4~7単位認定(派遣先大学により異なる)
	ドイツ語短期海外語学研修*		●ドイツ：アーヘン語学アカデミー ●留学期間4週間以内(夏季授業休業期間中) ●6単位認定 ●大学院生も参加可能だが、単位認定不可
	フランス語短期海外語学研修		●フランス：サン＝テティエンヌ大学附属の語学・文明国際センター またはグルノーブル大学附属の大学フランス語教育センター ●留学期間4週間程度(春季授業休業期間中) ●6単位認定 ●大学院生も参加可能だが、単位認定不可
	中国語短期海外語学研修		●台湾：台湾師範大学 ●留学期間3週間程度(夏季授業休業期間中) ●6単位認定 ●大学院生も参加可能だが、単位認定不可

経済学部・法学部グローバル・リーダーズ・プログラム			
主な対象者	プログラム名	奨学金等	条件等
学部生	経済学部短期海外調査(アジア新興国)*	大学基金等 (給付型)	●今年度は中国を予定 ●留学期間10日間程度(夏季授業休業期間中) ●運動する基礎ゼミナールとセットで履修し8単位認定 (春・夏学期基礎ゼミナール2単位、秋・冬学期基礎ゼミナール2単位、短期海外調査4単位)
	経済学部短期海外調査(欧州)*		●今年度はフランスを予定 ●留学期間11日間程度(春季授業休業期間中) ●運動する基礎ゼミナールとセットで履修し8単位認定 (春・夏学期基礎ゼミナール2単位、秋・冬学期基礎ゼミナール2単位、短期海外調査4単位)
学部3-4年生 大学院生	法学部GLP国際セミナー(ベルギー)* Euro-Asia Summer School	大学基金等 (給付型)	●今年度はルーヴェン・カトリック大学・ソウル大と共同で、ベルギー・韓国にて開催予定 ●留学期間は2週間程度(夏季授業休業期間中) ●2単位認定 ●全学部、全大学院を対象とする
学部3-4年生	法学部GLP国際セミナー(香港・台湾)*		●留学先は香港を予定 ●留学期間は4日間~5日間程度(開催時期はシラバス参照) ●2単位認定 ●全学部を対象とする
学部3-4年生 大学院生	法学部GLP国際セミナー(英国)* International Seminar (UK)		●今年度はケンブリッジ・オックスフォード大学にて開催予定 ●留学期間1週間程度(冬季授業休業期間中) ●2単位認定 ●全学部、全大学院を対象とする
学部3-4年生 大学院生	法学部GLP国際セミナー(米国)* International Seminar (USA)		●今年度は未開講 ●2単位認定 ●全学部、全大学院を対象とする
学部3-4年生 大学院生	法学部GLP国際セミナー(豪州)* International Seminar (Australia)		●交流大学：モナシュ大学との共同開講 ●開講期間：秋冬学期予定(オンライン形式) ●2単位認定 ●全学部、全大学院を対象とする
学部3-4年生	法学部GLP国際セミナー(韓国)*		●今年度は海外派遣を実施しない。ソウル大学からの受入については未定。 ●2単位認定 ●全学部を対象とする

*感染症の拡大状況により、中止またはオンライン開講となる場合があります (オンライン開講の可能性のあるものには*印を付してあります)



一橋大学
HITOTSUBASHI UNIVERSITY

HITOTSUBASHI UNIVERSITY

International Talent Programme 2024

February 2 - March 9



BERGÉ

— STUDENT REFLECTIONS —

Volume 15

一橋大学 異文化交流研修(春期・スペイン企業派遣) 学生体験記 2024



BERGÉ

INTERNATIONAL TALENT PROGRAMME 2024
STUDENT REFLECTIONS

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プログラム	URL
一橋大学海外派遣・グローバルリーダー育成海外留学制度	https://international.hit-u.ac.jp/abroad/haken/
一橋大学サマースクール等留学制度	https://international.hit-u.ac.jp/abroad/summerschool/
海外語学研修(英語)	https://international.hit-u.ac.jp/abroad/abroad/festa/
ドイツ語短期海外語学研修	https://international.hit-u.ac.jp/abroad/abroad/german/
フランス語短期海外語学研修	https://international.hit-u.ac.jp/abroad/abroad/france/
異文化交流研修(スペイン、マレーシア)	https://international.hit-u.ac.jp/courses/short-term/#B
中国語短期海外語学研修	https://international.hit-u.ac.jp/abroad/abroad/taiwan/
経済学部 短期海外調査	http://www4.econ.hit-u.ac.jp/glp/?page_id=7
商学部 渋沢スカラーシップ	https://www.cm.hit-u.ac.jp/learning/ssp/index.html
経済学部 グローバル・リーダーズ・プログラム	http://www4.econ.hit-u.ac.jp/glp/
法学部 グローバル・リーダーズ・プログラム	http://www.law.hit-u.ac.jp/faculty/glp
社会学部 グローバル・リーダーズ・プログラム	https://glp.soc.hit-u.ac.jp/index.html

お問い合わせ先

国際教育交流センター留学生・海外留学相談室

URL…<https://international.hit-u.ac.jp/cgee/advising/>

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TEL…042-580-8764 / E-mail…edu-gs.g@ad.hit-u.ac.jp

学務部教務課留学支援係(短期留学担当)(海外語学研修(英語)およびサマースクール等留学制度)

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Bergé International Talent Programme 2024
Student Reflections

一橋大学異文化交流研修
(春期・スペイン企業派遣)学生体験記

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OPENING REMARKS

The Magic Begins in Cuzcurrita

No one from the past International Talent Programme (ITP) would disagree that an overnight retreat in Cuzcurrita de Río Tirón stands out as one of the most unforgettable experiences of the five-week training. The bonds forged and renewed amidst the charm of Cuzcurrita fosters empathy and self-disclosure among us all. The ITP staff deliberately leverage this Cuzcurrita setting to catalyze the development of multicultural friendships among Japanese and Korean students during the program's first week. As one staff member aptly observed, "This is where the magic begins."

This time, the magic inspired a playful business idea within me as we made our way back to Madrid. Throughout the years, ITP participants have become familiar with Castillo de Cuzcurrita (CDC), renowned for producing a limited quantity (approximately 200,000 bottles annually) of high-quality Rioja wine with unwavering passion and traditional winemaking. Despite their excellence, CDC's wines are primarily distributed to select restaurants and outlets, making it challenging for overseas residents to access them.

Enter "Club Cuzcurrita," a subscription service designed to deliver CDC wine to its members in Japan. Members commit to purchasing a set quantity of CDC wine annually, which is then delivered to their doorstep semi-annually. Initially exclusive to the Bergé Friends in Japan, the membership gradually expanded to include their acquaintances. Bringing this service to fruition required a solid client base (the Bergé Friends in Japan), a dedicated producer (CDC), and

logistical support specializing in overseas distribution of small quantities of wine. Current and former ITP students contributed their business ideas and resources to streamline the process, eventually establishing this exclusive service. With its brand firmly established in Japan, CDC has the potential to emerge as a premium label in the Japanese market.

As our chartered bus approached Madrid's bustling city center, my reverie had to pause here. Unloading our luggage and bottles of CDC-purchased wine, I remained filled with inspiration, envisioning a future where "Club Cuzcurrita" enables us to toast with Señorío de Cuzcurrita in the comfort of our homes in Japan, without having to visit the winery in person. Dream on, for indeed, the magic begins in Cuzcurrita.

In closing, I extend my heartfelt gratitude to everyone at Bergé y Compañía who conceptualized and executed the International Talent Programme – Chairman Jaime Gorbeña, and International Talent Programme Coordinator Lucía Los Arcos Magdalena, wonderful Bergé mentors and staff members, particularly Juan Diez Del Corral Ugarte and Marcos Chacón Madrazo at CDC, all of whom have nurtured our students for 15 years. ¡Gracias por todo!

Jin Abe

Director and Associate Professor
Center for Global Education and Exchange
Hitotsubashi University

本体験記内には、職場の同僚とワインを飲むといったビジネスシーンの表記や写真があります。スペインでは昼食の一部としてワインを1~2杯飲み、その中で商談や懇談を行うのが一般的な慣習です。昼食の後もまた働くわけですから深酒はしません。日本における接待や懇談に相当する部分が午後2時から4時の間に行われているといった感覚です。一方で、酔って大声を上げたり、はしゃいだり、迷惑をかける行為は大人しさを欠く行為としてタブーとされています（お祭りはその限りではありません）。上手にお酒をたしなむことはスペイン文化において人間関係構築の潤滑油として根付いています。これらの文化背景を踏まえた上で飲酒に関する表記をご理解いただければ幸いです。



OPENING REMARKS

Cervantes' Perspectivism, Multicultural Collaboration, and Self-reflection: The Five-week Internship at Bergé y Compañía

Miguel de Cervantes' timeless work, *Don Quixote*, delves into the complexities of human perception and the subjective nature of reality. Cervantes uses perspectivism in this most important work, weaving his imaginative narrative and the philosophical perspective approach emphasizing multiple viewpoints. In Cervantes' world, characters interpret their experiences in unique ways to the same situation, much like individuals from different cultural backgrounds in a workplace. For us, varied interpretations can be applied to the modern context of diverse cultures and nationalities coming together in a professional setting, as exemplified by the five-week internship at Bergé y Compañía.

Spain, with its rich history and vibrant culture, serves as an ideal backdrop for a multinational internship. The amalgamation of cultures in the workplace mirrors the tapestry of Spain's own diverse heritage, where Greco-Roman, Germanic tribes, to name a few, as well as Moorish, Christian, and Jewish influences have shaped a unique national identity. Embracing this cultural mosaic not only aligns with Cervantes' perspectivism but also underscores the importance of acknowledging and respecting different worldviews in a globalized professional environment.

The multinational collaboration of Japanese, Indonesian, Thai, Korean, and let us not forget Spanish, in this five-week internship setting extends beyond the mere coexistence of cultures: it facilitates the exchange of ideas, practices, and values. This cross-cultural learning experience not only contributes to personal growth but also fosters a more inclusive and harmonious work environment.

However, just as *Don Quixote's* perceptions occasionally led him astray, challenges may arise in a multicultural workplace. And so, effective communication and mutual understanding become paramount as does self-reflection. The character of *Don Quixote* himself serves as a compelling example of the interplay between perspectivism and self-reflection. *Quixote's* chivalric delusions reflect his unique lens on the world, a perspective that both perplexes and captivates those around him. Through his adventures, Cervantes invites readers to consider the transformative power of self-reflection. In our own lives, embracing a degree of quixotic self-awareness can lead to a deeper understanding of our motivations and a recognition of the narratives that shape our individual realities.

In essence, Cervantes' perspectivism and the act of self-reflection are intertwined, forming a symbiotic relationship

that enriches personal growth. Just as the characters in *Don Quixote* navigate a world of shifting perceptions, individuals engaging in self-reflection become attuned to the nuances of their own changing perspectives. This process fosters a deeper connection to one's authentic self and an appreciation for the fluidity of personal truths. By embracing both perspectivism and self-reflection, individuals embark on a journey towards greater self-awareness and a more nuanced understanding of the multifaceted nature of reality.

The pages of this reflection report chronicle the adventures of six brave Japanese, Indonesian, and Thai university students, while working alongside six Korean colleagues, and a host of Spanish businessmen and women as they navigate the complex Spanish workplace and society. Immerse yourself in their unique perspectives and share their trials, tribulations, and triumphs. Follow along as they expand their understanding and broaden their worldview. Certainly, the perspective they held of themselves, Spain, business, and more, and indeed how it all fits together in present-day world at the start will change over the course of the internship. I think Miguel de Cervantes himself would be proud.

John F. Mancuso

Associate Professor
Mori Arinori Institute for Higher Education
And Global Mobility, Center for General Education



COURSE INFORMATION

Schedule 曜日時限

秋冬学期
水曜日 4限とときに 4～5限(15:15～最大18:55)

Instructors 教員

阿部 仁
ジョン F. マンキューソ

Course Outline 授業概要

異文化交流研修(春期・スペイン企業派遣)では、春季休業期間に5週間、スペイン・Bergé社にて、グループスタディ形式で異文化に触れ、講義、研修、実習に参加する。

Attainment Target 授業科目の到達目標

文化の違いを越えて協働する経験を通じ、グローバル社会で実力を発揮できる自信を育て、異文化環境におけるコミュニケーション能力(自分から発信する力、異なる考えを受信する力)を向上することを学習目標とする。

Grading Criteria 成績評価の方法

オリエンテーションプログラムへの参加とクラス運営(役割)への貢献度(30%)、派遣先によるパフォーマンス評定(30%)、体験記の完成(40%)により総合評価する。妥当な理由がない限り欠席は2回までとし3回以上欠席したものはFとする。

Date	Activities
2023 September 13	Course Information Session
October 6	Deadline for Submitting Intent to Participate (to Academic Affairs Office)
October 11	Group Interview by Faculty Members
October 25	Deadline for Submitting Application (to Academic Affairs Office)
November 6	Announcing Selected Participants (via Academic Affairs Office bulletin)
November 8	Pre-Departure Orientation No.1 Kickoff, Overview, Travel Logistics
November 15	Pre-Departure Orientation No.2 Guide to Publishing the Best Report Ever
November 22	Pre-Departure Orientation No.3 Spanish Culture/Madrid
November 29	Pre-Departure Orientation No.4 Spanish Lesson
December 6	Pre-Departure Orientation No.5 Spanish Lesson
December 13	Pre-Departure Orientation No.6 Spanish Lesson
2024 January 24	Pre-Departure Orientation No.7 Tying Loose Ends, Editors' Meeting
February 2 - March 9	Short-Term Study Abroad (5 weeks)
March 14	Post-Program Reflection Meeting
April 28	Program Promotion/Presentation at the Campus Study Abroad Fair
March to September	Developing Student Reflection Report

PROGRAM CALENDAR 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			February			
			1	2	3	4
				Departure from Tokyo	16:00 Arrival at Madrid 16:30 Pick Up at Airport 17:00 Transfer to Apartments	10:00 Madrid Tour
5	6	7	8	9	10	11
08:15 Pick Up at Apartment 09:00 Welcome Reception 12:00 Bergé y Compañía Corp. Presentation 14:00-15:00 Spanish Class	09:00-17:00 Business Training	10:00 Pick Up at Apartment 13:00 Visit Cuzcurrita	08:15 Breakfast at Cuzcurrita 11:00 Brunch 15:00 Arrival at Madrid 20:00 Dinner	14:00 Lunch	Toledo Tour Return to Madrid 18:30 Soccer Match	Free Day
12	13	14	15	16	17	18
09:00-17:00 Business Training 14:00-15:00 Spanish Class	09:00-17:00 Business Training	09:00-17:00 Business Training 14:00-15:00 Spanish Class	09:00-17:00 Business Training	09:00-17:00 Business Training	Free Day	Free Day
19	20	21	22	23	24	25
09:00-17:00 Business Training 14:00-15:00 Spanish Class	09:00-17:00 Business Training	09:00-17:00 Business Training 14:00-15:00 Spanish Class	09:00-17:00 Business Training	09:00-17:00 Business Training	Free Day	Free Day
26	27	28	29	March	1	2
09:00-17:00 Business Training 13:00-15:00 Visit to Toyota España	09:00-17:00 Business Training	09:00-17:00 Business Training 14:00-15:00 Spanish Class	09:00-17:00 Business Training 20:00 Dinner with Japanese Ambassador	09:00-17:00 Business Training	Free Day	Free Day
4	5	6	7	8	9	
09:00-17:00 Business Training	09:00-17:00 Business Training	09:00-17:00 Business Training	14:00-15:30 Farewell Lunch 16:00 Final Presentations	Free Day	Free Day	

Member Introductions



Takafumi Terahara

Faculty : Economics
Year : Senior

It is a great honor for me to be a member of this wonderful program. Certainly, being chosen has stirred deep ambitions within me to advance myself on many levels. I believe that honesty and calmness are my outstanding traits, which I hope to add to during this five-week internship. I dedicated the four years of my university life to the Rowing Team. Just after I retired, I decided to take a gap-year to widen my perspectives and learn more about society and this vast world before I start my career as a global businessperson. This is because I strongly aspired to better enhance my leadership abilities and build on relationship skills that I learned from my Rowing Team experiences. I was happy to have found this program which will give me the chance to go abroad and challenge myself with new experiences. Also, the International Talent Program offers a lot of opportunities to communicate with international students and Spanish mentors and to visit many significant places in Spain. So, all these many varied experiences will help me to develop my human capital. Thus, I have no doubt that this program will broaden my mind and will be an asset to demonstrate my leadership which will assist me in my future career on a global scale.



