

INTERNSHIP AT BEST-ON

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Samuel and I did our internship from January 22th to February 2nd, 2018, we had an amazing experience there, all about how the work in a company is at Japan.

We were fortunate to be in Best-on, all employees were incredibly kind to us, even though Samuel and I did not speak fluent Japanese, they all tried hard to explain their work to us, they were patient and always had a smile on their face.

I learned many things about a company in Japan, from all the manners that people show in their day to day work since the day begins. Manners in Japan are very important, since you greet everyone in the morning, every time you retire to take your lunch and when you say goodbye.



Something very important that I learned was when you introduce yourself with a person you must exchange their respective presentation cards with your data which takes a whole process of respect, this in particular seemed very interesting to me since in Mexico we do not have any particular procedure for these situations.

The first day was all about manners, we learned everything we needed to bring every day.

Our work in the office was very limited because we did not speak Japanese, so he could not entrust us with very complicated tasks, but he was also very illustrative of what Best-on does. The cleaning of the workplace is done by each one of the employees, this seems to me extremely efficient, it shows their responsibility and respect for the company, I liked very much know this.



Samuel and I were introduced to each of the employees of the company to get know each other better and to have a better working relationship even though it was only two weeks of work, it was interesting to know them as well as the different activities that each one carries out.

Lunchtime was always nice as we could talk with the employees to get to know them better and interact more about how they perceive Mexico and gave us some advice about Japan.



Among the activities we did were: the delivery of notification of the inspection that will be do in a certain building, from the message in each mailbox of each department and a message to everyone in the notice board of the building.

We also check out all the fire extinguisher, smoke alarm and signs, this must be done at least twice a year in each building in order to prevent as many fires as possible, we also check the hoses and pipes in order to They were in perfect condition for any time.

an unusual activity for me were the small morning meetings of all the staff where they talked about what they would do during that day, that is never seen in Mexico, but it seemed an excellent way for everyone, in the company, to know what the other is doing and the company can work in a more coordinated way.

We visited Tokyo Fire Department Ikebukuro Life Safety Learning Center, Firefighting Museum and, The Rinkai Disaster Preparation Park, to learn more about earthquakes, fires, or any type of disaster that occurs. Prevention is the best way to counteract the casualties. I did not know anything about what to do during an earthquake or how to act in front of a fire, since this is not very common in the area of Mexico where I live, but without a doubt we must all know how to act in the face of disaster situations, it was very helpful for me. something that I really enjoyed was the earthquake simulator, because I had never experienced an earthquake, it was an enriching and interesting experience for me.

One of my favorites activities was visiting a primary school in Saitama, where we learned about the whole process of feeding so many students, from the arrival of fresh ingredients to the school kitchen and the whole preparation process that takes for each day's food is special, and it is prepared with the objective of giving them all the nutrients they need for all their school activities, but what really impacted me was the way all the children act, as they collaborate to accommodate their tables on a special way, when the food arrives at each room, the children take turns to serve all the dishes as well as the cleaning afterwards, every day they drink milk, which comes in paper containers, the children are responsible for washing them to be recycled.



I'm really impressed with his excellent behavior at lunchtime and the teamwork to make lunchtime pleasant, in the living room music is listened to which makes the meal more enjoyable.

After eating, everyone brushes their teeth to the rhythm of a song, so they learn to brush their teeth correctly. Seeing the good team that children do at their age, inspired me. It was amazing how well they work, and I thought it was great to know that they are responsible for cleaning the school, nothing better to teach how to take care of their school.

All the children caused me great tenderness when they tried to speak with me in English, although they were quite serious, we had a very pleasant time and I must say that the food was delicious.

Samuel and I spent several meals in the company of Matsumoto San, Fukuda San and Ishiyama San where we talked about Japan, Mexico and the current situation in disaster, we exchanged advice and laughed.



This experience at Best-on made me realize how prepared Japan is for any disaster situation; earthquakes, tsunamis or any kind of disaster, it has high quality prevention measures, compared to Mexico, which is not as prepared for it, although to a certain extent fires are a little less frequent than in Japan. Still, Mexico has a lot to work on improving its measures than to act in the face of a disaster. we can learn a lot by taking Japan as an example.

I could not be at any company better than Best-on, I am very grateful to them for the good treatment they gave us and the tolerances towards us because sometimes we did not understand the first time.

Thanks a lot, Best-on!

