

Internship Report

Biomechanical Engineering at the Tokyo Metropolitan University

Last year I had the incredible opportunity to spend 8 weeks in Japan for an internship at the Tokyo Metropolitan University. This experience was not only academically enriching but also a personal journey of growth.

During my work, I spent a considerable time programming in C++, a skill I previously had limited exposure to, so I could gain a lot of practical experience. The highlight of my internship, however, was the autonomy in selecting and working on my own project under the guidance of a supportive supervisor. Thanks to this freedom, I was able to write a paper about my work, which is currently considered for publication in a journal.

Living in Tokyo was an amazing experience that offered a vivid contrast to Western cultures. The city's blend of food, architecture, and lifestyle was particularly stunning. I was especially impressed to see the Japanese approach to life, which emphasizes on a collective ethos rather than the individualistic pursuits we know from Germany (or the general "West"). Despite the rigid structure of the Japanese work environment, there was a pervasive sense of contentment and shared purpose among my co-workers.

What impacted me most profoundly, was the warmth and kindness of the Japanese people around me. I was delighted to feel so included and welcomed by both the university's Karate club (which I temporarily joined) and my workplace, even though I was the only foreigner there. These interactions, which often transcended language barriers, were the most meaningful and gratifying parts of my stay.

On weekends, I enjoyed exploring Tokyo's many facets, often with fellow IAESTE students who became close friends. The long commutes from my modest, yet comfortable apartment in the suburbs gave me a unique perspective on everyday life in Japan.

This internship was more than an academic pursuit; it was a journey into understanding a different culture and forming lasting connections. The discipline in the workplace, combined with the societal emphasis on harmony and collective well-being, offered invaluable insights. My time in Japan has left an indelible mark on me, with memories and lessons I will cherish and carry into all my future endeavors.

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