Shizuka Kobayakawa

Faculty : Law
Year : Senior

I am currently a fourth-year student at Hitotsubashi University's Faculty of Law and am very interested in the intricate relationship between law and international business. I am diligently studying to become a lawyer and plan to enroll in law school next year. My dream is to be involved in cross-border cases within corporate legal affairs, recognizing the importance of understanding and harmonizing different cultures in today's globalized society. I am confident that this internship at Bergé y Compañía will be an incredibly valuable experience for me. In particular, the experience at a Spanish company will significantly broaden my international perspective and understanding of diverse business cultures and legal frameworks. I aim to enhance my communication skills, problem-solving abilities, and cross-cultural adaptability while collaborating with individuals from different backgrounds, transcending language and cultural barriers. I firmly believe that experiences in various environments are essential for a successful career as an international lawyer. I eagerly look forward to utilizing this invaluable opportunity at Bergé y Compañía to foster personal growth and take a step closer towards achieving my future goals.



Khadijah Fathya Khairunnisa

Faculty : Commerce
Year : Junior

Being in new environments that contribute to my learning and personal growth always excites me. Studying in Japan as an international student has not only broadened my perspectives but has also equipped me with the adaptability needed to navigate unfamiliar situations every time I encounter a problem. Along the way, I've forged valuable friendships with people from around the world who have been supportive while managing and living in an international dormitory housing over 700 residents from more than 30 different countries. These experiences have not only made me comfortable in accepting challenges and meeting new people but have also fuelled my desire to seek more diverse experiences. When I came across the International Talent Program by Bergé y Compañía, I immediately felt delighted envisioning myself growing through the internship in an international work setting with colleagues from Japan and Korea in a country that I have never visited before. Through this program, I am eager to gain hands-on experience in management within one of Spain's largest trading companies, while exploring Spanish culture. As someone who dreams of starting a business on a global scale, I aspire to leverage these experiences and make the program a stepping stone toward my goal.



Aki Ito

Faculty : Commerce
Year : Sophomore

I've always sought stimulating challenges and consistently exploring interests that captivate me. With this in mind, I feel a deep sense of satisfaction and happiness and am thoroughly content with the fulfilling experiences that have shaped my life so far. However, as I seriously contemplate my career path, I find myself grappling with sudden uncertainties about what values matter most to me in the future and how I can enrich and fulfill both my professional and personal life. So, when I saw the flyer of the International Talent Program, I was deeply impressed by how the people of Spain are surrounded by marvelous art and a rich culinary culture, and they manage to enrich both their work and personal lives. In my eyes, the way the people in Spain live authentically and enjoying not only their job but also life itself appeared incredibly enviable. Inspired by the desire to lead a vibrant and exciting life similar to theirs, I felt a strong urge to apply for an internship in the country of passion—Spain. Through the internship at Bergé y Compañía, I aspire to challenge my abilities to further my growth and most importantly, learn a work-life balance, all in pursuit of enjoying my life to the fullest without any regrets.



Mahiro Horita

Faculty : Economics
Year : Sophomore

My fervor for securing this internship is rooted in a profound and abiding passion for international development, underscored by a genuine fascination with diverse cultures. My academic journey, coupled with my active engagement in international initiatives, has been instrumental in nurturing a robust desire to actively contribute to the advancement of developing nations. The pursuit of international activities has not only honed my communication skills but has also served as a catalyst for reinforcing my commitment to addressing pressing global challenges. In envisioning my long-term trajectory, I harbor a steadfast ambition to work in esteemed institutions such as the World Bank or the United Nations, dedicated to combatting pervasive worldwide poverty. Recognizing the Bergé International Talent Program as a transformative opportunity, I am eager to immerse myself in an international team, anticipating the acquisition of invaluable insights and skills that will undoubtedly propel me closer to the realization of my lofty aspirations. I am enthusiastically prepared to embrace the challenges inherent in this program, viewing them as stepping stones to rich learning experiences that promise to not only enhance my professional capabilities but also contribute significantly to my overall growth in the global development landscape.



Sawat Kingwattanagul

Faculty : Economics
Year : Sophomore

To be given an opportunity to participate in an internship at Bergé y Compañía has been one of my aspirations since enrolling in Hitotsubashi University. From my experiences of living and studying abroad, I have come to realize that being able to step outside my comfort zone has allowed me to push myself to confront and overcome difficulties. Therefore, I am more than delighted to be selected as a member of this International Talent Program. Throughout the program, I am looking forward to learning new perspectives, developing my interpersonal skills, and preparing myself to become a more valuable contributor as a global citizen. Moreover, while studying Spanish at university, I discovered that Spain is rich with diverse cultures and history and countless fascinating heritage sites, igniting in me not only a passion for gaining academic knowledge, but also a strong desire to know more about Spanish culture and witness, with my own eyes, what Spain has established over its long history. I am confident that these five weeks will not only furnish me with invaluable work experiences alongside professionals but will also serve as a compass, guiding and assisting me in determining my future career. I am more than thrilled to start a new chapter in my life, to take off to create an unforgettable memory, and savor every moment of my new journey in Spain!

BERGÉ Y COMPAÑÍA INTRODUCTION

About Bergé y Compañía

Bergé y Compañía stands as an investment holding company, dedicated to nurturing and growing our partner companies while seeking out new businesses.



Our Vision

Our Culture and Heritage

Our story spans over 150 years, always guided by the core principle of teamwork, commitment, initiative, and the value of keeping our word.

Founded by three visionary entrepreneurs from Bilbao in 1870, Bergé y Compañía has been at the forefront of Spanish business development, spanning the industrial revolution of the 19th century to the digital revolution of today.

CREATING VALUE THROUGH ENTRENEURSHIP

For Bergé y Compañía, value equates to growth — growth for the company, its employees, profitability, and new business ventures.

Innovation is ingrained in our DNA. Generating value through entrepreneurship entails adopting a proactive, inventive, and growth-oriented mindset.

Since 1870, this attitude has enabled us to take on new challenges, overcome obstacles and difficulties, and always go beyond where we had reached.

This is what we call Entrepreneurship at Bergé y Compañía.

Practical Training Site 1 **Bergé**

Bergé is the benchmark operator in logistics services and solutions that integrates the entire supply chain to facilitate global goods transportation. It is a leader in Spain and has a presence in Mexico and Colombia.



Practical Training Site 2 **Astara**

Astara is a company focused on open, personal, and sustainable mobility. We help you travel to your desired destinations in a way that suits your preferences. Our solutions range from vehicle ownership to pay-per-use options (subscription and sharing).



OFFICE LIFE

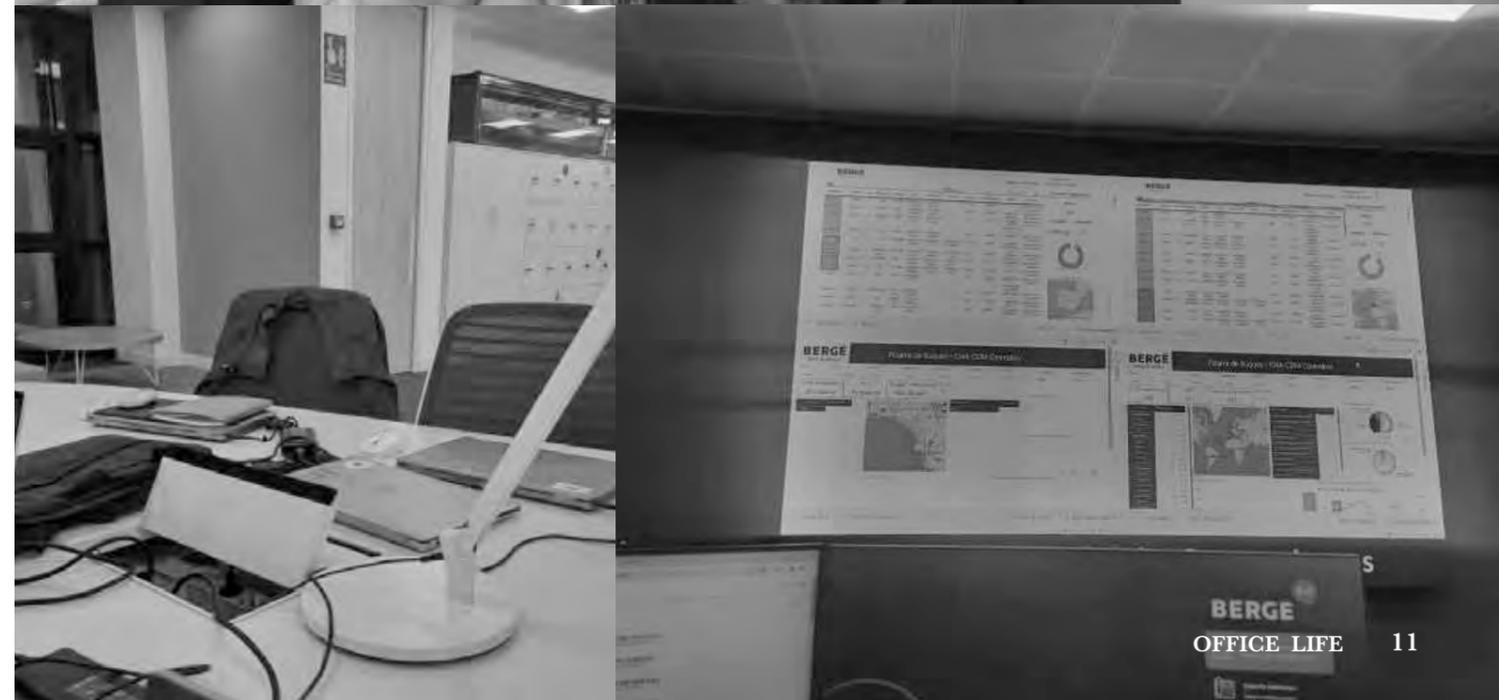
Practical Training Site 1

Bergé

Bergé Moved by Logistics is a leading figure in logistics services and solutions, holding a prominent position in the Spanish market. It specializes in managing the entire logistics chain, ensuring goods reach their destinations on time and in top condition while cutting costs and offering tailored solutions. In the office building, there are two separate floors. One floor is called the Operation Tower which operates all the shipping and vessels at the ports. Another floor is mainly composed of Human Resources, Client Service, Finance, Engineering, as well as other departments.

During my internship, I was based in the Finance department on the third floor of our office building, where my workday typically ran from 9 am to 5 pm. The Finance department encompasses various branches, and I had the opportunity to work with different teams on a rotating basis. Each morning, I participated in learning sessions

and received task assignments from my colleagues. These sessions covered topics like financial analysis, budgeting, and risk management, providing me with valuable insights and skills essential for my role. In the afternoons, I focused on completing my assigned tasks with attention to detail, seeking feedback from mentors and colleagues to ensure accuracy and effectiveness. Lunch breaks, which were usually taken at 1 pm, provided a chance to connect with coworkers and enjoy Spanish cuisine, while also building relationships within the office. Additionally, a few times a week, we participated in online Spanish lessons, further enriching our cultural and linguistic knowledge. As I reflect on my internship experience, I am grateful for the opportunity to learn and grow within such a dynamic and supportive environment. This experience has not only enhanced my understanding of logistics but has also equipped me with valuable skills for my future career endeavors.





OFFICE LIFE

Practical Training Site 2

Astara

Astara is an open mobility company, with a human-to-human approach, committed to sustainability. It offers personal mobility solutions, with options for the different needs of each user, depending on the maturity of each market, including ownership, subscription, and car sharing. A mobility ecosystem, backed by data intelligence and supported by the Astara platform. With a business of over 5 billion euros in 2022, Astara's diverse team has more than 50 nationalities, in 19 countries and 3 continents, Europe, Latin America, and Southeast Asia.

Astara is located about a 10-minute walk from the nearest station. Cherry blossoms bloom at the entrance of the office, providing a soothing sight on sunny days. The office is relatively new, so it's exceptionally clean. It spans four floors above ground and one underground. Inside, it feels spacious, with sunlight pouring in throughout the building, creating an open and airy atmosphere. We often worked in the basement, where a coffee maker was available, ensuring we could enjoy delicious coffee anytime we liked. Additionally, there was an area for lunch with a microwave and a hot water dispenser, allowing us to easily prepare and enjoy simple meals or bento boxes. We often took our lunch breaks here. Just a 5 to 10-minute walk from the office, there's a restaurant mall where you

can find a variety of eateries ranging from Burger King and udon shops to Spanish cuisine. It's worth trying lunch at such a place at least once. We tried Hawaiian poké there. Everyday, we left the hotel at 8:00 and took the metro to get to the office. There were transfers along the way, and it usually took about an hour to reach the office. We would start work at 9:00 and head to the assigned room for the day as instructed via email. In my case, I often had meetings scheduled from around 10:30 for about an hour, so I would work on tasks given by my mentor until the meeting started. Then, around 12:00, we would take our lunch break. Since people in Spain typically start eating lunch around 14:00, the underground dining area is quite empty around noon. If you want to eat outside, many restaurants don't open until 13:00, so you may need to wait a bit. Once, my mentor took me out for a meal, and we enjoyed delicious tapas at a restaurant. After lunch, depending on the day, we would have Spanish classes starting around 14:00. The classes were a lot of fun. We would work until 17:00 and then head home. Many of Madrid's museums offer free admission in the late afternoon or evening, so sometimes we would visit a museum after work. The dinners we had together after work were also delicious and enjoyable.

