

03 July 3018

Dear Future Intern,

Congratulations! If you are reading this, you are about to embark on a wonderful journey.

Internships are a unique experience that allows young professionals like us to explore a job at a particular company. Just like with anything in life, the more effort you put in, the more you get out. Especially when working abroad, adapting to the new cultures, experiencing and riding along with your co-workers, dealing with guests and making magical memories throughout the 6 months that you will enjoy.

First, choose the country where you want to intern - i chose Barcelona since I am Spanish and papers would be much faster and easier - that was top priority. Also because the hospitality industry was booming in Barcelona along with its tourism.

*TIP: Choose a country where you are comfortable learning the language as it is the main language your property will communicate in.

Second, roommates and your apartment - It took me about 2 months to find the perfect set of roommates who would be interning in the same city but it did not matter which department or property, as long as we would agree on a place and living situation.

*TIP: In Barcelona, it is hard to find an apartment with two bathrooms and more than one bedroom combined - also with a wardrobe and most importantly built in laundry. Find an apartment that has a terrace for you to hang your clothes as a dryer is even harder to find. Trust me, I found a fun couple to room with and third-wheeling was not AS bad. :)

Third, everyday survival - here are a few tips:

#1. Take public transportation first for a couple of weeks just so you get to know your surroundings then when you're comfortable, save up and just walk.

#2. If you live with more than one person, don't buy groceries together and split the bill at the end because it turns out more expensive then as time comes, you wont have time to even cook food and you'll just end up cooking for yourself. Just buy for yourself and share if you want.

#3. When you have a free day off from work, find colleagues to go out and explore the city whilst enjoying the view and having a drink in hand!

#4. Depends on the season - pack accordingly to the season you are going to be there for. I had winter, spring and summer and 99% of my clothes were winter and I ended up shopping for summer clothes and did not even use 20% of my winter clothes as I just kept repeating what I would wear to work (which is normal by the way.)

#5. If you know that you have a 7 am shift the next day but you decide to go all out the night before, be a rockstar and MAKE SURE that you wake up.

6. If you are a foodie, explore different restaurants and don't repeat any of them unless you're craving. NOTE: Barcelona has no 24-hour restaurants. Yes, McDonald's is closed.

#7. DO NOT POST ON SOCIAL MEDIA ANYTHING WORK RELATED ESPECIALLY IN THE HOSPITALITY INDUSTRY.

#8. As Guest Relations, ask your supervisor for a list of things you should know and study ahead or shadow one of the other older interns and learn from them.

#9. If you are third-wheeling, don't take it personally. You're there to work, learn and make new friends along with your roommates. Don't get emotional and just enjoy your time!

#10. Last but not least, never be afraid to explore what that country has in store for you. Barcelona had a beautiful sunrise view of the city (Bunkers del Carmel), hiking up Montserrat mountain and one thing great about being Europe? ... all the European countries are a hour or two away via plane!

I swear, you'll have an amazing time. You will get homesick, but this is why they invented FaceTime right? Just breathe, take it all in and be a local!

Best Wishes,

Cristina del Gallego

Guest Relations Intern 2018

Majestic Hotel and Spa Barcelona