

Before the trip: What expectations do we have about these internships?

(original title: “¿Qué expectativas tenemos sobre estas prácticas?”)

Hello! We are **Nahia and Loraine**, two final-year Psychology students who have been offered the opportunity to take part in the **Rato Baltin** project of the NGO *Be Artsy*. Starting next week, we will be in Nepal to carry out our degree internships. Right now, we are full of uncertainty and nerves — but that doesn't stop us from imagining all the things we might experience there, or from having our own expectations about what lies ahead.

One of our main expectations for this trip is to **take off a little of the Eurocentric mask** that we unconsciously wear. Having been born and raised here (in the Basque Country), we know that we come from certain ideological foundations. That's why we would like, once we arrive, to see the contrast between what we imagined and what the reality actually is — to get to know this culture up close and personally, and in doing so, to free ourselves from some prejudices. We are aware that we will witness very harsh situations, as the aim of the project is precisely to help end them.

We also believe that we will **learn to appreciate the small things**: a hot shower, a mattress, a full plate of food... We are used to living with all kinds of comforts and privileges, luxuries that we won't have there. We think that this will be a very enriching experience for us.

Another aspect that we have talked about a lot is the following: *How are we actually going to help in something like this?* In a situation that feels so distant from our own, we are full of doubts about how much use we can really be in such a context. However, we are sure that we will do our best so that our cooperation truly supports this project, which we both feel deeply interested in.

We hope that the knowledge we've acquired during our studies will be helpful in this project, and that our nerves — as two girls who have hardly left their hometowns — won't get in the way. Even so, we are very aware that **an opportunity like this only comes once in a lifetime**, and for that reason we will work hard on our insecurities in order to give 100%.

For all these reasons, and many more, we are full of excitement and hope to live a truly unique experience!