

## ***EXPERIENCE REPORT–SERVAS YOUTH–SWITZERLAND 2024***

**Activity period:** may 13th to june 3rd, 2024

**Visited cities/towns:** Zúrich, Bern, Lausanne, Lysine, Clavadel and Diessenhofen

**Written by:** Iris Sabdi Hernández Manrique (Servas Mexico)

The project “Travel to Switzerland in 2024” has taken place within the framework of cooperation between Servas Switzerland and Servas Mexico, with the main objective of providing a person living in the countries of the southern hemisphere of the planet (in this case Mexico) , the opportunity to access in a lighter way the experience of getting to know the Swiss territory, thus strengthening the ties of peace and brotherhood between the countries and at the same time, reinforcing the common practice among the members of Servas of generating a cultural exchange and getting to know each other through our actions in everyday life. Following this line, the activities were carried out at all times together with the members of Servas Switzerland, being hosted by them in their homes, sharing their food and having direct contact with their own context. The organization of the activities was the responsibility of each of the hosts and took place according to their own possibilities and times. The choice of the places that were visited allowed me to have a small sample of the diversity of the territory, its history, its linguistic division, geographical and cultural disposition and, above all, the diversity of people who inhabit it, such is the case of people who were born in Switzerland, as well as others who migrated and have already settled in the territory for a time.

Among the most notable activities are visits to iconic and historical places in each area, sports activities such as cycling, hiking or obstacle park, dinners in restaurants with typical food, delicious dinners at home, moments of relaxation, watching movies, enjoying landscapes, supporting gardening activities, playtime with the smallest or oldest members of the family and even surprise visits to the hospital, fortunately nothing to worry about. An activity that was entrusted to me from the beginning of the project was to prepare an activity in which I could share with other members of Servas a little about Mexico and its culture, a proposal that was adapted to a session of approximately one hour, provided as a activity of the Pentecost meeting at Servas Switzerland 2024, in which I had the opportunity

to also participate in all the activities and present a summary in front of other members of Servas that encompassed the themes of geography, biodiversity, social and cultural environment and food.

As strengths of this first exercise of the project, I consider that there is the opportunity to have experienced in a close and direct way, the daily life of people who decide to share their time and space, the possibility of meeting and living with people of different age stages, ranging from 1 year to approximately 80 years, which enriches the experience and allows us to understand and empathize with the situations that each of them goes through, such as the need for attention and care, the responsibility and time that this implies for parents, the energy that little children They have and are contagious, patience, the moments of change and readjustment that people experience as time goes by and their bodies age or acquire certain conditions that transform their daily lives; All of this could represent, for the generations of young people who access this program, an opportunity to observe the world from another perspective, reconfiguring their way of understanding life and generating relationships with others.

In conclusion, I can say that, through this experience, I was able to clearly observe various aspects that I need to work on in myself as a person and reflect on all those who received me as if they were a mirror and know that at the end of everything and Beyond the physical body that we inhabit, all of us, absolutely all of us, are Human Beings. Finally, I thank Servas Switzerland and Servas México, and all the participants who made this possible, for the opportunity to live this experience and be part of this initial project that I am sure will open the door to a new way of relating both within the association, as well as on a global level, since each grain of sand we add contributes to our understanding of ourselves in a particular way and as humanity.