INTRODUCTION

The Oxford University Internship Programme (OUIP) offers global internships exclusively for Oxford students. The programme enables employers to benefit from the contributions of interns; as well as providing opportunities to students to develop their skills, confidence and work experience in a huge variety of sectors.

In 2016, 187 employers offered 473 placements through the Internship Programme, in more than 40 countries. This yearbook represents feedback from many of the students who took part in these internships. By celebrating and sharing interns’ experiences, we aim to promote the benefits of internships for students and employers alike.

Further information about the Internship Programme can be found on our website at www.careers.ox.ac.uk/the-internship-programme. You can also follow us on Facebook to stay up to date: www.facebook.com/internshipoffice

The photos in this yearbook were either provided by students, Careers Service staff or © Shutterstock. Please contact us at internships@careers.ox.ac.uk if you would like information about specific photographs.

HOW TO USE THE YEARBOOK

Current Oxford students considering applying for opportunities available through the Internship Programme may find it useful to contact previous interns for more information about their experiences. Interns included in this yearbook who have agreed to be contacted by future applicants are indicated by the symbol ✉. If you have any questions about contacting previous interns, please email internships@careers.ox.ac.uk.

You will find internship specific advice listed at the end of each entry, and we have also included a general advice section which offers tips on more general aspects of applying for internships. For more detailed advice about a particular country, please also refer to the internship specific advice of the different internships that took place in that location.

THE FUTURE

Next year OUIP will be rebranded as the Summer Internship Programme, to differentiate this programme from the growing number of programmes offered through the Internship Office. To find out more, please see www.careers.ox.ac.uk/internship-office
# Internships by Organisation

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<td>Tsinghua University Rural Programme, Beijing and various locations, China</td>
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<td>Umniah Mobile Company, Amman, Jordan</td>
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# Internships by Country

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**Belgium**
- Full Circle, Brussels

**Brazil**
- Imaflora, Piracicaba
- Instituto Butantan, São Paulo
- National Institute for Space Research (INPE), São José dos Campos
- University of São Paulo, Institute of Energy and Environment, São Paulo

**Cambodia**
- WaterSHED Asia, Phnom Penh

**Canada**
- Tradewind Books, Vancouver

**Chile**
- CEDEUS, Centre for Sustainable Urban Development, Santiago
- Exxacon Desarrollo Inmobiliario, Santiago

**China**
- Hang Seng Management College, Hong Kong
- Hong Kong Shue Yan University, Hong Kong
- Huawei Technologies, Beijing and Shenzhen
- Huazhong University of Science and Technology, Wuhan
- LOVVOL, Shanghai
- Tsinghua University Rural Programme, Beijing and various locations

**France**
- Académie Diplomatique Internationale, Paris
- Aix Marseille University, Marseille

**Croatia**
- Brave Phone, Zagreb

**Cyprus**
- Harris Kyriakides LLC, Larnaca

**Germany**
- Academy of European Law, Trier
- Deutsches Literaturarchiv Marbach (German Literature Archive), Marbach
- Europäische Projektwerkstatt Kultur im Ländlichen Raum, Naumburg
- European Youth Press, Berlin
- Georg Eckert Institute, Braunschweig
- Herzog August Library, Wolfenbuttel
- Klassik Stiftung, Weimar
- TNG Technology Consulting, Munich

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**Notes**

- Internships are listed alphabetically by country.
- Internship details include the name of the institution and, where applicable, the city or location.
- The table includes the number of available internships for each institution.
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APPLICATION ADVICE

Our own application advice can be found on our webpages. The Internship Office also runs one-to-one application advice sessions regularly while the application period is open. See CareerConnect for details. Below, however, is collated advice from past participants on OUIP!

• Apply for as much as possible; apply strategically; don’t underestimate the personal statement, and don’t put any elements of ‘fluff’ in them (e.g. ‘love’ for the company, childhood anecdotes).

• Don’t be afraid to look into areas which might lie outside of your initial desires or intended careers. Often they can contain experiences which are highly relevant and can open your eyes to other sectors or areas. Consider the logistical side of things, such as where to live and how to travel to work, from an early stage. These factors can sometimes be difficult to sort at a later stage, or simply be a larger expense than you might expect.

• Apply for any role that interests you, no matter whether you feel that people from a specific study area are more qualified than you. If your college requires a letter of support, make sure the date listed represents the actual date of your last academic commitment, not the date of expiry of your Bod card (final year students). This will give you access to more opportunities.

• Get the Careers Service to check your personal statement before submission.

• Go to a session on how to make best use of your internship.

• My advice for future interns: DO NOT WAIT FOR ‘THE PERFECT INTERNSHIP’ TO APPEAR. Anything even closely related to an area you are interested in can easily become something you are far more intrigued by than you ever expected. If you are lucky enough to be offered a placement, do not consider yourself ‘just an intern’. You are a real, if short-term, employee and should conduct yourself and your work accordingly. Take pride in the competitive place you have won and have faith that the skills you have are the ones they are looking for. Have faith in your ability just as others have shown that they have faith in you too.

PREPARING FOR YOUR INTERNSHIP

• Look into college grants early – I missed the deadline on mine meaning I had to shoulder the costs myself – worth it but not ideal.

• Get in touch with your colleagues/supervisors in order to know their expectations before you come here, so you can be well prepared.

• Don’t forget to ask your employer what the dress code is – it will keep you from packing useless items! Try to plan which visits you want to do before you arrive, as this will save time while you are there, and you can always change your plans anyway.

• Ask if they have any office pets. I didn’t think to ask and was quite surprised to discover upon arriving that there was a very excitable office dog – but this is clearly a matter of personal preference.

• Be fully up to date with the country/company situation before arriving so you can truly hit the ground running!

• Do some research about where you’re heading! Take a little time to learn some of the language.

• Start finding accommodation and sorting
Visa early as it is stressful to leave it last minute. Find ways to meet people doing similar internships, look for a Facebook group. A Revolt card has been a good way of taking money abroad.

- Use the Oxford Alumni system. If you are working somewhere very far afield it could be a useful network for finding accommodation if nothing else.

**HOW TO MAKE THE MOST OF THE EXPERIENCE**

- Go in with an open mind. Try out new things, don’t leave with any regrets.

- Wear a watch! I don’t usually and sometimes it simply isn’t appropriate to be looking at your phone to see what the time is.

- Plan your commute in advance and don’t be afraid of asking other members of staff questions. Even if it’s simply how to work the coffee machine!

- Take initiative and express your interest to your employer if you would like additional responsibilities.

- Look past the work at the internship and explore what working at that particular company can offer you in terms of connections or what you can learn about the industry by being as friendly as possible with your colleagues - sometimes this is just as valuable (if not more) than the work you do on a day to day basis.

- Try and make the most of the experience so that you can get develop your skills and learn as much as possible, beyond what your initial work projects. I am not suggesting that you come and dictate the terms of your internship, but there are often far more opportunities to move into the areas of work that you find interesting than might be immediately apparent.

- Have an idea of what you want out of the internship. Ask questions and offer to help people/ ask for more responsibility. Even if you are doing relatively mundane tasks do them with a smile – I think doing so meant I got better opportunities and responsibilities in the long run. Keep a log of the things you have done.

- Be flexible. My internship was very different to what I expected but it was a great experience nonetheless. Be prepared to adjust to whatever living and working situation you find yourself in.
WORK PROJECTS
I helped to write 3Keel’s newsletter, including news at the firm and interesting research in the news. I was helped by one of the partners in charge of communication, who gave me resources and advice when writing news pieces, and taught me to use the software for the newsletter. I also assisted in some project bids, helping to gather information on different topics, and write summaries for the partners. The partners helped me by answering my questions and guiding my writing to include the most salient information. I have also been working on a course that the firm is running, helping to write the ice-breaker with assistance from one of the partners.

DAILY LIFE
I am living with a family in Wolvercote, so I take the bus into town every day, then walk down to St Clements Street where the office is. I normally work from 9 to 5/5:30, and then see friends in Oxford or do other work in the evenings. I’ve been going to London on most weekends, socialising with friends that have moved to London.

LASTING IMPRESSIONS
Working in Oxford has been a very different experience to being a student. It has been nice to see the city in a different light, as a business town rather than a university town. I have enjoyed having more free time on the weekends to enjoy the sights in Oxford, such as walking around the colleges, or spending time with friends. I may return to Oxford again, though would like to experience new places. I have found the internship really eye-opening in terms of the number of opportunities in the field of sustainability. I am keen to pursue a career in this field, particularly in food systems and working at 3Keel has allowed me to meet many people working in the field, as well as given me more ideas about the kind of work I would like to do. I have also learnt a lot about consultancy, which has given me valuable employment skills.

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WORK PROJECTS
I spent my internship working at a small biotech company that produces recombinant antibodies for use in biomedical research and diagnostic tests. During my time there, I was predominantly involved in generating information fact-sheets on antibodies of interest to the company, and submitting these into a catalogue. This typically involved reviewing the existing scientific literature on a potential antibody to identify its properties and its practical and commercial applications. I received a great deal of support from my employer. On my first day, I was led step-by-step through the procedure required to submit an entry into the antibody catalogue, and had regular meetings to review the work that I had been producing and highlight any areas that needed altering. Members of the team were available at all times to answer any questions, especially those concerning the technical areas of experimental biochemistry that I came across in the literature, which I would otherwise have been quite unsure about.

DAILY LIFE
My internship was Oxford-based, so I was able to stay in college accommodation and walk into work every morning. From the moment I arrived, everyone was really friendly and welcoming, so I settled in easily. The team was very inclusive, and the other intern and I were invited on regular team lunches and outings. After work, I mainly socialised with friends also interning in Oxford. I enjoyed spending my free time getting to know different parts of the city outside of the pressures of term time.

LASTING IMPRESSIONS
This internship has definitely been a really useful experience, as it allowed me to gain greater insight into possible careers in science other than academic research. It also let me appreciate how some of the concepts I’ve been learning about in my degree can be applied in the real world. The internship programme offered by Absolute Antibody was really well thought-through, with clearly-defined tasks and lots of feedback. I found working in a small company to be very rewarding, as it allowed me to have a lot of responsibility and do work that was genuinely thought-provoking and interesting.

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WORK PROJECTS
During my internship at the ADI I reviewed case studies in international human rights law violations in Rwanda, Kosovo, Darfur, Bosnia and Herzegovina, and Libya. I worked on bibliographies and finalization of the case studies. I also worked on biographies of the Task Force (TF) members and assisted in the revision of the finance report of the Law and Diplomacy project. I translated and formatted introductory documents of the ADI for visiting diplomats from French to English, and attended and took notes of diplomatic training programmes. Lastly, I updated social media accounts and developed a long-term communications strategy.

DAILY LIFE
I usually wake up around 8am and head for a run before having a shower and breakfast. I then hop on the metro for a 20 minute journey to the Arc de Triomphe where I start work at 10am. When I arrive at the ADI I am briefed on the day’s task with my two fellow interns from Harvard. I then usually work on some part of the diplomacy project until around 1pm when I go to have lunch in Parc Monceau, grabbing a sandwich and a drink from the supermarket. I then return to work (after a 2 hour lunch!) and carry on with projects until 6pm when I leave. Usually I have plans with fellow interns to have a picnic on the Seine or a dinner party. We all agree that we have eaten a lot of cheese and French bread during our stay!

LASTING IMPRESSIONS
I can’t thank Gabriella and Tim enough for the opportunity to work at the ADI. They have been truly wonderful mentors - offering a unique insight into the world of diplomacy. I plan on living in Paris this year as I loved my experience of the city so much! I would like to pursue a career in international diplomacy after interning at the ADI.

Lisa Wehden, Worcester College, 3rd Year BA History

Gabriella and Tim have been truly wonderful mentors, offering a unique insight into the world of diplomacy. I plan on living in Paris this year as I loved my experience of the city so much! I would like to pursue a career in international diplomacy after interning at the ADI.
The work was enjoyably varied, and gave me a broad insight into the functioning of the organisation. One of the first projects I was involved in was participating in a Summer Course. The ERA runs numerous training events throughout the year in many different areas of EU law, and as part of the internship, interns are able to attend one of these courses. This was a fascinating insight into EU Environmental law, which I have yet to study at university. Linked to this, I was able to work with the environmental lawyers here at the organisation on various tasks. Some were research-based, like compiling current EU environmental directives and regulations (and related documents) on specific areas. I also worked with previous recordings and videos from previous courses, editing and proof-reading the course materials and e-courses produced afterwards, to be published online. The internship also allowed me to gain experience in business and commercial aspects. ERA is a not-for-profit private organisation, and so has an extensive communications and marketing department to advertise its events and raise awareness of its presence. Thus, I was fortunate to work on several projects aimed at advertising events online, as well as working with submissions to the EU institutions. At times, these projects were very broad and open-ended, but others were also extremely focused and narrow, indicating the varied work available during the internship.