Palacio Real de Madrid



Our first official visit, organized by Bergé y Compañía, was to one of the most famous attractions in Madrid, the Palacio Real de Madrid. It was the initial event we and our Korean colleagues did together. The Palacio Real de Madrid is the largest palace in Western Europe and is among the largest in the world, with over 3,000 rooms. We were amazed by the incredible exterior and stunned by the marvelous interior. The only disappointment was that we could not take photos from inside the palace to share how beautiful

the art and rooms were. After we enjoyed the Palacio Real de Madrid, Diego and Lorena, staff members from Bergé, brought us to have lunch at a highly recommended restaurant called La Casa Del Abuelo. We enjoyed countless Spanish dishes and were delighted to be able to strengthen our friendship with our Korean colleagues. This official trip was definitely a perfect start to our first journey in Spain!

Cuzcurrita Trip Day 1



The second official event we had was an excursion trip to Cuzcurrita, a tiny village in the La Rioja region, located in North Central Spain, which is home to the Bergé wine factory. It was extremely exciting to be able to spend a night inside Castillo de Cuzcurrita (Castle Cuzcurrita), a castle built between the 14th and 15th centuries. After our arrival, we enjoyed a quick walk around the village and were impressed by the authentic European-style houses. Moreover, the scenery viewed from the observation deck was

breathhtaking. At night, we had a tour of the factory, where we learned that Bergé really puts effort into the production to ensure that the wines are organic and of high quality. Consequently, we had a full-course dinner with Cuzcurrita wine. It was an unforgettable day.

Cuzcurrita Trip Day 2



On the second day, we woke up early and took a walk around the castle. The morning vibe hits different, and the atmosphere was magical. We had breakfast in the castle which was a novel experience for us.

On our way back to Madrid, we stopped for lunch at Landa, a very fancy restaurant where we savoured delicious dishes.

A Daytrip to Toledo

On our second weekend, we had our second official daytrip to Toledo. Located just about an hour away from Madrid, we arrived at Toledo, a city rich with culture, history and is recognized as a UNESCO World Heritage Site. Toledo was once the capital of Spain until Phillip II moved the capital to Madrid. The panorama view of the city with the Tagus River seen from Mirador de Valle was incredible and unforgettable. As we explored the city, we

learned that three religions were practiced: Christianity, Islam, and Judaism. The city's landmark, the Toledo Cathedral, is one of the most significant cathedrals in Spain, some consider it to be the magnum opus of the gothic style architecture in Spain. It was an enjoyable day being able to visit Toledo.



Football Match Estadio Santiago Bernabéu



By warm invitation from Bergé, we enjoyed this exciting football match at Estadio Santiago Bernabéu, which is Real Madrid's main stadium. The most important point was that this game was played by Real Madrid (1st place in LaLiga) and Girona (2nd place), so the stadium was completely full of people, and the fans went crazy throughout the game. Some

of us bought the uniform of Real Madrid to remember this event. The game resulted in 4-0 by Real Madrid winning. We visited Toledo on the same day in the daytime and the football game in the evening. So, we could feel the historical aspect of Spain and the Spanish atmosphere of a sporting event in one day.

Interaction with Bergé Staff Welcome Breakfast Bergé HQ

At the headquarters of Bergé y Compañía, we 12 students from Hitotsubashi University and Chung-Ang University are welcomed by President Jaime Gorbeña, coordinator Lucia Los Arcos, and our nice mentors. This breakfast was the first time to meet with staff at Bergé, so we introduced each other and shared the information about our backgrounds and the coming ITP assignments.



Lunch with President Jaime Gorbeña La Lonja del Mar

The president of Bergé invited all of us to have lunch at "La Lonja del Mar" in Madrid. We enjoyed the Spanish traditional tapas and had a conversation with not only President Gorbeña but Japanese workers from Astara. At the end of the lunch, we gave a present from Japan to Mr. Gorbeña of a bottle of craft Japanese sake.



Farewell Lunch & Last Day of Internship El Txoco

At "El Txoco" near our office, we students and our mentors gathered and enjoyed a Spanish meal as a farewell party. We are given certifications of ITP, and we showed our huge gratitude to those who were involved. After this lunch, we gave our final presentation in the office as our output of this internship and said goodbye.



Visit to Toyota España



Toyota España is located near the Bergé Logistics office and Astara office, which just completed a renovation. After looking around the new office, the CEO Miguel Carsi greeted us and then the manager gave us a presentation about their current strategy. They are the market leader in Spain, and

they are trying to change their business just now to achieve a carbon neutral goal far earlier than Japan. It was interesting and we learned a lot. After the presentation, we had lunch together and talked about not only business but Spanish and Japanese culture and careers in both countries.

Dinner with Japanese Embassy Staff Nomo Braganza

At "Nomo Braganza" in Madrid, we six students from Hitotsubashi University were invited to dinner by Japanese embassy staff. We really enjoyed the Japanese cuisine for the first time in this one month. Also, we shared our experiences in Spain, and learned what the Japanese embassy does. Their wide knowledge was interesting for all of us. In particular, the embassy staff's recent work related to the current economic situations in Spain and the EU were the topics that inspired us so much.



WEEKDAY

Fathya



A DAY

IN MADRID

WEEKEND

Sawat

- 06:30–07:50 • I start my day with my morning routine, then I fix myself a simple breakfast to keep me going at work till lunchtime. My breakfast is usually something quick like cereal with milk, some fruit, or croissants with eggs. After I shower, I make sure I've got everything I need for work, especially my nametag, which we use like an ID card to get into the office, and my metro card for getting around the city. (I once forgot them and had to scramble to find a solution.)
- 07:50–08:55 • Our office is roughly 45 minutes away from our apartment by metro. Sometimes, the metro gets crowded, and we find ourselves squeezing into packed carriages. We switch lines once during the journey. Upon hearing the announcement for La Moraleja, we step off the metro and enjoy the fresh air outside. Following that, we take a 5-minute walk to reach the office.
- 08:55–10:30 • During my internship at Bergé Moved by Logistics, my main task was to develop strategies for securing clients from the Japanese market. Typically, the first hour and a half of my office day was dedicated to peer reviews of my research. Additionally, twice a week, we had meetings in the morning with mentors to gain insights and advice on research methods or final presentation tips.
- 10:30–10:45 • After completing some tasks in the morning, we usually enjoyed our morning coffee along with some fruit provided by the office in the pantry. The pantry offered a variety of coffee options, and my go-to choice was always caramel latte. Occasionally, we would run into other employees during this time and engage in small talk, often learning about Spanish culture from them.
- 10:45–14:00 • Spanish lunch starts at a rather unique hour for me, around 2 pm. Until then, we would just continue with our work.
- 14:00–15:00 • During lunchtime, some of us would buy food outside, while others would head to the canteen equipped with lunch tables and microwaves. Personally, I usually bring my own lunch, which typically consists of pasta and vegetables, that I heat up using the microwave. In Spain, lunchtime isn't just for eating: it's a time for socializing. We chat and share our morning activities, and sometimes engage in conversations with mentors of other ITP members.
- 15:00–17:00 • We utilize the remainder of the day in the office to accomplish our tasks and daily objectives. Towards the end of the day, we share our accomplishments with others and discuss our plans for the following day. Twice a week, we also had our Spanish lesson for an hour.
- 17:00–Bedtime • After leaving the office, we would share personal stories during the commute home. Upon returning to the apartment, each of us engages in our own activities. Some will cook dinner, do laundry, or dine out.

On weekends, I usually wake up at around 11 am to get ready to go to the coin laundry because on weekdays, the office is a bit far away, so there isn't much time after work. The laundry process, including drying, normally takes around 1.5 hours. During the waiting time, I like to go out, look around the shops, do some window shopping, and explore the streets of Gran Vía.

Spain has a unique lunchtime that starts at around 2 pm. It took me a few weeks to get used to having lunch at this hour. A few times a week, I went to have Chinese food at a nearby restaurant. I enjoy Spanish foods a lot, but sometimes I do crave rice.

After lunch, I went to a café with my friends. Cafés in Madrid are very modern and fashionable. The café we visited is called HanSo Café; it is about a 10-minute walk from our hotel. They had very tasty breads, desserts, and beverages.

My friends and I went out to sightsee nearby attractions. Puerta del Sol is one of my favorite places. The Statue of the Bear and the Strawberry Tree and Kilometer 0 are must-see landmarks in Madrid.

The time we have together in Spain is limited, so all moments with friends are precious. We often go out to have dinner together. The meal at the restaurant today featured an interesting dish, fully vegetarian. We had a lot of fun having conversations. After dinner, we decided to plan a birthday surprise for one of our Korean colleagues, Jae eon. I am glad that we could spend our time together.

11:00–14:00

14:00–16:00

16:00–18:00

18:00–20:00

20:00 ~



Work Experience

During this internship, I worked in the Commercial department of Bergé Moved by Logistics. Basically, every student works under a different mentor and each intern has their own project, but this time Fathya and I shared the same mentors and worked together on the same project. Working as a team was a good experience for me because I learned how to better communicate. Antonio Fernández Troyano and Blanca Martínez Pérez were our mentors. They were not only so kind but also hard-working. At the first meeting, they explained their businesses and gave us our project, which was to find potential markets for Bergé Moved by Logistics in Japan. And we were given a huge data file of sea trade that was collected from all ports in Spain and related to Japan. So, first of all, we had to understand more and think about how to tackle this task by ourselves. Our mentors set meetings for twice a week to monitor our progress, and they also welcomed our questions anytime. They gave us lots of suggestions, despite their busy schedule.

At the end of first week, we decided to divide our roles. Analysis of trade data was my work, and surveying of Japanese logistics was Fathya's work. While we were working, we often struggled with different languages, which were Spanish, English, and Japanese and checked the connection between my work and her work to achieve our project goals. In the end, we successfully gave a presentation in front of Bergé staff.

In the Bergé Moved by Logistics office, we were on the 3rd floor and our desks were right next to Bergé staff, so we could feel that we were also truly members of Bergé Moved by Logistics staff. For me, it was the first time to experience a work environment in another country. There are two points that I especially tried my best to accomplish: greetings and punctuality. I thought these are the most effective ways to show my honest attitude and motivation, so I kept doing them for the entire program.

For the internship, since we were totally beginners to Berge's business, we had to start from understanding what logistics is. Based on the explanation and dataset our mentors gave us, we searched further and asked questions whenever we could not figure something out. Also, I was not good at dealing with data, so I had to get used to using Excel, such as "shortcut" and "pivotable". As a result, it took me almost one week to comprehend logistics and to make it clear what kind of data analysis would be suitable for my task. This effort was tough, but because of this hard work in the beginning, I could easily concentrate on analyzing Japanese trends based on sea cargo container trade data. It was not easy to prepare lots of charts and graphs based on this data, but I made it and succeeded to find out some good potential areas for their business. In addition, I understood that our project theme was close to what Commercial department wanted to know more about at that time. So, I always questioned myself to check if my research and suggestions were good enough to make a positive contribution. I think this is one of the reasons why my mentor

and some Bergé staff complimented my work after showing it at the final presentation.

Almost all communication was in English except for conversations between Japanese. During the latter part of last year, I studied English hard for this program and for my career, so I thought I could communicate well in English. However, there were so many situations that I couldn't catch the meaning or couldn't come up with good expressions for what I wanted to say. Since most of this year's participants have lots of international experiences, it could be natural that they are far better at communicating in their second or third language. So, I was determined to take this great opportunity to improve and practice my English communication skill. Though I'm not a talkative person, I tried to have lots of chances to chat with mentors, Korean colleagues, and local people. As a result, gradually, I became able to communicate as I wanted to, have small talks, and know more about the people I was interacting with. This great experience would not have happened to me if I stayed in Japan.

Achievements

STUDENT REFLECTIONS

Takafumi Terahara



Let me share an episode about trying to buy my lunch. There was a vegetarian cafeteria near our office, and I went there to buy my lunch. The first time I went there, I couldn't even understand how to order because everything was in Spanish. A nice guy behind me helped and explained to the counter staff and I could get my lunch. So, I just wanted to try by myself, and I visited the same restaurant again. At the second time, I tried to order with some basic Spanish phrases and gestures. The staff didn't understand everything I wanted to express, but I could buy my lunch by myself, and the counter staff remembered me and seemed happy to hear my Spanish. I too became happy, and this place became my favorite place to have lunch. At the third visit, I succeeded in fully ordering in Spanish and the staff smiled to me again. I just used some easy phrases, but I could feel a sense of getting better. I learned that if I learn and use the local language, I can see and feel the real life far better. This realization totally changed my thoughts regarding traveling.

Before that, the reason I wanted to go abroad was mainly sightseeing, but now I want to visit foreign countries because I want to know and experience the local culture, natural atmosphere, and lifestyle.

Also, at the office, all the Bergé staff were working hard and so energetically, and nobody looked sleepy or bored. Even in the subway, Spanish people didn't sleep, and the energy level was quite high. They always have big smiles and greet each other (these characteristics are my most favorite ones about Spaniards). This was a surprising point for me, and I tried to find out the reason for this, but now I think it is just because Spanish people are better at resting than Japanese people. When they want to take a rest, they take it to keep their energy, and of course it doesn't mean they are lazy or not tough. To be honest, I think I'm a kind of person who is not good at knowing how to rest, so it was good for me to learn this just before starting my career.

These memorable experiences in Spain have broadened my mind and my cultural horizons. As I wrote in former sections, this program, and people who I met gave me lots of inspiration about how important language is and how precious our communications are, which also made me realize that I really like living my life with strong human bonds and real connections. This discovery has contributed to developing my insights not only into lifestyle and work, but also into current social issues and self-understanding. I think this experience will be my huge asset, especially regarding international interactions and building a good relationship among people as I move forward in my life. Through better communication, I had two realizations: one is that all humans are basically the same, not so different even though our background, culture, or environment differ by country and area. I will remember this strongly, and I'm eager to demonstrate my strengths internationally. Another realization is that I noticed that in Japanese we often keep certain

information ambiguous in terms of language use when chatting. So, I want to be more careful in choosing words and phrases in my daily life. I believe that these understandings will give me lots of opportunities to rethink my perspectives and values on a regular basis.

