

## **Internship at the Training and Rehabilitation Centre - moveBilbao in Bilbao, Basque Country, Spain**

██████████  
*Master, Sport and Exercise Sciences for Health and Performance*

As an additional component of my master's degree, I spontaneously decided to complete an internship abroad. Thanks to my previous Erasmus experiences, I already knew what to expect and which steps were necessary, which made the process much easier this time. My goal was to spend a semester abroad in a way that would allow me to grow personally, gain knowledge in a field where I still lacked confidence, experience living in another country, and improve my Spanish. Ideally, I also wanted to be in a place where I could continue all the sports activities I love.

So, I took a very simple approach: I opened Google Maps, this was already the second internship I found this way, typed in keywords related to the field and environment I was looking for, and followed the leads. After some research and redirection, I began sending motivation letters and my CV to potential mentors. I received an interview request the very next day from my top choice - the founder of the newly established training centre moveBilbao. From the very first conversation, I knew this was the right place for me. The next step, finding accommodation, was the most challenging part. Bilbao is a popular Erasmus city, and housing for Erasmus students has become a real business there. I recommend using platforms like HappyErasmusBilbao, reliable websites, or reaching out to former students who might have useful contacts. In the end, I lived in a nice shared flat with other Erasmus students in the city centre.

Throughout my internship, I engaged in two main types of training formats. The first was functional training in private groups, designed for individuals needing extra attention, often those recovering from injuries. These sessions were personalized and scheduled at fixed times, usually with 3–5 participants. The second format was functional training in bigger groups, aimed at people wanting to improve their overall physical condition or complement their sport with strength, coordination, agility, and injury-prevention work. Each participant followed a fully personalised training plan,

created after an initial interview and physical assessment where short- and medium-term goals were defined together.

At the centre, I worked as an intern focused on functional training and exercise-based rehabilitation. My responsibilities grew steadily throughout the internship. I began by observing sessions, learning the centre's system, and gradually building trust with clients. Soon after, I assisted during training sessions, helped to spot, prepared equipment, and organised warm-ups. As my confidence, Spanish and skills developed, I started to explain and leading the full sessions, structuring training plans for specific client needs, guiding exercises, and ensuring safety during all activities. As benefit, before every fixed training session, I could try the exact same workout myself, which helped me understand how it would feel for them.

The biggest challenge was definitely working in a new language and stepping outside my comfort zone daily. Thanks to the supportive and open atmosphere at the centre, this became easier very quickly and I felt very comfortable.



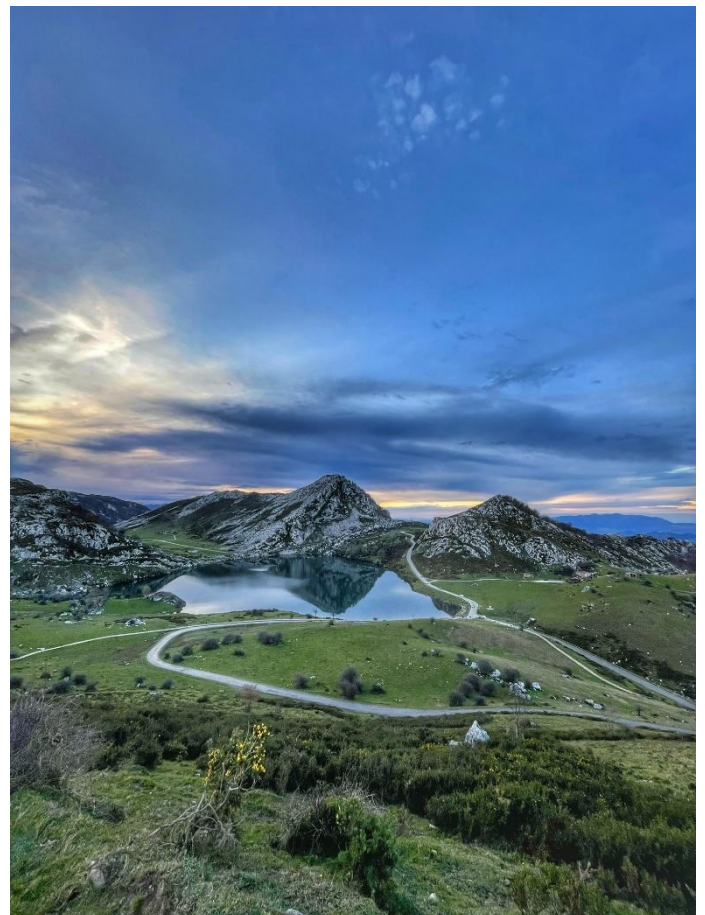
My workspace - moveBilbao

Daily life in Bilbao was just unmemorable. I had unlimited access to the gym, and sometimes I could even go surfing between work shifts with colleagues. That balance between responsibility and freedom made the whole experience feel even more special.

Outside of my internship, I had another “bubble” of Erasmus students. We created our own small community with similar hobbies, mindsets, and energy. With them, life was full of sports, sunset picnics, hiking, and spontaneous surf trips. We spent our free time exploring the beautiful north of Spain, which offers stunning mountains, beaches, cliffs, and incredible views. It was a great place for all outdoor activities, you’ll never run out of things to do. Every day or weekend turned into a new adventure. Getting around was super easy. Public transport was affordable, and with a simple transport card I could reach beaches and different neighbourhoods for just a few cents. For longer trips, car rentals were surprisingly cheap.



Typical afternoon at „Playa de Sopelana“



Weekend trip to „Picos de Europa“

It's hard for me to choose a single best moment from my internship because there were truly many wonderful experiences. The highlight was probably renting a big villa on the beach with a snowy mountain view and organizing our little surf camp.

My worst experience, although there weren't many, was most likely underestimating the weather and terrain during a hike, which led to icy rocks. Spain can be freezing cold, so I recommend packing warmer clothing for the cooler months.

This experience helped me grow both personally and professionally. I gained confidence, and my internship at moveBilbao taught me how to function effectively within a team and how important compassion is when working with others. I also learned how to structure training sessions for beginners, advanced athletes, pregnant women, and seniors in a logical, progressive way, always focusing on the clients' needs. Step by step, I integrated into a new community where I felt respected, welcomed, and genuinely connected to the people around me. I improved my Spanish and lived in a place where I could truly imagine myself in the future. Another major part of the experience was seeing how a successful business is built from the inside. I gained insight into what it takes to create such a strong and popular centre in a short period of time. I learned how to treat clients well, organizing trips, running club, creating merch, spending time together outside the centre, and celebrating achievements as a group. All of this gave me ideas and inspiration. It also added value to my CV and showed me that, with the right mindset, integrating into a new country is completely possible. Most importantly, I realised that connecting daily work life with my hobbies is achievable, and it's a lifestyle I want to continue building.