

Study Abroad Programs

一橋大学 海外への留学プログラムマップ2025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: 若干名 ●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/リバーサイド校/サンディエゴ校) ●カナダ : プリディッシュ・コロンビア大学 ●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、香港中文大学 ●オーストラリア : クイーンズランド大学 ●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 ●TOEFL89(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) ●成績付与および登録は成果報告書作成を経て翌学期に行われるため、プログラム派遣後に卒業まで 最低一学期の履修期間を有すること
	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: 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 ●カナダ : ヨーク大学 ●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 : シドニー大学、クイーンズランド大学、モナシュ大学 ●ニュージーランド: オークランド大学 ●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(オンライン)、ライプツィヒ大学ヘルダー・インスティトゥート(対面) ●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: サンティエニス大学附属の語学・文明国際センター、グルノーブル大学附属の大学フラン ス語教育センター、リヨン第二大学付属のフランス語教育国際センター ●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

その他のプログラム(各学部GLP担当)			
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 ●実施期間: 10日間程度(夏季授業休業期間中) ●連動する基礎ゼミナールとセットで履修し12単位認定 (春・夏学期基礎ゼミナール2単位と英語ゼミナール2単位、 秋・冬学期基礎ゼミナール2単位と英語ゼミナール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・ドイツを予定 ●留学期間: 11日間程度(春季授業休業期間中) ●連動する基礎ゼミナールとセットで履修し12単位認定 (春・夏学期基礎ゼミナール2単位と英語ゼミナール2単位、 秋・冬学期基礎ゼミナール2単位と英語ゼミナール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(ベルギー)、IBEI(バセルナ)、ソウル大と共同で、IBEIと一橋大学 にて開催予定 ●留学期間: 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)		●今年度は海外派遣を実施しない。 ●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)		●交流大学: ノースウェスタン大学(米国)との共同開講 ●開講期間: 冬期集中講義期間(1月初め~3月初め)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 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) *	大学基金等(給付型)	●今年度は海外派遣を実施せず、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
学部生	社会学部海外短期調査(韓国)		●ソウル等を訪問予定 ●実施期間: 6日程度を予定(夏季授業休業期間中) ●2単位認定 ●全学部を対象とする ●問い合わせは、シラバスに記載の担当教員宛て
学部2年生以上 (社会学部 GLP学生のみ)	社会学部海外短期調査(フィリピン)		●留学先: ダバオ市 ●海外短期調査で、現地人の社会と歴史を学ぶ。 ●実施期間: 6日(夏季授業休業期間中) ●2単位認定 ●参加者 5~10名

*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あるものには*印を付してあります)

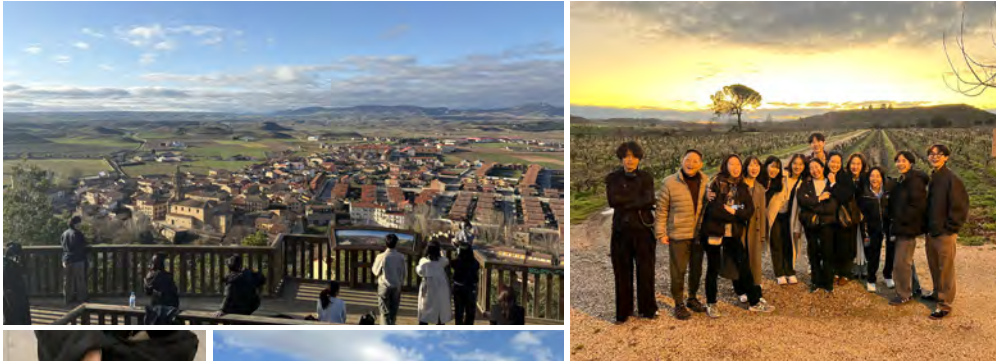


一橋大学
HITOTSUBASHI UNIVERSITY

HITOTSUBASHI UNIVERSITY

BERGÉ
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 2025



INTERNATIONAL
TALENT
PROGRAMME
2025



January 24 to March 3



INTERNATIONAL TALENT PROGRAMME 2025
STUDENT REFLECTIONS

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お問い合わせ・URL

留学に関する相談	https://international.hit-u.ac.jp/cgee/advising/	国際教育交流センター留学生・海外留学相談室
海外派遣留学制度	https://international.hit-u.ac.jp/abroad/haken/	学務部教務課留学支援係(派遣担当) TEL: 042-580-8764 E-mail: edu-gs.stu@ad.hit-u.ac.jp
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/	
海外留学奨学金について	https://international.hit-u.ac.jp/abroad/abroad-scholarship/	
一橋大学サマースクール等留学制度	https://international.hit-u.ac.jp/abroad/summerschool/	教務課留学支援係(短期留学担当) TEL: 042-580-8175 E-mail: g-skills.g@ad.hit-u.ac.jp
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/	
中国語短期海外語学研修	https://international.hit-u.ac.jp/abroad/abroad/taiwan/	学務部教務課留学支援係(派遣担当) TEL: 042-580-8764 E-mail: edu-gs.stu@ad.hit-u.ac.jp
異文化交流研修(春季・スペイン企業派遣)	https://international.hit-u.ac.jp/courses/short-term/spain/	
異文化交流研修(春季・マレーシア工科大学)	https://international.hit-u.ac.jp/courses/short-term/malaysia/	
各学部実施の海外調査、GLPセミナー等	(商) URL: https://www.cm.hit-u.ac.jp/learning/ssp/index.html	
	(経) URL: https://www4.econ.hit-u.ac.jp/glp/	
	(法) URL: https://www.law.hit-u.ac.jp/faculty/law-glp/	
	(社) URL: https://glp.soc.hit-u.ac.jp/index.html	

Bergé International Talent Programme 2025
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 Continues

When I left Cuzcurrita in 2023, the Rioja countryside offered more than just beautiful vistas; it sparked the idea of importing premium Rioja wine for ITP alumni living in Japan. Over the following weeks, I explored the feasibility of this vision and identified two critical components: upstream operations—including import logistics and customs clearance—and downstream operations—encompassing licensing, storage, marketing, and domestic distribution in Japan.

It dawned on me that this scenario could serve as a highly relevant case study for future ITP participants, especially given Hitotsubashi University's focus on business and social sciences. Thus, for the 2024 ITP cohort, we introduced a new challenge: design a hypothetical e-commerce subscription service to deliver Castillo de Cuzcurrita wine to ITP alumni members in Japan.

This experiment exceeded my expectations.

Divided into two teams, our students confronted real-world business problems head-on. They debated logistics models, calculated pricing strategies, and developed brand positioning plans tailored for a niche Japanese market. In the process, they transitioned from curious observers to contributors with genuine cross-cultural business insights.

This case study project also serves as a catalyst for connecting ITP students, alumni, and Bergé in personal and meaningful ways. It offers a shared narrative—one that blends culture, commerce, and community, reminding us that the bonds formed in this program can grow into collaborations that transcend time zones and generations. The magic of Cuzcurrita continues to evolve, as evidenced by the enthusiastic response from ITP alumni who attended the project presentation.

To everyone at Bergé y Compañía—Chairman Jaime Gorbeña, International Talent Programme Coordinator Lucía Los Arcos Magdalena, and all the dedicated mentors and staff—thank you for fostering the conditions where such magic can thrive. Your unwavering support has nurtured these moments of connection, creativity, and transformation year after year.

¡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。昼食の後に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ら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

Más Vale Tarde Que Nunca

This opening remark is two years late. I’m sorry! I intended to write this explanatory message after the three-year COVID break, but I used the Golden Age play *Life is a Dream* to illustrate what we had just endured globally because I saw a comparison with Segismundo and his plight. Last year, I referenced Don Quixote. How could I not? This year, I planned to compare the five-week internship that Bergé y Compañía graciously offers to six Hitotsubashi University students, supported by Chairman Gorbeña, with Lazarillo de Tormes. However, considering who the protagonist is and how he lives his life, I abandoned that idea.

So, let me “go back to the future” and explain what happened during this program’s three-year hiatus.

Everyone involved in creating the International Talent Program Reflection Report starts with the best intentions. Unfortunately, reality sets in when the group returns to Japan, and the writing process begins in earnest. After a few months, the project is in disarray. The situation was so dire during the year of the global lockdown that the report was almost not published. I analyzed the 15 reports during the three years to determine what went wrong. I soon discovered how the project went awry and how to solve the problems.

One of the most critical components of this project’s success is a tool Prof. Abe introduced about ten years ago: the Daiwari Contract. In Japanese, daiwari means a graphic table of contents. The illustration below shows that the report’s pages are outlined, with each section, writer, and coordinator (if needed) clearly shown. When Jin first offered this tool, I must admit, I didn’t understand its usefulness. Over time, I have come to love it! And now, I believe it is the key to this project’s successful outcome.

The Daiwari Contract does more than organize the layout; it makes visible who is responsible for what. It clarifies the production sequence and ensures that no single person is burdened unfairly with too many tasks. When used correctly, the team can manage their time, divide the labor logically, and monitor progress immediately. In short, it turns a daunting project into a manageable one. Problems still exist, but most have been avoided using this deceptively simple tool.

Before the pandemic, however, the Daiwari was used poorly or abandoned altogether. Without this roadmap, the project drifted, deadlines were missed, and frustration mounted. By the time final drafts were due, there was no cohesion, no clear vision, and, worst of all, no joy in the process.

When the program resumed, we made a collective decision: we would return to basics. We reinstated and enforced the Daiwari

Contract more rigorously. In addition, we introduced checkpoints at regular intervals to assess progress, troubleshoot issues, and offer support to struggling writers. We encouraged open communication and emphasized the importance of peer review and constructive feedback. Little by little, we restored the sense of teamwork that had been lost.

The results were immediate and dramatic. The Report was completed on time, and the quality of the writing improved. The students expressed a sense of pride in what they had created together. Notably, the experience again reflected the spirit of collaboration and cross-cultural learning on which the International Talent Program was founded.

Another change this year is the way we handle proof copies. In the past, we divided two copies among eight people, often leading to missed or overlooked changes between versions. To avoid this kind of miscoordination, we will work from a single master copy, with all eight people directly providing feedback. Of course, typos are inevitable—even Miguel de Cervantes acknowledged this when he wrote, “The printer is to blame for some errors you will find in the story, and not the author.” I like his attitude.

Looking back, the hiatus taught us a valuable lesson: organization and communication are the lifeblood of any collaborative project. Without them, even the best intentions falter. With them, even the most challenging tasks become achievable. So, although this explanation arrives much later than planned, it may be fitting. After all, más vale tarde que nunca—better late than never.

I hope this explains our journey and the lessons we have learned. Thank you for continuing to support and believe in this program. Oh, enjoy reading this chronicle of six intrepid students and their amazing five weeks in el país de mi corazón, España.

Daiwari Contract (西暦)											
Section	Page	Writer	Coordinator	Section	Page	Writer	Coordinator	Section	Page	Writer	Coordinator
1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0
4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0
5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0
6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0
7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0
8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0
9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0
10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0
11.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0
12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0
13.0	13.0	13.0	13.0	13.0	13.0	13.0	13.0	13.0	13.0	13.0	13.0
14.0	14.0	14.0	14.0	14.0	14.0	14.0	14.0	14.0	14.0	14.0	14.0
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16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0
17.0	17.0	17.0	17.0	17.0	17.0	17.0	17.0	17.0	17.0	17.0	17.0
18.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0
19.0	19.0	19.0	19.0	19.0	19.0	19.0	19.0	19.0	19.0	19.0	19.0
20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0
21.0	21.0	21.0	21.0	21.0	21.0	21.0	21.0	21.0	21.0	21.0	21.0
22.0	22.0	22.0	22.0	22.0	22.0	22.0	22.0	22.0	22.0	22.0	22.0
23.0	23.0	23.0	23.0	23.0	23.0	23.0	23.0	23.0	23.0	23.0	23.0
24.0	24.0	24.0	24.0	24.0	24.0	24.0	24.0	24.0	24.0	24.0	24.0
25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0
26.0	26.0	26.0	26.0	26.0	26.0	26.0	26.0	26.0	26.0	26.0	26.0
27.0	27.0	27.0	27.0	27.0	27.0	27.0	27.0	27.0	27.0	27.0	27.0
28.0	28.0	28.0	28.0	28.0	28.0	28.0	28.0	28.0	28.0	28.0	28.0
29.0	29.0	29.0	29.0	29.0	29.0	29.0	29.0	29.0	29.0	29.0	29.0
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PROGRAM CALENDAR 2025

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
					January24	25	26
					22:30 Depart from Narita International Airport	05:30 Arrive at Dubai International Airport 07:25 Depart from Dubai International Airport 12:40 Arrive at Madrid-Barajas Airport 15:00 Arrive at Hotel	★10:00 Tour of Palacio Real de Madrid ★13:00 Lunch with Korean Colleagues at La Casa del Abuelo
27	28	29		30	31	February1	2
★10:00-12:00 First Visit to Bergé Logistics Office Internship Program Introduction Company Introduction Explore Madrid Museo Nacional del Prado Museo Nacional Thyssen-Bornemisza	★10:00-12:00 First Visit to Astara Office Company Introduction Introductory Coffee Chat with Mentors	★09:00-11:00 Welcome Breakfast at Bergé y Compañía Office Explore Madrid Biblioteca Nacional de España Cochinillo Dinner at the World's Oldest Restaurant, Restaurante Botín		Explore Madrid Museo Reina Sofía Puerta de Alcalá Parque de El Retiro 20:00 Dinner with Korean Colleagues at Taberna Almendro 13 (Hosted by Hitotsubashi University)	Explore Spain Day Trip to Salamanca Weekend Trip to Alicante Explore Madrid Casa de Campo Zoo Aquarium de Madrid	Explore Spain Weekend Trip to Elche Explore Madrid Flamenco Show Soccer Match at Metropolitano Stadium (Atlético de Madrid vs. RCD Mallorca)	Explore Spain Day Trip to Alcala de Henares Day Trip to El Escorial Weekend Trip to Alcoi Explore Madrid Museo Reina Sofía
3	4	5		6	7	8	9
★09:30 Pick-up by Bus for Castle Cuzcurrita ★13:00-15:00 Morcilla Lunch at Restaurante Landa, Burgos ★17:00-18:30 Walk around Castle Cuzcurrita ★18:30-19:30 Winery Tour ★19:30 Dinner with Cuzcurrita Red Wine	★09:30 Tour of Burgos Catedral de Burgos ★Morcilla Lunch at Restaurante Landa, Burgos	★09:00-13:00 First Day at the Office Company Introduction & PC Set Up Introduction to the Assignment Meeting with Mentors Coffee Break with Mentors/Team Research 13:00-14:00 Lunch with Korean Colleagues		★09:00-13:00 Office Meeting with Mentors/Korean Colleagues Research (Junior Talent Trends, Port Operations, Socioeconomic Factors) Coffee Break with Mentors/Korean Colleagues ★14:30-15:30 Spanish Lesson 15:30-16:00 Research (Car Sharing Industry)	★09:00-13:00 Home Office Meeting with Mentors Research (Junior Talent Trends, Port Operations, Socioeconomic Factors) Prepare Presentation 17:00 Bring Your Own Country's Food Dinner Party with Korean Colleagues 21:30-23:00 Prepare Presentation	★10:30 Pick-up by Bus for Toledo ★13:00 Lunch at Cervecería La Abadía ★15:00-17:00 Tour of Toledo	Explore Spain Day Trip to Ávila Explore Madrid Flea Market at El Rastro
10	11	12		13	14	15	16
★09:00-13:00 Home Office Meeting with Mentors Research (Junior Talent Trends, Shipping Agency, Socioeconomic Factors) Data Collection (Consulting, Financial Reports) 13:00-16:00 Documentation (Market Overview) ★19:15-23:30 Dinner with Japanese Ambassador at Japanese Ambassador Residence	★09:00-13:00 Office Meeting with Mentors Research (Junior Talent Trends, Shipping Agency, Socioeconomic Factors) Data Collection (Consulting Firms, Corporate Reports) ★12:00-14:30 Visit to Toyota Office 15:30-17:00 Research Documentation (Market Overview)	★09:00-13:00 Office Meeting with Mentors Research (Corporate Politics, Insurance, Shipping Agency, Socioeconomic Factors) Coffee Break with Mentors/Korean Colleagues Prepare Presentation 13:00-17:00 Research Data Collection		★09:00-13:00 Office Meeting with Mentors Research (Corporate Politics, Socioeconomic Factors) Coffee Break with Mentors/Korean Colleagues ★15:00-16:00 Spanish Lesson 16:00-17:00 Documentation	★09:00-13:00 Home Office Research (Socioeconomic Factors) Documentation (B2B Business, Customer Demands) Explore Spain Weekend Trip to Barcelona Parc Güell	Explore Spain Weekend Trip to Barcelona Mercat dels Encants Sagrada Família	Explore Spain Weekend Trip to Barcelona Fideuà Lunch Hospital de Sant Pau Parc de la Ciutadella Parc de Montjuïc Playa de Sitges Teleférico del Puerto
17	18	19		20	21	22	23
★09:00-13:00 Office Meeting with Mentors Research (Socioeconomic Factors, Vessel Documentation) Coffee Break with Mentors/Korean Colleagues Prepare Presentation 14:00-23:00 Project Planning Prepare Presentation Documentation (B2B Business)	★09:00-13:00 Office Research (Socioeconomic Factors, Vessel Documentation) Coffee Break with Mentors/Korean Colleagues Prepare Presentation ★14:00-16:00 Farewell Lunch with Mentors at Restaurante Txoko La Moraleja	★09:00-13:00 Office Meeting with Mentors Research (Socioeconomic Factors, Vessel Documentation) Coffee Break with Mentors/Korean Colleagues Prepare Presentation 14:00-17:00 Project Planning Documentation (B2B Business)		★09:00-13:00 Office Meeting with Mentors Research (Socioeconomic Factors, Vessel Documentation) Coffee Break with Mentors/Korean Colleagues Prepare Presentation ★14:30-15:30 Spanish Lesson 13:00-16:00 Data Collection (Pricing)	★09:00-13:00 Home Office Meeting with Mentors Data Collection (Pricing) Explore Spain Weekend Trip to Seville Hospital de los Venerables Plaza de España Weekend Trip to Málaga Caminito del Rey	Explore Spain Day Trip to Córdoba Weekend Trip to Granada Albaicín District Alhambra Catedral de Granada Sunset at San Miguel	Explore Spain Weekend Trip to Córdoba Mezquita Palacio de Viana Puente Romano Weekend Trip to San Sebastián Weekend Trip to Bilbao
24	25	26		27	28	March1	2
★09:00-13:00 Home Office Meeting with Mentors Research Prepare Presentation	★09:00-13:00 Office Meeting with Mentors Research (Customs Documentation) Coffee Break with Mentors/Korean Colleagues Prepare Presentation ★14:30-15:30 Spanish Lesson 16:00-17:00 Practice Presentation	★09:00-13:00 Office Meeting with Mentors Research (Customs Documentation) Coffee Break with Mentors/Korean Colleagues Prepare Presentation ★17:00-18:00 Spanish Lesson 20:00-21:00 Practice Presentation		★09:00-13:00 Last Day at the Office 10:30-12:00 Presentation in Front of All Mentors at Bergé y Compañía Coffee Break with Mentors/Korean Colleagues Feedback from Mentors ★14:30-15:30 Spanish Lesson 20:00 Farewell Dinner with Korean Colleagues	14:00-15:00 Last Lunch with Korean Colleagues 20:00-23:00 Dinner with Mentors and Korean Colleagues Explore Spain Weekend Trip to Granada	Explore Spain Day Trip to Segovia Alcázar de Segovia Aqueduct Catedral de Segovia Weekend Trip to Granada Weekend Trip to Seville	11:30 Pick-up from Hotel 12:00 Arrive at Madrid-Barajas Airport 14:25 Depart from Madrid-Barajas Airport 00:25 Arrive at Dubai International Airport 02:55 Depart from Dubai International Airport
3							
17:25 Arrive at Narita International Airport							

