

CULTURAL HIGHLIGHTS

Insight China



This year, Insight China had the opportunity to fully immerse itself into China's history and culture. From traditional sights to international cultural exchanges, this year's programme was filled with highlights. The onsite seminar reached a high point when climbing up the Great Wall of China, one of the seven wonders of the world. The delegation was luckily blessed with beautiful weather and had a wonderful day marching on the ancient series of walls and fortifications, a truly Chinese cultural icon. Not only learning about China's history, but also fostering the international exchange between Swiss and Chinese students was a superb highlight. As matter of fact, Insight China had the chance to visit two universities, the TSNU and Shenzhen Technology University. The delegation was warmly welcomed by their students and staff and enjoyed a rich and varied programme filled with a lot of interesting insights about China as a country, its culture, and values and traditions. The Insight China delegation appreciates having gained such valuable experiences and returning home with newly made friendships and shared in-depth cultural knowledge. NL

Focus India



India is a country of diversity, and so is the Indian culture – colorful, loud and silent, lush and modest. Seeing the Taj Mahal, one of the new seven wonders of the world, which took everyone's breath away, surely was a cultural highlight. The delegation also had the chance to immerse themselves in the Indian culture while getting Henna paintings, a Yoga lesson, and first steps in Bollywood dancing, an afternoon which resulted in much joy and nimble moves. Beyond these activities, the students were able to witness the ecosystem of Dharavi, the largest slum in Asia. An impressive experience which eliminated stereotypes, but also made everyone reflect upon the present living conditions in India. Special bonds were tied with primary school students at the Good Shepherd school in Bangalore, where Dalit children (also referred to as the untouchable caste) are given special chances through affordable education. NK

connectUS connectUS

„Try all different kinds of food when you go to Mexico.“ That was the most frequently mentioned recommendation which the connectUS delegation got prior to the departure to Guadalajara. For the first dinner in Mexico, the cab driver suggested going to La Chata, a well-known restaurant next to Hotel Morales. The friendly waiter gave some advice on the menu as well as their wide range of beers and Tequila. It was a great time eating local food, chatting with the staff, and enjoying some exquisite drinks. The next day the delegation had a joint dinner at El Mexicano, which - as the name already suggests - serves local dishes, accompanied by Mexican live music. A big shout-out to Simon Renevey for organizing this event. During a food tour on day 4, the delegation still discovered some new delicious dishes even though a lot of different food have been tried while staying in Guadalajara. Later that day, the whole delegation was spontaneously invited by an Intel Director to his birthday party. In short, the food was great and the people very warm and open-hearted which made the stay in Mexico an unforgettable experience. MG

exploreASEAN



In Hanoi, the exploreASEAN delegation not only had the opportunity to see the Vietnamese culture but also taste it. Each Vietnamese dish has its distinctive flavour. Common ingredients include fish sauce, soy sauce, rice, fresh herbs, fruits and vegetables. Traditional Vietnamese cooking is greatly admired for its fresh ingredients, minimal use of dairy and oil as well as reliance on herbs and vegetables. Hence, it is not surprising that Vietnamese food is considered one of the healthiest cuisines worldwide.

At the training restaurant KOTO the delegates enjoyed an interesting cooking class, where they have been taught three different traditional Vietnamese dishes. KOTO is not just a regular restaurant but an organisation with purpose – the training model of KOTO enables at-risk and disadvantaged youth to set foot into the gastronomy with significant positions. Through our KOTO experience, one can truly say the delegation had the chance to experience the Vietnamese culture from another perspective. JT