

# A Day in the Life of an International Intern In Shanghai, China


**Hi. I'm Anita and I interned for a Green tech company in Shanghai.**

My day started much the same as my day starts in the UK - with coffee and a natter in the kitchen with whoever happens to be around. At home, that's my mum. In China that was my housemate who was on the same programme as me, but a legal intern. We would catch up about our experiences abroad, our plans when we got back to the UK and of course...Love Island!

**8:30am** I was very lucky in the respect that my internship was on the same metro route as my accommodation. Still, the commute took a while to get used to and was definitely a far cry from my commute back home in Gloucestershire! When you're living somewhere as fast paced as Shanghai you learn to adapt though - and I got used to Shanghai rush hour (pretty sure they call it that because people rush at each other every time the train stops, and not because it's the time of day when people come back home from school and work).

At work, my jobs consisted of branding and marketing duties that changed from SEO, to social media to marketing design on a weekly basis. I soon found that this meant something different to marketing in the UK but because I worked in a smaller company (there were just 5 of us!) it actually meant that I got a lot more responsibility very quickly. I soon got used to my daily WeChat full of tasks to complete. In China WeChat can be a substitute for an office email or university email so I would definitely recommend getting to grips with that before you arrive on your programme.

**12:00pm** I was very lucky in the respect that my internship was on the same metro route as my accommodation. Still, the commute took a while to get used to and was definitely a far cry from my commute back home in Gloucestershire! When you're living somewhere as fast paced as Shanghai you learn to adapt though - and I got used to Shanghai rush hour (pretty sure they call it that because people rush at each other every time the train stops, and not because it's the time of day when people come back home from school and work).



**6:00pm** As I grew more accustomed to life in Shanghai I began venturing out to museums and attractions in the evening and even going on day trips at the weekend. I even tried yoga - much to the amusement of my friends and family back home! To anyone struggling to adjust to life quite that far away from home I would say that comparison is the thief of all joy. Maybe, there is a reason why things are the way they are where you are staying and (without wanting to sound facetious) you just don't know what that is yet. Talk to the support that is out there, and take a leap out of your comfort zone and things will be ok!

In September I will be undertaking postgraduate study and I will be glad to take the new awareness I have gained of Chinese culture and business on with me. I would definitely recommend CRCC Asia for that.

