

**Luisa - Solidarios Para El Desarrollo, Spain**

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This work abroad experience has developed my adaptability and pushed me to find my own stability in circumstances far different from those I would naturally choose to create in many aspects of life – from work to accommodation to socialising. I worked hard to find the right balance of work commitments and other activities, which has been good development of life skills.

On the whole my work placement was not as fulfilling or interesting as I had hoped, though learning to deal with that and find ways to get the best out of the time-frame that was available to me was a useful experience. Living in a different cultural setting was interesting in a half-way position between tourist and resident and it was enjoyable to invest in short-term endeavours knowing that I had a limited time frame to get the best from it all. My best personal achievements have been outside of my official work placement and more linked to volunteering teaching, and from this perspective I would be inclined to suggest to students going abroad to look beyond their immediate framework of work or study placement.