I'm going to start my career just two weeks after this program ends, and this was one of my reasons to apply for this program: while I'm a university student, I wanted to go abroad not just to travel, but more importantly in order to prepare myself for the international business world. In my honest feeling, now I think I have become more confident of living and working abroad in my future. This is because these five weeks made me more mature and socialized. I mean, my perception of the world has changed from a typical Japanese perception. I can feel I'm ready to go into a world as a working adult, and at the same time I'm so excited about my future.



Work Experience

During my internship at Astara, I was assigned to the Legal department, where I had the opportunity to work closely with a tax lawyer, Mr. Alfonso López, who served as my mentor. Under his guidance, I gained insights into various aspects of taxation, with a particular focus on international and domestic taxation matters. My first task involved researching the tax implications of repatriating profits earned by subsidiaries established by a Spanish company in Japan and South Korea. I was tasked with examining the types and rates of taxes incurred and analyzing which country, Japan or South Korea, would offer more favorable tax conditions from the perspective of a Spanish company. Additionally, in line with my interests, I was given a second task

that delved deeper into legal matters. This task involved viewing contracts between Spanish and Japanese companies, allowing me to explore the differences in legal frameworks between Spain and Japan. Moreover, aside from these tasks, I had the opportunity to participate in internal meetings with external and internal advisors, providing me with firsthand experience in conducting business discussions in English. Despite Mr. López's busy schedule, my mentor was incredibly supportive, readily addressing any questions or concerns I had and surpassed my expectations. As a result, I was able to fully immerse myself in the tasks assigned to me and gained invaluable work experience during my internship at Astara.

To be very honest, understanding what others were saying was the most challenging aspect of my internship. During this internship at Astara, a complete understanding of what others were saying wasn't something I could achieve merely by being slightly better at English than others. As mentioned earlier, my first task was related to taxation. I only know basic Japanese law. And tax law, which was necessary for this task, was a completely unknown field to me. Consequently, when talking to my mentor or participating in meetings, I struggled to absorb the content of the conversation. This was because I lacked the foundational knowledge and vocabulary related to taxation as well as the essential common concepts

used in this industry. While I could understand the content of what was being said, if there were only one or two unfamiliar terms or concepts, I found myself lost when there were many. I faced difficulties with this situation, especially at the beginning of the internship. However, by researching and asking questions to my mentor, I gradually incorporated the necessary foundational knowledge, vocabulary, and concepts, and ultimately successfully completed the tasks related to taxation. I realized that instead of giving up when the situation seemed difficult, it's important to approach challenges with a mindset of seeing how much I can learn during my time in Madrid.

Achievements

STUDENT REFLECTIONS

Shizuka Kobayakawa



Spain was an incredibly enjoyable place! During our first week in Spain, we had fun activities exploring Madrid, Cuzcurrita, and Toledo. In Cuzcurrita, I had the unique experience of staying overnight in a castle for the first time in my life, and I was able to enjoy serene and enriching moments like strolling through vineyards at dawn and witnessing breathtaking sunrises. Attending my first-ever soccer match, a Real Madrid game, allowed me to truly feel the passion that people in Spain have for the sport. Beyond the events offered during our first week in Spain, I also had the opportunity to explore many places privately. I visited Segovia, Barcelona, Córdoba, Seville, Granada, Málaga, and Ronda. When I first visited the Andalusian region, I was awestruck by its beautiful architecture and the exotic music that filled the streets. Seeing horses pulling carriages down the streets made me feel like I had truly stepped out of Japan and into a different world.

One of the highlights of my experience in Spain was the opportunity to interact with Spanish and Korean people. As I had never studied abroad before and was experiencing my first long-term stay overseas, communicating in English with people from different countries for an extended period was a completely new experience for me. The Spanish people were always kind and warm-hearted, and I experienced a positive kind of culture shock. When asked what I liked most about Spain, I would say it was the warmth of the people and the ever-present smiles. Also, interacting with Korean students was an invaluable experience. We grew closer over the five weeks, and by the final week, we were gathering in one room every night, chatting and laughing together. Having conversations about our pasts, presents, and futures with people who had been brought up in different places provided me with invaluable perspectives and bestowed upon me new values. The Korean students were all wonderful people, and the memories of traveling with them are treasures I will cherish forever.

What I wanted to gain from this internship was a sense of what it's like to work for a non-Japanese overseas company. As I write this report, I am a fourth-year student belonging to the law faculty, and I will be entering Hitotsubashi University Law School in April. My future goal is to become a lawyer and work in a Japanese corporate law firm, engaging in international transactions. Therefore, I applied to this internship to know what it's like in the atmosphere of overseas companies that are partners with Japanese firms. However, by participating in this internship, I've started to consider that it might be more enjoyable not only to work in Japan but also to engage in legal support activities abroad, crossing borders. This

realization began when I came to Spain and interned at Astara, where I had the opportunity to experience the working culture of Spanish people. My internship experience in Spain was truly special. I am deeply grateful to my mentors who always looked out for me and took care of me. Through this experience, I've come to understand that it's not enough to just study Japanese law to become a lawyer in Japan, I need to also study foreign laws, and improve my English proficiency, and other language skills. By taking action, people can expand their perspectives and open up possibilities for their future. I am very grateful for ITP for allowing me to realize these points at this early stage in my life.



Work Experience

The International Talent Program included an internship in a professional workplace, learning Spanish language, and experiencing Spanish culture. I interned at Bergé y Compañía, a company that played a role in bringing Toyota to Spain. Aside from being a trading company, Bergé also handles shipping, port services, and logistics. During my time at the main company, I worked in the Client department that focuses on both finding potential customers and managing existing ones. There, I was partnered up with Takafumi and we had two mentors, Mr. Antonio Fernández Troyano and Ms. Blanca Martínez Pérez. They both shared mentoring responsibilities and had already prepared an interesting task for us, which was to find a way for Bergé to get into the Japanese port management and shipping market. To help us comprehend the broader context, we were given

a dataset consisting of information regarding Spanish port activity. In the beginning, both of us interns worked on the data, analysed it, looked for other data sources, formed summarizing and visualizing information, and continued with making suggestions to enter the Japanese market.

Aside from deskwork, I also interacted with colleagues in the Bergé office. In Spain, I learned about the Spanish meal schedule, including a morning break at 10 AM. Almost every morning, my Japanese, Korean, and Spanish colleagues, along with our mentors, gathered in the pantry for coffee and fruit, providing opportunities for conversation. These interactions not only enriched my cultural understanding but also created valuable connections within the Bergé community.

The variety of new experiences I encountered during the five-week internship have led to significant self-improvement. One notable aspect is my enhanced ability to collaborate effectively in a corporate environment and tackle problems even when solutions aren't readily available.

In a professional setting, I was tasked with setting goals for myself, which involved analysing the requirements of the task and finding the most effective solution. Initially, Taka and I were unfamiliar with the field, requiring time to grasp the overall picture. After thorough analysis and discussion, we identified three key areas to focus on: the types of goods traded between Spain and Japan, the ports involved, and the best practices of Japanese port management companies. As a result, we divided our responsibilities to analyse Spanish port activity and study Japanese

port management companies' practices. This experience exposed me to a new field, challenging me to find effective solutions. In essence, I developed matrices outlining key variables of port companies, enabling me to identify best practices and offer recommendations to Bergé y Compañía. Moreover, I improved my ability to cooperate with people from different backgrounds. During the International Talent Program, participants from Japan, Korea, and Thailand were always together. I'm truly grateful for the chance to meet such amazing people. However, we realized we needed to match our desires and needs to avoid conflicts, whether it was deciding where to travel, dine, or approach tasks at work. In the end, I formed strong bonds with all of them, and I'm grateful for the wonderful friendships and cherished memories we created together.

Achievements

STUDENT REFLECTIONS

Khadijah Fathya
Khairunnisa



Apart from my office work, I had a great chance to see different cultures and visit amazing places. My experiences can be split into three parts: meeting people in Spain, exploring Spanish historical places, and doing activities with my colleagues with diverse backgrounds, including colleagues from Chun-Ahn University.

Firstly, I was impressed by how friendly the Spanish people were. They always greeted each other with smiles. Even when I encountered people from other companies in the building where Berge's office was located, they would still warmly greet me with "Buenas" or "¿Qué tal?" and a cheerful smile, brightening my day. One day, I experienced Spanish people's first-hand kindness when I encountered an issue with an automatic payment machine at a laundry. As I struggled to

make my card work, a kind lady approached me and offered instructions in Spanish. Although I only understood the word "tarjeta" (card) in English, her detailed instructions conveyed her humanity, leaving a lasting impression on me.

Secondly, I loved the sunny weather in Spain and exploring places like Granada. I especially enjoyed visiting historical sites like the Alhambra, with its beautiful gardens filled with flowers.

Lastly, I learned a lot about Korean culture from my colleagues. They taught me how to say the Korean alphabet, write my name in Korean, and even cook delicious Korean dishes like Tteokbokki (simmered rice cake) and Ramyun (Korean noodle soup). These experiences taught me about different cultures and gave me great memories.

My goal in joining this program was to gain experience in a professional work environment abroad, preparing me to contribute effectively to global businesses in the future. Throughout this program, I've come to realize that valuable contributions can be made anywhere in the world. Consequently, it's important to understand and respect cultural differences before forming opinions. Through this program, I have improved my skills in communicating across cultures, adapting to new situations, and maintaining integrity as a global citizen. This was achieved through interactions with people I met through the program and the effort to make contributions as an intern in a company.

As I enter my fourth year at university in April 2024, I am also planning to pursue a master's degree in business. With this knowledge, I aspire to one day manage my own company, dedicated to support the communities from all around the world that have supported me thus far.

Looking ahead, I hope to always give my best, regardless of the challenges I encounter. I understand that challenges present opportunities for growth, as demonstrated by how I managed to find solutions to the problems I faced in this program. Additionally, I hope to always remember that I can seek help from those around me, and I have a responsibility to offer assistance to others in return.



Work Experience

I was assigned to the Astara Move department where I handled the car subscription service, primarily focusing on consumer marketing practices. The tasks I worked on included market analysis of the senior demographic, competitive analysis, and conducting a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis for Astara. My initial assignment was the competitive analysis. Through conducting a SWOT analysis to grasp Astara's features, I noticed that Astara was missing out on the foreign customer market and the senior citizen market. While some competitors were already serving foreign customers, overall, there was limited penetration into the senior market. As a result, I proposed a project to analyze the market for the more mature consumer to my mentor, Mr. José Herráez, and it was approved. So, during my internship, I mainly concentrated on conducting market analysis for the senior demographic. I created a customer journey map for senior individuals using Astara's car

subscription, based on data such as car ownership rates and internet usage rates among the older population in Spain. I then presented a persuasive presentation to my mentor. My mentor specializes in marketing and provided deep insights based on extensive experience, teaching practical applications of theory and data usage. Besides advice on job tasks, he also advised me on future career choices. I will never forget that advice and I am so appreciate for everything I was taught. Throughout the internship, I regularly discussed progress and received advice and necessary information from my mentor.

During this internship, I made a conscious effort to not just complete tasks but also provide additional value by always looking for opportunities to go above and beyond. This approach allowed me to view tasks from a creative perspective, delve deeper into my interests, and learn marketing at a practical level.

One of the challenges I overcame was the need to find my own tasks and make creative proposals. After being given a task on competitive analysis, my mentor suddenly granted me the freedom to work on what I wanted. This newfound freedom initially felt overwhelming and led to a sense of being directionless, as I feared ending the internship without achieving anything significant.

While it would have been easy to just follow given tasks, I desired to accomplish something more creative and struggled with how to incorporate my Japanese background and knowledge-base into practical projects. Unable to come up with ideas, I went back to basics, reviewing my university class notes for applicable theories and frameworks.

It was during this process that I found potential in exploring the senior citizen market through a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis, which boosted my enthusiasm significantly. Given my background in data analysis from university and knowledge of Japan's aging population, I focused and enjoyed progressing the project actively. Combining my mentor's expertise and support with my own knowledge and unique perspective, I created a presentation that I was highly satisfied with. Experiencing the challenges of starting from scratch, finding tasks independently, and seeing how my past learning translated into practical work was immensely gratifying and a valuable learning experience.

Achievements

STUDENT REFLECTIONS

Aki Ito



The five-week internship provided me with a deeper understanding of different religions such as Islam and Christianity, by experiencing their daily lives and perspectives firsthand in Spain. It broadened my perspective, emphasizing the importance of respecting and considering others' viewpoints while also prioritizing my own opinions when necessary. Living closely with people of different backgrounds, I realized there are many aspects of understanding and respect that can only be learned through actual interaction, making it a highly valuable experience that differs significantly from my usual life in Japan. One surprising observation was the apprehension to speak other languages among Japanese students from Hitotsubashi University and the confidence to communicate by Korean students. Korean students actively tried to use Japanese and Spanish in everyday conversations. Recognizing that conversing in the other person's language is a form of respect for their culture, I made an

effort to learn and speak other languages actively. Additionally, one Japanese student mentioned, "As foreigners in Spain, it might be understandable if we don't know much about Spanish culture and etiquette. But if someone can seamlessly understand and adopt another country's manners and culture, they stand out." This resonated with me, highlighting the importance of genuine cultural respect, and motivating me to become such a person. I want to continue learning about and respecting different cultures diligently, remembering that lacking knowledge and respect can inadvertently lead to disrespectful behavior.

Through this training, I have learned to engage in dialogues with others while respecting their culture and background, without losing sight of my own opinions. I am grateful to my Korean colleagues, Hitotsubashi members, and people in Spain for providing me with a valuable opportunity to truly understand and respect diverse cultures.

Mr. José Herráez, my mentor, is a passionate and responsible leader at Astara who values both work and personal life. Observing him and other Spaniards enjoying their personal lives as much as their work deeply inspired me. It made me reconsider my desire to achieve a balance between career success and personal fulfillment in the future. During our conversations, José advised me to prioritize personal growth over financial gains in the initial three years of my career, emphasizing that success will follow if I focus on self-improvement. This advice has become a guiding principle in my job search and career planning, especially as I contemplate my future path. The cultural exchange during this internship exposed me to people from diverse backgrounds including Spain, Korea, Indonesia,

and Thailand which created a stimulating environment that I thoroughly enjoyed. I realized that I thrive on learning from diverse conversations and gaining vitality from these interactions. Like the people I met during my internship in Spain, I aspire to pursue a career where I can passionately contribute while also prioritizing my family and personal happiness.