Throughout the internship, I was also extremely fortunate to undertake numerous tasks of editing and proof-reading. Being a native English speaker is an advantage at the office, due to its international diversity there were only a few members of staff who were (although everyone can speak and work in English). ERA publishes quarterly its own ‘forum’, and so I was able to read a wide range of articles on all sorts of topics in EU law.

DAILY LIFE
I came to the internship straight after having finished university for the year, which was a bit of a shock and didn’t give me much time to recover from the busy year. Nonetheless, I was able to settle into Trier and the working life exceptionally quickly. When I first came to the office, I was given a comprehensive introduction and tour of the buildings, as well as staff members around and those who I would be working with. ERA operates with a quasi-split between the ‘lawyers’ and the ‘communications’ staff (although much work goes on between the two departments). This made it a bit daunting, being introduced to so many staff members on the first day, but no more than typical first days of an internship. But since the internship requires work to be done with both sides, I got to know the workers and staff very quickly.

As for accommodation, I was extremely fortunate to have been able to arrange a room with a suggested contact from ERA — a family who has hosted many ERA interns before me, by being close friends with one of the workers here. Not only is their house close walking distance to the office, making for an easy commute, but they put me at ease with both living in Germany and working for ERA. It was also advantageous because, living with a family, I always had people to communicate with and talk to outside of work. They were extremely friendly, taking me to events and family outings in the evenings and weekends, which made for a thoroughly enjoyable experience.

LASTING IMPRESSIONS
The internship was very advantageous for me, for I am planning to do a year abroad in Bonn through Erasmus this coming October. So the internship enabled me to spend time in Germany, not too far away from Bonn in fact, and get used to the culture and lifestyle here, before doing my year placement. I practiced my German in a comfortable and easy-going manner, although the working language of the office is predominantly English.

I have greatly enjoyed my time in Germany, and it was a manageable period to be living by myself in a foreign country for the first time. I am very
I have greatly enjoyed my time in Germany, and it was a manageable period to be living by myself in a foreign country for the first time. I am very grateful to have been able to do this internship, and it is definitely an opportunity I would advocate to any other students. Trier itself was more provincial than I had expected - it is a very large town, with links to Luxembourg (only a 40 to 50 minute bus or train journey), but still very rural. It has so much history behind it, and it was very nice to be able to do tours and sightseeing. As much as I loved the greenery and river walks, it is perhaps not somewhere I could envisage myself living in the immediate future (it is, I think, more for families than young people).

One thing that ERA shows very well is diversity from its international reach. Although located in Trier, it has an office and many links to Luxembourg and Brussels, being centres for many European institutions. Its office and workers come from all over Europe, and it works with many ‘chapters’ and legal institutions all across Europe. It has confirmed that I enjoy the international environment, and the challenges and opportunities this presents.
WORK PROJECTS
My internship involves a two-month project in the IBDM laboratory. I am working on fruit flies, performing genetic crosses to identify which genes give rise to a mutant phenotype using the Gal4-UAS enhancer to control the location of gene expression. The goal of my project is to find the underlying genetic cause of a change in ovipositor size between two different species of fruit fly. An enlarged ovipositor allows the fruit fly to lay eggs on fresh rather than rotting fruit, which could present a serious risk to agriculture. My host organisation provided me with a welcome pack including maps of Marseille and guides to local culture. The other people working in my lab are friendly and helpful and my supervisor thoroughly trained me in all the techniques I’m using, as well as suggesting reading and explaining concepts to me that I found interesting. Both my supervisor and the exchange coordinator have also been very helpful in settling in, suggesting local supermarkets and restaurants and answering any questions I have.

DAILY LIFE
I generally work 9-5 Monday-Friday in the lab, which is on campus, so only a ten minute walk from my apartment. During my lunch break I chat with other people in the lab, generally PhD students and postdocs. I go into Marseilles once or twice a week in the evenings, generally with the three other interns, for drinks or a meal. Once or twice so far I’ve also been to international meetups that I’ve found online, or language exchanges where people take turns to practice the language they’re learning with native speakers. The campus is around 40 minutes from town by bus. On other evenings I relax by cooking, reading and running, which always helps me to feel at home in a new place. The campus is much hillier than I’m used to, but the climb is worth it for the wonderful views. At weekends we generally spend a whole day in Marseilles going to the museums and local landmarks.

LASTING IMPRESSIONS
It’s been very interesting to experience living in the south of France. The campus is quite remote, which means at times it feels somewhat cut off, but it’s right next to the Calanques which is a beautiful area for hiking. Marseille itself is mostly very industrial and it’s a much bigger city than I’m used to, so I probably would not want to work or live here long-term. However, I would definitely consider coming back to France as there are many things I’ve liked about living here, such as the lovely weather and the fresh food. I’ve learned a lot about research so far from the internship, not just from what I’m doing in the lab but also from having the chance to talk to more senior researchers about their career paths and their opinions on a career in science. I’m enjoying working in a lab more than I expected to, and I’m now seriously considering further study after my degree.
Emily Mills, St Catherine’s College, 4th Year MBiochem Molecular and Cellular Biochemistry

WORK PROJECTS
I was working in a lab that studies the immunology of the nematode worm C. elegans, and my project involved creating a transgenic strain that disrupts normal immune signalling. I used cloning techniques to create a vector containing a bacterial gene that blocks the key signalling pathway in C. elegans, and then used microinjection to insert the vector into worms. I then studied the worms’ response to infection, crossed them with other strains, and analysed the effect on gene expression by qRT-PCR. The transgenic worms that I produced will be used by the lab in the future to study cross-tissue communication during infection. I was taught several new techniques including qRT-PCR, microinjection, and microscopy, and I learned a lot about genetics and molecular biology. Weekly lab meetings were really interesting as members of the team took turns to present their results and so I could find out about the other areas that the lab was researching.

DAILY LIFE
I arrived in Marseille on Sunday evening and was in the lab on Monday morning, so I didn’t have long to settle in! Luckily everyone in my lab was really welcoming, and we often socialised outside of work which really helped me to settle in and to enjoy my time in Marseille. It was a very international group so my shaky French wasn’t a problem, and I got to experience lots of traditional Marseillaise activities with them.

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I learned a lot about the subject area but also about life in the lab. I was deciding whether to continue to do a PhD, so it was great to have the opportunity to talk with PhD students in the lab about the ups and downs of postgraduate research.

LASTING IMPRESSIONS
My internship was a great experience and I learned a lot about the subject area but also about life in the lab. I was deciding whether to continue to do a PhD, so it was great to have the opportunity to talk with PhD students in the lab about the ups and downs of postgraduate research. Although I enjoyed it, I have decided not to continue into this industry for a career, but for me this was just as valuable as it helped me to make an informed decision about my future. I loved living in France, and I definitely appreciated the hot and sunny weather that we had for the entire two months! Working in an international environment was very rewarding; I was working with people from all over the world and so there were some really interesting stories and experiences that we could share. It was also a great chance to practice my French, and I improved a lot over the course of the internship. I definitely hope to work in an international community in the future, and if I get the opportunity to work in France I will jump at the opportunity - the food, culture, and relaxed atmosphere make for a brilliant lifestyle.

Aaron McMahon, St Hilda’s College, 2nd Year BA Biological Sciences

WORK PROJECTS
During my stay with Aix Marseille University I was involved in ongoing research investigating the mechanisms of a neuromuscular disorder, FSHD. I spent my time in a lab, carrying out experiments under the supervision of a highly published academic. The main focus of my work involved the sectioning of transgenic mouse embryos, and observing phenotypic differences between different genetic lines of mice. This beautiful coastline near the campus in the evenings and occasionally went into Marseille to try out some restaurants. I also took the opportunity to travel, and I spent weekends in Cannes and Pisa.
involved the use of intricate lab equipment, including precise microstat machines, and high powered confocal microscopes. My work also included data interpretation and analysis of samples I had collected, with a view to understanding some of the causes of FSHD-like symptoms in mouse development. This field of study is of particular interest as it will improve our understanding of neuromuscular development, potentially leading to novel clinical opportunities. The team that I worked with in the lab was very welcoming, and quickly helped me settle in to the work I was assigned. My supervisor was more than happy to provide any guidance, about the work, or more generally, life in Marseille.

**DAILY LIFE**

I was provided clear instructions regarding my accommodation, which allowed me to find it quite easily, and without issue. Accommodation was provided by the university, which meant I was living in a dorm on the campus site. My daily commute was a five minute walk from my room to the lab, with the backdrop of the white rocky hills of Provence. Marseille is a vibrant city, and I found myself exploring it on the weekends alongside my fellow interns from Oxford. We enjoyed the great food the south of France has to offer, as well as occasionally cooking for each other in the small kitchen space that was provided in our rooms. As the campus was nestled in a national park, we were surrounded by the natural beauty of the Mediterranean coast, and regularly visited the beach where we enjoyed the warm calm waters, followed by French picnics and wine. I greatly enjoyed my free time in Marseille, and very much wish to return to the south of France in the future.

**LASTING IMPRESSIONS**

I really value the time I spent in Marseille, and it has given me lots to think about in terms of my future employment and residence. Living and working abroad for 8 weeks gave me an insight into what it might be like to work abroad, something that I am strongly considering as I approach graduation. I can see myself working in a country such as France, especially as I am interested in improving my French language skills. In terms of my career development, this internship was helpful to me as it has shown me that I will not be further pursuing a career in research or academia. As I am currently still searching for a career direction, this experience has been helpful for me as I now understand this, and can continue my career development in a different direction. In my final year at Oxford I will be aiming to discover what career path I might take, and hope to pursue further non-academic internships to aid me in making that decision.
WORK PROJECTS
I was teaching Biochemistry to talented female school students from Saudi Arabia (only those who fell within the top 3% in the country were enrolled in the programme) in Riyadh for 3 weeks. The host organisation organised flights, accommodation, meals, and all other practicalities related to the programme.

DAILY LIFE
Throughout the programme we were located on the female campus of King Saud University in Riyadh. As well as teaching for 4 hours per day, the tutors (there were 7 of us in total, all from Oxford, Cambridge, or Kings College London) were involved in various other enrichment activities for the students. These ranged from the more serious (such as careers discussions) to the light-hearted (such as arts and crafts sessions). We were paired up with a host organisation in Saudi - Mawhiba - and the tutors tended to socialise both amongst themselves and with the teaching assistants and resident assistants from the other team.

LASTING IMPRESSIONS
The internship was most likely as much a learning experience for me as it was for the students I was teaching. Living in Riyadh, commonly believed to be the most conservative city in Saudi Arabia, allowed for an intense and immersive experience into a culture very different from that of the UK. It allowed me to better understand the culture, and reform many of the opinions I may have had prior to the trip. With regards to the teaching, I was surprised by how much I enjoyed it! I had never taught such a large group before (18 students), and was a little daunted at first. However, after the first day, I realised what an exciting and rewarding job...

The girls themselves taught us so much about their country and way of life. It was definitely a reciprocal learning process!

WORK PROJECTS
The Alpha1Education internship programme is well-organised. With proper training provided by the company, I gained valuable teaching experience and insights into the Saudi Arabian culture. The 3-week programme involved full-time teaching, enrichment activities, and local visits; I had a real taste of teaching and engaging with students, which rewarded me with a sense of achievement. I also learned a lot by deepening my engineering and math knowledge. I am grateful for this valuable opportunity before I formally choose my career path.

DAILY LIFE
A typical day involved getting up early in the morning and preparing teaching aids. My teaching sessions were 7.30am until 11.30am, where I would introduce general engineering and math principles to highly talented students. There was a break between 11.30 and 12.30, and then teaching continued until 2.30pm. After this I enjoyed enrichment activities such as sports, local company visits, and
It is a rewarding, valuable, and unforgettable experience engaging with students in Saudi Arabia.

WORK PROJECTS
During the internship we were teaching in classes of 18 students selected within the brightest minds of Saudi Arabia. Teaching involved also organising lab work and group challenges. The host organisation helped us by providing full mediation with the city and everything we needed in terms of logistics.

DAILY LIFE
Social life was nothing compared to what you can imagine, mostly due to the Saudi rules and habits. Having said this, the team composed of British graduates was a great group and we had great time together. We were accommodated in the University campus and we did not do much outside it apart a couple of visits to the Saudi history museum and to some shopping malls.

LASTING IMPRESSIONS
The internship was a great experience which allowed me to discover a lot I did not expect from Saudi Arabia. Being immersed in such a different culture was a big challenge which contributed significantly to my personal growth.

ADVICE
Everything is almost perfect except that the local weather might be quite tough during summer, it is normally 40+ degrees, which might take a while to get used to.