Note: ★ indicates official Bergé y Compañía event

MEMBER INTRODUCTIONS



Yiming Liu

Faculty: Social Science
Year: Senior

The internship at Bergé y Compañía is a perfect opportunity to take a step closer to my goals as a future business leader. As a student in the Global Leaders Program at Hitotsubashi University, I have developed strong communication and analytical skills through academic activities and practical experiences. My work as a lecturer and advisor to international students has helped me succeed in multicultural environments, where I have learned to adapt and understand diverse perspectives. When I learned about the International Talent Program offered by Bergé y Compañía, I saw it as an excellent chance to immerse myself in the Spanish-speaking world. As someone passionate about cigars, I dream of starting a cigar trading company in the future. This internship offers a unique opportunity to improve my Spanish skills while gaining valuable experience in the operations of a leading trading company. I am confident that my ability to connect with people and my enthusiasm for learning will allow me to contribute meaningfully during the five-week program. I look forward to working with the team and making a positive impact during this exciting opportunity.



Momoa Masuda

Faculty: Commerce and Management
Year: Sophomore

One of the main reasons I am applying to this program is my eagerness to embrace challenging opportunities and push myself beyond my comfort zone while still a student. I believe this internship at Bergé y Compañía will provide the valuable experiences I seek. Additionally, I am keen to learn more about Spanish culture, where people prioritize a healthy balance between work and personal life—a mindset I aspire to adopt, as I tend to a push myself. This program also offers a unique opportunity to enhance my language skills and cultural awareness. I am excited to engage with people from diverse backgrounds and apply the languages I have studied, including English, Spanish, and Korean. In the future, I aim to contribute meaningfully to Japan's economic development. Growing up, I didn't fully appreciate Japanese culture, but my experiences with other cultures have deepened my understanding of Japan's unique values. I hope to help others recognize and promote these positive aspects, creating new economic opportunities. Through this internship, I seek invaluable experience working in a diverse team, including Spanish mentors and Korean colleagues. This will further strengthen my ability to connect Japan with Spain and Korea, fostering collaboration and innovation.



Sawa Suzuki

Faculty: Commerce and Management
Year: Sophomore

Having lived in Singapore, Slovakia, and the US during my upbringing, I have developed a deep appreciation for the excitement and personal growth that comes from adapting to new environments and facing challenges. My interest in Spain began last year during a short-term language program. I was captivated by the country's vibrant culture, historical charm, and, most notably, its rich culinary traditions. This experience ignited my curiosity and desire to explore Spanish culture personally and professionally. I aspire to build a career that allows me to collaborate with people from diverse cultural backgrounds while contributing to global projects. For this reason, participating in the International Talent Program sponsored by Bergé y Compañía represents an invaluable opportunity for me. As someone who has not yet worked in an English-speaking environment, I find this program an exciting challenge and a significant step out of my comfort zone. Through this five-week internship, I hope to gain practical insights into international work environments, reflect on my career goals, and establish a solid foundation for achieving them. I am deeply grateful for this opportunity and am committed to making the most of it by learning, contributing, and growing throughout this experience.



Akari Hori

Faculty: Social Science
Year: Freshman

"Siesta" was the first idea that came to mind when I heard Spain, which I learned from my middle school geography class. Back then, I considered it a pleasant midday nap and naively wished my school would embrace that tradition. But now that I think about it, that long lunch period is the root of a balanced life and a precious human connection in Spain. As I near the end of my freshman year, I find myself reflecting on how I want to shape my future. Growing up in Japan, it is hard to imagine a life outside of the typical, structured path focused on academics and multiple examinations, with the ultimate goal of achieving a renowned career. While this journey so far has been indispensable—entering Hitotsubashi University has allowed me to participate in this incredible program—I have come to believe that there's more to life. And Spain has ignited my imagination, inspiring me to see life beyond the conventional. In today's interconnected world, possibilities extend beyond geographical borders. What you need is the vision and the willingness to take on challenges, and I am eager to tackle that during the five weeks in Spain. With the help of five fantastic members from my home university and the opportunity to collaborate with Korean students and people at Bergé y Compañía, I am ready for new experiences—not only *siesta*—and enriching connections that this program promises.



Miho Yuhara

Faculty: Commerce and Management
Year: Freshman

I am thrilled to be part of the Bergé International Talent Program. As a first-year student in the Faculty of Commerce and Management, I am passionate about business and eager to broaden my horizons on a global scale. This program offers a unique opportunity to gain hands-on experience, work with professionals from diverse backgrounds, and develop the skills necessary to address global business challenges. Having lived in four different countries (England, United States of America, Brazil, and Japan), I've learned to appreciate different perspectives and the importance of adaptability. These experiences have helped me quickly adjust to new environments and communicate effectively across cultures. My academic journey has also allowed me to develop strong communication, organizational, and leadership skills. In addition, I've taken on leadership roles in community service organizations, which have given me valuable insights into organizational management and effective communication. Although I have not yet determined a specific career path, I believe this program will help clarify my goals by offering exposure to real-world business environments. I'm excited to further develop my adaptability, interpersonal skills, and critical thinking abilities. Collaborating with peers and mentors from diverse cultures will challenge me, broaden my perspectives, and accelerate my personal and professional growth. I am confident this program will prepare me for future leadership roles in the global business world.



Haruki Ikeda

Faculty: Social Science
Year: Freshman

My challenging spirit and curiosity are the traits that have driven me to this International Talent Program sponsored by Bergé y Compañía. Participating in this program has been my objective since I enrolled at Hitotsubashi University, and I am honored to have this wonderful opportunity. Since I have never been abroad for an extended period, working in Spain will be a fascinating but challenging journey. However, I hope to get through it with a forward-looking mindset, like the Spanish national motto, "Plus Ultra". In the future, I am eager to work in the international field. I aim to demonstrate my abilities in an unfamiliar environment during this internship and hope to gain experience in the field of logistics and commerce, which will enhance my future career prospects. I am convinced that working at Bergé y Compañía, a company that conducts large-scale business in various fields, will be a precious experience. At the same time, I expect to learn and experience a lot about Spanish culture through this program. In particular, I look forward to learning about Spanish history and experiencing the country's rich food culture. I also look forward to working and living with the participants from South Korea. I hope to share our culture and values and build a strong relationship with them.

BERGÉ Y COMPAÑÍA INTRODUCTION

About

BERGÉ
y Compañía

Bergé y Compañía is a Spanish investment holding company with over 150 years of history. The company focuses on nurturing and expanding partner companies while exploring new ventures globally, with innovation and entrepreneurship at its core.

Company History

Founded in 1870, Bergé started as a ship brokerage and stevedoring company. Between 1940 and 1979, the company solidified its position as a leading player in Spanish port operations. In 1984, Bergé Auto, the automotive division, began distributing the Toyota brand in Spain. In recent years, the company has built a partnership with Mitsubishi Corporation (MC), transforming Bergé Auto into Astara, a global mobility company.

Divisions



Bergé (Infrastructure and Logistic Services)

Bergé excels in port operations, vehicle and energy logistics, and shipping. The Bergé division emphasizes ethical practices, transparency, and integrity while adhering to current legal standards in all its activities and relationships with business partners and stakeholders.

Astara (Automotive)

Astara provides personalized, sustainable mobility solutions, ranging from vehicle ownership to subscription and sharing services. Committed to sustainability, Astara goes beyond regulatory standards by reducing waste, using local water efficiently, monitoring environmental impact, and striving to make a positive contribution to society.



Vision for the ITP Program



The ITP Program began in 2008, inspired by Jaime Gorbena, President of Bergé y Compañía, and his internship experience in Tokyo. Mr. Gorbena aimed to provide students with similar opportunities to experience Spanish culture, fostering long-term commercial and personal relationships between Japan, South Korea, and Spain.

OFFICE LIFE

Practical Training Site 1 Bergé

I was assigned to the Shipbroker Department of Bergé Logistics and worked from 9 a.m. to 1 p.m. I left my hotel every morning at 8:00 a.m. and took the subway to work, a journey that took approximately 50 minutes. Upon arrival at the office, I greeted my colleagues with “Buenos días” and began my day.

The Shipbroker Department acts as an intermediary between cargo shippers and shipowners. On the first day of my internship, my mentor explained the basic mechanics of this job with some documents. My assignment was to research and give a presentation on the current and future challenges of the shipping industry. Therefore, by listening to my mentor’s explanation and actively asking questions, I deepened my understanding of the department’s operations and the overall structure of the shipping industry.

By presenting actual contracts, records of correspondence with shippers, and documents such as operational status reports for contracted vessels, I was able to understand the specific flow of operations. I could also participate in meetings and engage in discussions as a full member of the team. My mentor provided valuable feedback throughout the research process, asking thought-provoking questions such as, “How about looking for this type of data?” and “How about using this example?” These insights allowed me to refine my analysis further.

The office was located on the third and ground floors of a modern, well-maintained building. Employees accessed the office by scanning their ID cards at the entrance gate. Each worker had an assigned desk and PC, and a break area was provided where employees could

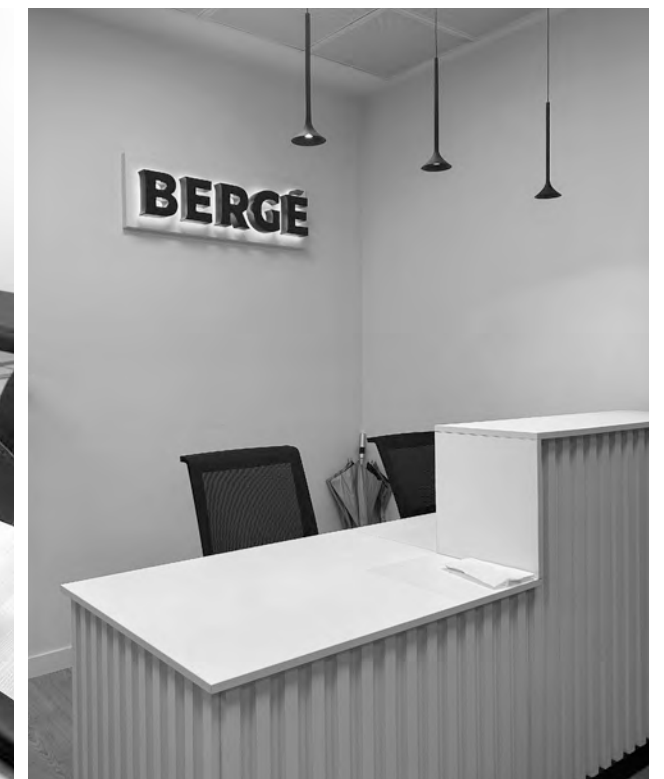
relax. During breaks, I enjoyed coffee and fruit while chatting with my colleagues. These casual conversations often revolved around our backgrounds and culture in Spain and Japan. Through these interactions, I built strong connections with the people in the office.

Additionally, my mentor occasionally took me to a café outside the office to discuss the project’s progress and future prospects. By discussing in a relaxed environment outside the office, I could ask questions and exchange opinions without hesitation, which led to a deeper understanding.

After leaving the office, I took online Spanish classes twice a week. In the classes, I learned not only basic Spanish grammar and vocabulary but also about Spanish culture, which enriched my local experience.

On the last day of the internship, the students presented the results of their research in front of the other interns and their mentors. Before the presentation, my mentor advised me on the presentation’s content, which helped me make a convincing presentation as the culmination of my learning. After the presentation, I had one last coffee break with my mentor and expressed my gratitude.

I had never been exposed to the shipping industry before my internship. Therefore, during the five weeks, I learned about the industry from the ground up, considering its challenges and future potential. The ability to explore unfamiliar territory and seek solutions to challenges, which I developed during the internship, will certainly benefit my future career.



OFFICE LIFE

Practical Training Site 2 Astara

Astara is a global leader in mobility solutions, offering personalized and sustainable options such as vehicle distribution, subscription services, and car-sharing. By integrating data intelligence with cutting-edge technology, Astara creates a seamless mobility ecosystem that operates across 19 countries in Europe, Latin America, and Southeast Asia. The company's commitment to innovation extends beyond its services and into its office environment, which reflects its forward-thinking approach and dedication to employee well-being.

Located in Alcobendas, a short metro ride from central Madrid, Astara's office is designed to foster transparency and collaboration. Glass walls and doors create an open atmosphere, while natural light streams through large windows, illuminating the bright and thoughtfully designed interiors. Flexible seating enables employees to select their workspaces according to their daily needs, fostering productivity and adaptability. The office prioritizes comfort with well-stocked break areas offering complimentary beverages, from rich espresso to soothing teas, ensuring employees stay refreshed throughout the day.

One standout feature of the office is the massive digital screen on the first floor. This "data hub" displays real-time metrics on market share, subscription trends, and marketing traffic, showcasing Astara's global operations and emphasizing its commitment to data-driven decision-making. Beyond workspaces, the basement level houses a dedicated exercise area equipped with fitness equipment, reflecting Astara's holistic approach to employee wellness.