Regardless of the path I choose in the future, I am committed to continuous learning, actively seeking new experiences, and conversations while striving to create a balance between my personal life and career that brings me fulfillment. This internship experience has undoubtedly become a crucial aspect of my life journey!



Work Experience

During my internship at Bergé Moved by Logistics Finance department, I had the opportunity to gain practical experience in financial management within a dynamic corporate environment. Assigned alongside experienced professionals from various branches in the department every day, I approached my tasks with a proactive and detail-oriented mindset, actively engaging with colleagues from different sectors to broaden my understanding of the company's operations. Throughout my internship, I was involved in various tasks such as invoice processing, payment management, budgeting and utilizing SAP (Systems Applications and Products) software for data analysis and reporting.

Since I had a lot of opportunities to communicate with people in the department, I gained an insight into their attitude towards their own work as

well as knowledge in a wide range of fields. To be very honest, at first, when I heard of finance, what came into my mind was that they handled numbers while sitting at a desk. However, I soon realized that tons of knowledge and skills are needed behind the numbers that these expert staff members must improve, for smoother finance management such as communicating with people at the ports for urgent payment or discussing new projects with other departments and supporting everything from a finance perspective. Moreover, I felt that everyone in the department, regardless of their section, is proud of their own work and that finance is a key role of the company management and is an indispensable department. I was so lucky to work in this way that I could be involved in a lot of sectors and meet many people in the department. For these reasons, I will be eternally grateful for this incredible opportunity.

Throughout my internship, I was entrusted with a diverse range of tasks and responsibilities, primarily centered around financial processes. One notable assignment involved utilizing SAP (Systems Applications and Products) software for data entry, analysis, and reporting. This hands-on experience definitely offered me practical technical skills. Moreover, one of the most rewarding and distinctive aspects of my internship was the opportunity to engage in cross-functional collaboration. Working with individuals from different sectors within the Finance department on a weekly basis not only broadened my understanding of the company's operations significantly but also allowed me to get to know more about Spanish people and culture. This collaborative effort enriched my learning experience and provided me with valuable insights into the various functions within the organization. By actively participating in departmental activities and projects, I was able to contribute meaningfully to their objectives while enhancing my own skills and knowledge.

I faced challenges adapting to the Spanish environment due to my limited proficiency in the language and unfamiliarity with the culture, particularly when English communication was limited. However, recognizing the importance of integrating into the Spanish-speaking workplace, I persevered by making efforts to communicate in Spanish, even when it was challenging, and attempted to complete tasks such as data input in the language. While I am still a beginner in Spanish, I demonstrated resilience and determination in navigating these obstacles.

Undoubtedly, my internship was an invaluable learning experience that significantly contributed to my professional growth and development. Engaging with colleagues across various branches of the department provided me with a holistic understanding of fiscal operations and its role within the company. The mentorship and guidance offered by experienced professionals helped me refine my skills and adapt to the demands of a fast-paced work environment. As a result, I emerged from this internship with enhanced competencies, a broader perspective, and a heightened sense of confidence in my abilities.

Achievements

STUDENT REFLECTIONS

Mahiro Horita



Cultural Experience

During my time in Spain, I was exposed to numerous cultural experiences that were often new and occasionally even shocking. However, one particular experience left a lasting impression on me. Throughout my five weeks in Spain, I encountered several demonstrations and strikes, occurrences that are rarely witnessed in Japan. While I had heard that such events were more common in Europe, experiencing them firsthand was truly eye-opening. I observed individuals displaying a level of passion and determination that I had never before encountered. Witnessing people fervently advocating for their beliefs and steadfastly insisting on the demands of their core convictions was a profound experience for me. It provided me with a deeper understanding of the importance of activism and advocacy within different cultures, and it broadened my perspective on societal dynamics. Overall, this encounter served as a powerful reminder of the diverse ways

in which people express themselves and fight for what they believe in.

I also had the opportunity to spend a significant amount of time with Korean colleagues, which led to a rich cultural exchange. Engaging in conversations and activities with them allowed me to immerse myself in Korean culture and language. I found myself improving greatly in the Korean language as a result of these interactions. Despite the geographical proximity and some similarities in culture between Japan and Korea, I discovered unique aspects of Korean culture that fascinated me. Discussions about food, traditions, and customs revealed subtle differences within the similarities shared by our neighboring countries. This cultural exchange not only deepened my understanding of Korean culture but also fostered a sense of appreciation for the diversity and richness of cultural experiences.

Through my internship experience, I gained valuable insights that have shaped my perspective on cultural diversity and international interactions. Despite having some prior knowledge about Europe and Spain from encounters with people who had visited or lived there, I realized the importance of experiencing a country firsthand. Seeing the sights and hearing the sounds of Spain without preconceived notions allowed me to gain a deeper understanding of the country and its culture. I learned that the reality of a place may differ from one's expectations, but these differences offer opportunities for personal growth and enriching experiences.

Moreover, my interactions with colleagues from diverse cultural backgrounds highlighted the uniqueness of each culture. I came to appreciate that there is no universal standard for what is considered "good" or "bad" in culture; rather, each

culture has its own set of values and customs that contribute to its richness. This realization reinforced my commitment to respecting and understanding other cultures, as well as fostering mutual respect and cooperation in international settings.

Looking ahead to my future goal of working to support developing countries in organizations like the World Bank, I recognize the importance of these insights. Working with individuals from various countries and backgrounds will require an open-minded approach and a deep appreciation for cultural differences. By remembering the lessons learned during my internship, I aim to approach my future endeavors with empathy, respect, and a willingness to learn from others. These insights will undoubtedly serve as valuable assets as I strive to make a positive impact on a global scale.

Thoughts for Tomorrow



Work Experience

During my internship at Astar in the Astar Move division, I worked under the guidance of Mr. Manuel Il Grande. Unlike typical mentorship setups where mentors assign specific tasks, Mr. Il Grande gave me freedom to choose my research topic independently. During the first week, he advised me to familiarize myself with Astar's services by exploring the website. This introduction to Astar Move's primary product, which focuses on car subscription services, sparked my curiosity and drove me to dig down deeper into the subject. After gaining basic understanding of Astar Move, Mr. Il Grande provided me with a list of competitors and entrusted me with analyzing how they market and promote their services. This led me to conduct a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis, comparing Astar Move's strengths, weaknesses, opportunities, and threats with those of its competitors. This analysis not only highlighted areas for improvement within Astar Move but also identified potential new targets for expansion.

Over the following weeks, I precisely studied multiple competitors' websites, categorizing key features and services to identify areas where Astar Move could enhance its offerings. Despite Mr. Il Grande's busy schedule, he remained supportive throughout the process, holding regular meetings to review my progress and address any questions I encountered during my research. Additionally, Mr. Il Grande facilitated meetings with professionals from various departments, such as legal and customer satisfaction analysis, which provided me with valuable insights into different aspects of the industry. These interactions broadened my understanding and allowed me to gain a more comprehensive view of Astar Move's operations. As a result of this collaborative effort and mentorship, I successfully completed my project, not only deepening my knowledge of Astar Move's services but also honing my analytical and presentation skills. My time at Astar was incredibly precious, providing me with practical experience and valuable lessons that will undoubtedly benefit me in my future endeavors.

This internship provided me the opportunity to live in a European country for more than a month, a new experience for me, and initially, I felt nervous and anxious. However, I can proudly reflect on three significant achievements during this experience. Firstly, overcoming the language barrier was a major accomplishment, especially when I was surrounded by Spanish, a language I could only speak a few words of. Communicating with Spanish speakers who could not speak English was challenging, but I never surrendered and bravely attempted to use the Spanish phrases I had studied to improve my communicative ability. One memorable moment was successfully reserving a restaurant over the phone. Despite my initial panic, I remained calm and used simple phrases to tell the date, time, and my phone number effectively.

Another achievement I am proud of is forming close friendships with my Japanese and Korean

colleagues during the internship. While I typically find it easy to communicate with people of similar ages, I had concerns about connecting with individuals from diverse backgrounds whom I would be interacting with for extended period of five weeks. However, as time passed, I proved to myself that I could bridge these differences, and I am now confident in saying that we have become best friends. I look forward to meeting them again soon!

Lastly, I take pride in successfully completing the final project assigned by my mentor. In addition to including essential information, I made sure to infuse creativity and unique elements into the work, such as researching example cases from countries beyond Europe. I believe that this approach, along with my dedication, is what led my mentor to praise my work when I presented it to him.

Achievements

STUDENT REFLECTIONS

Sawat Kingwattanagul



I must admit that before I joined this program, my knowledge about Spain was limited to only bullfighting and famous football players. However, this five-week program has provided me with precious and valuable experiences, allowing me to closely engage with Spanish culture beyond what a usual tourist would experience.

I am so impressed by the positive energy emanating from Spanish people during my time in Spain. The energetic and lively atmosphere, charged by their enthusiasm, warmth, and passion for life, was truly incredible. Whether interacting with shop assistants, enjoying lively conversations with Bergé staff, or witnessing their spirited revelry during festivals. This positive energy was transferable and played a significant role in shaping my overall experience making it possible

for me to maintain a smile throughout the five weeks.

Moreover, another aspect that must be mentioned when discussing culture is food! Spain's cuisine was incredible. What stood out most was the diverse range of flavors and dishes found in each city. From the seafood delights of Barcelona to the stews like callos a la madrileña in Madrid, traditional paella of València and the mouthwatering tapas in the Andalusia region, every part of the country offered a culinary experience showing its unique identity. Exploring foods from each place became an essential part of my cultural immersion in Spain. The richness and diversity of Spanish cuisine truly added a flavorful dimension to my overall experience.

My experience from the Bergé International Talent Programme 2024 has nurtured me in several ways. Not only have I gained valuable insights into how Spanish professionals operate, but I have also observed how Spanish people value both their personal and professional lives. One aspect that particularly fascinated me was how they enjoy relaxing at night and can still effectively work the following day. In contrast to the more work-centric culture in Japanese culture, where dedication to work is considered most important, the Spanish variation has reminded me of the importance of not only working hard but also inspired me to aim for savoring and seizing every moment of life.

This internship has not only exposed me to possible career paths and the realities of professional work but has also given me the chance to work and engage within an international community. This experience significantly improved my language skills, cultivated cultural exchanges, and educated me about the importance of being a global citizen. I am confident that I can utilize these experiences in my future academic pursuits and professional endeavors. Even though the specific path I'll take remains uncertain, I see this five-week program as a gateway to numerous opportunities ahead.



Messages from Mentors

Bergé Moved by Logistics



**- Mahiro's Mentor -
Rafael Maria Ortiz de Zuriarrain Montero**

Participating in the Bergé International Talent Program is a great opportunity to learn about another culture and meet very interesting people. In my case, knowing and working with Mahiro has been very enriching, since she is a very interesting and curious person, with a great ability to work meticulously and to manage and lead several matters simultaneously. She has led work within the Finance department of various kinds, such as Treasury, Planning, Reporting, and International Taxation. Mahiro contributed in a remarkable way and she was always eager to help proactively. I am sure we will hear great news about her soon.

**- Fathya and Takafumi's Mentor -
Antonio Fernández Troyano**

Fathya and Takafumi have done very good analytical work, using various tools and methods to collect, process, and interpret data related to the Spanish and Japanese trading market and competitor landscape. They have also shown great presentation skills, creating clear and attractive reports and slides that communicate the main findings and recommendations. Moreover, they have been able to draw insightful conclusions and propose effective solutions to the challenges and opportunities that the department faces. They have been a valuable asset for the Commercial department, contributing to its goals and objectives. They have also been a proactive and collaborative team member, always willing to learn and share their knowledge. I am very impressed by their performance and potential, and I hope they will continue to develop their career in this field.



**- Fathya and Takafumi's Mentor -
Blanca Martínez Pérez**

The two of them have worked perfectly as a team, with mutual respect and education, leaving room for each other to develop their corresponding part of the joint project. They have attended the follow-up meetings scheduled on time and have actively participated in them, trying to clarify all the doubts that arose, and accepting our suggestions and guidance on the work carried out. In this way they have managed to develop the project, achieving a joint result of greater value than the parts separately. Both Fathya and Takafumi have shown seriousness and involvement in the task entrusted to them, with curiosity and a positive attitude towards all the knowledge of the sector that they have been discovering, understanding, and developing, giving rise to a project that they have been able to present impeccably to their colleagues.

Astara Move



**- Aki's Mentor -
José Herraiz**

Aki has been an absolute gem to work with throughout this internship. She is highly curious about our new and innovative projects, very organized, and works efficiently. Her ability to identify real problems and tackle them through business solutions is astonishing as she focused on the new proposed target for the next phase of car subscriptions. I am sure that she will be a great asset to any team and will make impressive contributions in the future. I am really looking forward to following her progress.

**- Shizuka's Mentor -
Alfonso López**



I have been working for Bergé since 2010. First, at the level of the holding company (Bergé y Compañía, S.A.) as Global Head of Tax until May 2022. Subsequently, I moved to the automotive division (Astara Mobility) as Global Head of Tax. Astara is a subsidiary of Bergé y Compañía. During this time, I was able to see many students coming from the International Talent Program (ITP) who were assigned to my colleagues in the Legal department. Therefore, I could be in contact with so many students over the years, but never a mentor to them. This time, I was chosen as tutor of one of the students (Shizuka Kobayakawa from Hitotsubashi University). Being in close contact with her for the entire program and having this new role or responsibility, has helped me expand my knowledge of Japanese culture and customs and, of course, an approach to a new academic system. For me, it has been a wonderful and challenging experience which helped me disconnect from my normal day to day.

With regards to Shizuka, I must say that for her, it was also challenging due to her lack of tax knowledge (no previous studies at her university in Tokyo). However, due to her determination, discipline, and capabilities, she was able to understand and present an international tax case to me, even comparing taxation of several jurisdictions. In addition, she has been able to see another side to the law and understand how legal and tax matters will always be hand in hand. Finally, I think this experience has opened her mind to other aspects of the law and made her think beyond the pure legal aspects of the matters such as how real life in business is. She is quite a mature student, and this ITP has developed even more maturity in her.



**- Sawat's Mentor -
Manuel Il Grande**

It is with much enthusiasm that I'm writing these words describing Sawat's internship at Astara. He joined Astara as part of the International Talent Program, and it was a great experience to have Sawat in the team. Sawat demonstrated a great will to learn and help from the very first day. As part of the program, he had the opportunity to meet some managers of different areas of Astara Move, the flexible mobility business line of Astara Group, learning how we work in those departments. Finally, he prepared a presentation analyzing how Astara Move and other subscription operators offer Mobility Solutions to big companies as part of their Employee Benefits programs. It was great to see how he demonstrated his analytical and social skills during the internship and I'm sure he will apply these soon in his professional future.

