

## Research Internship in Costa Rica - Spring 2023

**Vivian Schütt**

My research internship of four hours weekly already started in October 2022 at the department of Work and Organizational Psychology. My work in the project was to further develop the project and to prepare for my six-week stay in Costa Rica. In Costa Rica, I worked in several locations. Among them were Santa Maria de Dota, Turrialba, Heredia and San José. My local contact was Daniel Avendaño Leadem, who is a professor at the Faculty of Geography. I did this international internship as part of my Masters in Intercultural Psychology, which is mandatory for my degree program.

I pursued a wide range of activities. One task was to help create a website that presents the local producers of the region with photos and texts. For this, I had close contact with them and wrote presentation texts in Spanish. I also participated in meetings between producers and the local municipality where I presented our project. Furthermore, I prepared and conducted a market analysis for our project. This included research, creating an interview guide, and visiting cafes/restaurants in San José and Heredia. Afterwards, we prepared this information in protocols.

My daily routine was very varied. In Costa Rica, the sun rises (5:30) and sets very early (18:00), so I got into the habit of getting up at sunrise. In the morning, I always practiced yoga on the terrace or in the garden, then I used to have breakfast and started working around 9:00 am. In the evening, I always had something to do, as it was very easy to get in touch with people. Often we were invited to have dinner and went out to bars or salsa dancing. On weekends, we used to explore the area, which varies a lot depending on the region. In the interior of the country, there are more mountains and rivers, so hiking, rafting and mountain biking are ideal. In contrast, the weather is much warmer and more humid along the coasts and there are great beaches.

Overall, I am more than satisfied with my stay in Costa Rica. The project to promote sustainable communities has come a long way. Personally, I have noticed that I have more self-confidence and have learned to work more independently. Besides, Costa Rica is the most beautiful country I have been able to visit and I am already looking forward to coming back next year.