Thanks to Madrid's efficient metro system, the daily commute to the office is smooth. Although the journey from the city center takes about an hour, it provides time to read or mentally prepare for the day ahead. Upon arrival, the first task is to review the mentor's schedule and align on priorities. Mornings are typically spent completing assignments such as data collection, requirement analysis, or preparing for meetings. This structured approach ensures a productive workflow and meaningful contributions during discussions.

Coffee breaks with mentors in the refreshment area are a highlight of the day. These informal moments foster relationship-building and often extend beyond work topics. Mentors share personal stories about family, vacations, or university experiences, offering interns a glimpse into Spanish culture and lifestyle. One memorable conversation involved a mentor's vivid description of a coastal holiday in Portugal, which inspired me to add it to my travel Wishlist immediately. These casual exchanges create a collaborative and supportive work environment, enhancing the overall internship experience.

When the workday ends, Madrid offers endless opportunities for cultural exploration and entertainment. Dinner typically begins around 8:00 or 9:00 PM, aligning with Spanish dining customs. Local restaurants near Alcobendas or the city center offer diverse culinary options, from traditional tapas to international cuisines. After dinner, Madrid's vibrant nightlife comes alive, offering something for every taste. Relaxing evenings might involve sampling regional wines at local bars or enjoying live music at jazz and blues clubs. For those seeking cultural immersion, flamenco performances provide an electrifying showcase of dance and music, blending technical skill with raw emotion.

More energetic nights might include visits to Madrid's renowned nightclubs, especially during weekend happy hours when the city buzzes with energy. Whether exploring traditional Spanish culture or enjoying modern entertainment, every evening offers a unique experience, deepening appreciation for Madrid's rich heritage.

The balance between professional growth during office hours and cultural exploration after work makes the Astara internship comprehensive. It provides opportunities for personal and professional development while creating lasting memories of time spent in Madrid. Astara's innovative spirit, collaborative work environment, and cultural richness make it an exceptional place to work and grow.



OFFICIAL VISITS & ACTIVITIES



Visit to Royal Palace January 26

The first official visit, organized by Bergé y Compañía, was to Palacio Real de Madrid. This was also our first interaction with our Korean colleagues, adding a layer of excitement to the experience. The palace was breathtaking, with grand halls, intricate frescoes, and sparkling chandeliers. The Throne Room's red velvet and gold details, the Hall of Mirrors' elegance, and the Royal Armory's historical displays made every moment unforgettable. After the tour, we had lunch with our new

colleagues at La Casa del Abuelo, where we enjoyed a variety of Spanish dishes. The croqueta de jamón was perfectly crispy on the outside and creamy inside, and the cheesecake was unbelievably rich and smooth. The meal was a great way to continue conversations and bond over fantastic food. Between the palace's grandeur and the delicious lunch, the day was culturally enriching and a tremendous start to our time together.



Visit to Bergé y Compañía January 29

On a bright morning, we traveled to the Bergé y Compañía headquarters located in Madrid's city center. The holding company's office was housed in an elegant, compact white building that exuded understated sophistication. Upon arrival, we gathered with our Korean colleagues for our first group photograph in front of the entrance, capturing the beginning of our professional collaboration.

Our mentors warmly welcomed us at the door and escorted us upstairs to a tastefully appointed meeting room where a delightful breakfast spread awaited. As we engaged in enlightening conversations, we savored freshly baked bread, aromatic Spanish coffee, and thinly sliced jamón ibérico—a true Spanish culinary treasure.

The highlight of our breakfast meeting was an introduction to Mr. Moroishi, the Strategic Alliance Finance Director dispatched by Mitsubishi Corporation. His insights into the capital relationship between the Japanese trading company and Bergé were particularly illuminating. Through discussions with him, we gained a deeper understanding of the intricate financial structures and strategic partnerships underpinning Bergé's business operations. This valuable exchange enhanced our knowledge of international business alliances and provided practical context for our ongoing professional development program.





Visit to Rioja and Burgos

February 3 & 4

Our cultural excursion began with a memorable visit to Rioja's wine country. After a four-hour drive from Madrid, we arrived at Castle Cuzcurrita in the quaint town of Cuzcurrita de Río Tirón. This historic castle-turned-winery offered a fascinating glimpse into Spain's prestigious winemaking tradition. The castle's manager guided us through Rioja's rich viticulture as we explored the atmospheric underground cellars where oak barrels housed aging wines in perfect conditions. The tour continued through production facilities where traditional methods blend seamlessly with modern technology. As evening approached, we enjoyed a lavish dinner featuring regional specialties perfectly paired with the estate's exceptional wines. The rich, complex Rioja reds complemented the flavorful meat dishes beautifully. Most remarkably, we spent the night within the castle walls, sleeping in rooms steeped in centuries of Spanish

history—a truly magical experience. The following day, we visited Burgos with our Korean colleagues to explore its magnificent UNESCO World Heritage Cathedral. The Gothic masterpiece captivated everyone with its Golden Staircase, designed by Diego de Siloé, and the spectacular Chapel of the Constable crowned by a star-shaped dome. The cathedral's imposing Puerta del Perdón façade features intricate stone carvings and a magnificent rose window, while inside, soaring vaults create an atmosphere of transcendent beauty. After briefly visiting Las Huelgas Monastery, we shared lunch with our Korean colleagues, exchanging perspectives on Spanish religious architecture and similar historical sites in Korea. This cultural dialogue enhanced our experience and strengthened our professional relationships, making our two-day journey both intellectually stimulating and socially rewarding.



Day Trip to Toledo

February 8

On the second Saturday, Bergé organized a day trip to Toledo for us. The day started with a surprise—when we arrived at the meeting point in the morning, we found that the bus scheduled to take us to Toledo had been involved in a minor car accident. Fortunately, thanks to Bergé's quick response, a replacement bus arrived within minutes, and we were soon safely on our way.

Toledo, a UNESCO World Heritage city, is renowned for its breathtaking cityscape, shaped by centuries of rich history. Our guide provided insightful explanations that deepened our appreciation of the town as we explored it. One of the highlights was the cathedral, which left us in awe. Its masterpiece, *El Transparente*, was so intricate and dynamic that it almost seemed to come to life before our eyes.

Wandering through the city's winding streets, surrounded by stunning medieval architecture, we felt we had stepped back in time. The trip was a fascinating cultural experience and a memorable bonding opportunity for all of us.





Dinner with the Ambassador of Japan

February 10

The next official event was a dinner with the Japanese Ambassador to Spain. We were invited to the ambassador's official residence, where we enjoyed a full-course meal in an elegant yet welcoming setting. The dishes were a unique fusion of Japanese and Spanish cuisine, seamlessly blending the best of two culinary traditions. Each course was thoughtfully paired with select wines and sake from both countries, adding an extra layer of depth to the experience. The conversation was just as engaging as the meal, covering culture, diplomacy, and shared

experiences. Both the ambassador and the president of Bergé y Compañía had an impressive knowledge of their respective countries, offering fascinating insights into Japan and Spain. Their passion and deep understanding of their cultures inspired us to learn more about each nation. The evening was not just about fine dining, but also about cultural exchange and building connections. The engaging conversations, combined with the exquisite food, made it an unforgettable experience for everyone.



Visit to the Toyota Office

February 11

Just a five-minute walk from our office, we had the opportunity to visit the Toyota Office. On this day, we had a wonderful experience interacting with the staff members. After a brief office tour, the staff presented us with a

detailed outline of their eco-friendly business models and vision. After the presentation, we had lunch while discussing work and cultural topics. It was a valuable and enriching experience.



Farewell Lunch

February 18

Our final official event took place at El Txoko, a restaurant located near our office. The restaurant offered us a variety of excellent Spanish dishes. Interns and mentors gathered and shared memories of the past five weeks. Towards the

end, we were given our ITP certificates by Lucía, marking the conclusion of our internship. Five weeks passed in the blink of an eye, and we were amazed by how intense those weeks were.



Daily Life

Sawa Suzuki

On weekdays, when I had to be in the office, I would wake up around 7 a.m. to get ready for the day. The hotel offered an amazing buffet, but since I was often running late, I would usually just grab some sandwiches to eat on the way.

At work, I focused on the tasks assigned to me. Most of the time, I researched tax benefits in different countries. The coffee break came around 11 a.m., and it quickly became one of my favorite parts of the day. My mentor had a packed schedule, so those short breaks were a rare chance to discuss my progress and get to know him better.

I stayed at the office on Tuesdays and Thursdays to take my online Spanish class. On other days, I left around 1 p.m. to explore Madrid. I made it a point to try traditional Spanish dishes like paella, gambas al ajillo, tortilla de patatas, and croquetas.

After lunch, I returned to the hotel to do laundry every three or four days. Since our weekends and some weekdays were packed with plans, getting the timing right to do my laundry was essential to enjoy all the activities fully. The process took about an hour, so by the time I finished, it was around 5 p.m. But in Spain, the night was just beginning. It would be four to five hours till dinnertime!

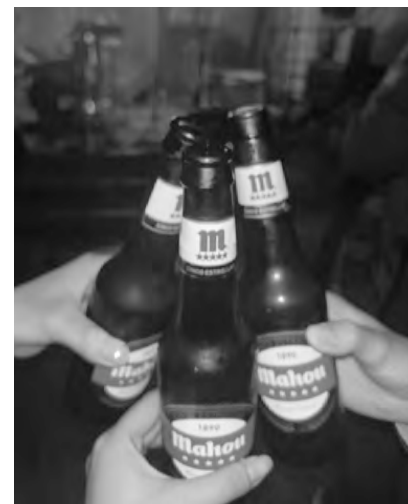
Evenings were filled with a variety of activities, including movie nights, flamenco shows, jazz bars, and clubs. On nights without specific plans, I would browse for souvenirs and clothes at El Corte Inglés or simply stay at the hotel to work out at the gym and relax.



Weekend

Miho Yuhara

On weekends, when I stayed in Madrid, I explored the city with my Korean colleagues. I would usually wake up around 8 AM and enjoy the fantastic hotel breakfast with jamón, cheese, bread, and fruits. By 10 AM, I'd start planning upcoming weekend trips to Barcelona, Granada, and Segovia. At noon, I'd meet some colleagues and head to a local restaurant for lunch. We often got recommendations from people at the company, and we always enjoyed trying new places. The food was always delicious, whether we were sampling tapas at a small bar or savoring traditional Spanish dishes at a cozy café. After lunch, around 2 PM, we would shop to find outfits for the clubs we planned to visit later in the evening. It was so much fun picking out clothes together, helping each other choose trendy pieces, and finding something special to wear. By 5 PM, we'd take a break, grab coffee or a light snack, and continue our shopping spree until around 7 PM. We'd then head out for dinner, with more recommendations from our mentors at Bergé. Afterward, around 9 PM, our nightlife began. We did so many fun activities—one night, we went to see a flamenco show, and the passionate performances left us in awe. The energy of the dancers and live music was incredible. After the show, we'd head to the clubs to dance and enjoy the rest of the night. Our weekends in Madrid were full of unforgettable experiences, with a perfect mix of culture, food, shopping, and nightlife.



A DAY IN MADRID



STUDENT REFLECTIONS

Yiming Liu



During my internship at Astara, I was fortunate to be assigned to the Marketing Department, which was primarily responsible for conducting an in-depth investigation of the Chinese car rental market. This research enabled me to gain a comprehensive understanding of China's car rental industry's current state, market structure, and future development trends.

My research mainly focused on competitive analysis of B2B and B2C markets, primarily based on operational data from key market participants. I identified market concentration, key players' business strategies, and the characteristics and growth potential of different market segments through my research.

I also studied the demand characteristics of different rental types, from ultra-short-term to long-term rentals. Particularly interesting was observing how urban policies, lifestyle transformations, and technological advancements influence consumer behavior and shape the market's development direction.

Through this market research, I enhanced my data analysis capabilities and learned how to connect market trends with consumer behavior, identify business opportunities, and propose targeted strategic recommendations. Astara's team culture and professional guidance were also immensely beneficial, enabling me to combine theoretical knowledge with practical business applications seamlessly.

Work Experience

My Impressions of Spain

Spain left an indelible impression on me, with its unique cultural atmosphere and lifestyle that deeply fascinated me. What amazed me most was the Spanish people's passionate attitude toward life and their unique understanding of time. Compared to the fast-paced life I had experienced before, Spaniards seem to understand better how to enjoy the present moment, whether during long lunch breaks or evening social activities, reflecting their emphasis on quality of life.

Spanish food culture was another aspect that impressed me deeply. From traditional tapas in Madrid to seafood paella in Barcelona, each dish tells a story of local history and culture. I particularly enjoyed the Spanish way of dining—viewing food as the center of social activities, sharing stories and laughter around the table.

But Spain's nightlife was what truly dazzled me. Madrid's bar culture is rich and diverse, and I had the opportunity to explore several bars with different styles. Devil's Cut was definitely my favorite, being the first European establishment of the famous Japanese cocktail bar company SG Group. As a regular SG Group patron, finding this Madrid bar made me feel particularly at home. Upon entering, staff offer a glass of sherry as a welcome drink, which is the favorite spirit of SG Group's owner, Shingo Gokan.

The charm of Devil's Cut lies in its perfect fusion of Japanese refinement and Spanish passion. Here, I could taste classic signature cocktails from SG Group's global locations, such as "On a Slow Boat to China" from the Shibuya location and "Geisha Vesper" from the Shanghai venue. Their menu design was particularly interesting, reflecting owner Gokan's journey from "angel" to "devil." The Japanese-style interior decoration is simple yet exquisite, creating a serene and immersive atmosphere that contrasts sharply with Madrid's bustling nightlife.

I also visited Bad Company, a bar whose prohibition-era style left a strong impression. Entering requires knowing the day's password, and staff will tell you they "don't sell alcohol, only artwork," adding a layer of mystery and theatricality to the entire experience. Salmon Guru offered yet another unique experience, with its vibrant interior and creative drinks showcasing the avant-garde side of Madrid's nightlife.

Spain's architecture and art also amazed me. From Gaudí's peculiar designs to the classical art treasures of Madrid's Prado Museum, Spanish creativity and artistic expression are everywhere. Walking through the city streets, I felt the perfect fusion of history and modernity, allowing me to experience the country's rich cultural heritage.





Of all my wonderful memories in Spain, my solo day trip to Segovia was the most precious. This ancient city, listed as a UNESCO World Heritage site, is famous for its stunning Roman aqueduct, majestic Alcázar of Segovia, and Gothic cathedral.

That day was sunny as I took an early morning train from Madrid. Upon arrival, I strolled along the cobblestone streets of the old town, visiting the Roman aqueduct built in the 1st century, an impressively well-preserved ancient Roman structure that still inspires awe today. Afterward, I explored the Alcázar of Segovia, said to be the inspiration for Disney's Sleeping Beauty Castle.

But the highlight of the day was undoubtedly the unforgettable lunch I enjoyed at José María's Restaurant. This restaurant is renowned for its authentic Castilian cuisine, especially its signature dish: roast suckling pig (cochinillo asado). José María considers the roasted suckling pig to be the standard-bearer for both his menu and Segovia's cultural-gastronomic heritage.

When the waiter brought the golden crispy roast suckling pig to the table, the atmosphere in the restaurant immediately became lively. Following tradition, the chef cut the suckling pig with the edge of a plate rather than a knife, demonstrating the tenderness of the meat. The first bite revealed a perfect contrast between the crispy skin and tender meat, accompanied by a delicious sauce formed from the pig's own fat mixed with salt and water—undoubtedly the most delicious meal I had in Spain.

After lunch, I found a viewpoint overlooking the entire city, where I spent several hours admiring Segovia's magnificent scenery, with distant mountains and the spires of the old town forming a beautiful picture.

As the sun set and the ancient city was bathed in golden light, I realized that this day was not just a tourist experience but a true cultural immersion and personal exploration. This memory will forever be etched in my heart, becoming the most precious treasure of my Spanish journey.

The Best Memory During the Stay

Thoughts For Tomorrow

Reflecting on my internship in Astara's Marketing Department, I have begun to consider how I can apply these valuable experiences to my upcoming strategic consulting work in Japan.

First, I plan to transform my market research and data analysis skills into practical consulting capabilities. My experience analyzing complex market structures and identifying growth opportunities will allow me to provide deeper insights and recommendations for Japanese clients.

Second, my experience working in a cross-cultural environment will be an essential asset in Japan's consulting industry. Understanding business practices and consumer behavior across diverse cultural

backgrounds will enable me to better comprehend and cater to the Japanese market and its international business needs.