Madrid



Museo del Prado

As I stepped into Madrid's Museo del Prado, I felt a surge of excitement coursing through me. This wasn't just any gallery: it was a treasure trove of Spanish artistry spanning centuries. The walls bore witness to the brushstrokes of legends like El Greco, Velázquez, and Goya, each masterpiece whispering tales of Spain's rich cultural heritage. Despite the long queues, I couldn't resist the temptation to immerse myself in this artistic haven.



Museo Nacional Centro de Arte Reina Sofía

Nestled in the heart of Madrid, the Museo Nacional Centro de Arte Reina Sofía beckoned with promises of artistic enlightenment. Walking through its halls, I was captivated by the haunting presence of Picasso's "Guernica," a powerful testament to the horrors of war. Yet, the museum offered more than just one iconic piece: it was a celebration of Spanish artistry in all its forms. From Dalí's surreal landscapes to Miró's whimsical creations, each exhibit left an indelible mark on my soul. And to think, I could enjoy all this beauty for free with just my student ID—truly a gift!



Museo Nacional Thyssen-Bornemisza

Housed within the majestic Villahermosa Palace, the Museo Nacional Thyssen-Bornemisza promised a journey through the annals of art history. With each step, I traversed the Italian Renaissance, marveled at Impressionist landscapes, and pondered the avant-garde experiments of the 20th century. The museum's diverse collection offered a glimpse into the evolution of artistic expression, leaving me in awe of human creativity.

Córdoba



Museum of Fine Arts of Córdoba

Stepping into the Museum of Fine Arts of Córdoba felt like stepping back in time. Housed within the former Hospital de la Caridad, the museum offered a glimpse into Córdoba's artistic heritage. From the elegant brushstrokes of the Italian Renaissance to the dramatic flair of the Baroque, each painting told a story of Córdoba's cultural evolution. And with free admission, courtesy of my student ID, it was a cultural experience that I will remember for many years to come OR has enriched me in many ways.



Centro De Arte Contemporaneo Rafael Boti

Tucked away in Córdoba's Jewish Quarter, the Rafael Botí Art Centre was a hidden gem waiting to be discovered. With its minimalist galleries and intimate atmosphere, it was the perfect place to unwind and appreciate the beauty of Córdoba's landscapes. As I strolled through the center, I found myself lost in the vibrant colors and intricate details of each painting—a testament to the city's rich artistic tradition.



Palacio de Viana

While not officially a museum, the Palacio de Viana was a sight to behold. Surrounded by twelve splendid patios and a lush garden, it was a testament to Córdoba's architectural splendor. As I wandered through the palace's ornate rooms, I couldn't help but admire the exquisite craftsmanship on display. From intricately woven tapestries to hand-carved furniture, each piece spoke volumes about Córdoba's rich cultural heritage. And with its modest entry fee, it was a cultural experience that was accessible to all.

Barcelona



Museo Picasso Barcelona

Exploring the Museo Picasso Barcelona felt like delving into the mind of a creative genius. From Picasso's early sketches to his groundbreaking Cubist masterpieces, each exhibit unveiled a new facet of his artistic journey. As I wandered through the galleries, I couldn't help but marvel at the evolution of his style—from the melancholy hues of his Blue Period to the bold experimentation of his Cubist phase. It was a rare opportunity to witness firsthand the genius of one of history's greatest artists.



Joan Miró Foundation



Perched atop Montjuïc hill, the Joan Miró Foundation offered a serene retreat from the bustling streets of Barcelona. Designed by Miró's close friend, architect Josep Lluís Sert, the museum was a testament to the artist's avant-garde vision. While it was a bit off the beaten path, the journey was well worth it to immerse myself in Miró's vibrant world of color and form. From his playful sculptures to his whimsical paintings, each piece spoke volumes about Miró's boundless creativity.



Sevilla



Plaza de Toros de la Real Maestranza de Caballería de Sevilla

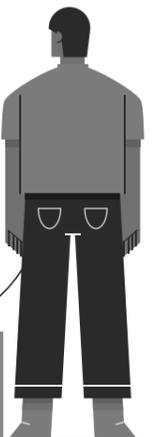
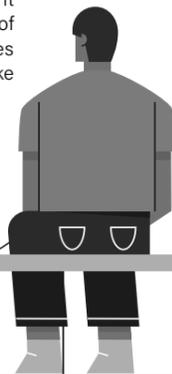
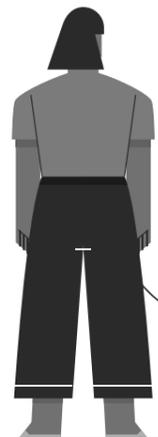
Stepping into the Plaza de Toros de la Real Maestranza de Caballería de Sevilla, I was transported to a world of tradition and pageantry. The art gallery, dedicated to bullfighting, was a testament to Spain's rich cultural heritage, showcasing a diverse collection of posters, paintings, and costumes. While bullfights weren't held during my visit, the art gallery offered a fascinating glimpse into the world of bullfighting—a cultural tradition that continues to captivate audiences around the world.

Ronda

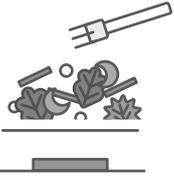


Casa Museo Don Bosco

Nestled within the historic streets of Ronda, Casa Museo Don Bosco offered a glimpse into the region's rich cultural heritage. As I stepped through its doors, I was transported back in time to a bygone era of elegance and refinement. From the intricate tapestries to the hand-carved furniture, each piece spoke volumes about Ronda's storied past. With its breathtaking views of the Nuevo Bridge, it was a cultural experience that left me in awe of this charming Andalusian town.



Shizuka's ArtVentures



Spicing Up Your Culinary Adventure



- Basic Information -

In Spain, lunchtime is typically around 2 pm and dinnertime is around 9 pm, setting a distinctive dining schedule. This timing is influenced by the Spanish custom of having meals five times a day, including breakfast, mid-morning snack, lunch, afternoon snack, and dinner.

Now, let's spice up your culinary journey by learning the origins and history of Spain's two most iconic dishes to enjoy your first bite more!

TAPAS



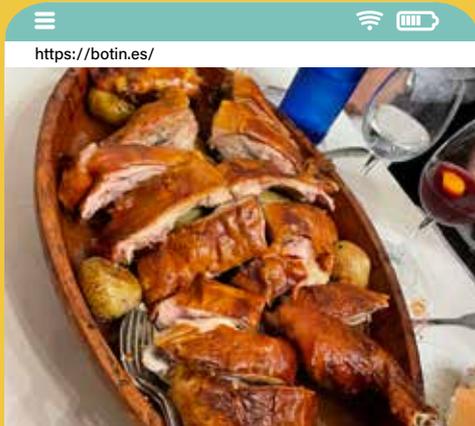
The origins of tapas can be traced back to centuries-old Spanish culinary customs. One popular theory suggests that tapas originated as small slices of bread or cheese used to 'tapar' (cover) glasses of wine, preventing flies from getting into the drink. Over time, these simple snacks evolved into a diverse array of small dishes, ranging from olives and cured meats to more elaborate creations like tortilla Española (potato omelet) and gambas al ajillo (garlic shrimp). In Granada, for example, tapas are often served free with drinks as a gesture of hospitality, while in the Basque Country, pintxos – a variation of tapas served on skewers – are a culinary art form. This regional diversity and innovation have helped tapas gain widespread popularity both within Spain and abroad.

PAELLA



València located on the east coast of Spain is known as the birthplace of paella. Certainly, since its birth, over the past four or five centuries, Paella has evolved, incorporating new ingredients and variations. Since València is on the coast, seafood found its way into the mix, which is the variation you may see a lot of in Japan. Yet, amidst the countless variations of paella, one remains true to its origins: Paella Valenciana. This "true" paella boasts a savory medley of chicken, rabbit, and snails, complemented by green and white beans. But paella is more than just a dish, it's a cultural icon, a symbol of hospitality and tradition that has captivated palates around the world. Whether enjoyed in a rustic farmhouse or a bustling city square, paella invites us to savor the flavors of Spain and celebrate the joy of sharing a meal with loved ones.

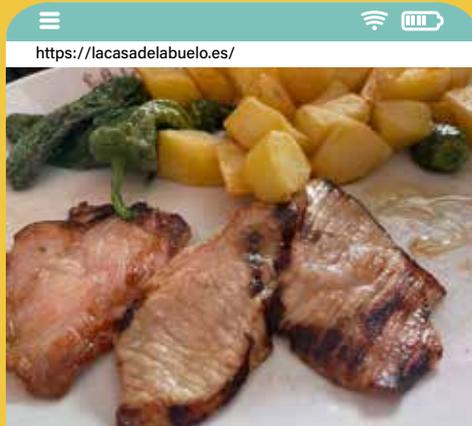
TASTE OF ESPAÑA



<https://botin.es/>

Restaurante Botín

A historic restaurant certified as the world's oldest by Guinness World Records. It was visited even by the writer Hemingway. The specialty roasted pork is incredibly tender and delicious. You should order the onion soup which has a strong garlic flavor.



<https://lacasadelabuelo.es/>

La casa del Abuelo

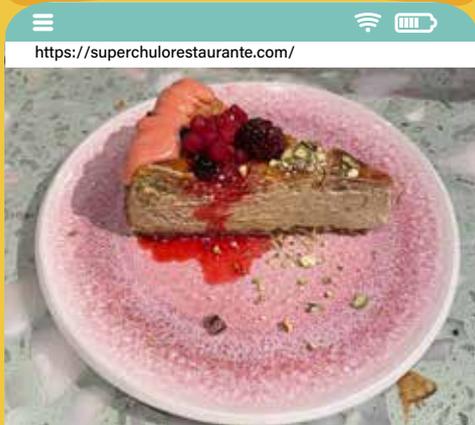
A restaurant visited during the first meeting with Korean colleagues. A famous establishment recommended by YouTubers. Enjoy typical Spanish dishes such as shrimp ajillo, tortilla, and croquettes at a reasonable price.



<https://www.arroceriadstapamadrid.com/>

D'stapa

After visiting the Sunday market, we had lunch here. The seafood paella and chicken were exquisite! The interior of the restaurant is filled with a sense of luxury, and the service from the staff is excellent.



<https://superchulorestaurant.com/>

Superchulo Fuencarral

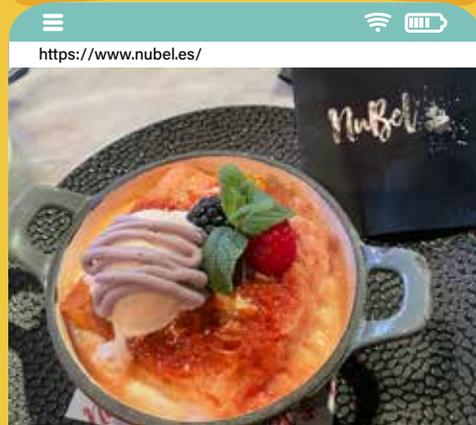
A vegetarian restaurant where we had a farewell party with Korean friends. Although there were no meat dishes, we were fully satisfied with the flavors and appearance of all the dishes. The cheesecake is very delicious and the best we ate in Spain.



<https://hansocafe.es/>

HanSo Café

A stylish cafe located near the hotel where we stayed. Both the cakes and coffee were delicious. The latte art was cute, and we were highly satisfied.



<https://www.nubel.es/>

NuBel

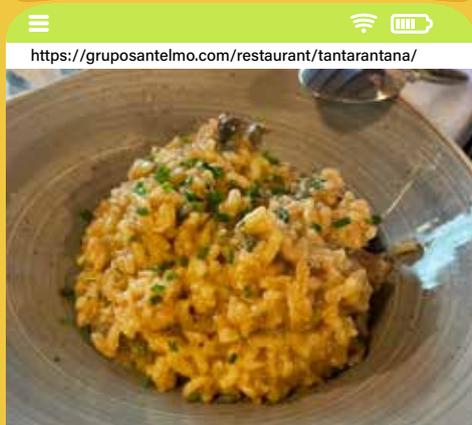
A cafe located next to the Queen Sofia Museum. Both the cheesecake and French toast are delicious. The cafe latte was slightly sweet.



<https://abadiatoledo.com/en/abadia-english/>

Cervecería La Abadía

The restaurant we visited for lunch during our Toledo sightseeing. This restaurant is famous for its craft beer. Every dish and drink were delicious! In particular, the wine-steamed mussels were exceptionally tasty.



<https://gruposantelmo.com/restaurant/tantarantana/>

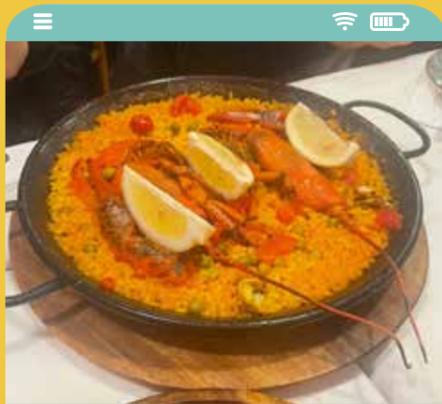
Tantarantana

The food here is truly delicious and reasonably priced! The tapas menu offers a wide variety. The hummus appetizer, risotto, and beef red wine stew for the main dishes were excellent. There are also terrace seats and the restaurant is popular.

- ... Madrid Area
- ... Toledo Area
- ... Barcelona Area

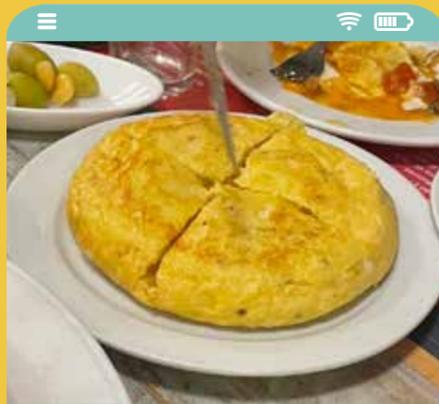
Recommended Restaurants in Spain

TASTE OF ESPAÑA



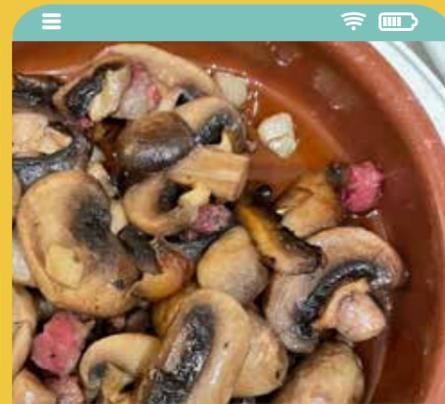
Paella

In Spain, paella is a famous dish! Seafood paella is very tasty with its rich seafood flavor. Chicken paella has a taste that many Japanese people are familiar with. When you order for a large group, they make it in a big paella pan and it was visually enjoyable. It's said that the original paella used to be made with rabbit meat.