Giacomo Pirovano, Brasenose College, DPhil Radiobiology

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ASO GROUP, FUKUOKA, JAPAN

Dorothy Finan, Hertford College, 3rd Year BA Oriental Studies (Japanese)

WORK PROJECTS
Aso Group has provided very thorough information to me and my fellow intern to allow us to prepare for our work projects. These have so far included teaching English to local schoolchildren, visiting different companies in the group as diverse as HR, manufacturing, trading, and teaching to learn about those companies and practice English with the staff, and also preparing presentations to introduce staff at Aso Group to topics such as UK life, and even Brexit! We have been accompanied at all times by friendly supervisors who have helped us navigate any cultural or public transport hurdles. I cannot thank them enough.

DAILY LIFE
Our accommodation is located a five minute walk from the local subway station, and a 25 minute walk or 10 minute bus ride from the office where our supervisors and some of our assignments were based. As part of our work, we most often travelled on the subway for 10 minutes to the central train station, and from there to different places in the local area. All of our travel expenses have been covered and put onto a travel card for us to use. Our schedule has been varied, but the first few weeks consisted mainly of commuting to one town to conduct English lessons for local children. From then on, a typical day might consist of visiting an Aso Group company during the day, hearing and giving presentations, helping the employees with their English, and then assisting with more structured English lessons in the evening. The staff have been very willing to treat us to a nice meal now and then as well! We have met other people our age in the accommodation that we are staying in- it is a private student dormitory, and have organised social activities like going to karaoke (it’s Japan of course!), and going to see the local baseball team play. Incidentally, the company provided these baseball tickets for free.

LASTING IMPRESSIONS
The internship has been incredibly well managed, both by University of Oxford Careers Service and in particular by Ms. Kaoru Ishimatsu, and Ms. Shizuka Saiki of Aso Group. We have also been very warmly welcomed by the company chairman, Yutaka Aso. I have had a very positive experience so far. The internship has increased my drive to be involved in work in the future that can hopefully increase understanding in culture or business between Japan and the UK. It has also made me consider more carefully whether or not I would work in a Japanese company in Japan in the future.

Rebecca Wilkin, St Anne’s College, 3rd Year BA Literae Humaniores

WORK PROJECTS
This internship involved several different tasks and responsibilities, mostly focussed around teaching and conversing in English. The first two weeks were spent teaching local children English, as part of Aso Group’s Global Citizen programme, with the children giving a presentation to their parents on the last day. After this we assisted in several English classes held by the company for their employees - usually the knowledge of grammar and vocabulary was pretty good, but many of the employees were very shy and unconfident, so the focus was on discussion and communication. Additionally we visited many of the different companies of which Aso Group is comprised, from their hospital to their cement plant, so that the employees could show us around and practise their English - we frequently also had lunch/dinner with the employees, again to give us an insight into the company and them a chance to practise English. We also gave several presenta-
tions throughout the internship about British culture, its education system, and Brexit. We received a lot of support from Aso Group. Before the internship began they were very helpful in answering all of our questions about the lessons we needed to prepare as well as life/travel in Japan (everything from questions about visas to whether the accommodation would provide towels!). Our internship experience was overseen by two wonderful employees who helped us settle in and usually came with us to visit the various different company sites. They made the whole experience very easy for us, leaving us time to focus on our lesson plans and presentations, rather than trying to figure out trains and buses!

DAILY LIFE

The accommodation provided by the company provided breakfast and dinner on weekdays. The area we stayed in was lovely, with lots of cafes, restaurants and small shops, so we were never at a loose end for food, entertainment etc. The area also felt very safe so it was were both very comfortable with meeting friends after work or doing some late shopping. The work we did varied every day, but usually we arranged to meet one or both of the ladies overseeing our internship at one of the main stations so that they could accompany us to wherever we were going that day. The train system was very self-explanatory and they helped us with the buses, telling us which bus and which stops we needed. On the weekends we did a variety of things. Sometimes we just relaxed around the local area and did a bit of preparation for the following week, and sometimes we explored other parts of the city and soaked up the Japanese culture. We also bought a good value train pass for tourists, and visited a few nearby cities, famous for their hot springs, castles, traditional gardens, shrines etc. We managed to meet many people during the internship – in the evenings and on the weekends we would spend time with people from our accommodation (many of whom were students), company employees and a variety of other people we had been introduced to. Aso Group also provided us with some baseball tickets for us and some friends so that we could watch the famous local team.

LASTING IMPRESSIONS

I really enjoyed the internship with Aso Group. It felt like they really appreciated us being there and we received a great deal of positive feedback from both the students that we taught and the employees that we met. We were very warmly welcomed and as well as helping us with our work, they also took the time to show us Japan and its wonderful culture. I remember in particular one day that we spent in traditional Japanese clothing (the yukata) and were taken to visit a famous local shrine, temple and garden and perform the traditional tea ceremony. The people that we encountered, through our work and otherwise, were all lovely – very polite and eager to help if needed. Despite never having been anywhere in Asia before, I found the culture very easy to adapt to and would certainly consider returning to live and work for a couple of years. Certainly if this were the case I would want to learn some basic Japanese, but having set out on this internship knowing absolutely nothing beyond ‘konnihiwa’ I can say that it is perfectly possible to navigate your way around the city, as most transport information etc. is also written in English. I wasn’t really sure about what I wanted to do as a career before I embarked on this internship, and I’m still not sure. But it has shown me that I might like to teach English abroad for a couple of years after university or even potentially work in Japan in some other field, something I had not previously considered.

ADVICE

• You may have to pay a portion of your flight costs yourself- the subsidy the company gave us, though generous, did not quite cover return flights. Consider applying for a college travel grant for this. Take advantage of the Bon holiday (labelled in your company schedule as the Company Holiday) to travel locally. I recommend the Northern Kyushu Japan Rail Pass, which can be purchased when in Japan.
• When teaching (both children and adults, but especially children), they will be very shy. At first we thought they didn’t know much English because when we asked even basic questions no-one would answer, but in fact their English was pretty good - they were just too shy to answer. The way English is taught in Japanese schools for the most part consists of grammatical exercises, so they haven’t had much experience of direct communication. I would definitely recommend playing lots of English games with them to get them talking!
• If you take any regular medication, send off an Import Report of Medication Form (easy to find on a search engine) a few months before you go so that you can take your medication into Japan.

Despite never having been anywhere in Asia before, I found the culture very easy to adapt to and would certainly consider returning to live and work for a couple of years.
Amrita Mojumdar, First Year, BA Philosophy, Politics and Economics, Oriel College

WORK PROJECTS
The internship duration was about 11 weeks - of which the first two weeks I spent learning the necessary skills to analyse and visualize large amounts of data. My supervisors were very helpful in pointing me in the right direction and providing useful resources in order to develop these necessary skills. While producing reports and analysing data, my supervisors took care to check my work and progress to ensure that I could be tasked with bigger projects, and once reassured that I had taken the appropriate care with smaller projects at the beginning, assigned me a largely independent project to complete - which I submitted well ahead of schedule. They ensured that beyond this independent project that I was engaged in presentations and team meetings relevant to the department and its functions. The team I worked with was very helpful, supportive and inclusive, and made my experience at Astro valuable. I also wrote an article on data analysis (https://whatdoyouknowaboutanalytics.wordpress.com/2016/12/19/ride-sharing-real-world-meets-data-analytics/), which my supervisor had encouraged me to do in an effort to contextualize data analysis beyond its application in our team.

DAILY LIFE
I got to work on the metro (only about a 20 minute commute), and the company provided a shuttle service for all its employees from the nearest metro station to the company building in Technology Park Malaysia (TPM). My fellow interns were a great asset in terms of friendship, travel, and socializing, recommending places to visit while I was in Malaysia and even hosting me in their homes a few times! I spent most of my time outside of the internship traveling and trying new foods. We often had team lunches on Fridays - which were also a much more casual affair both due to company policy and the importance of Friday prayers for Muslims in Malaysia. Very willing to treat us to a nice meal now and then as well! We have met other people our age in the accommodation that we are staying in - it is a private student dormitory, and have organised social activities like going to karaoke (it’s Japan of course!), and going to see the local baseball team play. Incidentally, the company provided these baseball tickets for free.

LASTING IMPRESSIONS
During my internship, as well as subsequent travels around Malaysia, I really developed a love for the people I had met and places I had travelled to - while simultaneously helping me develop a sense of self-confidence in managing so well on my own. I would definitely travel to Malaysia again to work for a short period of time, perhaps a few years - as I don’t see myself living there long term. Since I had never encountered data analysis before, the experience exposed me to a career I had never considered before, but am now seriously considering going forward.
ATDBIO, OXFORD, UK

Katherine Hopgood, Merton College, 2nd Year MChem Chemistry

WORK PROJECTS
My project requires me to synthesise high quality modified oligonucleotides and then combine these to create a gene using cutting edge research techniques. I had to use a range of analytical and practical skills during synthesis, purification and analysis of the oligos as well as the products of the reactions. I was assigned a supervisor, who showed me how to use the equipment during the first few days, and was available for help when needed over the course of the next eight weeks. My project was an independent research task, but I was very much supported by the rest of my colleagues when I needed guidance.

DAILY LIFE
The working day was 8-4.30 at the Oxford Science Parks, so my day began with an early start and a half hour bus journey across town with my fellow intern. Once we arrived, we were responsible for setting up the labs ready for the working day to begin. There was a weekly meeting on Monday mornings where we’d all get together to discuss what we’d done that week, and suggest how people could modify methods used in synthesis. We all ate lunch together each day, and there was a real sense of community, as is often the case with a small company. At the end of each week, there was a lab clean up, where we disposed of waste, etc. and got ready for the following week’s synthesis. Outside of work, I socialised with my housemates who were also in Oxford for research projects and jobs. We visited a zoo, went punting, shared dinners and nights out. I also had some friends come to stay on a couple of weekends. I grew very close to my fellow intern, we travelled together each day and often chatted after we got home too.

LASTING IMPRESSIONS
The Oxford Science Park is a really lovely place to work. There’s a real sense of community, and the area is so pretty, with a lake you can sit by for lunch, and the route to the office crosses a bridge over the river. ATDBio was a very friendly place to work, with excellent labs and high quality equipment. I really gained an insight into life as a research chemist within the biochemistry sector, and I would love to have a career in this area. My internship at this company was invaluable, as it benefitted my learning for my university course, as well as giving me experience for the future. It was so useful to see how all the things we’d learnt in chemistry so far fit into actual research. The staff were so welcoming and kind, and I’d love to return there in the future.

ATDBio was a very friendly place to work, with excellent labs and high quality equipment. I really gained an insight into life as a research chemist within the biochemistry sector.
WORK PROJECTS
I first worked on a way of quantifying binding values for aptamers to small molecules, performing several different types of assay, and I then worked on combining sections of DNA with a purpose of creating a diverse nucleic acid library and of investigating the effect of these combinations on the aptamer binding efficiency. I also learned to use several different machines including two oligonucleotide synthesisers, HPLC, mass spectrometer, spectrophotometer, centrifuges and a range of other equipment.

DAILY LIFE
Every day I cycled to the town centre from where I was staying, then caught a 30min bus to the Oxford Science Park. In the mornings I completed some preparative work and then worked in the labs for the rest of the day, with some periods of waiting in the office (for reactions to complete, etc.) of up to 5 hours. Lunch was one hour between 12 and 1pm, and working hours were 8am to 4.30pm apart from Fridays, when we finished at 3.30pm. I was busy every weekend seeing friends and family, but due to the early start I had little spare time in the evenings. During the work day I mostly socialised with employees and the other intern working at the company.

LASTING IMPRESSIONS
This internship made me realise that if I got a job I would prefer not to have a long commute. The experience has also led me to consider this area as a possible career path, but not for certain as I would also like to research other options. It has motivated me to study hard for the remainder of my degree and shown me that research may be something I wish to pursue in the future.

ADVICE
• If your internship is in Oxford, seek financial aid from college early for help with accommodation costs, as the rent is so expensive, even in college.
• Consider not living in college and finding closer and cheaper accommodation.
WORK PROJECTS
I worked on a few projects at Auchindrain. One of the main projects was creating film clips for the museum’s tablet guides – to show visitors what life was like there in the past and give more information about the running of the museum today. This involved working with the museum’s regular staff and with local people, for example an Argyll Gaelic speaker and a local group who specialize in traditional cloth-waulking. We had quite a lot of freedom with this project, but the museum was very willing to provide the resources we needed. I also did some work to create a list of the historical graffiti on the site, and used census records and other data to try to work out who could have written it – I really enjoyed discovering new graffiti and trying to identify it (and we eventually made a couple of film clips on this as well!). My other main project involved cataloguing museum objects and artefacts which had been donated to the museum. This involved measuring, photographing and assessing the condition of museum objects, which could be quite a laborious process, but gave me a pretty good insight into one of the tasks of a museum curator. We also worked in the museum tea room and helped out with a range of smaller tasks, from collecting and labelling chicken eggs to chasing escaped sheep!

