

Adrocon CC Vac Work	
DAY OF THE WEEK (July)	Daily Diary
Monday (4 th)	Today I was introduced to the team and familiarised with Adrocon CC's operations. My mentor, the project manager, walked me through the company's current projects. We started by visiting the site of a petrol station under construction, where I was introduced to the staff and briefed on the project's progress. I also toured the site to understand the layout and different stages of construction.
Tuesday (5 th)	I attended my first client meeting today. We travelled to a nearby town to meet with representatives from SAB regarding a potential project. During the meeting, I observed how project proposals are presented and discussed between the contractor and client. I also learned how negotiations around timelines and budgets are managed. This gave me a solid insight into the business development side of construction.
Wednesd ay (6 th)	Today we visited a residential renovation project in Cathcart. The site was undergoing structural changes, and I observed the project manager as he reviewed the work and discussed progress with the contractors. I was tasked with recording the changes made and updating the daily site log for our records.
Thursday (7 th)	We spent most of the day at the lab today, where I had the chance to see the testing of concrete samples taken from the petrol station site. I learned about the importance of ensuring the concrete mix meets specific standards before being used. The project manager explained how these tests affect the construction schedule and quality control.
Friday (8 th)	Today was another day full of site visits and meetings. I accompanied my mentor to multiple locations to check on ongoing projects and meet with different subcontractors. We discussed project timelines and coordinated deliveries of materials. It was a long day of traveling, but I gained valuable insight into how a project manager balances various responsibilities.
Monday (11 th)	Today, I was placed on-site full-time, assisting with the petrol station construction. Today, I was tasked with coordinating small teams responsible for site preparation and groundwork. My main focus was on supervising the housekeeping team and ensuring that the site was well-maintained and organised for the upcoming concrete pour.
Tuesday (12 th)	Today, I encountered my first major challenge. I made a mistake by allowing the TLB truck to excavate into a cable pipe. This error halted work for a while as we had to assess the damage. Fortunately, my mentor reassured me that it was a learning experience since the cable pipe wasn't marked on the architect's drawing. Despite the setback, I learned the importance of clear communication and double-checking plans before beginning excavation.
Wednesd ay (13 th)	I spent most of the day observing the pouring of concrete for internal roof slab. I was involved in managing the team that used vibrating equipment to settle the concrete. I learned that this process significantly improves the concrete's strength by eliminating air pockets, ensuring better durability. This was my first time seeing such equipment in action, and it was exciting to observe how much attention to detail is required during this phase.

Thursday (14 th)	Today, I continued working with the site team, focusing on supervising the pouring and setting of concrete for the next section of the project. I also had the chance to assist in preparing materials for the next phase. I spent time learning from the foreman about the sequencing of construction tasks, particularly how concrete curing impacts the construction timeline.
FRIDAY (15 th)	On my final day, I was mostly in the office, wrapping up my tasks from the past two weeks. I worked on organising the documents from the petrol station project and updated the project progress report. In the afternoon, I had a debrief with my mentor, where we discussed what I had learned and areas for improvement. It was a reflective day, and I appreciated the chance to gather all the insights gained over the past two weeks.