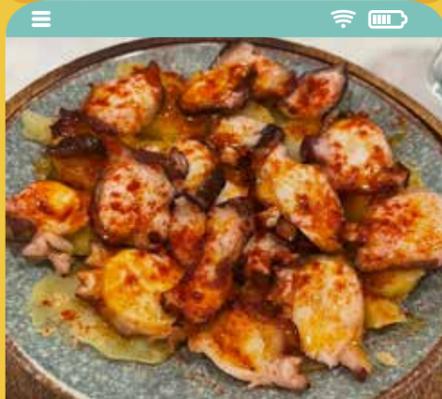
Tortilla

Our favorite Spanish dish! It can include ham and cheese depending on the restaurant. You can even buy it at supermarkets. This dish is delicious bites that satisfy your hunger.



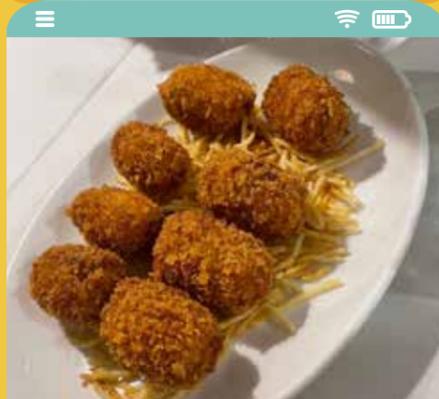
Ajillo

There are various types of ajillo such as mushroom and shrimp. The combination of garlic and olive oil is addictive. The ajillo I had in Spain was less salty and had a refreshing taste.



Pulpo al Estilo García

The octopus has a tender texture and is very delicious. It is sprinkled with paprika powder which may not be familiar in Japan, but it has a mild flavor that makes it endlessly enjoyable.



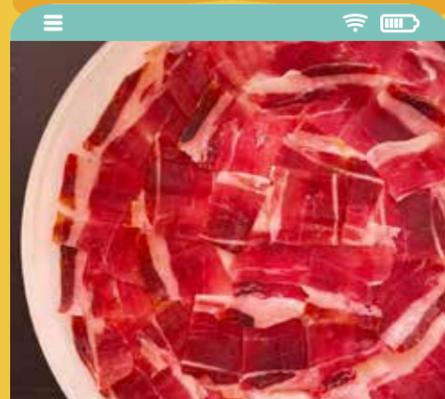
Croqueta

The most popular choice is croquettes with ham. Depending on the restaurant, you can enjoy a wide variety of croquettes including seafood and blue cheese ones. Although they are small in size, they are satisfying.



Calamares

When we went out to eat, someone always orders calamari! The batter fried in oil is soft and addictive. Calamari sandwiches are a B-grade gourmet dish in Madrid.



Jamón Serrano

Spain is known for its delicious ham! The rich flavor that you can't experience in Japan pairs perfectly with wine. You can purchase it not only at restaurants but also at supermarkets and specialty ham shops.

Must-Try Dishes

UNFORGETTABLE MEMORIES OUR DIARIES IN SPAIN

SEGOVIA



Segovia is a city brimming with ancient wonders and cultural treasures. One of its most famous landmarks is the Roman aqueduct, a massive stone structure built over 2,000 years ago. What's remarkable about this aqueduct is that it doesn't use any cement to hold its stones together. Instead, the stones are stacked so perfectly that they stay in place on their own. This engineering marvel stretches almost a kilometer across the city and stands as a symbol of Segovia's enduring past. Another highlight of Segovia is the Alcázar, a grand castle perched on a rocky hill. With its tall towers and stone walls, the Alcázar looks like something out of a fairy tale. Inside, visitors can explore rooms filled with ancient treasures and learn about the castle's fascinating history. From royal residence to military fortress, the Alcázar has played many roles over the centuries, making it a must-see for history enthusiasts. Segovia also boasts a stunning cathedral, a magnificent example of Gothic architecture. With its soaring spires and intricate carvings, the cathedral is a sight to behold both inside and out. Visitors can marvel at its beautiful stained-glass windows and ornate altars, each telling a story of faith and devotion.

In addition to its architectural wonders, Segovia is home to a historically rich Jewish quarter, known as the Jewish Town (El Barrio de la Judería). Here, visitors can wander through narrow cobblestone streets lined with centuries-old buildings, remnants of Segovia's once-thriving Jewish community. Synagogues, bathhouses, and other cultural landmarks offer a glimpse into the city's multicultural past, where Christians, Jews, and Muslims once coexisted harmoniously.

Throughout the year, Segovia plays host to a myriad of cultural events and festivities, from music concerts to religious processions, adding vibrancy to its ancient streets. When we visited, we were fortunate to witness a few unique festivals and parades, which added to the city's charm and left us in awe of its rich cultural heritage. We highly recommend visiting Segovia to anyone seeking a captivating blend of history and culture.

BARCELONA

Barcelona, the capital of Catalonia is a city rich in both history and contemporary charm. One of its most captivating features is the architectural legacy of Antoni Gaudí, whose whimsical creations dot the cityscape. A must-see is the iconic Sagrada Família, Gaudí's magnum opus. This towering basilica, with its intricate façade and surreal interior, is a testament to Gaudí's genius and remains one of the most recognizable symbols of the city. Its ongoing construction, started in 1882, is a reflection of Barcelona's commitment to preserving its cultural heritage while embracing the future. Another masterpiece of Gaudí is Park Güell, a whimsical wonderland that feels like stepping into a fairy tale. This UNESCO World Heritage Site is a mosaic-filled park adorned with colorful sculptures, winding pathways, and breathtaking views of the city. It's a perfect spot to immerse oneself in Gaudí's fantastical world and marvel at his architectural ingenuity.

Barcelona's cultural scene extends far beyond its architectural wonders. The city pulsates with energy, from its lively streets and bustling markets to its world-renowned cuisine and vibrant nightlife. Visitors can wander through the historic Gothic Quarter, enjoy tapas at a local taverna, or soak up the sun on the sandy shores of Barceloneta Beach. Barcelona's allure lies in its ability to seamlessly blend the old with the new. Whether wandering through its streets or taking in panoramic views from Montjuïc Hill, you are sure to be charmed by Barcelona's timeless appeal.

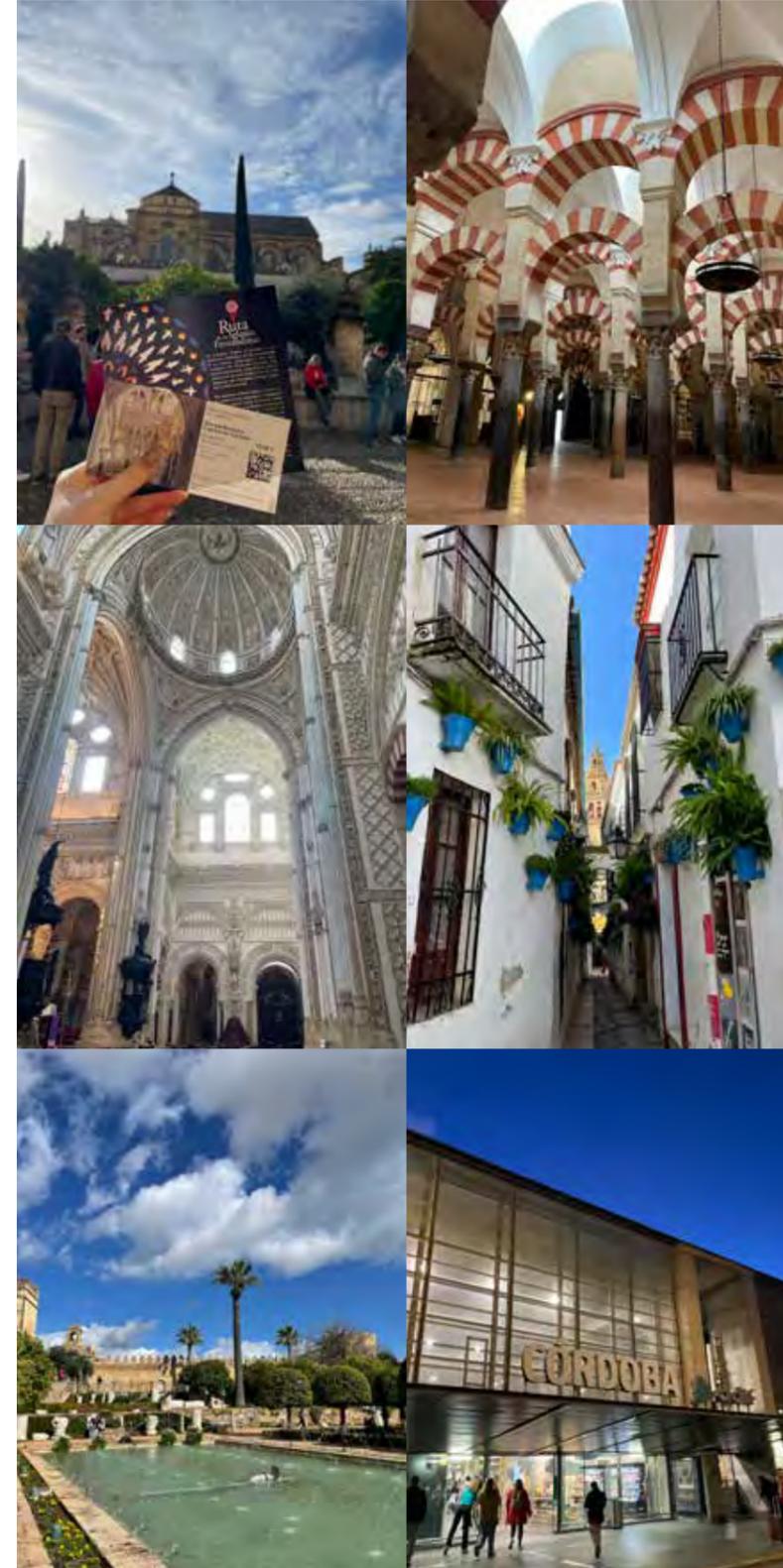


CÓRDOBA

Córdoba is an ancient city in Spain's southern Andalusia region and was once very important during Roman times. It has a mix of Islamic, Christian, and Jewish cultures in its history. We have completely fallen in love with this beautiful city! The Mosque-Cathedral (called the Mezquita) was so amazing and luckily, we got to hear hymns there. Being inside the Mezquita, where Islamic and Christian art mix made us forget about time and filled us with a relaxed and sacred feeling. It was unlike anything we've experienced in Japan.

After exploring Córdoba's pretty streets with their white walls and potted plants, we found some nice cafes and had the best café time ever. We were greatly excited because cafes and houses were adorned with stylish tiles and abundant flowers. It made the entire city resemble a work of art.

The highlight of our Córdoba trip was Palacio de Viana. It's about a 20-minute walk from the city center and has 13 different gardens. Each of them is beautiful and charming! Even though this spot is not talked about much in Japanese guidebooks, we really recommend visiting it if you travel to Córdoba! We were able to fully immerse ourselves in the aesthetic sense and elegant lifestyle of the Spanish nobility from the past. This trip left us feeling truly blissful. Córdoba is now one of our favorite cities because of its tranquility and beauty!



RONDA

Ronda is a photogenic village located in Andalusia, southern Spain, known for its stunning white city on cliffs. The town sits high up at 739 meters above sea level with the famous Puente Nuevo bridge standing about 100 meters tall. We woke up early to watch the sunrise from the bridge, but it was unexpectedly closed for construction and inaccessible. Unable to reach the scenic spot and faced with the cold, we hurriedly searched for an open café and found a charming one where we could catch our breath. By noon, we finally could watch beautiful views and were mesmerized by Ronda's vast panoramic views of the cliffs and rolling hills. After enjoying the scenery, we felt truly grateful for visiting Ronda!



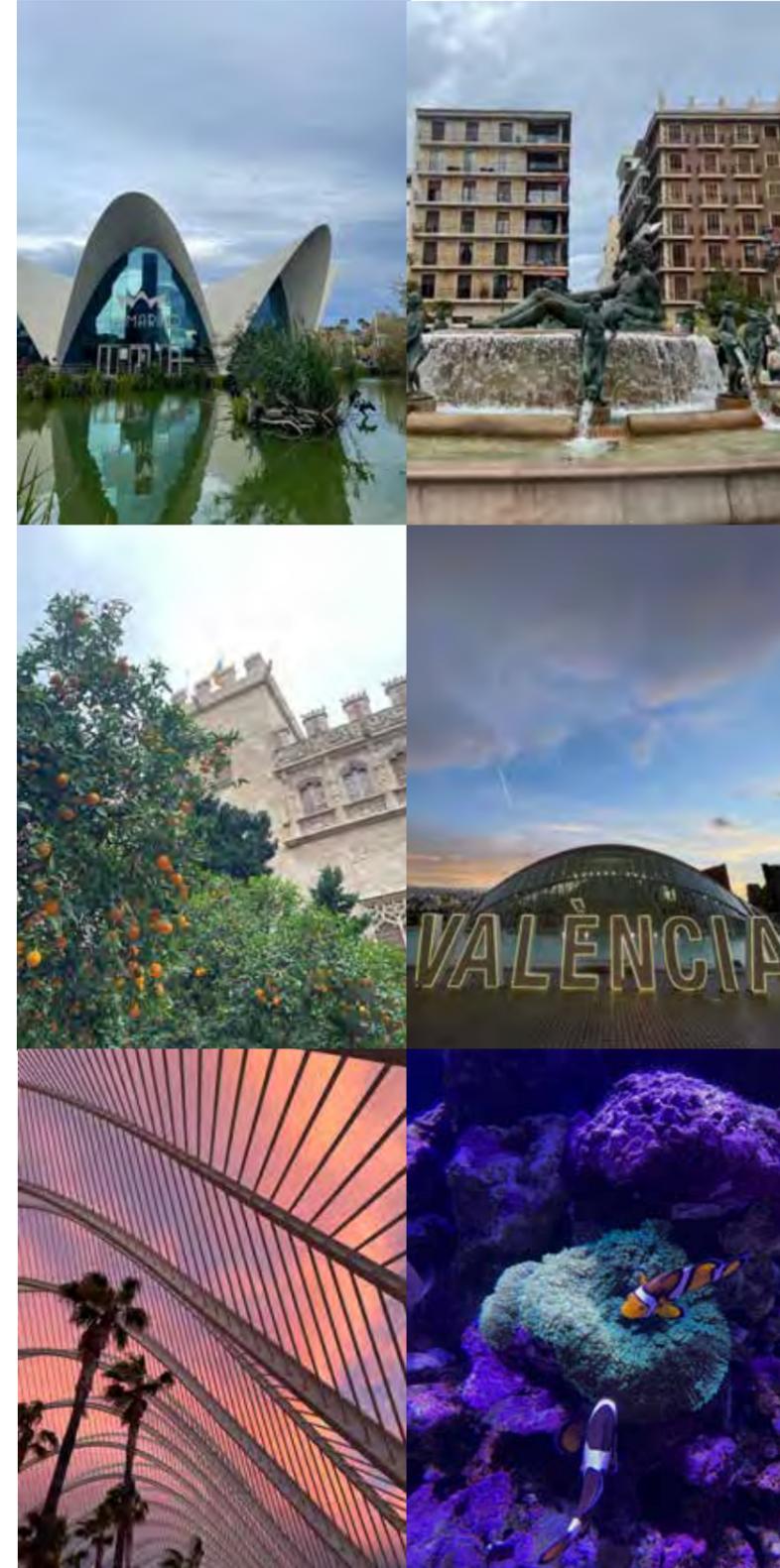
MÁLAGA

Málaga is a sunny city located in Andalusia on the coast of the Mediterranean Sea. We traveled from Ronda to Málaga by bus and spent about six hours there. We explored the lively bars and streets rich in both beach sea and traditional Spanish culture and felt the brightness and passion of the people. Later, we relaxed by sitting on Malagueta Beach gazing at the sea. Watching people reading books or playing with their families on the beach was very peaceful and heartwarming for us. Additionally, the Iberian pork tapas we had for dinner in Málaga were the most delicious tapas we tasted during our five-week internship! Though our time was short, our trip helped us understand why Málaga is so loved by the Spanish people. We all certainly wanted to stay longer in Málaga and discover even more of its charms.