Ultimately, I strive to deepen my industry knowledge by concentrating on development trends in Japan's automotive industry and mobility sector. By applying the analytical frameworks I acquired in Spain to the Japanese market, I can offer clients unique insights and valuable comparative analyses.

Through these specific actions, I can transform my experience at Astara into practical professional advantages, laying a solid foundation for my development in the field of strategic consulting in Japan.



STUDENT REFLECTIONS

Momoa Masuda



My colleagues and I usually worked on the first floor and sat together, but occasionally, we enjoyed the view from the third floor and worked there instead. Many employees, including my mentor, adopt different working styles, such as remote work, so we often held online meetings.

This was my first time working in digital marketing. Although I had studied marketing at university, I encountered many unfamiliar industry terms. At first, I felt frustrated, realizing that my academic knowledge covered only a few concepts used in the business world. However, my mentor confirmed key terms in every meeting, and I tried to research and take notes on unfamiliar concepts. Through this process, I gradually overcame my initial knowledge gaps.

By the end of my internship, I had completed almost all of my assigned tasks. Unlike some of my peers, I did not have a final presentation but gained valuable knowledge and practical marketing and business skills. Moreover, I experienced the office's professional atmosphere, but at the same time, I found many workers were friendly to me, such as greeting me and being involved in small talk, which helped me feel welcomed and at ease. I also had the opportunity to meet Japanese employees from Mitsubishi Corporation and learn about their work, which inspired me to think more deeply about my future career.

During my internship in Astara's Marketing Department, I worked on tasks related to digital marketing. Since each assignment was directly connected to my mentor's core responsibilities, I felt a positive sense of pressure and challenge. One of my main tasks was to compare brand competitiveness and analyze the economic and social factors of approximately 20 countries where Astara is expanding. Many of my tasks involved using an online platform called the "Digital Competitiveness Index," which is widely utilized across Astara.

At the Astara office, we had a flexible seating arrangement known as the "free address" system.

Work Experience

My Impressions of Spain

There are many cultural differences between Spain and Japan, such as food, scenery, and time zones. I realized that both cultures have their advantages, and I came to appreciate Spanish culture as much as Japanese culture.

One of my favorite aspects is the food. Every time I ate paella, I worried that I wouldn't be able to finish it all. I also like the tapas culture. Many Spanish people drink alcohol, and to prevent themselves from getting too drunk, tapas are served alongside drinks. Since every restaurant offered a unique variety of tapas, I enjoyed trying different types.

Additionally, I was impressed by the beautiful scenery every time I walked around Madrid and other cities. The buildings, palaces, and parks I visited were breathtaking. It felt as if I were walking through a postcard.

I was also surprised by Spain's time zone. Since the sun rises around eight in the morning, I initially found it challenging to recognize the beginning of the day. Because of this time difference, we sometimes finished lunch at around four in the afternoon, which is uncommon in Japan. However, it was enjoyable since it allowed me to take my time and savor my meals thoroughly.

Regarding transportation, Madrid had a well-developed system, including the metro and the buses, which were punctual and convenient. I also found it interesting that free buses were provided for everyone while contributing to environmental efforts. This was an impressive and thoughtful initiative.

Lastly, I noticed that Spanish people excel at balancing work and personal life, and they seem to enjoy every moment, which aligns with my initial expectations. For example, they collaborated well with colleagues at work and prioritized spending quality time with family and friends. This approach to life is what I would love to incorporate into my own lifestyle.



Selecting only one cherished memory is difficult since every moment I've had is meaningful to me. However, my most memorable experience was a three-day trip to Barcelona since I felt a different atmosphere compared to the other areas, and it reminded me of the kindness of the people.

During the trip, I noticed how distinct Barcelona's atmosphere was compared to Madrid. While Madrid reminded me of Tokyo, Barcelona felt more like Kyoto. Mainly, I especially enjoyed visiting historical landmarks such as the Sagrada Familia, Park Güell, Casa Batlló, and Casa Milà. Seeing these sites, I was amazed by Gudi's unique talent and how well these buildings have been preserved. Additionally, I was surprised by the differences in food across regions. Initially, I thought food and culture would not be very much within the same country, but I realized they are.

This trip also reminded me of the warmth of the people, which is why I consider it one of my best memories. I especially remember the restaurant we visited on our first night, which was recommended by an employee I met at Astara. It was a very special dinner, and I recall the waiter telling us he was studying Japanese and spoke to us kindly. Not only this restaurant, but our mentor, Korean friends, and other people we met also recommended many places to visit. Although I regret not having enough time to see them all, I appreciate their kindness. I was also disappointed that I couldn't try all the delicious food because I didn't have enough time to experience everything. In addition to the food, I learned how to moderate alcohol, which was also a valuable experience for me.



The Best Memory During the Stay

Thoughts For Tomorrow

Through this program, I gained practical knowledge, the confidence to take on new challenges, and a deeper appreciation for the importance of relationships in the workplace and daily life. I plan to apply these lessons throughout the rest of my university life to make it more fulfilling and help shape my future.

Firstly, since I acquired business knowledge, particularly in marketing, I would like to apply it to my university studies. Rather than simply learning theoretical concepts, I aim to develop a mindset considering their real-world applications in the business world. I would also like to improve my language skills to communicate more effectively in the short term. One reason is that I sometimes struggled to express my exact meaning in English and Spanish. Another reason is that I have come to realize the crucial importance of communication in both business and daily life. With this motivation, I am determined to continue studying other languages.

Secondly, I gained confidence in my ability to live

and work abroad. Before this program, I had never lived alone, but I successfully managed to live with my colleagues. I also challenged myself with new experiences, such as traveling alone and experiencing the nightlife. In addition, I could ask local people for help in Spanish when I face difficulties, such as figuring out how to take the train or use a coin laundry. This confidence will encourage me to take on new challenges, even those I find intimidating. I am confident that this experience will continue to push me forward.

Last but not least, I learned that relationships are one of the most valuable aspects of life. There is not enough space to list all the wonderful memories, but I truly enjoyed working and spending time with my Korean friends. Our bond was formed through a short yet fulfilling experience together. I also sincerely appreciate my mentor and colleagues, who were all kind to me. After this program, I will maintain these relationships and continue expanding my connections with the mindset I developed through this experience.



STUDENT REFLECTIONS

Sawa Suzuki



During my internship at Astara, I was assigned to the Commerce and Management Department, which plays a key role in developing new markets for the company. My primary task was to conduct research on tax benefits and incentives related to electric vehicles (EVs) across 19 countries where Astara operates. Given that EVs are generally more expensive than gasoline-powered vehicles, government support significantly impacts their sales. Analyzing various incentive programs gave me valuable insights into global trends in environmental protection and sustainable mobility. This research deepened my understanding of how different governments approach the transition to cleaner energy and the importance of policy in shaping the automotive industry.

Work Experience



Another cherished aspect of my experience was the office environment. From the first day, I was welcomed into a warm, open atmosphere where communication flowed freely. Employees actively engaged in discussions, and I noticed that even during meetings, everyone felt comfortable asking questions or sharing ideas without hesitation. This culture of open communication not only fostered collaboration but also encouraged me to participate more actively. I learned the importance of clarity and directness in professional discussions, which helped me build confidence in expressing my thoughts.

Overall, my internship at Astara Mobility was a highly enriching experience. It allowed me to develop my analytical skills through research and exposed me to a professional environment where open dialogue and teamwork drive innovation.

My Impressions of Spain

During the five-week program in Spain, I was immediately captivated by the country's deep passion for food. Even before stepping into any bars or restaurants, I could see how much Spanish people enjoy their cuisine. Walking through Madrid, it was easy to find people happily gathered at terrace seats, enjoying food and drinks at any time of the day. Coming from Japan, where food culture is also highly valued, I found this aspect of Spain particularly relatable and endearing.

Another striking impression was Spain's cultural diversity. During my stay, I traveled to various regions, including San Sebastián and Bilbao in the north and Córdoba and Granada in the south. It was fascinating to see how the landscape, food, and language varied significantly from one region to another.

In San Sebastián, the Basque culture was prominent. The city is renowned for its seafood pintxos, and its architecture has a distinct French influence. Additionally, people in this region spoke Basque, a language entirely different from Spanish. In contrast, Andalucía bore a strong influence from its Islamic past. Many historical buildings featured intricate Arabic inscriptions, and the region's tapas culture was unique—most bares offered a free tapa with every drink.

These regional contrasts between the Basque Country and Andalucía were just one example of Spain's remarkable diversity. Every part of the country had its own distinctive cultural identity, making Spain an incredibly dynamic and unique place to explore. This experience deepened my appreciation for the country's rich traditions and vibrant way of life, leaving me with a lasting admiration for its people, cuisine, and heritage.





Choosing the best memory from my time in Spain is incredibly difficult because every experience was precious and meaningful. However, if I had to pick one, it would be my solo trip to Andalusia, specifically to Segovia and Granada. This journey was particularly memorable because it allowed me to recognize my personal growth.

Before traveling to Andalusia, during the second week of the ITP, I took my first-ever solo trip to Ávila. However, the trip did not go as I had envisioned. I had a restaurant in mind that I wanted to try, but I was too shy and nervous to enter alone. Instead, I ended up buying a bocadillo (a sandwich made with baguette-style bread) from a bakery. Looking back now, I can appreciate the experience—the town was beautiful, and the food was good—but at the time, I felt deeply disappointed in myself for not having the confidence to eat where I truly wanted.

Because of my one day in Ávila, my trip to Andalusia became a personal challenge. Unlike my day trip to Ávila, traveling to Andalusia was a longer journey, so I needed to plan carefully to make the most of my two days. This time, my trip turned out much better. I was no longer afraid to walk into a crowded café alone, and in doing so, I even made friends with a stranger sitting next to me. I also developed a friendly connection with a woman at the front desk of my hotel. Thanks to my focus on improving my communication skills throughout this program, I felt a noticeable improvement in my confidence and ability to interact with others.

This trip was not just about visiting new places—it was a testament to my personal growth. It proved to me that I had become more independent and socially confident, making it one of the most rewarding and memorable experiences of my time in Spain.

The Best Memory During the Stay

Thoughts For Tomorrow

Bergé ITP has provided us with many unique and exciting experiences, which have enabled me to gain new perspectives on various aspects, both small and large. Out of the countless realizations I faced during the program, the one that has had the most significant impact on me so far is how I interact with people.

During my internship, my mentor was often busy. To find time with him, I had to communicate more proactively. Whenever I asked questions, he responded very kindly. Before, I was afraid to ask questions on my own, but now I feel much more comfortable seeking guidance and discussing work-related matters.

Additionally, my Korean and Japanese colleagues were incredibly inspiring. Our social interactions were memorable and fun; staying with them helped me become more comfortable engaging with others. I

also learned some valuable tips on using social media to start conversations. I realized it is acceptable to casually ask someone to hang out simply because I want to get to know them better.

Before this experience, I was pretty passive in social interactions. However, this program helped me become more present in friendships. Since returning to Japan, I have been applying this lesson, and as a result, I have gotten closer to many new people.

Moving forward, I seek to become more thoughtful about my communication rather than just spontaneous. I believe this is an essential skill, not only in my personal life but also in the workplace. By continuing to develop this ability, I aim to build stronger relationships and create meaningful connections in both professional and social settings.



STUDENT REFLECTIONS

Akari Hori



Notice of Readiness (NOR), as well as common industry terms such as Estimated Time of Arrival (ETA). Despite my prior research on logistics, I quickly realized how much there was to learn about the specific operations of Bergé Logistics. Grasping the details of daily tasks was challenging, and while I may not have mastered everything, I gained a much clearer understanding of the field.

One of the most rewarding moments of my internship came at the end when all six interns presented what they had learned in front of our mentors. From my very first day, I had been preparing for this presentation under my mentor's guidance, conducting multiple rehearsal sessions, and refining my delivery based on her feedback. The process significantly boosted my confidence, and I felt a strong sense of achievement when one of the mentors complimented my ability to absorb and articulate the complexities of logistics within such a short time.

Although I had no prior office experience, I quickly noticed the welcoming atmosphere at the office. Conversations naturally sparked in the coffee area during breaks, and my colleagues were genuinely supportive. Some even offered to review my presentation before the final pitch. Greetings were always exchanged with genuine smiles. The camaraderie and kindness I encountered each day made this internship truly special, leaving me with not just professional insights but also meaningful connections.

During the ITP program, I worked in the Global Customer Center Department at Bergé Logistics. This department serves as an intermediary between port agencies and clients, facilitating communication and ensuring that crucial information—such as vessel conditions, port statuses, and specific requests—is efficiently conveyed between both parties.

At the beginning of the internship, my mentor, Ms. Cristina Carbonero Jiménez, provided me with time to familiarize myself with the fundamentals of port operations, which were essential for understanding Bergé's logistics work. She introduced me to key shipping documents like the Bill of Lading (BL) and

Work Experience

My Impressions of Spain

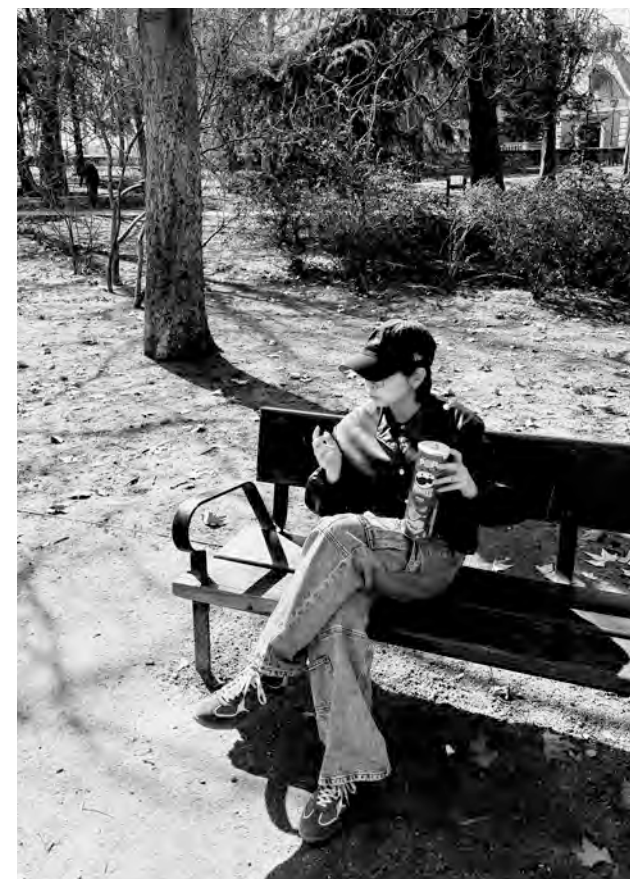
Spain taught me to savor life in a way I hadn't before, and this lesson was most evident in something I deeply appreciated and embraced: the midday meal.

In Spain, people enjoy long, hearty lunches and lighter dinners. In Japan, however, lunch often feels like a quick refueling session between work or classes—I frequently see workers hastily slurping instant noodles or students gulping down protein bars. But as I spent more time in Spain, I grew to appreciate the unhurried, social nature of lunchtime. On special occasions, I treated myself to *menú del día*, the menu of the day, which typically includes appetizers, a main dish, dessert, and a drink. With each dish served one at a time, I was able to fully savor both the meal and the conversation.

One of the most memorable lunches I had in Spain was in Córdoba, where I dined outdoors on a sunlit terrace for the first time. Located in southern Spain, the warmth and sunshine instantly lifted my spirits. The perfect weather, relaxed atmosphere, and

cheerful buzz of fellow diners made the experience unforgettable. My travel mate and I spent hours chatting, gazing at the bright blue sky and the tangerine trees lining the streets. We lingered for nearly two hours, reluctant to leave, but eventually set off, as we had to visit the Mezquita, of course. Although what we ordered wasn't particularly extravagant—just *Salmorejo*, the famous rich tomato soup, and a small tuna pie—the combination of food, ambiance, and company made it the perfect afternoon meal. It doesn't always have to be *menú del día*, it could be your everyday go-to meal, and still, we can make it *momento del día*—truly the moment of the day.

Another day means another opportunity to sit down for lunch. How wonderful would it be if we could always turn that time into a moment to pause, savor, and connect with others? Not only lunch but the sunset, the rich scenery I encounter, and yes, breakfast and dinner—there are so many aspects of life that I realize I can cherish more.





As someone who loves strolling and being in nature, Spain's parks felt like paradise. I encountered so many stunning green spaces that I couldn't resist revisiting them. In the morning, people ran, walked, and cycled. Dogs roamed freely without leashes, and we even joked that if we were born again, we'd want to be Spanish dogs—running across the grass with such freedom and energy. In the evening, people gathered to watch the sunset, and music filled the air.

