

In the collaboration with engineering students, I get in touch with different mindsets and approaches to a task, which expand my perspective in viewing and handling different issues. I was deeply amazed by their high level of organization and practicality. They are able to form a comprehensive and feasible plan before starting a project, gathering necessary data to reduce the amount of variations that may hinder the work progress. Afterwards, they can execute the plan precisely, keeping track of the details to ensure everything go according to plan and meet a certain standard.

This overseas internship not only improves the life of rural Vietnamese, but also gives me an invaluable opportunity to learn from the locals and their culture. From the locals I met, they demonstrate a highly organized lifestyle, are extremely hardworking, and show high resilience to pressure. Most locals start working at 6 a.m. everyday and work until the evening. The habit of working hard seems to develop among Vietnamese when they are small. Even for students, they do not have much free time after school. They either attend extra classes to improve their academic results or help with household chores. Besides, competitions are pervasive in Vietnamese's lives. Even the amount of books read and their language competency can be areas for competition. However, a tough lifestyle and fierce competition do not hinder their performance and wellbeing, but serve as motivations for them to do better. Psychological theories on framing suggest that the way that a situation is defined affects people's perceptions and opinions. Learning from the mindsets of the Vietnamese, when I face aversive situations in the future, seeing them as challenges rather than misfortunes can help me cope with them optimistically.

This internship gives us a precious opportunity to recognize our own inadequacy and learn from other's good qualities. It is surely an eye-opening experience to work with people from various backgrounds and learn from them.