

**Tuesday, June 18th**

I arrived at Narita and took a limousine bus to Mystays Akasaka Hotel. After a 24+ hours of travel I checked in and took a walk around the area to see what was around. It was my first time in Akasaka so it was pretty cool. The hotel room was really nice and I was on the top floor so there was a nice view of the city.



### **Wednesday, June 19th**

My jetlag had me wake up at 5am. I facetimed my family and then went to the conbini downstairs to buy a light breakfast and a vitamin jelly. I slowly got ready and arrive at the Sojitz lobby to meet with Abe-san. She gave me a guest badge and showed me around the office. I greeted the research department and then had a meeting with Tada-san and Ichikawa-san. After meeting with them, I got the chance to meet Oono-san and chat for a bit about what I wanted to do my presentation on. At lunch, I was invited to a restaurant in the building with Oono-san and several people from the research department. It was a bit awkward at first but everybody was really kind. After lunch, I got settled into my desk space and did some research. I left at around 5:30pm and returned to Akasaka where I had a light dinner and then fell asleep early.

### **Thursday, June 20th**

I arrived at the office at 9am. I got a little bit of research done before having a meeting with Tatebayashi-san who briefed me about the EU. She has a lot of experience in the region and gave me a lot of information about Central European countries. Afterwards, we went out to lunch and continued to talk about a lot of issues that are currently rampant in Europe. Once we finished, we met with a diplomat from the Hungarian Embassy. It was very interesting hearing his views on what was currently happening in the EU. At 3pm, I met with David who is apart of the HR department and he taught me about the history of Sojitz and the type of things it does as a Sogo Shosha. After his presentation, I had a meeting/discussion with Ichikawa-san. He wanted my opinion on the upcoming 2020 elections and at first I was hesitant since I don't really speak up about politics, however I opened up a lot more and was able to really go in depth about what I thought which was actually pretty refreshing. It was with Tatebayashi-san and Ichikawa-san that I could talk about politics and for the first time not be scared about sharing my opinion. I stayed at the office until 6pm and then returned to the hotel and did the same as I had done the previous night.

### **Friday, June 21st**

I came into the office at the usual time and began my morning routine. At 10am, I met with Obana-san who explained what kinds of investment Sojitz has been doing in Europe. For lunch, I was invited to go to Marunouchi by Yasuda-san. At first I was a little intimidated by her, but she is a really fun person to talk to. After lunch, I worked until about 4pm. I left a little early so that I could meet up with a few friends that I hadn't seen in a while. We had dinner together and caught up on what had been happening in our lives. It was really nice being able to see them again.

### **Saturday, June 22nd**

My friend from when I had studied abroad in High School had gotten bus tickets for us to go to Yamanashi where we spent the day hiking in Yamanashi. Thankfully the weather was really nice and it only started to rain once we headed back to the place we were staying.



### **Sunday, June 23rd**

It was a rainy day but we went to Fuji-Q Highland which was a lot of fun. It had been a while since I had been to an amusement park so it was pretty exciting. The views from the top of the roller-coasters were amazing. We arrived back in Tokyo at around 9pm.

### **Monday, June 24th**

Today I met Kuribayashi-san who took some time out of his busy schedule to talk briefly with me. For the rest of the day I mainly worked on my presentation and also had Tatebayashi-san look over it and she told me how to arrange my slides and what things I needed to fix or add. I left work at 5:30pm and went to have dinner with my counselor from when I studied abroad. I'm so thankful that I have been able to stay so close with her despite not being able to see her very often.

### **Tuesday, June 25th**

My morning was similar to all others as I did research until lunch. At 2pm, I went to the Embassy of Slovakia with Tatebayashi-san and met with Juraj Petruska. It was a really great experience being able to visit the embassy and I was thankful that I got a chance to speak with Mr. Petruska. He provided me with a lot of informational booklets about business in Slovakia and how the country has been rapidly changing over the past few decades. Once we returned to the Kasumigaseki, Tatebayashi-san and I went to get coffee and talked for a bit before returning to the office.



After work, a few people from the research department invited me to go to Shabu-Shabu with them. I had a great time and really enjoyed being with everyone. After dinner, we went to Ginza to walk around and then went to a really beautiful cafe. It was a really cool experience that I didn't imagine I would have during my trip.



### **Wednesday, June 26th**

Since today was the last day before my presentation, I focused most of my time on cleaning up my presentation and meeting with several people to obtain feedback. I did my best to incorporate everyone's advice. After work, I met with a friend from college. She had been studying abroad the past semester so we hadn't seen each other for a while. I was so happy to be able to see her again before I went abroad for the Fall.

### **Thursday, June 27th**

I came into the office realising it would be my last time doing so. I was really emotional the whole day because I didn't really want it to end. I really enjoyed getting to know the people in the research department and I really wish I had more time to get to know them more. At 3pm, I presented my research that I had been doing for the time I was there on investment in Slovakia. I still don't really know how it went since there was such an array of comments but I think it went okay. I learned a lot during my internship and really appreciate all the time and effort that people gave me. I'm very glad that I was able to have the opportunity to work abroad in Japan and it's something that I will never forget.





**Friday, June 28th**

I checked out of the hotel at 7am and took the bus to the airport. There was supposed to be a Typhoon so I went a little early just in case there were troubles on the road. Thankfully there were no delays and I flew back to DC safely.