DAILY LIFE
I stayed in a caravan on site with two other interns. It was pretty spacious and comfortable, and made it easy to get to work, although it also meant that we ended up spending a lot of time on site. We worked 9-5ish every day and would then relax or cook in the trailer. I spent quite a lot of time reading and baking, as well as cycling and going for walks; the area was very quiet and none of us had cars, so we didn’t spend a lot of time going into town, but the countryside was very beautiful so it was a nice place to wake up every morning (even if it rained a lot!). Most of my time was spent with the other two interns, and it was often only the three of us...
on site, which could feel rather isolated at times, but for most of August there were international volunteer groups also staying on site, so it was nice to get to know them as well. I really enjoyed exploring Argyll and Scotland — I went camping by Loch Lomond and on Iona, and surfing on the Isle of Tyree, all of which were very beautiful! All in all, I enjoyed the daily experience of the internship, especially working with the other interns and some of the lovely staff and volunteers at Auchindrain.

**LASTING IMPRESSIONS**
I really enjoyed spending time in Scotland and would love to come back and explore further — especially some of the islands. I also visited Glasgow and Edinburgh and would definitely like to spend more time in both. Working at Auchindrain was really different from anything I’d done before. I enjoyed being in a rural environment and trying a lot of new things — from filming to working with historical objects. I found it useful to work on a few different projects and work out what suited me — it was interesting thinking about how to engage visitors and researching the people who had lived there in the context of the graffiti they left behind. I think a lot of what I learned would be useful both in and outside a museum context, and although I’m not certain I want to work in a museum in the future, I definitely wouldn’t rule it out.

George Bustin, Exeter College, 3rd Year BA Literae Humaniore

**WORK PROJECTS**
Amy and I were tasked with creating a series of videos for the museum’s new tablet guides. Bob provided all the information we required and helped to steer us in the right direction.

**DAILY LIFE**
We stayed in a trailer in the car-park, a fifty metre walk to work. Days were typically 9-5. Some were spent in an office (researching, editing), most out in the museum filming. We socialised with the other workers at the museum (half a dozen or so), and another intern who was staying and working there.

The internship made me realise I could create and see through quite a large project in a successful way

**LASTING IMPRESSIONS**
The internship made me realise I could create and see through quite a large project in a successful way. I would return to the Highlands; I would certainly return to work in museums, and have definitely not been put off doing more filming in the future.

**ADVICE**
- Bring a really good waterproof and especially waterproof shoes (none of mine were waterproof enough!). If you have a car/your own means of transport it might be worth bringing – we both had bikes, which helped, but the road to the nearest town is quite busy with lorries, so it’s not always the most peaceful cycle. More generally I would really recommend applying to Auchindrain with some sort of fixed project in mind. You might also have ideas for this during the interview discussion, but I think I would have found it less rewarding without having this creative project to work on. Also be aware that it’s a museum with a pretty small team, so you might end up getting involved in quite a lot of different tasks – We ended up getting distracted from our main project about halfway through, so by the end we just decided to concentrate on filming over other things, or
WORK PROJECTS
During my internship I worked on R&D tax relief claims. This involved attending client meetings, conducting technical interviews, completing financial calculation, writing technical reports, and finalizing tax claim reports. Support was given in the form of an assigned mentor and the other consultants. A lead consultant would approach me for assistance with a client and would direct me as to how I could help. In each case the consultant whose client I was working with would provide any project specific information, and the assigned mentor provided general help.

DAILY LIFE
Daily life was 9-5.30 with an hour lunch break. The office team was very open and welcoming, and lunch was very much a social event. Regular (approx. every fortnight) social events were run officially by the company or informally by consultants for the consulting team. In addition to this the internship was London based and therefore socializing with friends from Oxford (who either lived in London or were also doing internships) was very easy.

LASTING IMPRESSIONS
The internship has given me a very positive insight into tax consulting. The company is known for being quite personable and aims to avoid the whole process becoming a series of corporate ‘suits’. The area itself is very amenable to work and well-situated for travel. Please note, however, that Ayming will be moving to offices in Tower Bridge in Autumn 2016. I will definitely consider working for the company in future.

ADVICE
• The internship requires a specific skill set which includes advanced technical knowledge, but also the ability to conduct technical interviews effectively and write technical reports based on the information obtained. This means that your grammar must be impeccable. Beyond this, the consultancy staff members are very welcoming and will do their utmost to help with any issues you may have. Dress code tends to be slightly more informal than other consultancy firms (i.e. ties and jackets are only expected when conducting interviews with clients). Casual dress is observed on Fridays.
WORK PROJECTS
My role within the archives department was working on the MSS. Sokolov Grant collection of papers, alongside my supervisor and another volunteer. The Sokolov Grant archive is comprised of the papers and correspondence of the late Shiela Sokolov Grant - better known by her professional name, Shiela Grant Duff - who was an Oxford student in the early 1930s, and went on to become a journalist and foreign correspondent documenting the run up to the Second World War. Some of the most interesting things I have found in the archives include letters from the renowned historian Christopher Hill, and photos of student life 80 years ago. I am primarily concerned with sorting the contents of the boxes. Often this involves working out the dates and correspondents of the material, which includes cross referencing these primary sources with printed material and biographies etc. Once this has been done, the material is filed in chronological order and sorted into sections. The second part of my role is helping to create a computerised catalogue for researchers to access the collection more easily. During my time here, I also spent a day with the conservation workshop teams. I saw the work they do with the historical material collected by the Bodleian, and had a look around the stacks and library, to see where archiving fits within this busy organisation.

DAILY LIFE
Thankfully, as I don’t live that far from Oxford, I was able to commute by train from home every day. Although this was a bit of a shock to the system having been used to everything being five minutes away in Oxford, it was definitely a great time to get some reading done. I settled fairly quickly into the working environment - it certainly helped that everyone was very friendly and welcoming across different teams and sections. We all tended to get together for a mid-morning coffee break too so I got to recognise faces quickly. I was one of four interns within the archives department, which was also really nice as it meant we undertook our inductions together. Because our work as interns is fairly independent, we are able to take our breaks when it most suits us, and I have largely been enjoying mine soaking up the sun on the library steps! The social side of being in Oxford daily is really very similar to term time, although one of the extra perks of the job is that we have been given two free tickets to see the performance of The Two Gentlemen of Verona, taking place outside in the Bodleian Quad, which I am really looking forward to.

LASTING IMPRESSIONS
I am lucky enough to know already that I love the city of Oxford, and being able to spend more time here over the summer has certainly been a treat. I think therefore the most important lasting impression I will take away from my four weeks here will be all I have learnt about the ‘behind the scenes’ operations at the Bodleian. Obviously as students we see all the books and the stewardship of the reading rooms, but I had no idea about all the different things going on upstairs! The sheer scale of the archiving work done within the Weston Library and their offsite stack is amazing. As a history student, being able to work every day with the primary source material has also been a great experience, as it is quite removed from our day to day work, and I definitely feel it has improved my research skills. Overall I feel very lucky to have been able to gain experience in a field of work where the skills of my undergraduate degree have been put to use: it has certainly shown me an alternative path to using it as a stepping stone to a more commercial career.
Matthew Fuller, Balliol College, 2nd Year BA History

WORK PROJECTS
I was involved in expanding the catalogue of the political papers of the British politician James Callaghan. I worked through the boxes of his correspondence and other documents in order to create a clear, concise and informative list of what was available in the archive. For example if box #45 contained correspondence about the steel industry then I would put that on the catalogue along with other key information such as the dates the papers relate to. I also spent a day working with the other interns in the conservation department where I removed old staples and paper clips from documents if they had become rusty. The host organisation, the Bodleian, helped set me up with this project and there was always a member of staff who I could raise questions with. I found the staff extremely helpful and they also arranged tours and other activities to better inform me and the other interns about the working of the internship.

DAILY LIFE
I soon settled in to working roughly 9:15-17:15, as the staff members were very helpful and flexible about daily work arrangements. Since I had a house until the 31st of July in Cowley I cycled from there each day. Almost all of my work was independent so I would spend most of the day at my desk working through boxes and adding to the catalogue. Occasionally I went down to the stacks to get new boxes to work through. During tea breaks I chatted to the staff members and other interns who were very friendly. In the evenings I socialised at bars or restaurants with friends in Oxford who were in the city. At the weekends I would often visit home.

LASTING IMPRESSIONS
I found the internship very informative in understanding what I want from any career. Ultimately I have decided that working in archiving or any related profession isn’t for me, and so feel unable to commit myself fully to archiving. While I have lived in Oxford for two years during term time I found the city very quiet out of term time so I think this internship has made me less likely to want to live work or study in Oxford after the completion of my undergraduate degree. Another conclusion of the internship personally was that I have decided that I do not yet want to work in an office based 9-5 environment and will instead want to pursue further study, probably abroad.

Hannah Speed, Worcester College, 2nd Year BA History

WORK PROJECTS
I worked on the processing and cataloguing of the Oxfam archive at the Weston Library. I was given a good variety of work, all of which was interesting. I appraised 55 grants files to decide whether they were useful for researchers and should be kept. I enjoyed the responsibility I was given in that respect, as I actually got to make choices myself. I also sorted and ordered fundraising and appeals materials, sorted and filed policy reports and checked catalogue entries for errors. It was fascinating to read so much material from such a respected charity. The other interns and I also had a taster day in the conservation workshop, where I was transferring...
Being in Oxford outside of term time has given me a whole new perspective on the city. It certainly is a beautiful place, and the opportunities for academic library or archive work are matched by few other places.

Photographic negatives into new archival folders. It was good to get an insight into another aspect of the library’s work, and to learn about conservation techniques. I received plenty of support from many of the archivists. I was taught new skills such as bar-coding archive boxes, using professional archivists’ software, ordering materials from remote storage, and cataloguing. My supervisors wrote guidance sheets for me, with tips and guidelines, which were easy to follow and helped me meet their expectations. If I was ever unsure, there was always someone who was happy to help.

**DAILY LIFE**

I settled in very quickly. My supervisors were quick to introduce me to everyone and give me a tour of the building. As I started work before them in the morning, I quickly started to feel quite confident and independent in my surroundings. The Weston staff members tend to take their breaks at the same time, usually with cake, so I got to know a lot of the staff, and spent time when I was in work socialising with them. Everyone I met was so friendly and welcoming. I got on well with the other interns, and the library kindly organised a welcome lunch for us, and a celebration when we left as well. These were good opportunities to get to know each other, and a really nice thought. I was living in Worcester College accommodation, so I had a short and pleasant walk into work. Outside of work, I did some research for my thesis in the libraries, as I needed to use some closed stack material. I am a member of the university’s Scottish dancing society, and so I went dancing most weeks. I also managed to go to the dances in Summertown, which I never get to do in term time. On the weekend after my internship finished, my dancing group performed at Countryfile Live at Blenheim Palace, so much of my spare time was taken up organising and practising for that. As part of my internship, I was given free tickets for the performance of The Two Gentlemen of Verona in the Bodleian quad. I really appreciated such a kind gesture, and very much enjoyed the play when I went to watch it.

I can honestly say that I was really, really sad to leave. I would have gladly stayed for much longer. My lasting impressions were of interesting work, a good deal of fun, and really friendly colleagues.

**LASTING IMPRESSIONS**

I am writing this the evening that I finished my internship, and I can honestly say that I was really, really sad to leave. I would have gladly stayed for much longer. My lasting impressions were of interesting work, a good deal of fun, and really friendly colleagues. Before I applied for the internship, I had hardly considered a career in archives, I applied just because the project looked interesting. Now, I am seriously considering becoming an archivist. It was very helpful that I could talk to not only trained archivists while I was there, but also the Bodleian’s digital trainees, who gave me a great insight into the process of becoming an archivist. I have never really considered living in Oxford, as my family is in Yorkshire, and I’m not sure about the distance. However, being in Oxford outside of term time has given me a whole new perspective on the city. It certainly is a beautiful place, and the opportunities for academic library or archive work are matched by few other places. I felt particularly comfortable at the Bodleian, and would love to return to work there. I am currently looking into their digital archive trainee scheme, with a view to applying next year. I hope in the meantime that I might be able to volunteer at the Oxfam archive occasionally, so I can watch the project progress, and catch up with all the people I’ve met over the last four weeks.
BRATHAY TRUST, AMBLESIDE, UK

Daniel Price, Oriel College, 3rd Year MChem Chemistry

WORK PROJECTS
My main project at Brathay Trust was to develop an improved and simplified process for data collection, entry and evaluation. This was to standardise the data received from surveys whilst enhancing the quality of the data. As part of this, I was tasked with investigating and implementing digital data collection techniques. I ended up creating a system which automatically generates bespoke online surveys from an online spreadsheet, which has now become part of their overall system. I also explored ways to more creatively present impact data to clients and fundraisers, and created templates and examples for interactive, animated presentations.