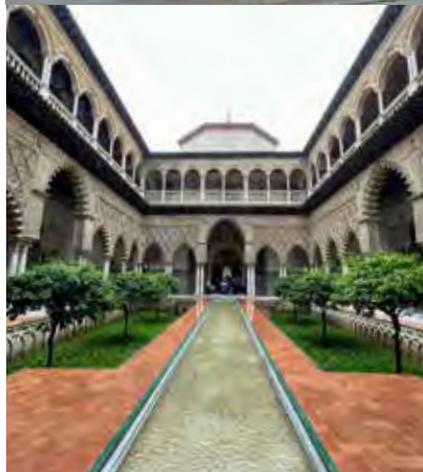
VALÈNCIA

València, located on Spain's southeastern coast and the western part of the Mediterranean Sea is the third largest city in Spain after Madrid and Barcelona, populated with around 1.5 million people. València is also birthplace of Spain's most iconic dish, Paella. The dish is well-known to be cooked with seafoods, but interestingly, the traditional Valencian paella's main ingredients were served with rabbit and chicken. During the visit, we had the pleasure of exploring many fascinating landmarks, each telling a unique story of València's rich heritage and vibrant culture. Cathedral de València, a magnificent structure that stands as a testament to varied architectures styles from Gothic, Romanesque to Baroque. Its Miguelete Tower offers panoramic views of the city and the Mediterranean Sea. La Lonja de la Seda, a UNESCO World Heritage Site symbolized the city's golden age of commerce during the 15th and 16th centuries, used as a center for trading in silk and other commodities. Our favorite area of the place was the courtyard filled with orange trees providing a relaxation atmosphere. Finally, a must-visit landmark of València, City of Arts and Sciences is more than just a collection of buildings but is a modern symbol of innovation and science. We visited Oceanogràfic, one of the main parts of the landmark and Europe's biggest aquarium, home to countless species of sea animals such as dolphins, belugas, sea lions and sharks. The combination of the impressive architecture, the sky and the sunset are among our most cherished memories of València.



SEVILLA

We arrived in Sevilla, the capital of Andalusia in southern Spain, in the evening. After depositing our suitcases, we set out on foot towards the Plaza de España. Sevilla is a city rich in history, art, and culture, making it one of Spain's most visited destinations. During our walk, we could feel Sevilla's unique blend of Moorish heritage and Spanish tradition. The Plaza de España is adorned with a series of towers and a canal, over which four bridges represent the ancient kingdoms of Spain. At night, we had a traditional Andalusian meal, with our favorite dish being spinach with chickpeas. Furthermore, we were profoundly impressed by Flamenco, the soulful and passionate dance that originated in Sevilla. The second day was a rainy day so we could only we visited the Royal Alcázar de Sevilla and did some shopping. We enjoyed testing products made from oranges at the souvenir shop.



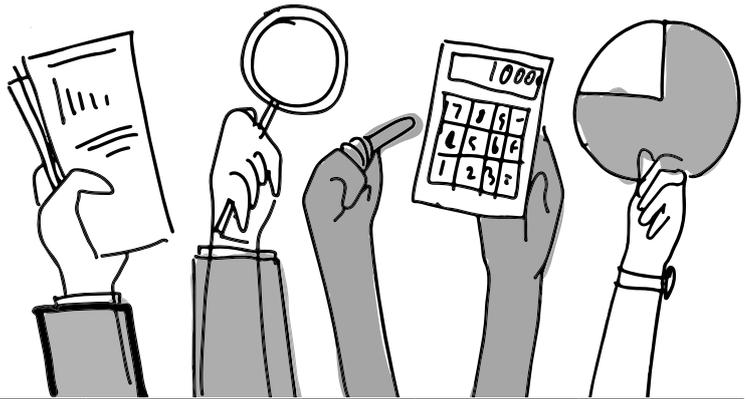
GRANADA

Granada hosts one of Spain's must-visit attractions, the Alhambra Palace. We booked our time slot for the Nasrid Palaces within the Alhambra at 8:30 in the morning. It was a sleepy morning, but this timing allowed us to enjoy the beauty of the Alhambra Palace without the crowds. The walls of the palace are decorated with intricate Islamic patterns. The palace area was so huge that it took us more than an hour and a half to finish exploring the place. Apart from the Nasrid Palace, the gardens in the Generalife area were majestic, and the panoramic view of Granada seen from the Alcazaba, the fortress, was breathtaking. Our trip to Granada perfectly concluded our travels in Spain.



BUDGET BREAKDOWN

Living for five weeks and exploring an enchanting country led to spending our money on a variety of items. Here's how we used our funds throughout the program.



Name	Restaurants	Groceries	Transportation	Daily Necessities	Social Events	Souvenirs	Total
Takafumi	€705	€216	€745	€79	€118	€300	€ 2,163
Shizuka	€476	€116	€574	€13	€260	€289	€1,728
Fathya	€335	€92	€445	€40	€341	€345	€1,598
Sawat	€924	€105	€436	€98	€264	€234	€2,061
Aki	€554	€119	€473	€24	€259	€405	€1,834
Mahiro	€819	€39	€414	€241	€413	€154	€2,080

It's evident that we have a passion for exploring Spanish restaurants. Additionally, we allocated a significant portion of our budget to transportation, considering our visits to numerous beautiful cities.



Messages from Korean Colleagues



Kim Hansol

Bergé's International Talent Program 2024 was an amazing experience that went beyond just an internship. The program embraced diversity, letting me work with people from different backgrounds, which made it more interesting and creative. I met an amazing mentor, Daniela, who really helped me learn and grow professionally. She was always there to guide me and push me to do my best. But it wasn't all about work! I made some great friends during the program. We went on trips together and had fun lunches and dinners. These friendships made the whole experience even better and more memorable. Looking back, I'm grateful for everything I learned and experienced in Bergé's International Talent Program 2024. It wasn't just a job—it was a journey that helped me grow as a person and a professional. I would highly recommend this program to anyone looking for an enriching and rewarding experience.



Jang Jinsol

My life has been enriched by the month I spent in Spain. Through the ITP program, I was able to gain professional knowledge and get to know the Spanish culture. It allowed me to experience the passion of my colleagues and gain a valuable understanding of the field. I also got to know the Japanese culture, which gave me a better insight into the culture of each country by comparing them. I am very thankful to have been a part of such a wonderful program.



Hwang Jae Eon (Amy)

My 2024 winter in Spain was amazing. I will never forget each moment. Thanks to Bergé y compañía, I could experience so much. After returning to Korea, many people have commented, 'You seem happy. Your smile has become brighter.' It's true. I genuinely experienced happiness in Spain, and even upon returning to Korea, that positive energy continues to keep me alive. I received kindness and energy from many people in Spain, and I am sincerely grateful to all of them. Their kindness and bright energy will keep my life warm, and I will strive to show kindness to others as they did to me. Additionally, I will remember the good memories from Spain when I find myself in challenging situations. ¡Muchas gracias, Bergé! Thank you for giving us precious memories.



Baek Jiwoong (Mark)

Through ITP, I not only gained professional experience but also spent a fulfilling month of happiness. Working as an intern in Astara's marketing team provided me with hands-on experience in the automotive industry, allowing me to engage in various aspects of marketing. Above all, the time spent with my Japanese friends was incredibly valuable and precious. Sharing tapas, paella, sangria after work were unforgettable moments. Making friends who are going through similar stages in life was sincerely enriching.



Seo Yewon (Sofia)

Being part of the International Talent Program was an unforgettable experience for me. Thanks to Bergé, we could visit different places in Spain such as Toledo and Cuzcurrita. Visiting these places helped us deeply learn the history, culture, and gastronomies of Spain. Moreover, by working in Astara, I could experience the Spanish working environment and roles of the Finance department in terms of the automobile dealership market. The best part of ITP was that we could interact with not only Spanish people, but also with the Japanese students. By communicating day and night with the Japanese students, I could well understand their culture and really hope to keep in touch with them.



Bahn Shangha (Sean)

On-site internship at Bergé was extraordinary and will be the most valuable experience. Being in a real working environment surely increased my potential of being able to adapt to new fields and expand my knowledge about the shipping business in general. As I was assigned to the Operations team with great colleagues, the opportunity to be in the middle of the active shipping brokerage or shipping business enhanced the overall understanding of the business and beyond. After attending the ITP at Bergé, with participants from different backgrounds, I now have a dream to pursue a career that allows me to work in other places than just in Korea or Asia.

MESSAGES FOR FUTURE INTERNS



After finishing my internship, I can say that I learned a lot and I accomplished a lot, so I want to share some tips for the next participants. Be active at work. Don't be passive. Take it for granted that at the start of the internship everything will take a long time and you will need a lot of effort to succeed in taking your first steps; don't worry since this starting period will help you in the weeks to come. Think deeply and precisely about what your work is and all the tasks that you must achieve. Remember: you are doing this for your future.

Takafumi

I want to tell you that you should definitely challenge yourself during this internship even if you are not very good at English. While daunting, the program offers more than language proficiency—it provides diverse experiences with peers from Korea, Japan, and also the people in Spain. It fosters understanding and fresh perspectives, expanding horizons and revealing new opportunities for your future. Emphasizing passion over language prowess, the experience is transformative. Trust in yourself, embrace curiosity, and seize the extraordinary opportunities ahead.

Shizuka

Try to enjoy every moment to the fullest. Each day brings new discoveries, whether it's something to learn or simply moments of joy. Don't be afraid to try new and positive experiences, as this moment with your friends in Spain will not come again. And remember, if you encounter challenges, there will always be someone there to offer support. Don't hesitate to seek assistance, and be sure to extend a helping hand to your friends whenever possible, as true friendships endure over time.

Fathya

The five weeks will fly by in the blink of an eye. I can assure you that this program will yield valuable experiences. The staff at Bergé are incredibly welcoming and are ready to answer any questions you may have, so I highly recommend making the most of your time by asking questions! Additionally, Spain offers a wide variety of delicious food and exciting places to explore. Therefore, I strongly advise not waiting and pursuing what you want to do and visiting the places you desire when the opportunity arises. Remember: Do not wait; the time will never be 'just right.'

Sawat

I recommend actively participating in gatherings and events while in Spain! During your internship in Spain, you'll have opportunities to attend a number of parties and engage in casual conversations with colleagues. By actively conversing with various people, you can gain new perspectives and knowledge as well as develop friendships. Building relationships may lead to invitations to other events and gatherings. It allows you to learn more about life and work in Spain and create cherished memories. I hope everyone has unforgettable experiences in Spain!

Aki

Be proactive and engaged during your internship. You might encounter a lot of opportunities that offer you choices on what to do. It's up to you if you take this advantage or not. But don't be afraid to step outside of your comfort zone and try something new. Also, I found that communication skills are crucial. It looks obvious but not everyone will know your preferences, interests, and aspirations unless you express them. So, do not hesitate to tell what you want to others for smoother communication!

Mahiro

CONCLUDING WORDS

Since October 2023, when we first applied for the program, we began with optimism, aiming for something worthwhile. Now, as we conclude the program, we have achieved far more than we anticipated, gaining a multitude of valuable experiences and opportunities.

This remarkable experience was made possible by the executives and the mentors of Bergé y Compañía, who initiated the program to provide us with a professional experience, introduce us to Spanish culture, and arrange educational visits. Their commitment to fostering our growth and facilitating our learning has been crucial. Through this program, they have provided us with valuable insights, assistance, and opportunities essential for our personal growth and career advancement.

I want to extend my heartfelt gratitude to our mentors from Berge y Compañía, whose guidance has been invaluable in providing us with firsthand insight into the workings of a professional environment. Their mentorship has not only equipped us with practical skills but also instilled in us a deeper understanding of professional norms and expectations. Moreover, I want to acknowledge our friends from Chung Ang University who made beautiful friendships with us and supported each other whenever in need. They are inseparable from our beautiful memories of Spain. Together, we have shared laughter, exploration, and unforgettable moments that have created bonds that will endure. Their friendship has truly been a cornerstone of our experience, adding warmth and depth to every memory we've made.

Lastly, but certainly not least, I want to extend my heartfelt gratitude to our esteemed professors and mentors, Jin and John. Throughout our academic journey, their guidance and mentorship has been invaluable, not only in preparing us for learning but also in providing invaluable advice along the way, both in Japan and Spain.

As we bid farewell to this chapter of our lives, we carry with us a treasure trove of memories, lessons, and friendships forged through shared experiences and mutual support. While our time together in Spain may be coming to an end, the bonds we've formed and the lessons we've learned will continue to shape our paths long into the future. May our stories in this Reflection Report serve as a testament to the personal and professional growth that awaits those who dare to step outside their comfort zone and embrace new opportunities for self-improvement.

Khadijah Fathya Khairunnisa
Chief Editor