Because of this, I would often open Google Maps, search for a green spot, and visit—whether in Madrid or wherever I traveled Spain: Barcelona, Granada, Córdoba... It's impossible to pick just one favorite, so I want to introduce two parks in Madrid that stood out to me: *Parque de El Retiro* and *Casa de Campo*.

I can't talk about *Retiro* Park without mentioning its lake. At the heart of the park lies a beautiful lake where you can rent a boat. I loved it so much that I visited three times during my five-week stay. Rowing under

the sun, surrounded by statues and trees, was simply a perfect way to spend time.

Casa de Campo, which translates to "country house," is a perfect name for this remarkable park. It's the largest park in Madrid, and it feels as if you're stepping into a world far from the city. It is also home to an amusement park and a zoo called Zoo Aquarium Madrid. I wandered through the vast green space to reach the zoo and witnessed the hills stretching endlessly, covered in lush trees, with birds soaring overhead. I was thrilled when I stumbled upon a small bullring and saw the bulls it housed—a sight I hadn't expected to find in the middle of a park.

Whether it was *Retiro*'s peaceful lake or *Casa de Campo*'s vast wilderness, Spain's parks became more than just places to visit—they were spaces where I felt free, inspired, and in sync with the relaxed pace of life in Spain.

The Best Memory During the Stay

Thoughts For Tomorrow

For me, the five-week stay in Spain was the first time in a long while that I spent an extended period abroad. It allowed me to explore not only the typical tourist attractions, such as museums and cathedrals, but also many parks, local stores, and markets, which I loved since I felt like I could truly experience Spanish life.

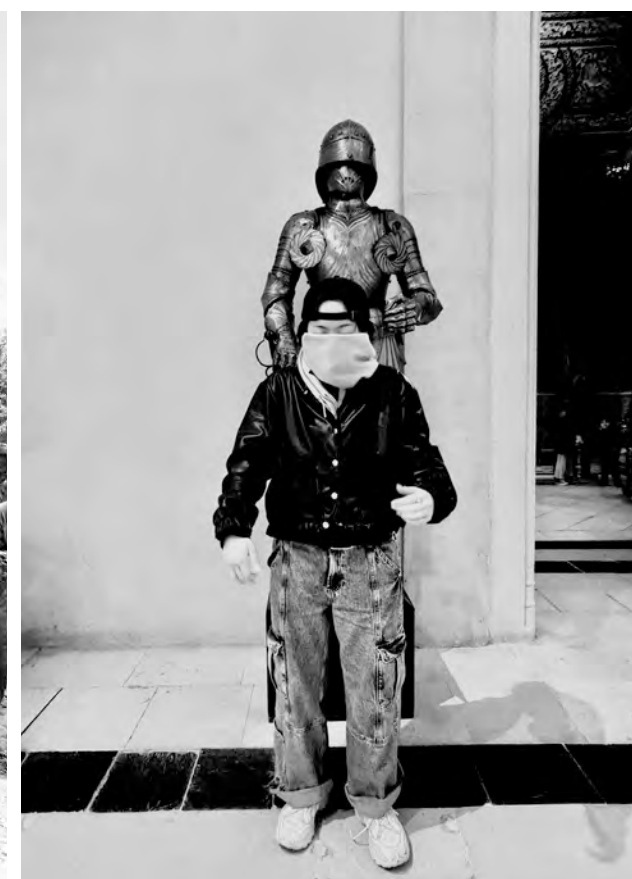
The stay was long enough for our hotel to feel like home, and Plaza de España, where the hotel was located, was our neighborhood. I felt a sense of relief and comfort whenever I came back from weekend trips around Spain.

I had an incredible time working and spending time with Korean colleagues, mentors from Bergé Logistics, Astara, hotel staff, and so many other people. I vividly remember small moments, like exchanging greetings with a lady and her black dog while strolling through

the park or the shop owner next to the hotel who made the frames for my postcards in just two days, completing them promptly in time for my return to Japan.

There was so much to see and discover, so many new encounters and interactions. I know it may sound cliché, but the world felt vast. This journey ignited in me a desire to visit more countries and experience more—to see more, hear more, and eat more—while reaffirming my motivation to study abroad.

Despite being in a new environment, I found a sense of home thanks to my colleagues, and everyone involved in the ITP program. However, next time I travel or go abroad alone, I must create these connections and encounters independently. Finding my way to do that will be my next challenge.



STUDENT REFLECTIONS

Miho Yuhara



for fresh talent. Additionally, I examined how a strong company culture and career development opportunities could appeal to junior employees. I also worked on identifying ways to implement inclusive hiring practices, ensuring that our recruitment strategies fostered a diverse workforce.

Through this experience, I developed several valuable skills, including research, data analysis, and effective communication. Crafting the presentation honed my ability to synthesize information and present it in a compelling manner. Additionally, working closely with Maria and Choongwon improved my collaboration and problem-solving skills as I learned how to navigate challenges and adapt my ideas based on feedback.

Beyond the structured work, one of the highlights of my experience at Bergé Logistics was the daily coffee breaks. These informal moments allowed me to interact with colleagues from various departments, gaining insights into different aspects of the company. I enjoyed hearing about their work, learning about the challenges they faced, and discussing industry trends. These conversations not only broadened my perspective but also helped me feel more integrated into the company culture, allowing me to build meaningful connections with employees from different backgrounds.

Overall, my time at Bergé Logistics was both educational and enjoyable. Working on the presentation, collaborating with experienced professionals, and engaging in meaningful conversations over coffee helped me develop new skills and a deeper appreciation for the role of HR in shaping a company's success.

During my time at Bergé Logistics, I had the opportunity to work in the Human Resources Department with my Korean colleague, Choongwon Moon, and my mentor, Maria Grazia Cañarte. This experience provided me with valuable insight into the inner workings of HR, particularly in the areas of talent acquisition and diversity, equity, and inclusion (DEI) policies. One of my key projects was developing a presentation on how to attract junior talent and establish effective DEI policies within the company.

The presentation required extensive research on best practices in recruiting young professionals. I explored innovative recruitment strategies, such as leveraging social media, creating internship programs, and partnering with universities to establish pipelines

Work Experience

My Impressions of Spain

Spain left a lasting impression on me with its vibrant culture, relaxed lifestyle, and warm people. One of the first points I noticed was how different their attitude toward alcohol was. Unlike in some countries where drinking is often associated with nightlife or special occasions, in Spain, people casually enjoy alcohol, even during lunch. It is common to see locals sipping a glass of wine or a cold beer while sharing tapas with friends or colleagues. However, this does not mean they drink excessively—rather, alcohol is seen as a complement to a meal rather than the focus of it.

Another aspect of Spanish life that stood out to me was their approach to work-life balance. Unlike in many fast-paced societies where work often dominates people's lives, Spanish people prioritize their personal time. The concept of the "siesta" may not be as common as it once was, but many businesses still close for a few hours in the afternoon, allowing people to rest or enjoy time with family. Additionally, their dining habits reflect this relaxed

attitude. I was surprised by how late dinner was for Spanish people. On multiple occasions, we would go to a restaurant around 8 PM, expecting it to be lively, only to find it almost empty. However, by the time we were finishing our meal around 9:30, the place would be packed with locals just getting started. This showed me how different their daily rhythm was—leisurely meals and socializing well into the night seemed to be the norm!

Beyond this, Spain captivated me with its stunning architecture, rich history, and delicious food. Cities like Barcelona and Madrid boast breathtaking landmarks, from Gaudí's masterpieces to the Royal Palace. The Spanish people also struck me as friendly and passionate, whether in their love for football, flamenco dancing, or long conversations in bustling plazas. The slower pace of life, combined with a deep appreciation for tradition and leisure, made Spain feel both exciting and comforting. My time there gave me a new perspective on how to enjoy life to the fullest!





Choosing just one best memory from my time in Spain is difficult because the entire experience was filled with unforgettable moments. However, if I had to pick one, it would be the night I spent having dinner and clubbing with my Korean colleagues and mentor. That night felt like the culmination of everything I gained from the trip—friendship, cultural exchange, and unforgettable experiences.

The evening began with a wonderful dinner at a local Spanish restaurant. Sitting around the table, we indulged in incredible cuisine while engaging in deep and personal conversations. What started as lighthearted talk soon became a discussion about our love lives, relationships, and even tips on navigating them. We laughed at each other's stories, shared advice, and opened up in a way that made us feel truly connected. Despite our different backgrounds, we found common ground in these personal experiences, strengthening our bond even further. My mentor, who had been a guiding figure throughout the program,

also shared insights on relationships and life, making the night even more meaningful.

After dinner, we decided to go to a club, and that's when the night became even more special. We danced, laughed, and enjoyed the music, fully immersed in the moment. There was something magical about being surrounded by friends, letting go of any worries, and simply enjoying each other's company. It wasn't just about having fun—we had formed genuine friendships, and this night was a celebration of that bond. Looking around, I realized how fortunate I was to have met such incredible people.

Reflecting on my time in Spain, I see that the true highlight wasn't just the beautiful sights or delicious food but the connections I made. This night, in particular, symbolized everything I took away from the trip—meaningful relationships and shared experiences I will cherish forever!

The Best Memory During the Stay

Thoughts For Tomorrow

For most of my life, I believed passion and work rarely went hand in hand. Before my internship, I viewed work as a necessity—merely a means to earn a living. Stability mattered more to me than fulfillment. However, my experience in Spain completely transformed my perspective. At Bergé Logistics, I saw something I hadn't before: employees who weren't just working for a paycheck but were truly invested in what they did. My mentor, in particular, stood out to me. She spoke about her job with such genuine enthusiasm that it was impossible not to be inspired. She found joy in the challenges, took pride in her contributions, and truly loved what she did. Watching her, I realized that work didn't have to be just an obligation—it could be something deeply fulfilling.

Beyond the workplace, the people I met left an equally profound impact on me, especially my Korean colleagues. Many had clear goals and strong passions, whether in marketing, consulting, or entrepreneurship.

They spoke about their ambitions with certainty and enthusiasm. In contrast, I felt lost, unsure of what I wanted, which only deepened my self-doubt. But when I confided in them, they didn't judge me. Instead, they reassured me that uncertainty is a natural part of life and encouraged me to explore without fear. Their perspective, along with the passion I witnessed at Bergé, shifted my own: not knowing my path right now doesn't mean I never will.

I still don't have all the answers, and uncertainty remains a part of my journey. But instead of seeing it as something to fear, I now embrace it as an opportunity—a chance to explore, learn, and discover what truly excites me. My time in Spain taught me that passion isn't just a luxury; it's the foundation of a meaningful life. And as I continue searching for my own path, I hold onto the belief that I, too, will find something I love!



STUDENT REFLECTIONS

Haruki Ikeda



decided to research the shipping industry's political and geographical risks and possibilities. Since the shipping industry was unfamiliar to me, I initially lacked confidence in setting research objectives and methodologies. However, my mentor regularly provided advice, sometimes during coffee breaks, and introduced me to valuable case studies and perspectives for my research.

I was assigned to the Shipbroker Department at Bergé Moved by Logistics. The role of a shipbroker is to match cargo owners with shipowners and facilitate the shipping contract. During my internship, instead of assigning fixed assignments, my mentor encouraged me to research the department's business, relating it to my interests. Therefore, I had to deepen my knowledge of the shipping industry and independently develop my research plan. At the beginning of the internship, my mentor provided a detailed explanation of the department's operations. As I studied global shipping operations and contract documents with companies in various regions, I was fascinated by the dynamic nature of the shipping industry. So, I

My research focused on unrest in the Middle East and the Panama Canal drought as risks to the shipping industry and the expansion of the Northern Sea Route as a potential opportunity. I summarized the facts about the current situation and collected data to support my research, such as the number of vessel transits and the scale of climate change. Finally, I completed a presentation summarizing the study and presented it to the other interns and their mentors. Thanks to my mentor's support, I could make the presentation a success. This internship at Bergé gave me the experience to identify, analyze, and tackle challenges in an unfamiliar field. When building a career, there will always be situations where I must face problems without answers. Therefore, this experience will be of great help in the future.

Work Experience

My Impressions of Spain

When I first landed in Spain and walked the streets of Madrid, I was struck by the bright and beautiful atmosphere. The stunning Royal Palace and the streets of the old town, illuminated by the intense sunlight, were full of people. People were walking in the streets, enjoying their meals on terraces, and this activity continued into the night, no one caring that the sun had gone down.

Spain is a great cultural tapestry. During our five-week stay, each city we visited, such as Barcelona, Toledo, Granada, and Cordoba, had its distinct characteristics. Especially in Andalusia, I could feel the profound influence of Islamic culture everywhere, from the distinctive architecture to the halal restaurants. Barcelona, a stylish port city with eccentric buildings scattered among well-planned streets, had a different feel from Madrid, a metropolis.

Spain is also a country with an extraordinary passion for art. There are numerous museums in Madrid, many of which are free for students and adults in the evenings. I was impressed by this attitude of making art accessible to the public. I visited the Prado Museum, the Thyssen Museum, and the Queen Sofia Art Centre, all of which have vast collections of artworks and were packed with people.

Above all, I was struck by the warmth of the people I met in Spain. At work, everyone greeted me warmly and was always willing to help if I had any questions. When I was ill, everyone was concerned and took good care of me with great attention to detail. The people I met at the station, restaurants, and shops were also remarkably friendly. When I was confused about how to get on a bus, a stranger took me to the station. In restaurants, people would often ask me after a meal, "Did you like it?" which warmed my heart every time.





If I had to choose one of the best memories from my five-week internship, it would be our trip to Andalusia in southern Spain. The city that particularly impressed me was Granada. Our first destination was the Alhambra, a historic palace built during the Islamic regime. The stunning decorations, spanning from floor to ceiling, are so delicate that it is hard to believe they were made by human hands. The courtyard fountain marked the passage of elegant moments spanning a millennium silently. The Al-Baishin district is another place that vividly preserves the vestiges of the Islamic era. The former Arab neighborhood was lined with white buildings and dotted with halal restaurants and mosques. The square filled the air with soulful melodies. At sunset, as I gazed at the view of Granada from the hilltop, the beauty of the Alhambra under the setting sun left me speechless. I couldn't help

but imagine the countless travelers from diverse cultures who had been captivated by this same view throughout the centuries. In the evening, I returned to the city center to watch a flamenco show, an art form which originated in Andalucía. The combination of the dancers' breathtaking steps and passionate music deeply moved me. Andalusia is a cultural nexus itself. Few structures speak more eloquently of the region's unique blend of Islamic and Christian cultures than the Mesquita in Córdoba. Originally built as a mosque and converted into a Catholic church after the 13th century, the building coexists with exquisite Quranic inscriptions and a huge Christian altar. Andalusia, which most eloquently illustrates the dynamics of history that Spain has experienced, is engraved in my memory with its unforgettable landscapes and profound impressions.

The Best Memory During the Stay

Thoughts For Tomorrow

My stay in Spain helped me develop the valuable skill of adaptability. I was assigned to the Shipbroker Department at the company, which was utterly unfamiliar to me, and I interned in an unknown shipping industry. I ventured out into an unfamiliar field on my own and developed my ability to identify and deal with challenges.

My mentor also had his own projects and could not always keep an eye on me. Therefore, I needed to be proactive to move my project forward. Through coffee breaks, I built good relationships with co-workers other than my mentor, and I secured opportunities to participate in meetings and received valuable advice. This approach ultimately enabled me to develop a substantive and meaningful final presentation, the culmination of five weeks of research. The positive attitude I learned through this internship will definitely be an essential quality in my future roles within the organization and in making a more significant impact.

Bergé's corporate culture was particularly enlightening, particularly regarding the ideal work-life balance

among its employees. Employees had a fulfilling personal life, valuing vacations, hobbies, and family time as much as work. Even more compelling was its flexible approach to career development. Employees transitioned smoothly from one company to another and pursued a wide range of opportunities for self-actualization.

This progressive work philosophy profoundly influenced my career perspective. I sought a broader perspective in my career choices, one that was not confined to Japanese corporate culture. The International Talent Program became a critical catalyst, motivating me to enhance my English skills and develop a more international perspective during my university years.

Moving forward, I aim to transform the ambition nurtured through this program into a tangible impact for myself and society. Through the tireless pursuit of knowledge and self-improvement, I aspire to unlock my full potential and become a professional capable of making a meaningful contribution to the world.