DAILY LIFE
I lived just a few minutes’ walk from the offices where I worked, in accommodation provided by Brathay Trust. I was also provided with meals by the organisation, which were eaten in the hall on site. This made it extra important to get away from the grounds every day, just to see something different. I took my bike with me, and so spent a lot of time cycling around the tracks and hills of Ambleside. There were loads of cycle routes, and if I felt like a challenge I’d go for a cycle up one of the many hills. Other nights I’d do activities with some of the staff of Brathay Trust. The highlight for me was going ghyll scrambling, which is essentially when you climb up a waterfall! I also really enjoyed going rowing on Windemere Lake, the biggest lake in the Lake District, on my last night.

LASTING IMPRESSIONS
I really enjoyed my experience working at Brathay Trust in Ambleside. I think four weeks was enough for me, as I’d rather live and work in a busy city like London, but it was nice to go somewhere a bit quieter and more peaceful for a while. It also showed me that although I enjoyed the work, it’s not something I’d like to do as a career. But most of all it really showed me how much my career skills have developed, and has given me a lot to talk about when it comes to interviews.
**WORK PROJECTS**
My internship involved writing and translating materials to be published online for Brave Phone’s publications on children’s rights. I also ran workshops for the children at the organisation’s children’s centre. My final two weeks will be spent completing an in-depth project relating to the stigmatisation of mental health.

**DAILY LIFE**
My hours were flexible, allowing me time to socialise with people I had met through work and elsewhere. I travelled around Croatia and neighbouring countries at the weekends, including once being invited to the seaside by one of my co-workers.

**LASTING IMPRESSIONS**
I’ve fallen in love with Zagreb, and I’ve really enjoyed working for Brave Phone, which has an impressively broad repertoire of projects related to child protection. I’ve loved meeting the people who work for Brave Phone, who are all very kind and friendly.

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Emma Ruskuc, St Catherine’s College, 2nd Year BA Psychology, Philosophy and Linguistics

Sarah Peyton Jones, Worcester College, 3rd Year BA Modern Languages

**WORK PROJECTS**
During my internship at Brave Phone, I researched and wrote content for the online knowledge-sharing platform Child Hub. I also helped to translate and create content for an English version of Brave Phone’s website.

**DAILY LIFE**
I walked 20 minutes to work, often with the other Oxford intern. After work we spent time at markets, cooking, wandering the streets and listening to live music, going to parks and enjoying the city.

**LASTING IMPRESSIONS**
I enjoyed discovering Zagreb and also making trips to the coast, to national parks and even to Sarajevo at the weekends. Working at Brave Phone was a great opportunity to learn about the valuable work the NGO carries out in Croatia, gain an understanding of the sector and specifically child protection issues, and meet some amazing people.
Work Projects
The British Chamber of Commerce Myanmar is a very friendly environment to work in. I worked on a range of projects, most of which were office based. The company is a membership organization, so there is a lot of work supporting members and growing the membership. There are also opportunities to work on the development of events from planning to delivery, and on supporting British companies as they begin to enter the Myanmar market. The internship with the British Chamber involves a significant amount of broad-based skill-building in general work. However, there are opportunities to specialise.

Daily Life
Daily life in Yangon is very different to anything I had experienced before despite having travelled quite extensively. Myanmar is in a fairly low stage of economic development. I managed to find an apartment (through Facebook) that was a 15-minute walk from work. Sometimes this walk would be through a monsoon. I lived with a Burmese man about my age which was very helpful and significantly enhanced my experience of Myanmar. Yangon is an exciting city to walk around and there is a lot going on. There are also many weekend trips you can take around Myanmar if you are willing to take overnight buses and return to work a bit sleep-deprived. I will also travel for 2 weeks in Myanmar at the end of the internship as it is a great opportunity to see the country.

Lasting Impressions
The internship has been a good experience for me; I gained new skills and experienced a completely different work environment. It was an exciting opportunity to live, work and travel in an exciting developing country. I personally do not feel I would like to live permanently in Myanmar but it is a fascinating place to spend a few months. The internship with the British Chamber provides a good opportunity to experience the type of work done by a British organization to encourage trade abroad.

Advice
• It is very unlikely that you will find an apartment rental for just a 2-month stay, as most leases require a 12-month commitment. Be prepared to live out of a hotel, and probably pay a bit more to do so. Yangon has no viable public transportation. What I and most people I know did is take taxis everywhere. Traffic jams are very common, and most places take at least 20 minutes in a cab. Getting across town, however, can easily take over an hour! Be careful about food, especially the Myanmar tea houses that are everywhere. Make time to visit the other parts of Myanmar! They are truly incredible.

• If you’re looking for places to stay then try Facebook groups such as ‘Yangon Expat Accommodation’ and if necessary then look for hostels. Living close to work can be helpful as Yangon is enormous and the traffic can be horrendous.

Daily life in Yangon is very different to anything I had experienced before despite having travelled quite extensively.
**Work Projects**

The curatorial internship at the Stratigraphical Museum at Knossos was based on the cataloguing of different collections in order to have a more accessible record of the museum's holdings and make these more easily available for future research. During the month of the internship we focused on two different collections. We began working with a set of various metal offerings from the Sanctuary of Demeter, a site excavated in the 1950s nearby Knossos. These metals belonged to a wider collection of votives that had already been classified, and they were the only remaining artefacts awaiting cataloguing in order to finalize all material from the sanctuary. The metal offerings were of a wide variety of types: knives, daggers, pins, bolts, nails, etc. The work consisted firstly on identifying the items, which were frequently fragmentary and thus demanded a good acquaintance with the set of material in question. Then we proceeded to record their archaeological information and publication details in a hard paper copy, photograph the items, and repackage them following the museum's metal conservation policy. Finally, all information was transferred into the museum's online database Ke-Emu, a database which is used consistently by a number of research institutions in Greece. Once all remaining metals were catalogued, we began working with pottery, by far the most abundant material held in the museum. We worked with unpublished holdings excavated in the 1940s and 1950s in the Royal Road, the main entrance to the palatial complex of Knossos. Unlike the metals, the range of pottery catalogued was extensive and it could vary in date (from Neolithic to Hellenistic times), typology (from coarse storage vessels to very finely decorated drinking cups) and level of preservation (from whole pieces to very fragmentary sherds). Yet, the core of the material processed belonged to the Late Bronze Age, and consisted mainly of serving, eating and drinking ware, although there were also storage and cooking vessels. As with the metals, we had to identify, record and photograph the pottery, providing a greater emphasis on the identification of shapes, decoration motifs and fabrics. Then the pottery remains had to be stored in bags and boxes, with their pertinent labels, following the museum's pottery conservation policy, which differed in some respects to the treatment of metals. At the end the information was also entered into the online database. Regarding the support received from the head of the curatorial project, interns were acquainted in depth with the holding of the museum and the different ways of organizing, cataloguing, conserving and approaching the different collections. Hence, we were often invited to browse through the collections and also to ensure the good conservation of the items. At the beginning of the project we were also introduced to the way the museum dealt with the cataloguing of different materials, and to the online database Ke-Emu, in which interns reached a high level of confidence and expertise. Finally, the curator was always available for any questions arising on a day-to-day basis.

**Daily Life**

The Curatorial Project at the Stratigraphical Museum, despite getting through vast amounts of material very quickly, is a project comprising a small team. Most of my day was spent in the museum working alongside the two full time curators and the other Oxford intern. Yet, even though the project had a small team, we had the opportunity to interact with other researchers working in the museum or using the facilities of the British School premises at Knossos. This was greatly facilitated by the fact that we lived in the main building (the Taverna) where people researching at Knossos.
could stay. The premises were very well equipped and at less than 100 meters from the museum, which we reached after going past the Villa Ariadne (the villa built by Sir Arthur Evans when he was excavating the palace of Knossos). We worked 9 to 5, with one or two short coffee breaks and a one-hour lunch break. We had the afternoons after work free, which I normally spent with the other intern as we shared a room. What we did every day varied as sometimes we had to buy groceries, which meant a 20 minute walk each way, we cooked and baked, we also went for several runs a week, we read, worked in the library or visited sites such as the palace of Knossos, the peak sanctuary at Juktas or Heraklio and its outstanding archaeological museum. Although the other intern and I spent a lot of time together, we also had the opportunity to talk to other researchers and academics at Knossos about their work, and, on a few occasions, we were taken to places where they very kindly explained in more depth the history and archaeology of the area. In addition, we often sat outside at night to have dinner, a drink or a coffee with other people staying at the Taverna. Dinners in restaurants normally happened at the weekends, when we also had the chance to discover new areas of Crete: traditional mountain villages, short-film screenings on rooftops at Heraklio, hiking trips, the required archaeological visits, etc.

LASTING IMPRESSIONS
Although this was not the first time I have visited Greece, it was my first time in Crete, and it did not disappoint. It was incredibly interesting to see how a museum with limited funding manages to create projects and promote research by maximizing funds, resources and space. This experience has helped me understand how challenging work in cultural heritage can be because even when there are many interesting projects to put into action, this might not be always possible due to limited funding. The internship itself has also been eye-opening with regards to curatorial work. Although I did miss the presence of research during the internship, I have had the opportunity to understand what the priorities are in this type of project, and how to tackle harder cases from a curatorial point of view. Moreover, I have also gained a greater insight into how museum collections can be catalogued, stored and reached in a more accessible way. After taking part in this internship I have confirmed my intention to seek a career in cultural heritage in the future.

Lucy Harris (Wolfson College, MSt Classical Archaeology)

WORK PROJECTS
I catalogued metals and pottery from the collections of the British School at Athens and uploaded the information into their software system (KE EMu). My supervisors were very good at training us in the software and often asked us what projects we were interested in. We received a lot of support in learning about the material we were working with (both through asking questions and being directed towards relevant literature).

DAILY LIFE
We were lucky in that we could live on site of where we worked, which meant there was no commute and we could go back to our rooms during the breaks to prepare fresh lunch/retrieve things from our rooms. I mainly socialised with the other intern who I already knew from our master’s course and we explored the rest of the island’s big cities, archaeological sites and beaches. We also socialised with our supervisors and the curators a few times by going out for meals, which was really enjoyable, as they were more familiar with the language/cuisine and could help us. I spent a lot of time running around where we lived as I was in training for a race, and my supervisors were really helpful about where was safe to go and could recommend some good routes. If anything, the location itself can be a bit isolating as the British School is quite small. Most people working there have heavy workloads, and therefore worked over most of the weekends.

LASTING IMPRESSIONS
Although this was not the first time I have visited Greece, it was my first time in Crete, and it did not disappoint. It was incredibly interesting to see how a museum with limited funding manages to create projects and promote research by maximizing funds, resources and space. This experience has helped me understand how challenging work in cultural heritage can be because even when there are many interesting projects to put into action, this might not be always possible due to limited funding. The internship itself has also been eye-opening with regards to curatorial work. Although I did miss the presence of research during the internship, I have had the opportunity to understand what the priorities are in this type of project, and how to tackle harder cases from a curatorial point of view. Moreover, I have also gained a greater insight into how museum collections can be catalogued, stored and reached in a more accessible way. After taking part in this internship I have confirmed my intention to seek a career in cultural heritage in the future. Although curatorial work is always an option, this internship has convinced me of the necessity of revalorizing the humanities in the public eye so as to promote the allocation of funding in institutions that would in turn allow the development of various projects, both academic and aimed at the wider public. I am therefore in the process of researching fundraising positions within cultural heritage, which will hopefully be my career path after graduating this year.
Virginia Russolo, St Catherine’s College, 2nd Year
BFA Fine Art

WORK PROJECTS
My internship was entirely self-led as it was an artist residency. The main activities I choose to do were visiting the main archaeological museum in Heraklion, draw at the archaeological archive of the British School and research in the library of the School. All these activities fed my artistic practice and mainly during the last weeks I produced various artworks.

DAILY LIFE
The site is very beautiful. My studio consisted of two large tables under the garden’s trees which was the perfect setting for me to work in. The shared facilities and rooms were not constricting, especially in the summertime as most researchers were out all day. There were regular buses connecting me to the city centre and the overall atmosphere at both the BSA and Heraklion was friendly and relaxing.

LASTING IMPRESSIONS
This internship offered valuable insight into what I understand to be the dynamics of an artist residency. It’s an experience that demands discipline and openness to challenges. I feel I have matured a lot during my time here, and that it has given me a chance to practise what it will feel like to make art without the structure of university. I’m grateful for this unique opportunity, it’s been an amazing learning experience so far. There aren’t many opportunities to experience being an artist in residence at my age and I feel it has given me great insight not only in my art practice but also as a career choice. The curator was very kind and welcoming, and took me to see my favourite Minoan sanctuary on a mountain peak nearby. The visiting professors, the library and the museum have definitely quenched my thirst for Minoan art and religion.

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**BRITISH SCHOOL, NEW DELHI, INDIA**

*Daniel Tucker, Somerville College, 1st Year MPhys Physics*

**WORK PROJECTS**

During the internship I had two main tasks; teach and assist other teachers in Maths classes as well as run university guidance counselling sessions after school. The British School provided textbooks and source material for lesson planning, myself and the other interns did the rest.

