

2017-2018 LABO INTERN

Savithri, Canada



The memories I have made as a Labo intern are endless. There are so many moments I can picture as if they were just yesterday: my host mom sobbing at the station as she saw me off, my host dad screaming into the mic during karaoke, trying and failing to peel apples with one host sister, and making slime with another. I have been to 28 prefectures and visited countless temples, shrines, shops, homes, parks, etc., but what I remember best are all the conversations, laughs, arguments, and moments of awe I experienced during those trips. Connections with other people are, to me, the highlight of

this internship. You are able to delve into Japanese society in a way that not many are privy to, and that is an incredible privilege.

Life as an intern is not free from difficult times; it has the same ups and downs of everyday life. Business trips can be as tiring as they are exciting, and even a really fun day can feel too long. The return, however, is everything that you make it. What an intern has to gain are not only memorable encounters and fond memories, but also a chance to learn to assert themselves, explore their interests, and venture a foreign environment. Learning one's own limits and capabilities is easier said than done, but definitely something you can figure out during this internship.

For me, being in Japan was not only about learning about Japanese culture, but also about learning to more appreciate my own, both that which I was born into (Sri Lankan) and that which I was raised in (Canadian). As I introduced myself and my countries to others, I also learned more about my own cultures and realized things about them that I never saw clearly before. I really appreciate the opportunity this internship has offered me in that respect as well.



Labo promotes global citizenship and leadership, and those exact aspects pertain greatly to what you do as an intern. Being an intern can honestly be such a wonderful time and I could not recommend it more!