

Intercambio Cultural

Cultural Exchange Testimonial – Miguel Cuicas

Participating in the cultural exchange with Switzerland has been one of the most enriching experiences of my life. I had the opportunity to live with André and the Mock family, a Swiss student who visited Panama, and later I spent three incredible weeks in Switzerland with his family.

During his stay in Panama, André adapted very well to our culture and to my family. It was interesting to see how he adjusted to our way of life, our warm climate, and our customs. We enjoyed teaching him about our food, our traditions, and taking him to visit places like Casco Antiguo, the Panama Canal, and our beaches. It was very rewarding to share with him what makes our country special. André was amazed by both Panamanian and Venezuelan culture, since my family is Venezuelan, so he experienced two different but very similar Latin cultures.



Then it was my turn to travel to Switzerland, and it was a completely different experience from anything I had known. From the very first moment, I was impressed by how organized and punctual everything is there. Living with André's family helped me understand their culture from the inside: their customs, their language, and their lifestyle. It wasn't a challenge to adapt to new routines, the cold weather, or the school system—it was a great opportunity for me to grow as a person.

I visited amazing places in Switzerland such as Mount Säntis, Lucerne, Biel/Bienne, Bern, Uznach, St. Gallen, and many other wonderful places Switzerland has to offer. André and his family made sure my stay in Switzerland was absolutely amazing. They fulfilled many childhood dreams of mine, like seeing snow for the first time and visiting many cities around

the country. On the other hand, the culinary experience was also very interesting, since Swiss culture is completely different. At first, the food was a big challenge for me, but over time I got used to it. The Mock family was very understanding and always asked what I liked and what I didn't.



This exchange taught me to step out of my comfort zone, to be more open-minded, more independent, and to value both what we have at home and what we can learn from others. I'm deeply grateful for this experience, for the friendship I built with André, and for everything we were able to share and learn together. I also want to thank the Mock family, because they never made me feel like a stranger or an outsider—instead, they made me feel like a son, a brother, and a true member of the family. For that, I will always be grateful for how warmly they made me feel welcomed.



Without a doubt, this exchange left a lasting impact on my life.

Miguel Cuicas