**DAILY LIFE**

I stayed with a host family in Gurgaon from which I caught the school bus to school, taking about 40 minutes and arriving at the school for 8am. The school had 7 or 8 lessons a day, usually I was teaching/teacher assisting at least 4 lessons. After school usually all the interns would head to some part of Delhi, either to explore or just to hang out. I often used the metro system or a taxi to get home.

**LASTING IMPRESSIONS**

After the internship I travelled around Rajasthan and have many amazing memories of sightseeing in India. It’s incredibly different to living in the UK or Europe, personally I wouldn’t like to live and work in Delhi but I’d definitely recommend travelling there. I took the internship to get an idea of whether teaching was something that interested me as a career; the internship gave me a sense of working in a school environment and I liked teaching classes but I want to get some more experience in education and in other fields before deciding on a career path.

*Alexander Allison, Hertford College, 2nd Year MPhys Physics*

**WORK PROJECTS**

The main responsibilities were twofold. I worked in classrooms with teachers, at first as a classroom assistant but quickly transitioning to leading lessons myself. I also provided university guidance counselling for the students. The support we received was varied. It very much depended on the specific classroom teacher and how keen they were to have you involved in the lessons. The guidance on the university counselling side was more structured, with a dedicated manager for all of the interns.

**DAILY LIFE**

A typical day started at 7AM on the school bus. Lessons began at 9, and generally about half the time was taken up teaching, and half was planning and university guidance. The weekends and evenings were spent socializing with the other interns, although Delhi can be difficult to get around - public transport is bad with the exception of the subway, and at times we needed to be wary of cab drivers. We tended to use uber to get around, when we could find wifi. The host family I stayed with were fantastic, really welcoming and accommodating. They really made an effort to integrate us into the family and give us an insight into the traditions and family life in India.

The host family I stayed with were really welcoming. They really made an effort to integrate us into the family and give us an insight into the traditions and family life in India.

**LASTING IMPRESSIONS**

I feel the internship gave me a very different picture of India than many people get when they travel there. The school catered very much to the ‘other half’ of Indian society. While India is very unequal, it is surprisingly cohesive - I didn’t feel unsafe at any point. I probably won’t return to India to work, but the school did give me a real insight into the possibilities of working in an international school in the future - I met staff who had been able to live all around the world due to their career.
WORK PROJECTS
My internship involved working to build an online A-level maths teaching platform. The aim of this is to either replace the need for a private tutor or act as a teaching aid in the classroom and for homework tasks. My role involved creating lessons, questions and videos for the platform.

DAILY LIFE
I started work at 9 am, and breakfast was provided. I settled down at my desk with the three other content interns, and got started on whichever module we were working on at the time. Some days I would be in the recording studio making maths videos. If I wasn’t working on my own project I would be reviewing the work of other interns. We did this to make sure all our content was in the same style, met the same pedagogy standards and were free of mistakes. Lunch was also provided and was a very sociable break.

Everyone at Brix was extremely friendly and easy to get on with. Lunch often ended with a game of ping pong or table football. We’d continue our work in the afternoon and the day would finish at 6.

LASTING IMPRESSIONS
I’ve had an amazing time at Brix Learning. The atmosphere was exciting and fun and everyone there was passionate about the same things I was (teaching and maths). I would love to continue working for them after university. I think they are onto something really special that could have a huge impact in the way maths is taught. The education industry is due for a technological revolution and Brix Learning is in the perfect place to become the leaders of it. The internship has confirmed my desire to work in either maths education or with a technology start up. At Brix Learning I got to experience both of these areas and found them to be extremely rewarding and the right amount of challenging.

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I’ve had an amazing time at Brix Learning. The atmosphere was exciting and fun and everyone there was passionate about the same things I was (teaching and maths).
**WORK PROJECTS**

My work consisted of looking at two ongoing projects relating to Disaster Risk Reduction and how the local governments were planning for each disaster, assessing each against the Sendai Framework for DRR 2015-2030. I got the chance to go to the two areas each project was based on (Villaricca and Copiapó) to see the problems that each area faced. This work fed into an article that directly relates to my D.Phil studies, which should be published by early next year. Additionally, I had to prepare a presentation on the theory behind my studies and present to a group, who provided useful feedback and led to an interesting discussion that drew upon the projects. This experience was invaluable!

**DAILY LIFE**

My internship was relatively flexible, in that I could study anywhere as long as I met regularly with the host. The university was in a lovely location. It was a great mix of working, exploring and doing field work. I spent over a week in the North (Villaricca) and South of Chile (Copiapó), looking at case studies for the article (e.g. Copiapó suffered from terrible flash floods in 2015 which destroyed a huge section of the city; we found out that new lower income housing had been built in a high risk zone, with inadequate flood defence/ protection).

**LASTING IMPRESSIONS**

Chile is an amazing country - I would love to come back again! The internship was insightful and offered a nice balance between field work, study and exploring the area, by mixing them all up. My host Jonathan was extremely helpful and kind, taking the time to discuss my D.Phil as well as my work that contributed towards an article. I have left Chile...
WORK PROJECTS
In my time at CERN I was involved in a couple of different projects at the CLIC test facility where I was based. Firstly I was involved in Phase Feed Forward analysis with my supervisor Jack Roberts, correlating different phase monitors with Klystron phases to help obtain some more solid results for his thesis. Subsequently, and this was for the majority of my time at CERN, I worked with (soon to be) Dr. Davide Gamba on beam measurements, namely dispersion and its application to the QuadScan. I cooperated with Davide, working from his suggestions and attempting to build and integrate a useful system that could be incorporated into CTF3s existing code. I thoroughly enjoyed this project and thought Davide was a wonderful supervisor, supporting and explaining whenever required and integrating me through my work into the CTF3 team.

DAILY LIFE
I lived on the CERN campus for the whole eight weeks, in a hostel building, which was reasonably priced. This allowed very quick access to work on foot and the many social events going on. There was a wonderful dynamic with the 250 or so summer students constantly around the campus, there were activities every weekend and most afternoons. For example, one weekend a group of my friends and I cycled around the whole of Lake Leman (200km) over two days, camping out alongside the lake. On another occasion we hiked up some of the nearby mountain Selleve, which provided a spectacular view of Geneva. There were multiple parties organised by summer students, so there was no shortage of things to do. For the first six weeks of my stay we had lectures provided for the summer students from 9-12 every morning which were very interesting. The working hours were flexible, in my case I would usually leave the control room between 6 and 7pm, as arranged with my supervisor. I also went on runs through the beautiful vineyards adjacent to CERN. It was also one of the most international places I have ever been, which made it quite a special experience (especially when one enters the hostel kitchen), as the summer students were from over 80 different countries.

LASTING IMPRESSIONS
My internship at CERN was one of the best things I have ever done and I will not forget it. It has confirmed very positive thoughts I have had about doing a PhD. The location was beautiful and I very much enjoyed my time there. I am always eager for new experiences so I am unsure as of yet whether I will apply for PhDs based in CERN, although perhaps I see myself there in the far future. I would recommend an experience at CERN as a summer student above all else for an aspiring Physics student.

Abel Peirson Serratosa, Christ Church College, 3rd Year MPhys Physics
WORK PROJECTS
I was working at the CLIC facility at CERN and I was given several projects involving the phase feed forward system at CTF3. I implemented a new data acquisition system and used this to take measurements on drifts and resolutions of a beam pulse. I had two supervisors who were incredibly supportive and made sure that I always had something to do, and more importantly that I was enjoying what I was doing. I was also able to direct my project towards areas that I found more interesting. I learnt a lot about how CERN functions and the life of an accelerator physicist there.

DAILY LIFE
At CERN there were also approximately 300 other students there to take part in a large summer school programme. Therefore I was able to attend their lectures in the morning on a wide range of topics and then work on my project in the afternoons. The summer students also ran several events such as barbeques, poster and talk sessions so there was always something to do. I lived a hostel in the middle of the Swiss CERN site, so at most I had to walk for five minutes either to my work or to the cafeteria. We were also provided with communal kitchens and living areas. On the weekends I would often travel and explore with the other summer students, with notable places being Annecy in France and Venice in Italy. There was also a large festival at the lake in Geneva which finished with an amazing fireworks display.

LASTING IMPRESSIONS
Switzerland, and in particular Geneva itself, is incredibly picturesque and very clean and organized. Unfortunately the cost of living there was incredibly high, although I imagine if you worked there it would be fine. Working at CERN also helped me understand that Particle physics is not for me, but one of the lecture series was on medical physics and that has really inspired me to apply for a PhD on that subject. Overall I loved being at CERN for the summer, but I do not think that I would want to remain there any longer than the two months.

ADVICE
• Come to CERN with an open mind, you will be learning about many different cultures as well as Physics.

Elizabeth Carr, St John’s College, 3rd Year MPhys Physics

My supervisors who were incredibly supportive and made sure that I always had something to do, and more importantly that I was enjoying what I was doing.
**Work Projects**

During my internship, I handled several tasks that involved analysing the work of the host organisation. Citizens Advice offers free advice to people on all sorts of issues, ranging from electricity tariffs and consumer rights to debt problems and homelessness. Each advice given is coded for classification, before being stored in an electronic database. With thousands of advice appointments provided each year, the aggregate advice codes can provide insight into the problems faced by residents of the district. I performed statistical analyses on these advice codes, which included identifying significant changes and interpreting recent trends. My analysis reveals interesting social patterns that are often unnoticed. It also assists the host organisation in identifying trending problems in the community so that they can allocate resources more effectively. I also updated the profile of the community where the host organisation is located. The profile includes key pieces of socio-demographic information of the district, and offers volunteers a rough guide to the population and key issues of the community. The task involves searching through reports and policy documents of various government departments for the most updated figures. I compiled a summary of observations, and highlighted the major challenges faced by citizens living in the area. My supervisors and other volunteers provided great assistance throughout my internship. They regularly checked on my work progress and were always happy to discuss queries and interesting findings that I came across. Their familiarity with the community greatly helped with my interpretation of data trends. I am most grateful for their support and kind compliments.

**Daily Life**

There is nothing out of the ordinary regarding the daily routine of my internship, given that I was working in an office and dealing with mostly desk work. I was able to stay in Oxford throughout the internship, which made travelling convenient as the office is situated in a nearby town, Witney, in West Oxfordshire. I travelled by bus to work, which reaches Witney in roughly half an hour. Buses came reasonably frequently, but could easily be held up in traffic caused by the incessant road reconstruction projects in Oxfordshire. The host organisation had a very free and relaxed work atmosphere. There were not many rules and restrictions in the office. My working hours were flexible, and I could take a break and go for a walk whenever I wanted. My supervisor offered help and guidance right from the very moment I arrived at the office on my first day, so there was hardly any problem settling into work. I was introduced to everyone in the office, who were all incredibly friendly and welcoming. For the first two weeks, I was the only intern at the office, and worked closely with my supervisor. After that came another intern who was also on the Internship Programme. We got along well, and collaborated to complete the community profile. I found the work schedule easy to cope with, and I greatly enjoyed working with my colleagues and other volunteers.

**Lasting Impressions**

It was overall a great experience working for Citizens Advice West Oxfordshire. Throughout the internship I learnt more about their mission and the nature of their work. It is a very noble cause to offer free advice to those who are in need of help. I was very impressed by the dedication and professionalism of all the staff and volunteers who I had the great privilege to work with. I have also learnt more about the third sector. Many charities, including Citizens’ Advice, have faced financial difficulties given the reduction in state funding and donations in recent years. In order to sustain their operations, they have to come up with innovative and cost-effective ways of providing service. They also need to be able to compete
**WORK PROJECTS**

My principal task was researching and writing area profiles for the area surrounding the organisation (CAWO). I updated a pre-existing profile for West Oxfordshire (the area where the CAB is located) and created two new profiles - one for Oxfordshire and one for the Cotswold District. The profiles aimed to provide information about the demographic and economic make-up of the local population. It covered areas such as health, crime, deprivation, employment and unemployment. I looked both at the latest statistics and at trends over time - e.g. concerning the age profile of the population. The purpose of the profiles was to inform CAWO’s planning by providing a picture of current and likely future needs. The two new profiles I created were required against a specific political and economic background: the possible merging of two local authorities, and the impact of such a merger on the work of CAWO. Another important task was to draw up an Impact Report on the work of CAWO. Although this was based on a template provided by the national CAB movement, its purpose was to explain and quantify the impact of CAWO’s work by providing data on the economic benefit that its services provide to society the area and therefore the local authority, by addressing needs that it would otherwise have to meet, and by preventing problems. For instance, CAWO’s debt and benefits advice is designed to prevent people from falling into homelessness or developing mental health issues through stress. Like most third-sector organisations, CAWO is, in a sense, competing for funding and therefore the ability to demonstrate its impact with data is extremely important. The report will be used in CAWO’s funding discussions with West Oxfordshire Council. Support was mainly given through regular progress discussions with senior staff members. The existence of a pre-existing profile was also a support (despite the fact that it had some weaknesses which I was able to suggest improving), as was the national template for the impact report.