Yiming's Mentor
Jose Herraes Teixeira de Melo

Yiming Liu completed a five-week internship at Astara Mobility in Madrid, collaborating with our Marketing Department. He researched the Chinese car rental market comprehensively, analyzing both B2B and B2C segments with remarkable insight. His investigation provided valuable data on market concentration, competitive landscapes, and various rental segments from ultra-short to long-term options. Yiming effectively identified correlations between consumer behavior and external factors, including urban policies, lifestyle changes, and technological advancements. His work will be instrumental for Astara's expansion strategies in Asian markets, significantly reducing future research time. Yiming demonstrated excellent analytical capabilities alongside strong teamwork skills and cultural adaptability. His ability to translate complex market data into actionable business recommendations showcases both technical expertise and commercial awareness. I am confident that Yiming Liu's experience at Astara will serve as a strong foundation for his promising career ahead.

MESSAGES FROM



MENTORS



Akari's Mentor
Cristina Carbonero Jiménez

Akari has been incredibly helpful with all the tasks completed working with the other Global Customer Center Department members at Bergé Logistics. She maintains a very professional attitude, asks thoughtful questions, and shows genuine interest in everything related to her job. Her enthusiasm and willingness to learn have stood out from day one, quickly making her a reliable member of the team. She consistently demonstrates strong communication skills, attention to detail, and a proactive mindset, often going beyond what is asked to ensure the quality of her work. It has indeed been a pleasure to have her as an intern over the five-week program, and I am confident she will excel in her future career. Any organization would be lucky to have someone as dedicated, curious, and capable as Akari, especially if she chooses logistics as her career path.



Momoa's Mentor
Miguel Ceballos Rodríguez-Conde

It was an absolute pleasure mentoring Momoa Masuda during her stay with us. From the beginning, she demonstrated a proactive attitude, an eagerness to learn, and a strong commitment to contribute meaningfully to our team. Her analytical skills, creativity, and problem-solving approach were evident in the projects she participated in, especially during our work on backlink recollection or market research analysis. The highlights of her time here were the various informal meetings we had with the interns and mentors, during which we got to know each other better. Beyond her technical contributions, Momoa brought tremendous energy to the group, and we truly appreciated her positive and collaborative spirit. The International Talent Program is an excellent initiative, and I am glad I had the opportunity to participate. I will remember our coffee chats and the enthusiasm Momoa brought every day.

Sawa's Mentor
Sergio Landolt

Ms. Sawa Suzuki successfully completed a five-week internship at Astara Mobility, S.A., Madrid, Spain. As Sawa's mentor, it has been a pleasure to have her collaborate with the Business Development and M&A Department. Sawa has demonstrated strong abilities to quickly grasp the landscape of the international automotive industry and the specificities of European tax and incentives, which was her primary investigative focus during the internship. The work done by Sawa will be beneficial for the Business Development Department. Astara has grown significantly in recent years and will continue to do so in the near future. Having the tax and incentive characteristics of the markets where Astara operates compiled in a single document (Sawa's assignment) will assist the department in reducing research time and concentrating on further expanding the company's growth. Sawa has also displayed excellent social skills, quickly adapting to a new country and culture. I am confident she will have a prosperous professional future.

Miho's Mentor
Maria Grazia Cañarte

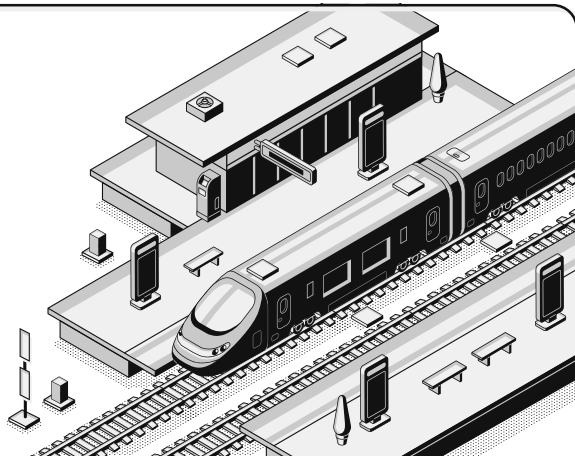
I'm grateful I was chosen to be a mentor and participate in the ITP program. Most people think the students are the only ones who benefit from this program, but that's incorrect. For us mentors, the program is an enriching opportunity as well. I enjoyed mentoring Miho very much during the five weeks. I was impressed by how our different cultural backgrounds melded together towards one purpose. I want to make a special reference to Miho's proactive and efficient attitude; in such a short time, she accomplished all the projects efficiently. Moreover, we shared some good times and memories with the team outside of the corporate world, which made the experience more worthwhile. In only five weeks, we built long-term memories. I know Miho will succeed in her professional career; even though she's just starting, she has a lot to bring to the table. The sky is the limit for her!!

Haruki's Mentor
Juan Bedia

It has been a pleasure having Haruki Ikeda as part of our team at Bergé Shipbrokers. Haruki seamlessly integrated with the team, demonstrating a keen interest and strong capabilities. He consistently aligned with our company standards and developed excellent relationships with his colleagues. While at Bergé Shipbrokers, Haruki gained knowledge and understanding of brokerage in chartering and bunkering. His dedication and enthusiasm were evident in his work, and he showed a strong ability to learn and adapt quickly. I am confident that Haruki will continue to excel in his professional journey and will be a valuable asset to any team he joins in the future. I wish him all the best and look forward to his continued success.

TRAINS & TICKETS

While Japan—especially Tokyo—is known for its highly developed train network, Spain’s impressive train and bus systems also made our daily lives and trips smooth and enjoyable.



WEEKDAYS>>

We spent most of our time in Madrid, where we often took the metro to get around and to commute to the office.

SYSTEMS

Madrid has an extensive metro system with multiple lines. Fares are based on zones—the farther away from the central city you travel, the higher the cost. Since most of our activities were within the central zone, we purchased a red card called the Multicard (like the one in the photo). It allowed us to load 10-trip passes for €9.10, which we could recharge again once the rides ran out. However, this card is only valid in Madrid and can’t be used in other cities.



MY IMPRESSION

Train arrival times were accurate, and trains came frequently, which was very efficient. One difference from Japan was the presence of musicians and performers—sometimes, people played instruments or sang at the stations, which gave the place a unique and open atmosphere.

WEEKENDS>>

We used high-speed trains and long-distance buses for weekend trips between Madrid and other cities.

HIGH-SPEED TRAINS

Several companies operate bullet trains (like Renfe AVE, OUIGO, and Iryo), offering fast and comfortable travel across Spain. Some of our group members traveled solo by train and found it safe and easy to use. Booking early often gets you great prices.



LONG-DISTANCE BUSES

Long-distance buses take longer than high-speed trains but are often cheaper and can reach towns that aren’t accessible by rail. Popular companies include Alsa and FlixBus.

TIPS FOR BOOKING

We used a website called OMIO to search for available trains and buses. It allows you to compare prices, schedules, and travel times. You can buy tickets directly through OMIO (though small service fees may apply) or from each company’s official website. For high-speed trains, note that there are baggage checks at stations, and finding the correct departure platform can sometimes be confusing—so arriving early is recommended!



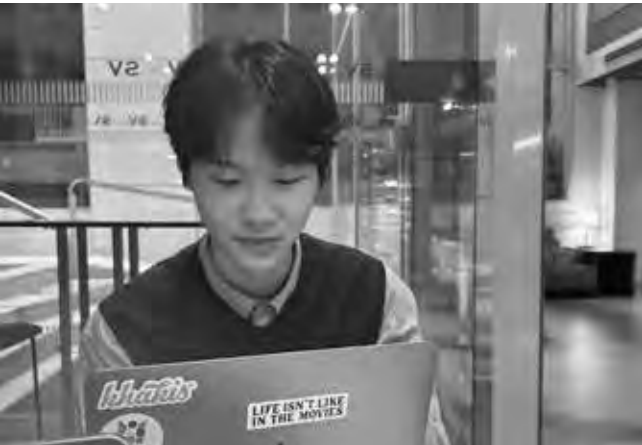
My Korean “Unnies” Cooking with Me

Cooking with my two Korean unnies (term of respect in Korean used by females to address older females) in the hotel room was such a fun, heartwarming experience. We laughed while prepping the meal—fried eggs with tomatoes, savory pork, and a delicious mango mustard on the side. They guided me through the process with playful teasing and helpful tips. We paired the food with a bottle of wine they recommended from a local supermarket—affordable, surprisingly smooth, and perfect with the meal. As we ate and drank, the conversation flowed effortlessly. We shared stories, joked around, and genuinely enjoyed each other’s company. It was such a fantastic time—cozy, joyful, and unforgettable.



Working in the Lobby

I worked with my partner Choongwon in the hotel lobby at night, and it was one of the best parts. We bounced ideas off each other—brainstorming, refining, and building on each other’s thoughts until everything clicked. What started as strategy sessions turned into long, creative conversations with ideas flowing non-stop. Despite the noise around us, the lobby became our productivity zone. Thanks to our teamwork, the presentation went great—we nailed it! Looking back, it wasn’t just work but real collaboration and growth.



Pre-Drinking Sessions Before Clubs

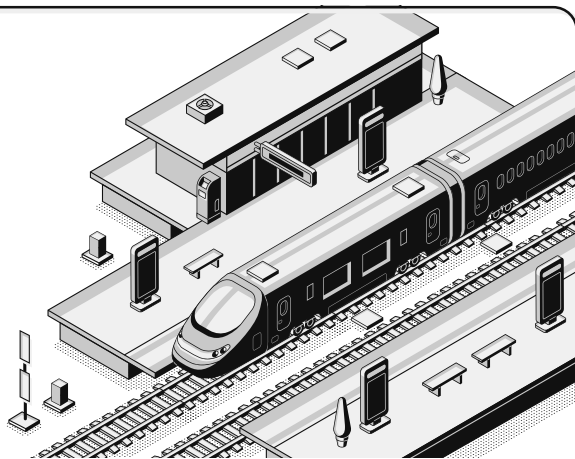
Pre-gaming with my Japanese and Korean friends in the hotel lobby was always a blast. We each brought a bottle of wine and some tapas—cheese, cured meats, chips, whatever we could grab—to share. Someone would usually mix up a big batch of sangria, and we’d all hang out, sipping and snacking, laughing over the day and getting excited for the night ahead. The lobby turned into our little lounge. The mix of cultures, the shared food and drinks, and all the good energy made those nights feel special—like a mini celebration before we even hit the clubs.



By: Miho Yuhara
HOTEL LIFE

TRAINS & TICKETS

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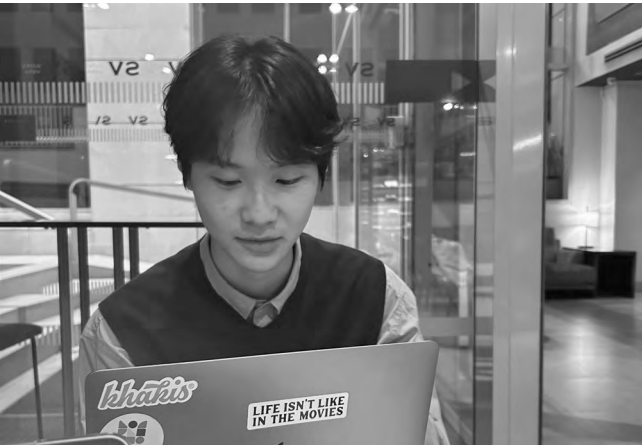
My Korean “Unnies” Cooking with Me

Cooking with my two Korean unnies (term of respect in Korean used by females to address older females) in the hotel room was such a fun, heartwarming experience. We laughed while prepping the meal—fried eggs with tomatoes, savory pork, and a delicious mango mustard on the side. They guided me through the process with playful teasing and helpful tips. We paired the food with a bottle of wine they recommended from a local supermarket—affordable, surprisingly smooth, and perfect with the meal. As we ate and drank, the conversation flowed effortlessly. We shared stories, joked around, and genuinely enjoyed each other’s company. It was such a fantastic time—cozy, joyful, and unforgettable.



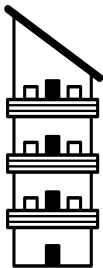
Working in the Lobby

I worked with my partner Choongwon in the hotel lobby at night, and it was one of the best parts. We bounced ideas off each other—brainstorming, refining, and building on each other’s thoughts until everything clicked. What started as strategy sessions turned into long, creative conversations with ideas flowing non-stop. Despite the noise around us, the lobby became our productivity zone. Thanks to our teamwork, the presentation went great—we nailed it! Looking back, it wasn’t just work but real collaboration and growth.



Pre-Drinking Sessions Before Clubs

Pre-gaming with my Japanese and Korean friends in the hotel lobby was always a blast. We each brought a bottle of wine and some tapas—cheese, cured meats, chips, whatever we could grab—to share. Someone would usually mix up a big batch of sangria, and we’d all hang out, sipping and snacking, laughing over the day and getting excited for the night ahead. The lobby turned into our little lounge. The mix of cultures, the shared food and drinks, and all the good energy made those nights feel special—like a mini celebration before we even hit the clubs.



By: Miho Yuhara
HOTEL LIFE



Playing Card Games

The lobby was our favorite spot to gather and unwind whenever we stayed at the hotel. We made countless fun memories there, but a few nights stood out as the most memorable.

February 5

Some colleagues and our instructor, Prof. Abe, gathered in the hotel lobby to play a unique card game called *DOS*. In *DOS*, you're supposed to say "DOS!" when you have two cards left, but I kept forgetting and lost multiple times. Despite my struggles, we had a fantastic time, laughing and enjoying each other's company.

February 19

My Korean colleague Jenny and I spent hours playing card games together. I introduced her to a few classic Japanese card games like *Speed* and *Concentration*, and before we knew it, the competition had heated up. Caught up in the excitement, we played until midnight, making it a night to remember.



Morning Buffet

The morning buffet was my daily source of energy before heading to work or exploring new places. Every day, they served an incredible variety of food that never disappointed. Throughout our five-week stay at the hotel, I became friends with the kind lady who worked at the buffet. Her warmth and hospitality left a lasting impression on me—she not only taught me Spanish vocabulary but also prepared a coffee for me to take on the go. Our morning conversations became a cherished part of my routine, making my time in Spain even more special.



By: Sawa Suzuki
HOTEL LIFE



TRAVEL REPORT



BARCELONA



The trip to Barcelona was nothing short of magical. The city had this incredible energy—laid-back but full of life—and every moment felt like a blend of adventure, beauty, and delicious indulgence. We explored some of the city's most iconic spots, like the whimsical Park Güell, where Gaudí's colorful mosaics and architectural flair made us feel like we'd stepped into a dream. Then there was the Sagrada Família—breathtaking in scale and detail. Standing beneath its towering spires, I felt both small and in awe. Its stained glass windows lit the inside with rainbow light, casting a peaceful glow that was hard to walk away from.

One of the highlights of our time there was a day trip to Sitges. That little coastal town was a refreshing escape—bright beaches, charming streets, and a relaxed vibe. We spent the afternoon wandering through cute boutiques, sipping coffee near the water, and soaking up the sun and salty air. It provided the perfect balance to the city's busy energy.

But what truly made the trip unforgettable was the food. Every meal was an experience, but nothing compared to the sirloin with foie gras

we had at El Daso de Oro. The flavor was rich and indulgent, melt-in-your-mouth good—the kind of dish that stays with you long after the plate is empty. We also visited several restaurants recommended by our Korean colleague, and every single one was a hit. From cozy tapas bars to sleek fusion spots, the local flavors never disappointed. Sharing all that amazing food and wine brought us even closer—it gave us time to slow down, talk, laugh, and connect naturally and effortlessly.

The best night, though, was our Galentine's celebration. Just the three of us girls, dressed up and full of laughter, enjoying drinks at a rooftop bar with a view that stretched across the city. The warm night air, twinkling lights, and feeling of freedom created this perfect moment where time slowed down. It felt like we were exactly where we were meant to be.

Barcelona gave us beautiful sights, incredible food, and memories we'll talk about for years. But more than anything, it brought us closer together, which made it truly special.

SEVILLE



During my short half-day trip to Seville, located in the heart of Andalucía, I was captivated by the city's rich history and vibrant atmosphere. Though my time was limited, I visited some of its iconic landmarks, including the Seville Cathedral, the Alcázar, and the Archivo General de Indias. Each site offered a glimpse into the city's deep cultural heritage. The highlight of my visit was Plaza de España. I can still vividly remember the breathtaking view. The elegant architecture, colorful tiles, and peaceful canal made it feel like a dream.

