

Construction Work

As part of the interdisciplinary nature of this internship, social sciences students also joined the engineering students in the constructing of the swimming pond. Being a social sciences student who did not exercise much, this was a very great challenge for me. We had to be out in the sun and carry out manual labor like carrying stones and transporting concrete. Nonetheless, it was a novel experience that I will likely never experience again in the future and made me gain a deeper appreciation for people who work in manual labor.

English Club

In place of construction work later on in the internship, social sciences students started leading several meetings with the English club at the school, hoping to help the students increase their confidence in speaking English. It was surprising to see how good some of the students were at speaking English and gave us an opportunity to connect better with the students without needing the translator all the time.

Child Injury Prevention Lessons

We planned and held six child injury classes for a class of sixth graders during our internship, teaching them the various causes, consequences and ways of dealing with different types of injury. This was definitely out of my comfort zone as I never taught young children before and knew nothing about child injuries. It was definitely challenging at first to control and engage the class due to the language barrier and the fact that there was only one translator, but we were able to learn to communicate with the children using pictures, gestures, and games. It was interesting to see how we were able to still bond and build relationships with the children despite not speaking the same language.



Local Life

Living in Hung Yen was definitely challenging at first, but it developed by independence, self-sufficiency and made me realize that a low-maintenance lifestyle can be just as enjoyable and fulfilling way of life. During my time there, I did not wear any nice clothes or makeup, ate cheap local food at less-than-sanitary restaurants by the road, had no AC for most of the time, walked everywhere, and had no malls to visit on weekends. After getting over the lack of comfort initially, I realized that life there was a lot simpler and less stressful. After coming back to the city, it made me realize that a lot of the comforts and entertainment we have here are unnecessary and overly extravagant even.