**DAILY LIFE**

The only disadvantage of the internship was the commute from Oxford to Witney. As my student house is in South-East Oxford, it meant taking 2 buses, or cycling and then taking a bus. Overall, due to the heavy traffic, it usually took 1 hr 30 each way. This was especially hard in the hot weather we had for a while this summer! However, once at work, it was very positive. There was another intern from Oxford for half my time there. I think this is very advantageous - it’s great to have someone in a similar position to discuss ideas and concerns with, particularly as the CAWO permanent team’s work was completely separate from our report-writing duties. Having another student there also made the internship much more sociable - for instance, we had lunch together every day while we were both there. However, the CAWO team was also absolutely lovely and very welcoming. A very kind gesture was that they took both of us interns out to lunch on our respective last days - and I would very much recommend the food in Witney pubs and cafes!

**LASTING IMPRESSIONS**

One lasting impression is the commitment shown by the CAWO workers. It was great to work in an atmosphere where everyone has the motivation to help people who are finding life difficult in one way or another. Another big thing I personally gained was increased knowledge, and cultural insight, relating to South East Asia - the home of my fellow intern. Although my internship was in the UK, I did gain international perspectives this summer! The internship gave me exactly what I was hoping for: experience of a research job relevant to human geography, in a socially worthwhile field.

The internship gave me exactly what I was hoping for: experience of a research job relevant to human geography, in a socially worthwhile field.
WORK PROJECTS
I was involved with writing reports on different topics relevant to the online gambling industry. The first task I was given was to research the new EU Directive on cyber-security, and I was also involved with writing summaries of cases in which the Information Commissioner’s Office had issued fines for data protection breaches. For both projects I was provided with samples of previous reports to help me understand the style and content which would be relevant to the company. However, the main project I was working on throughout the internship was a report on sports integrity within the EU. I was assigned a number of European countries for which I researched the legal frameworks and prevention measures put in place to combat the issue of match-fixing in relation to sports betting. For this, I was provided with a template with headings to fill in. Each country report was looked at by another researcher and I was given feedback on each of them. It was also very easy to approach other members of the company with greater knowledge of the country I was currently working on, or if I needed help translating a piece of foreign legislation.

DAILY LIFE
It was very easy to settle in at Compliance Online. Everyone was very friendly and welcoming, and I was given a few days in the first week to get used to the website and the different things the company did. I was also able to complete a number of their e-learning courses which acted as a useful introduction to the world of gambling, about which I knew very little before. I worked from 9am-4pm, with an hour for lunch. I was lucky enough to be able to walk to the office, which is located in a nice area near St Paul’s Cathedral. I would go for lunch each day with the other intern; we generally ate either in the kitchen in the office (occasionally joining others for a ‘regulatory team girls lunch’) or in a park which was a two-minute walk from the office. We were also able to sit opposite each other when we were working, which was nice and also helpful given that we were working on the same project. I spent the afternoons and weekends sight-seeing and visiting friends and family in London and the surrounding area.

LASTING IMPRESSIONS
Overall, I’ve found the internship to be a useful and enjoyable experience. In particular, it was good to be assigned a large project to work on largely independently; it felt as though I was doing something that was of genuine value to the company but was also great for improving both my ability and confidence in researching an entirely new area of law from scratch.
in law firms it has generally been more active given the need to meet clients, deliver documents or go to court etc. These weren’t really aspects of a job I had considered before, but this internship has made me think more about what kind of atmosphere and variety I would prefer in the future. This has also been the first time I have spent a prolonged period of time in London; I already knew the city reasonably well, but coming from the Lake District I’ve always found it a bit overwhelming. However, I’ve really enjoyed being able to walk everywhere this time and have started to get to know different areas much better than I have previously, which has been really fun.

Aleksandra Lisicka, St Cross College, Magister Juris

WORK PROJECTS
I was involved in writing reports about anti-money laundering regulations, sports integrity and betting laws in several countries. My host company helped me a lot, gave me all the necessary documentation, links, information and supported me during my internship.

DAILY LIFE
I was surprised how nice people were to each other at the ComplianceOnline company, they wanted to help me with everything, organised birthday gifts and lunch for me, invited interns for all social events. I must say, that it was a great experience to work in such friendly atmosphere.

LASTING IMPRESSIONS
I have a very good impression of my internship, for sure I will remember it in a good way. I knew that I was not going to stay in the UK after my internship, but if I were to stay, this company would be the first I would like to apply to! The experience has confirmed that I would prefer to be a qualified lawyer in my country.
**WORK PROJECTS**

I worked at the Clinical Trials Service Unit (CTSU), part of the Nuffield Department for Population Health at the University of Oxford. I wrote an Android app to be used by nurses to administer cognitive function tests to participants in medical trials. The app is intended to be used by nurses administering tests over the telephone, at a hospital or at home, and is meant to work with or without an internet connection. The project had two parts: writing the app, and writing a “web service” that runs on a server that the app talks to. I wrote most of the app myself and wrote the web service jointly with a CTSU programmer. The app itself was made with Apache Cordova, which is a tool that allows you to combine in the app HTML and JavaScript (web technologies) with more traditional “native” code (Java, in the case of Android); this speeds up development time. The web service was written in Java. The other programmers were always happy to give me help, and my supervisor had some relevant books on hand. I hadn’t done much Java programming before, or used databases, but I had the opportunity to learn the necessary things as I went along. I was set some basic requirements for the app’s functionality and some more “aspirational” ones; I think I met most of the basic requirements and made a start on the rest. It seems likely that the code I wrote will be used in the real world, which I find satisfying. A CTSU programmer will probably do further development on the app for this to happen.

**DAILY LIFE**

I cycled to and from work most days from North Oxford, which initially I found to be a bit of a pain because the best route goes part way up Headington Hill. I got used to this pretty quickly though. I generally arrived between 9 and 10am, and left at about 5pm. I was the only intern there, but I found it very easy to settle in—all the other staff members were very welcoming. I ate lunch in the canteen, which was reasonably priced and served quite nice food, often with some junior doctors or other programmers. My supervisor and I also once met someone who had done a very similar internship at CTSU last year for lunch at a pub. Outside of work, I saw one or two other people from my college who were also staying in Oxford over the summer and spent some time visiting various family members who live in the Oxfordshire area. I had some time to explore more of Oxford than I had managed during term. I particularly enjoyed visiting the Museum of the History of Science on Broad Street. I also met four Earth Science students who were staying at the same house as me.

**LASTING IMPRESSIONS**

I had not paid much thought to my career goals before this internship, but I think I now want to pursue a career as a computer programmer. I was impressed with the working environment at CTSU; they care about security and the quality of the code, which makes programming more enjoyable and also reduces stress! It is satisfying for your work to be used in the real world. The medical, administration and programming teams were all quite close together and it was interesting to hear about the medical side of the work, which is obviously what sets the requirements for the computer programmes. The medical reason for doing cognitive function tests is to make sure that a drug does not cognitively impair those who take it. In particular, my app is intended to be used to test participants in a trial taking regular doses of aspirin, which can increase the risk of haemorrhagic stroke, but decreases the risk of heart attack or ischemic stroke. As well as major strokes, it is thought that aspirin might also increase the risk of “cerebral microbleeds,” very small brain haemorrhages, and these might affect cognitive function. Oxford is a nice place to live. One major benefit is that it is much easier to cycle in Oxford than other UK cities; most drivers seem aware of cyclists.
DEMONS,
LONDON, UK

Anvar Sarygulov, Keble College, 2nd Year, BA Philosophy, Politics and Economics

DAILY LIFE
I settled in very quickly, as the work collective was very friendly and welcoming. As the internship was taking place in the city where I live, my daily life did not significantly change and I commuted by train.

LASTING IMPRESSIONS
As someone who is thinking of going into academia and enjoys doing research, doing an internship in a think tank helped me realise that I actually have multiple career paths to continue doing what I love. While I still consider an academic career as my main ambition, I am now more open about the idea of going into a research role in the third sector instead.

WORK PROJECTS
I was involved in a number of projects during my internship. This included writing two literature reviews (for reports on private healthcare and motor neuron disease), producing an overview of literature on character development, producing transcripts and surveys for those projects and helping to submit written evidence for parliamentary committees. I received a significant amount of guidance and feedback for most tasks, especially the literature reviews, which was very helpful and informative.

Doing an internship in a think tank helped me realise that I actually have multiple career paths to continue doing what I love.
DEUTSCHES LITERATURARCHIV MARBACH, BADEN-WURTTEMBERG, GERMANY

Meindert Peters (New College, MPhil Modern Languages)

WORK PROJECTS
I was part of the research team and did preparatory work for one of the researchers. I researched imagery of Rilke published during his lifetime, and did a lot of archival work on Rilke and Tucholsky.

DAILY LIFE
I had a room at the Archive, meaning my room was right next door to work. The city in which the archive is located is rather small, but is only half an hour by train from Stuttgart, which provided the necessary distractions.

LASTING IMPRESSIONS
While it was exciting to work in an archive, especially the greatest one concerning German Literature, the city in which it is situated and the kind of day to day work led me to understand that I would rather pursue independent research than work in a research library.

The internship led me to understand that I would prefer to pursue independent research.
Work Tasks
The primary task I was engaged with during the internship was assessing the relevance and necessity of the documents on the diocesan website. Starting with 1082 documents, I had to look at each individually and make both an initial judgement on the relevance of the document and decide which department/individual in the diocesan office I would need to talk to. I would then go to these individuals and go through each document to finally decide whether it should stay on the website or not. At the end of this process I removed over 600 documents from the website. My next task was to assess the content of the entire website and see if there was any outdated information, including dead links etc. Finally, in my final week I provided a report which analysed the style and content of the website and assessing ways in which it could be redesigned.

Daily Life
The daily life of the internship was relatively standard for an office job. I worked in an open plan office based in the Apostolic Life department, where all of the staff members were incredibly welcoming and helpful. Given the nature of the internship I was constantly meeting various people in all of the different departments, all of whom were incredibly helpful and supportive during my time. I cycled into the office given that I live in Brighton so it was relatively easy for me to get there, and spent my lunch breaks on the seafront.

All the people I met across the various departments were incredibly helpful and supportive during my time.

Lasting Impressions
I live in Brighton outside of term time so know the area very well, which I love and would happily continue living there. The internship itself was a little repetitive at times, but the warm and friendly atmosphere in the office made it an enjoyable experience. The internship was not really angled at a specific career path but it definitely gave me experience of what working in an open office is like.
DUFF & PHELPS, LONDON, UK

Augustus Neate, Somerville College, 2nd Year, MEng Engineering Science

WORK PROJECTS
I was involved in a number of projects largely in supporting roles. I produced economic overviews for client reports as well as carrying out financial data acquisition using Capital IQ and Bloomberg software. I supported in report writing and proof reading as well as producing presentations and carrying out research for proposals. I carried out financial modelling and analysis for Solvency opinions and supported on multiples, DCF and comparable companies methods for valuing businesses. The support that I received from the host organisation was usually through learning from analysts directly, from online presentation and from observation and noting the work of others.

DAILY LIFE
I found that I settled in well with the company as part of the team there. As a highly technical team, growing at a fast rate there was a high turnover of employees which meant many others were new too. It was good that there was another intern with whom I was able to share the experience with, as well as ask questions.

I had the opportunity to get involved in several social activities with colleagues including running the J P Morgan Corporate 5k, a pub quiz, and several after-work drinks events including Gin and Wine tasting and drinks in the Shard. Outside of work, my weekends were largely filled with meeting friends in London and outside of London on the weekends. I also found it useful to go to the gym in order not to get restless in the office.

LASTING IMPRESSIONS
My lasting impression of the company is that I was glad to have worked there. I learnt a lot and enjoyed seeing the environment of financial services more clearly. Being located in the Shard and in Central London was exciting and enjoyable and would certainly see myself working there in the future. I was lucky to be able to live at home because the internship would have been unlikely to be financially viable if I was required to find accommodation in London. My work over the summer has certainly shaped my career goals and the way I will consider my applications for graduate jobs.
I have just finished my first month out of three months here at Earthwatch. At this point in time, I have made some progress on a project assessing the complementarity of citizen science and agency-collected freshwater quality data. My focus at the moment has been on the spatio-temporal aspect of this complementarity. I am looking at what kinds of gaps citizen science currently fills or has the potential to fill in the monitoring of waterbodies in the Thames catchment area. Where there is overlap in the monitoring efforts between citizen science and Environment Agency efforts, I am looking to compare the water quality data obtained by these sources. I have received tremendous support from the host organization.