Seville had a very different vibe from Madrid. The orange trees lining the

streets and the Arabic-influenced buildings gave the city a unique charm that I instantly fell in love with.

The food experience was another pleasant surprise. I tried a vegan spinach stew that was so delicious it left a lasting impression. While dining alone at a bar, I even made an unexpected connection with a friendly stranger—one of those small, meaningful moments that make solo travel special.

Although my stay was brief, Seville left a strong impression on me. I hope to return someday with more time to enjoy all the city offers.

After a short two-hour flight from Madrid, I arrived in San Sebastián, a beautiful coastal city in the Basque region of northern Spain. Known for its rich culinary culture, I had one goal in mind: pincho hopping!

San Sebastián is famous for being the birthplace of pinchos, small bites typically served on skewers in bars and pubs. Wasting no time, I headed straight to the city's lively bar district to begin my food adventure. Most of the pinchos I tried featured seafood, and every bite was a delight. The weather was perfectly sunny and warm during the whole trip. After bar hopping, I took a stroll along La Concha beach, one of the most scenic spots in the city. The walk was the perfect way to digest after indulging in so many delicious dishes.

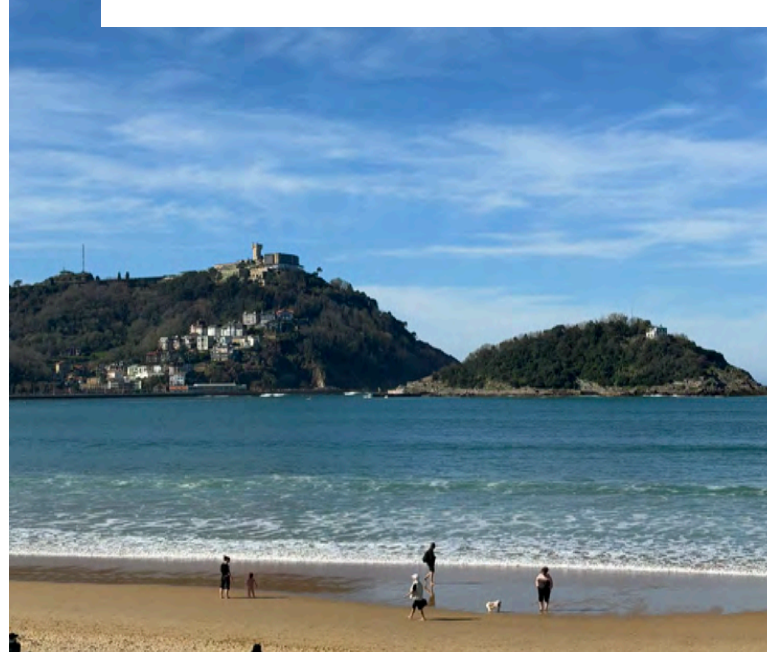
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of the locals. While resting on a bench under the warm sunlight, I dozed off for a bit. A kind stranger gently woke me to warn me to be careful with my belongings. It was a small gesture, but it left a big impression.

San Sebastián exceeded my expectations with its food, scenery, and people.



SAN SEBASTIAN



GRANADA



One of the most famous places in Spain, the Alhambra Palace, is in Granada; of course, we visited it. Unfortunately, the weather was not great—it was raining quite a lot. To make matters worse, some of us, including myself, forgot to bring an umbrella from Madrid. So, please check the weather forecast before leaving for a weekend trip, no matter the destination. Still, the view was stunning—it goes without saying. There are many highlights in the Alhambra, but if I had to choose one, I would say the view of the Generalife Gardens

was my favorite. Even though the weather wasn't ideal, the colorful scenery was still enjoyable.

Another great point about Granada is the free tapas that come with alcoholic drinks. On our second night, we went to a restaurant recommended by a Korean colleague, and the place was amazing. Not only that restaurant, but Granada offers some of the best value for tapas and drinks. If you enjoy drinking, I highly recommend ordering alcohol to experience this local tradition.



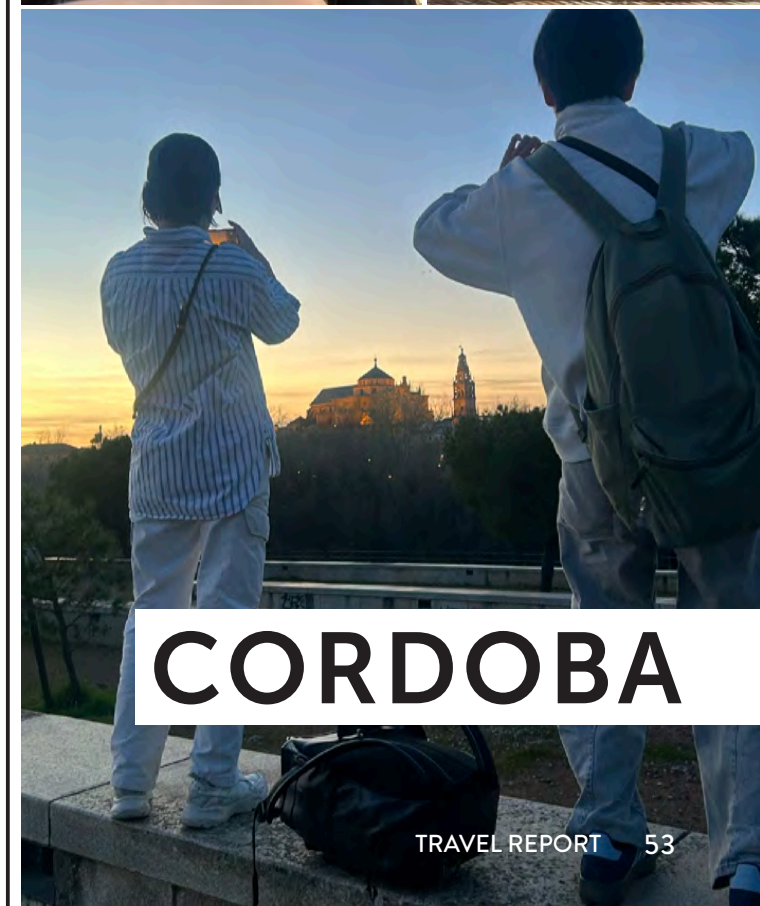
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The Mezquita Cathedral of Cordoba is one of the city's most historic landmarks. Due to its complex history, the architecture is a unique mix of cultural styles. It blends Islamic

architecture with Hellenistic, Roman, and Byzantine influences, combining Christian elements. I felt the depth of history and cultural fusion there.

After visiting the Mezquita, we had lunch at a terrace in Plaza de la Corredera. However, the day we visited was extremely hot, making it difficult to concentrate on eating.

In the evening, we enjoyed the sunset from the Roman Bridge, which is about a 20-minute walk from the central area. If you're staying until the evening, I recommend going there, too.



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During my time in the program, I spent much time with my Korean colleagues turned friends—and they truly impacted me in all the best ways. I feel fortunate to have shared this experience with them. Each one—Jinwon, Choongwon, Summer, Iran, Jenny, and Soo—was so unique, bright, and full of warmth! Being around them made every day more meaningful and fun. I often thought, *I wish I could just bring them all back to Japan with me.* One page isn't enough to capture all the memories we made, but I'll try to do justice to how much they meant to me.

I often went out for lunch with Choongwon and Summer, who worked at Bergé Logistics. These daily meals became a comforting routine and one of the most meaningful parts of my stay. We'd sit together, share food, and talk about everything—our work, weekend plans, dreams for the future, and even deeper topics like relationships and personal growth. There was always laughter, sometimes serious reflection, but always a sense of closeness that made me feel at home. Our connection didn't stop at lunchtime. In the evenings, we'd often meet again for dinner or drinks. We explored so many excellent restaurants, many of which Jinwon recommended. He always seemed to know the best spots!

One of the most special memories came on our very last day. Jinwon, Summer, and I went out for a final dinner and a night of clubbing with our mentors. It was the perfect way to wrap up the experience—good food, music, dancing, and meaningful conversations with those who guided us throughout the program. It felt like everything came full circle in the best way possible.

The food, the conversations, the nights out, and the simple joy of spending time together brought us much closer. These weren't just coworkers—they indeed became close friends. I'll never forget how Jinwon, Choongwon, Summer, Iran, Jenny, and Soo made this experience unforgettable. I know our paths will cross again someday—and until then, I'll carry all these memories with me.



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During our internship in Spain, We had the opportunity to explore some of Madrid and Barcelona’s most exceptional cocktail establishments. Here’s our review of two standout venues that showcase Spain’s vibrant mixology scene:

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Featured in “The SG’s Favorites” section, this popular creation from Tokyo’s The SG Club uses rum as its foundation, enhanced with various fruit elements. Devil’s Cut’s version incorporates white wine from Spain’s Rueda region, introducing subtle tropical fruit notes that beautifully complement the base while adding a distinctly Spanish character.



A Cocktail Exploration

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Hidden in the heart of Barcelona’s Eixample district, SIPS has earned its reputation as 2023’s #1 World’s 50 Best Bar. True to its name—which suggests small, deliberate sips—this establishment captivates visitors with unparalleled charm and innovation. The open-concept bar commands attention with its striking design presence yet harmonizes perfectly with the overall space. One bartender described, “This bar is like a piano in an orchestra—elegant and visually captivating.” The cocktails themselves break traditional presentation norms, showcasing remarkable artistic design. This experience was undoubtedly the highlight of my Barcelona journey.

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Llaollao

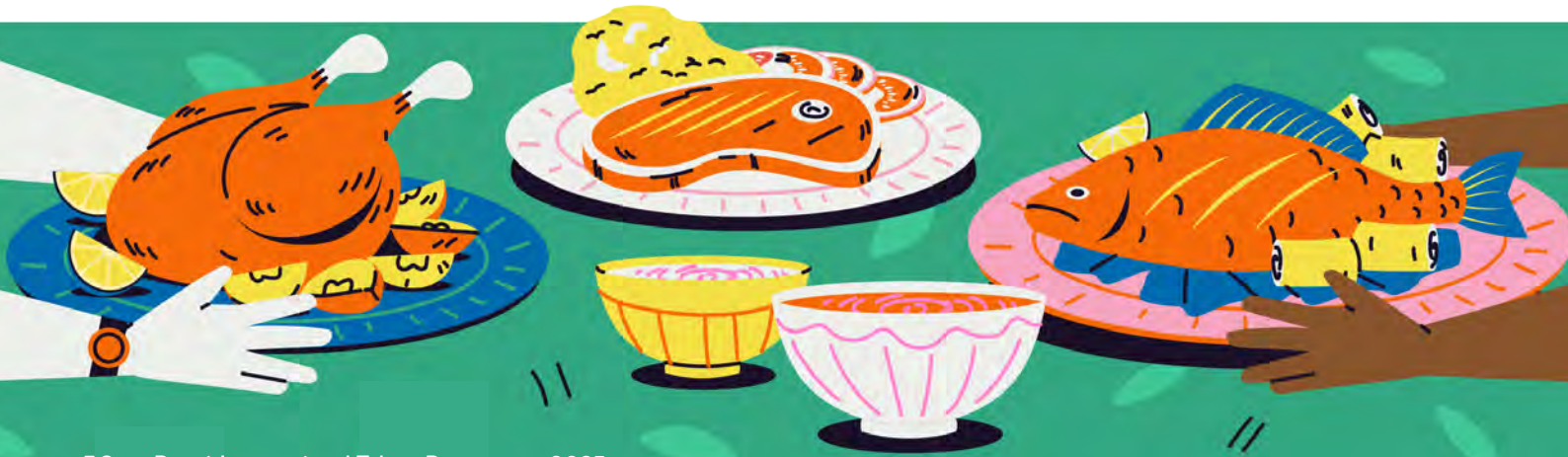


Llaollao is a frozen yogurt franchise that quickly became one of my favorite places during my stay. I honestly can't express how much I love this shop. Anytime I craved something sweet, I found myself heading there. By the end of my 5-week stay, I had gone to Llaollao six times. The best part is the wide variety of sauces and toppings you can pair with the frozen yogurt. My personal favorite was the pistachio sauce topped with lotus cookies. It is an unbeatable combination.

Morcilla



During our trip to a winery, Bergé arranged a lunch for us at a hotel called Landa, and the food there was exceptional. One dish that completely blew me away was morcilla, a sautéed blood sausage served with a fried egg. As someone from Japan, I had never heard of blood sausage before, and I must admit I was hesitant to try it at first. But once I took that first bite, I was amazed. The rich, savory flavor of the morcilla combined with the creamy, half-cooked egg yolk was absolutely heavenly.



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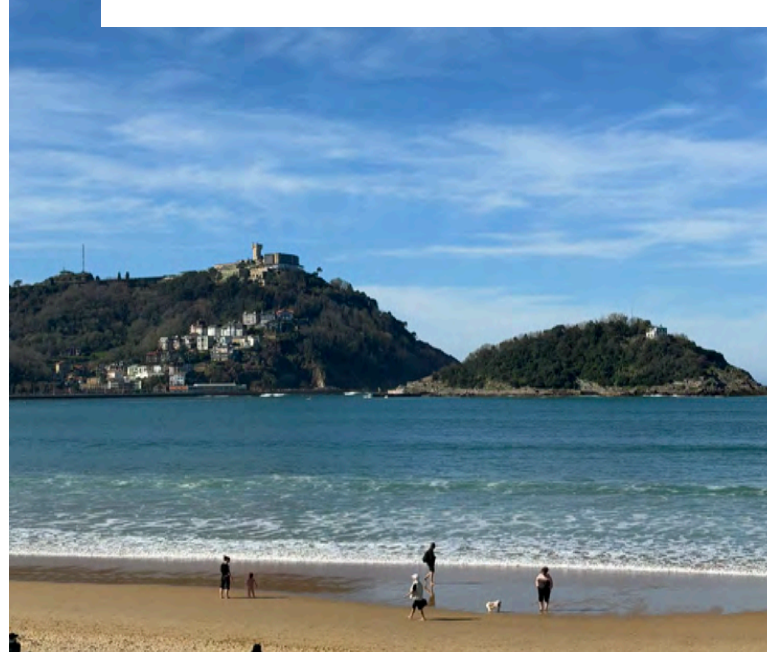
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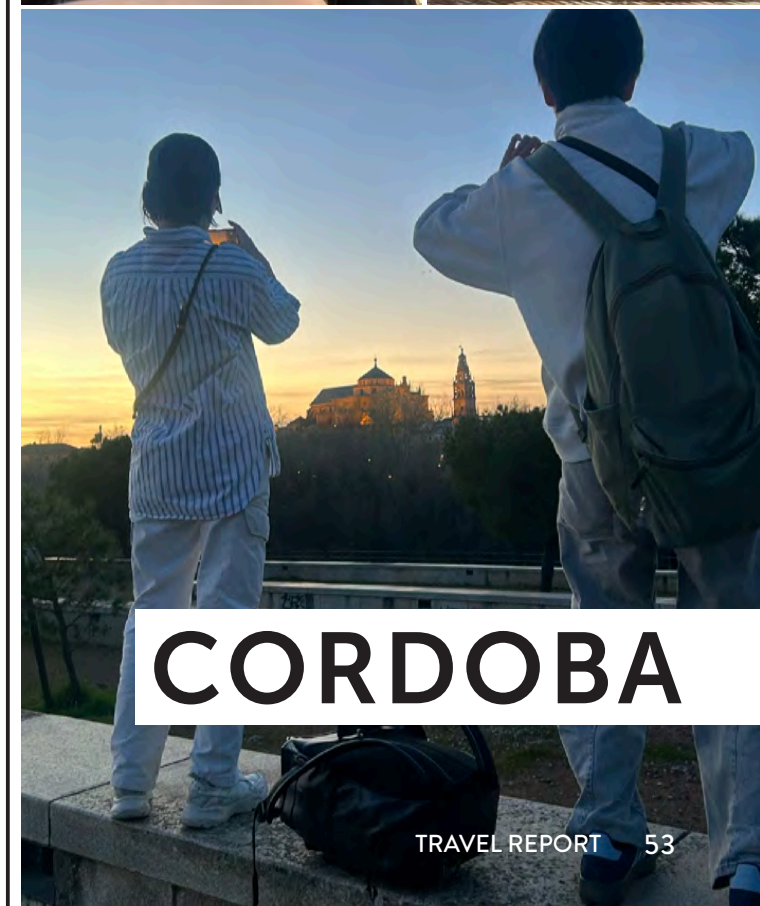
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Dinner at La Bartola in Seville was a total highlight of the trip to Seville. The pork cheek stew was on a whole different level—so tender it practically melted the moment I put it in my mouth. It came in a rich, savory sauce that I couldn't stop scooping up with bread like I had never eaten before. And the orange wine sangria was sweet, tangy, and insanely refreshing. It paired perfectly with the warmth of the stew and the cozy vibe of the place. The staff was super friendly, and the whole experience just felt relaxed, local, and full of charm. If I could teleport anywhere right now, it'd be there.

