Introduction
In the internship training, my role was an Assistant Resident Engineer representing the consultant, which is the University of Hong Kong. The main works in the internship training were supervising the project, coordinating with contractor, local consultant and workers, ensuring the works done were in accordance with the construction plans and drawings and experiencing in on-site construction works. In the seven weeks, practical experience of construction works is gained.

Construction
During the internship, I could gain practical knowledge through local workers. In this program, the most impressive thing is to involve in construction works. There are some major skills that involved in this project, namely bricklaying, backfilling, reinforcing work and concrete mixing and casting. These works were done by myself which could allow me to experience the actual works instead of only studying theory. The experience allows me to understand the challenges that would be faced during the construction. With more experience and understanding of the practical works, an engineer could be more well-equipped with an ability to manage and supervise the work and to arrange suitable plans. During the experience, practical working skills were taught by the local workers as they are very experienced in construction works. I could learn a lot from them.

In this seven weeks of internship training, it allows me to gain an insight of and experience the construction industry. The project allows me to witness almost the whole construction process from bottom to ceiling. Practical works were done to experience the techniques and challenges of actual works on site. Also, the project provided me an opportunity to experience different duties of an engineer such as supervision, communication and reports writing which could allow me to equip myself for the future career. Differences between Vietnam and Hong Kong are also identified so that I could have a better understanding of the local practices and standard in Vietnam. To conclude, the training provides opportunity for me to experience and explore the engineering field.

Social Science Works
Apart from engineering perspective, some social science works like need assessment, evaluation of previous project, most significant change stories and Chast lesson provided opportunities for me to broaden my horizon as these works are something new to me. I could explore and experience the value of bonding between people. During the training, I have gained some interviewing skills and communication skills, which could facilitate the development of my future career. We also built a good relationship with the children in the Trung Dung secondary school, we all had a great memory.

Conclusion
Therefore, this trip provided me opportunities to gain construction experience and also broaden my horizon. It is a precious experience for both my future career and life exposure.