Llaollao



Llaollao is a frozen yogurt franchise that quickly became one of my favorite places during my stay. I honestly can't express how much I love this shop. Anytime I craved something sweet, I found myself heading there. By the end of my 5-week stay, I had gone to Llaollao six times. The best part is the wide variety of sauces and toppings you can pair with the frozen yogurt. My personal favorite was the pistachio sauce topped with lotus cookies. It is an unbeatable combination.

Morcilla



During our trip to a winery, Bergé arranged a lunch for us at a hotel called Landa, and the food there was exceptional. One dish that completely blew me away was morcilla, a sautéed blood sausage served with a fried egg. As someone from Japan, I had never heard of blood sausage before, and I must admit I was hesitant to try it at first. But once I took that first bite, I was amazed. The rich, savory flavor of the morcilla combined with the creamy, half-cooked egg yolk was absolutely heavenly.



← Useful Spanish Expressions

¿Cuánto cuesta? – How much does it cost?

On sunny Sundays in Madrid, there's this awesome flea market called El Rastro. When I went, there were so many cute things—I couldn't help asking "¿Cuánto cuesta?" every time something caught my eye!

Una mesa para tres, por favor. – A table for three, please.

We arrived at a busy tapas bar in Barcelona and squeezed through the crowd. "Una mesa para tres, por favor," I said, and the waiter guided us to a cozy corner table!

¿Me puede recomendar algo? – Can you recommend something for me?



At a tucked-away local restaurant, we had no idea what to order. I smiled at the waiter and asked, "¿Me puede recomendar algo?" and he brought us the best grilled sandwich we've ever had!

La cuenta, por favor. – The bill, please.



After a long dinner full of wine, laughter, and desserts, we leaned back, satisfied. I waved to the server and said, "La cuenta, por favor," while still sipping the last of my sangria!

¿Dónde está el baño? – Where is the bathroom?

After two glasses of sangria and a round of tapas, I nudged my friend and asked the bartender, "¿Dónde está el baño?" She pointed us down a mysterious spiral staircase.

¿Aceptan tarjeta? – Do you accept a credit card?

At a tiny café in Sitges, I panicked for a second when I realized I was out of cash. "¿Aceptan tarjeta?" I asked nervously, and luckily they did!

¡Salud! – Cheers!

Before heading out to the club, we clinked glasses in the lobby bar. "¡Salud!" we shouted, smiling wide and soaking in the energy of the night!

Lo siento, no sé hablar español.. – Sorry, I don't speak Spanish.



When the shopkeeper started speaking rapidly, I froze and laughed. "Lo siento, no sé hablar español," I said, and she kindly slowed down with a warm smile!

¿Podemos sentarnos en la terraza? – Can we sit on the terrace?



We reached the café just before sunset and spotted the perfect table outside. "¿Podemos sentarnos en la terraza?" I asked, already picturing our golden hour photos!!

Estoy lleno/a. – I'm full.



After too many patatas bravas and croquetas, I sat back and sighed, "Estoy llena," but of course, still reached for dessert!

Nos vemos luego. – See you later.

As we parted ways after a long night out, we gave sleepy hugs and said, "Nos vemos luego," already making plans for the next adventure!

FAVORITE SPOTS IN MADRID



My favorite spot in Madrid is undoubtedly Plaza del Sol. This vibrant hub captures the very essence of Madrid's energetic spirit and serves as the city's beating heart. What makes Plaza del Sol so special is how it transforms throughout the day—from a busy crossroads where locals rush during morning hours to a lively gathering place as evening approaches. The surrounding streets branch out like arteries, leading to countless boutiques, traditional Spanish retailers, and international brands perfect for both window shopping and serious retail therapy.

As night falls, Plaza del Sol truly comes alive with an electric atmosphere. The nearby bars and taverns create the perfect starting point for Madrid's legendary nightlife, offering everything from traditional Spanish cuisine to innovative international fare. During my internship, I often found myself drawn to the plaza's energy after work, enjoying the warm Spanish evenings while watching the diverse crowd of tourists and locals alike.

What I cherish most about Plaza del Sol is how it embodies Madrid's beautiful contradiction—a place of historical significance (with the famous Kilometer Zero and bear statue) that simultaneously embraces modern urban culture and youthful energy. It became my go-to spot whenever I needed to feel the authentic pulse of Madrid.

Yiming Liu



One of my favorite spots in Madrid is the Templo de Debod, a well-known place to watch the sunset. We visited it during the first week of February and had a picnic with pizza and some snacks. Even though many people had gathered to see the sunset, I could still thoroughly enjoy the beautiful view. The scenery was breathtaking—the sky felt wider than in Tokyo, and I could enjoy a clear view of the horizon. Another unique difference from Tokyo was a street singer performing in front of the sunset. Many people joined in by singing along or dancing to the rhythm of the music. I was surprised by how this atmosphere made the scene feel even more dramatic. It was such a stunning view that I decided to revisit this spot the next time I'm in Spain.

Momoa Masuda



If I were to choose my favorite spot in Madrid, it would be the Royal Palace. The staff at Bergé kindly arranged a tour for us on the second day, and I was absolutely astonished by the magnificent decorations in each room. The intricate details, grand chandeliers, and lavish tapestries reflected the elegance and power of Spain's royal history. Although I also visited other palaces near Madrid, such as Aranjuez and El Escorial, the Royal Palace left the strongest impression. Its exquisite design and rich heritage create an unforgettable atmosphere for anyone who walks through its halls.

To me, the Royal Palace became more than just a tourist destination—it came to symbolize my entire internship experience. Since it was just a few minutes from our hotel, I passed by it almost daily. Whether I was heading out for a morning walk, commuting to work, or meeting friends in the city center, the palace was always in view. It reminded me daily of the unique opportunity I had been given and became a quiet, majestic presence during my time in Madrid.

Sawa Suzuki



My favorite spot in Madrid is the Malasaña neighborhood. Once you start exploring, you can feel a stark contrast to central Madrid, with its grand museums, grand buildings, and bustling Gran Vía. What drew me to Malasaña was its charm—small stores selling vintage clothes (I bought a jacket for an unbelievable 5 euros!), unique accessories, and cute postcards and posters. The cozy cafes and restaurants never disappoint and are also great for takeout. I had to resist the urge to buy everything. One time, when I was browsing in a vintage store with one of my Korean colleagues, we constantly had to remind each other not to splurge too much on postcards (of course, I had to buy a couple!). Malasaña was truly a place I could uncover endlessly, and I'm grateful I had five weeks to discover it.

Akari Hori



My favorite spot in Madrid was definitely the area around Plaza Mayor. There's something magical about wandering those historic cobblestone streets, especially in the late afternoon when everything glows a little golden. The plaza is stunning—lined with beautiful old buildings and always buzzing with life, from street performers to people just chilling at cafés. Mercado de San Miguel is one of my favorite stops, just a short stroll away. It's a foodie dream—packed with stalls selling everything from jamón ibérico to oysters and tiny glasses of vermouth. My favorite was the olives with cheese inside them! I spent hours just sampling little bites and soaking in the atmosphere of San Miguel.

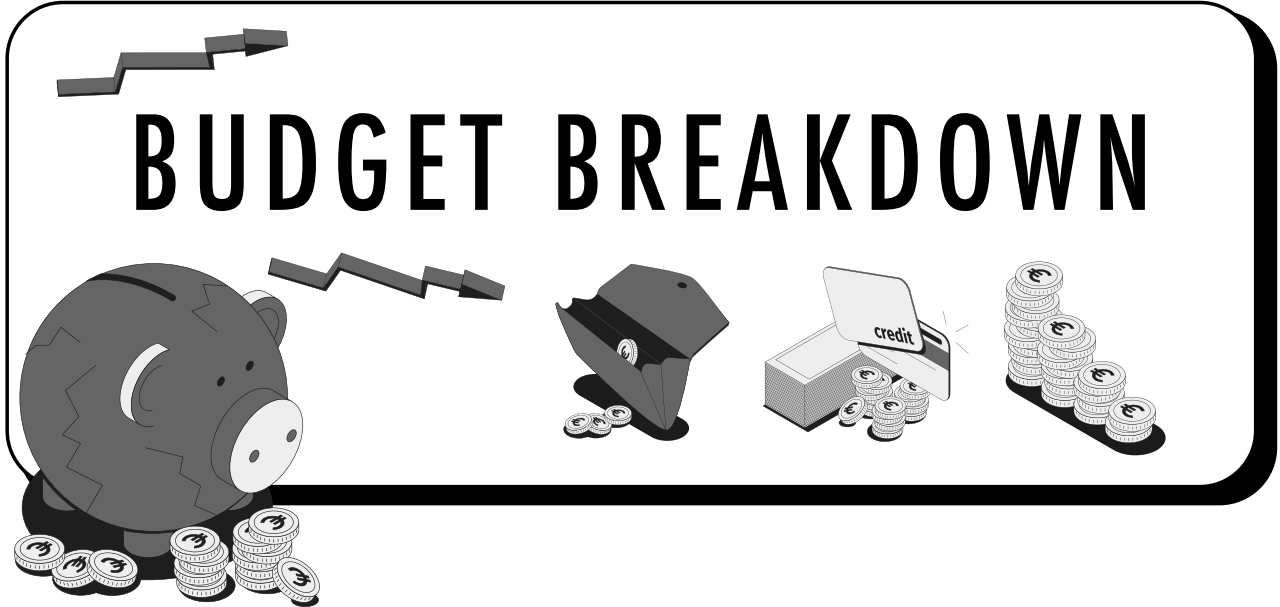
Not far from there, tucked into one of the side streets, we found *Mesón del Champiñón*—an iconic restaurant focusing its menu on mushrooms. The servers were lively, and the signature grilled mushrooms stuffed with garlic and herbs were incredible—simple, but so full of flavor. They even had mushroom croquetas that were next-level. The whole experience felt like a hidden gem right in the heart of the city. That whole area—Plaza Mayor, San Miguel Market, and Mesón del Champiñón—totally captured what I loved most about Madrid!

Miho Yuhara



The four-story Reina Sofia National Art Museum, with its contemporary design, stands majestically in front of "Estacion del Arte", which means "Station of Art." Picasso's "Guernica," which is the main highlight of this museum, is prominently displayed along with its preliminary sketches and documentation of the creative process. Numerous masterpieces by other prominent Spanish artists, such as Dali and Miro, are also on display. The Museum is vast, making it impossible to see all the artworks there in one visit. The space is adorned with diverse artistic expressions, including surrealism, collage, video works, and ethnic art. Reina Sofia is not just a museum. It's a place that tells the story of Spanish history itself. Resistance posters from World War II, records of post-war reconstruction, and documents from the 1992 Seville World Expo—all these elements concentrate on the path the Spanish people have walked. The spacious corridor surrounding the courtyard creates an atmosphere that evokes the country's long history. By visiting the Reina Sofia Museum, you can gain a deeper understanding of Spain's essence from various perspectives.

Haruki Ikeda



	Yiming	Miho	Sawa	Momoa	Akari	Haruki
Restaurants	1,800€	825€	545€	654€	410€	364€
Groceries	0€	45€	45€	35€	25€	63€
Daily Products	800€	10€	50€	92€	20€	95€
Entertainment	200€	118€	245€	251€	100€	110€
Travel	638€	800€	1125€	271€	745€	476€
Transportation	500€	456€	40€	456€	45€	537€
Souvenirs	1,200€	646€	360€	243€	535€	155€
TOTAL	5,138€	2,900€	2,410€	2,002€	1,880€	1,800€

Here’s a look at how people in the ITP program spent their money during the internship! As you can see, Travel took up the most significant chunk of spending, followed by Shopping and Food. It gives a fun glimpse into what we prioritized—

exploring new places, treating ourselves, and of course, eating well! Seeing how everyone balanced fun, essentials, and experiences throughout the program is cool!

MESSAGES FOR FUTURE INTERNS

Hey, future interns! This internship is a fantastic opportunity to learn and grow—you’ll gain so many new skills and insights. But honestly, what made it truly special for me were the people! The friendships I formed with my peers and the connections I made with mentors made this experience unforgettable. Some of the best moments happened outside of work—hanging out, grabbing food, and just getting to know each other. So yes, work hard and soak it all in, but make time to connect. For me, the best part was definitely the people!!!

Miho Yuhara

It’s important to realize that making the most of every moment is entirely in your control. Have the “will” to enjoy yourself, as your one-and-a-half-month stay will pass quickly. At the same time, don’t forget to take care of your health. It is common to feel unwell or experience sleep issues a week or two after arriving in Spain, so don’t hesitate to rest when needed. If you genuinely embrace the work and the experience with a positive mindset, I promise the experience will be unforgettable and rewarding! Enjoy your stay!

Momoa Masuda

Embrace this incredible opportunity! You’ll gain valuable professional experience while developing cross-cultural understanding that will benefit your career immensely. Madrid offers breathtaking architecture, vibrant plazas, and delicious cuisine to explore—try as many as possible during your free time. Build meaningful friendships with colleagues from diverse backgrounds and participate in the city’s exciting activities. My advice: step outside your comfort zone, practice your Spanish, and immerse yourself fully in both the professional environment and Spanish culture. This experience will transform you personally and professionally.

Yiming Liu

My piece of advice for future interns is to be proactive. The internship lasts five weeks. It might sound like a lot, but time flies by once you’re in Spain. To make every second count, take the initiative and create your own opportunities. What you decide to do doesn’t always have to be related to work or language learning. It can be about enjoying yourself, too. Just don’t let this special opportunity slip by. I am 100% sure this program will be an unforgettable experience for you. So go for it and have fun!

Sawa Suzuki

Imagine walking down the street and finding a little shop that speaks to you. You’re curious, but it’s a small local place, and you’re alone. Whether you open the door, say “¡Hola!” to the owner, and step inside—or just peek through the window and walk away—is up to you. The encounters you’ll have during this internship are just like that. If you have the courage and willingness to take the first step, you probably—no, in my experience, definitely—won’t regret it. When the shops are abroad, like in Spain, it might be a once-in-a-lifetime encounter. If you miss the chance, there’s hardly any way to return. That’s how my collection of souvenirs (including memories from working with my mentor and Korean colleagues) ended up happily going over budget.

Akari Hori

Five weeks may seem like a long time, but it flies by in an instant. The time you can spend with colleagues and do what you want is limited. Cherish each day and try everything you can. Confidence is gained by trying. The internship is full of new people and challenging experiences. I hope you’ll enjoy all of these and tackle them enthusiastically, always taking care of yourself. That way, your experience in Spain will become both your weapon and your confidence in the future.

Haruki Ikeda

CONCLUDING WORDS

First of all, we would like to express our heartfelt appreciation to our mentors from Berge y Compañía. Their unwavering support throughout and beyond the program was essential in enabling us to work there and immerse ourselves in Spanish culture.

We are also deeply grateful to our six closest Korean friends. Without them, we could not have had such a meaningful and enjoyable time. The friendship we developed with them is one of the most cherished gifts we gained from the program.

Furthermore, we extend our sincere thanks to our dedicated supporters, Jin and John. From the program's start in October 2024 through our time abroad and even during the editing of this booklet, their encouragement and assistance were invaluable.

Lastly, as editors, we would like to thank each other for our collaboration in compiling this booklet. It would have been difficult to complete it without mutual support. We highly recommend that next year's team consider continuing the double-editor system.



Momoa Masuda
Editor

The creation of this reflection booklet was no short journey. The project began months before our time in Spain and continued afterwards. You might wonder: What do editors actually do? We plan, coordinate, revise, and—let's be honest—remind people to submit their work. But for me, the word that stuck most throughout this project was “update.”

Our first task was to create the Daiwari Contract, a master layout that served as both the blueprint and the “contract” for this entire project. (For the full, revolutionary story of the Daiwari, kindly refer to John's Opening Remarks.) Like any software that needs regular maintenance and upgrades, the Daiwari—and even some of the essays—went through countless updates. And as editors, we worked to keep everyone else “updated” too.

But the beauty of an update is that it builds on what came before. It inherits the legacy of earlier versions. I hope this booklet, in the same spirit, adds something new to last year's edition and helps keep you—our reader—up to date.



Akari Hori
Editor