My skills in GIS and statistics have greatly improved due to the willingness of my colleagues to pass on their knowledge and expertise. This support comes in various forms; I have frequent meetings with the rest of the Freshwater Watch team, and I sit at a desk surrounded by people that I can call on for any questions I might have relating to my work.

**DAILY LIFE**

My daily life has not drastically changed since completing my MSc. I am a continuing member at my college, and so I still participate in the same sport groups and go to the same socials as before. I did however have to move out of college accommodation. At first it was a bit tricky finding accommodation for the short duration of the internship, but after consulting friends and posting housemate advertisements on various websites, I managed to find a place only 5 minutes away from the office. A typical day for me starts with going to the office at 9am. I work until 5 or 6pm and then head over to college for whatever sporting activity is on that day. I have time after this to work on whatever side-projects I have going on. Some days after work, I also head out for drinks with my colleagues.

**LASTING IMPRESSIONS**

I am still enjoying my time here at Earthwatch’s Freshwater Watch team in Oxford. It has put me on the right track to pursuing a career in aquatic conservation and has reaffirmed my desire to go into research. I plan on writing and submitting a paper for publication by the time I finish my internship. This could greatly benefit any application I make for a PhD in the coming years. If given the opportunity, I would eagerly continue work on a similar project with Freshwater Watch in the future.
EM RUSSIA, MOSCOW, RUSSIA

Emma Rimpilainen, St. Anthony’s College, MPhil Russian and East European Studies

WORK PROJECTS
My main daily tasks were conducting media monitoring for a couple of clients and compiling a daily news digest. Sometimes I also did translations from Russian to English and conducted research about specific companies, people, or events. As the company’s work is by its nature international, people were constantly coming and going between Russia, the UK, and the US, so most of the time I received tasks and instructions via email. I divided the tasks with another intern so we would both have roughly the same amount of work and could work on different projects.

DAILY LIFE
I have lived in Moscow before, so I was familiar with the city and knew how to get around. Most of the media monitoring I conducted was due in the morning, so usually I completed this at home before heading to the office around noon. Working in a Russian-speaking office was a boost for my language skills. Outside of work, I met with old and new friends, went to museums and did sightseeing. Unfortunately I did not have time to visit some of the places I had intended to see further away from Moscow.

The internship taught me a lot about the Russian media and ways of doing business in Russia; I also have a much better understanding of the PR industry now.

LASTING IMPRESSIONS
The internship did not change my perception of Russia that much, but it did teach me a lot about the Russian media and ways of doing business in Russia. I also have a much better understanding of the PR industry now. While it may not be the top career choice for me, it is very useful to know how it works. My information search and research skills definitely improved and I learned to distinguish relevant pieces of information from all the noise, especially on social media. I could work in Russia again, perhaps in a different city next time.

Maros Matis, St. Anthony’s College, MSc Russian and East European Studies

WORK PROJECTS
During my internship I took part in media monitoring, writing newsletters, conducting translations, analysing Russian and International media news, pieces of work for clients such as an overview of major political and economic events, and various other tasks as they came up.

DAILY LIFE
Daily life consisted of mostly office work, using internet and digital tools. Work time was rather flexible; some days were busy and others were less busy, depending on projects and tasks. I received a warm welcome by the organisation, and the company atmosphere is very pleasant. There were also a few social events. I didn’t have any major problems with settling in at the workplace nor in Russia. The internship was a good introduction into the business world. Given it was a small company, I believe one can get a better overview of different aspects of business compared to companies employing thousands of people.

LASTING IMPRESSIONS
Moscow is a great city and I liked Russia, and I would consider returning. My career goals were not set in stone before this internship, but the internship was a great experience and it will help me to make informed career decisions.

The internship taught me a lot about the Russian media and ways of doing business in Russia; I also have a much better understanding of the PR industry now.
**WORK PROJECTS**

My project was to go round all of the colleges and university estate to audit wheelchair accessible bedrooms. I researched, with the help of my supervisor, the important aspects of an accessible room and made a check-list from this information, which I used to assess the accommodation. My findings were then put into suitable form for the advisers of the Disability Advisory Service of the university, to advise incoming students on suitable accommodation options.

**DAILY LIFE**

Because the job was just around the corner from where I work I could roll out of bed straight into the office, where usually I would go straight out to one of the colleges to audit their bedrooms. Some days were spent in the office gathering and processing information, but most of the days, were spent on the road.

**LASTING IMPRESSIONS**

This was a great internship. My supervisor was a professional and fun person to work with. I learned a lot about college bedrooms and accessibility issues, and about getting things done in a timely manner.

This was a great internship. My supervisor was a professional and fun person to work with.
EUROPÄISCHE, NAUMBURG, GERMANY

Alexander Savage, St Edmund Hall, 1st Year BA Philosophy, Politics and Economics

WORK PROJECTS
My fellow intern and I were running an English Camp for groups of eight German young people at a time, between 10 and 16 years old. The work revolved around planning and carrying out suitable activities that would be accessible and enjoyable to all of the young people, which also encouraged them to try to speak English. Our host provided us with a lot of advice about what kind of activities had been successful in previous years, as well as making some of his own suggestions for activities that might be appropriate for individual groups. They also took the lead of behaviour management.

DAILY LIFE
Life at the internship was very relaxed. We got up each morning to have breakfast with the young people and lay out the day’s activities. We ate all of our meals with them and supervised them throughout the day, finishing at around 10:30 in the evening. There was little external socialising as we were located in a remote village but this allowed us to develop a really close relationship with our hosts and with each other, as we generally enjoyed an hour long chat at the end of each day before going to bed. The main highlight of each day was the spectacular setting, and for me at least, the incredible night sky.

LASTING IMPRESSIONS
I thoroughly enjoyed my internship and it has confirmed my intentions to pursue learning German, and reinforced the notion of working or studying in the country in the future. It allowed me to develop a lot of skills in the area of managing young people, and in particular making and changing plans rapidly as a result of changing circumstances. This prepared me well for the paid work I carried out once I got home. It also allowed me to find out a fair bit about the former East Germany, in particular how life differs there as opposed to in the rest of the country. Naturally some of the cultural schisms left over by the previous political differences, were of great interest to me as a political scientist.

Isobel Whyte, St Catherine’s College, 1st Year BA Modern Languages (German)

WORK PROJECTS
My internship took place at the Kulturino English Camps in the Thuringian Forest, and along with one other student from Oxford I was responsible for running the activities during the camps. The aim of the camps was to teach English to German children (aged between 9-16) in a natural environment, through games, projects and other summer camp activities instead of the traditional classroom teaching style. The camps were run overall by a very nice couple, Alex and Katrin, and their family, who took care of a lot of the cooking and household duties, but we helped with all aspects of caring for the children, and were responsible for their welfare, so we were effectively on duty all the time. There were three camps in the month of our internship, and we planned different activities for each week and adapted to the characteristics of each group. The main organiser, Alex, helped us with ideas and gave us advice about what had worked in previous years. He really made us feel at home, it was an incredible environment to work in! Projects we ran included raft building and making a radio show, as well as organising sport, games, walks and other trips around the area, such as giving the children tours around an old mine and gold panning in the river. We mostly ran the activities independently from the host family, in order to give the children a more immersive English-speaking experience, but the behind-the-scenes work we did as a team with the family was essential. We had daily discussions with Alex and Katrin about how the camps were going, and worked together to make some very serious decisions concerning welfare. The outcome of these discussions showed that our input was highly valued, for which I am very grateful. I learned a lot about running an organisation, particularly one in which children are involved and in which you must always be aware of others. In terms of future plans,
Alex was very willing to help me with planning for future internships in the umbrella organisation, and he provided me with a lot of information and contacts that will help me during my year abroad, and hopefully my future career.

DAILY LIFE
I settled in to life in Unterweißbach very quickly, as Alex and Katrin and their children were so kind and accommodating that my internship partner and I quickly felt like part of the family! We had a few days before the first group of children arrived to prepare the house and settle in, and we had some time to explore the forest around the camp. Every group of children had a different dynamic, which was challenging but also very rewarding as we got to know them as individuals as well as adapting to ensure that they were learning English as well as enjoying themselves. They ranged a lot in age, so we would sometimes organise different activities for different age groups within the camp, although we normally managed to find a middle ground so that they could all get on well. A typical day started at 8am with supervising the children while they laid the table for breakfast and fetched rolls from the local bakery. The children had multiple responsibilities throughout the day, such as laying the table and washing up, which gave us a bit of free time. We would then start the morning’s activities with yoga, before playing some sport or working on one of our projects. We led all activities in English, and the children became more confident with their speaking very quickly, and we found that a bit of competition really encouraged them to speak more English (e.g. speaking German was often a penalty in a game, and in one camp, we invented a Chicken Run, where they had to run around like a chicken if they spoke German, which went down very well!). After lunch, we would have another round of activities at the camp or go off-site, for example to go on a walk, to the local pool, or to the forest to build shelters. In the evenings we planned a variety of activities, including bonfires, night-swimming, films and games, and we ended every camp with an English talent show. We planned projects to go over the whole week, but mostly we were very flexible and planned as we went along in accordance with what the children wanted to do and which situations encouraged them to speak the most English. Our day ended at around 11pm, although we were still responsible for the children during the night and sometimes had to check on them. When the children went to bed we would have an informal discussion as a team to review the day and plan the next activities. We had a few days off between camps, in which we were able to travel around and experience life in the area, including a trip to Erfurt which was a lot of fun. Although we were working a lot, it often didn’t feel like work, because the children were engaged and enjoying themselves, so we did too!

LASTING IMPRESSIONS

I really loved my internship and I am hugely grateful to Alex and Katrin for choosing me to be a part of their organisation and summer camps. It was a very individual experience and although it was not like a traditional office-based internship, I learned a huge amount about language teaching, caring for children, working as a team in a small organisation and thinking on my feet in an environment that was often very fast-paced and required strong decision making skills. I was also able to develop my leadership and organisational skills, which will be very useful for any future career. As a German student I have visited Germany a lot, but I normally stay in cities - I’m currently in Düsseldorf, which is a huge contrast with life in a Thuringian village. Living in a camp that is so close to nature was a wonderful experience and I formed lasting friendships with my team and host family, so would love to return one day. I am very interested in recent German history, so living in a village that was a popular tourist destination in the GDR was very interesting. The way of life and customs opened my eyes to the lasting differences between East and West Germany. The work I did was incredibly active and rewarding, as there was a huge improvement in the confidence and language skills of the children during their time at the camps, and the feedback we got from them was very positive, so I am proud of what we achieved. I also found that I became a lot more confident with my German, and as a result I am spending a lot more time studying and working in Germany this summer than planned. The internship has also made me consider teaching or working with children for my year abroad and possibly as part of my career, and it has made me very enthusiastic about working in Germany in the future. My internship experience was overwhelmingly positive and I hope to work with Europäische Projektwerkstatt Kultur again at some point in the future!
EUROPEAN YOUTH PRESS, BERLIN, GERMANY

Charlotte Cohen, University College, 1st Year BA History, University College

WORK PROJECTS
I was able to be involved in a wide range of projects during my two month internship in Berlin. Most of my time was spent organising a fundraising event for the small NGO I was interning with, but I was also able to write grant applications for training programmes, organise and attend meetings with potential partners in the city and create fundraising materials and strategies for future use. My supervisor was very flexible and keen that I concentrate on tasks which interested me; this meant that I was developing transferable skills in the areas most useful to me.

DAILY LIFE
My supervisor was very flexible with the hours I spent in the office. After a bit of negotiation, most days I would arrive in the office between 9:30 and 10 and leave at around 6:30. I enjoyed finding the cheapest eats around the area I lived and worked in (my food-related German vocabulary is very expansive). I was lucky enough to work in a very international office and interacted with colleagues from Romania, Pakistan, Poland, the UK and Germany. Both my working life and my social life were made more interesting by the varied international perspectives I was able to absorb. The evenings and weekends were spent getting to know the city in a way that you can’t from a week’s holiday. I now feel enough of a native to complain about certain bus routes, anyway.

LASTING IMPRESSIONS
The internship experience has strengthened my international perspective on my career path and proved that I can work and live abroad- and enjoy it a lot! I’ll definitely return to Berlin and would love to be based there at some point in the future. However, working in an international company abroad reminded me that Berlin isn’t the only option and to be open to and prepared for working anywhere in the world. That mind set can be a huge asset.
EXXACON DESAROLLO IMMOBILIARIO, SANTIAGO, CHILE

Zali Fung, Green Templeton College, MSc Water Science, Policy and Management

WORK PROJECTS
During my internship I undertook research and produced a report with recommendations on the idea of Smart Living, which is the tagline of the company. Categories within Exxacon’s Smart Living are Sustainability, Connectivity, Design, Community, Security and Technology. A benefit of my research project was that I was given some freedom to shape the project as I saw fit and to suit my interests. As my background is in sustainability, I have been able to focus more of my time on this, and thus I have learned a lot about sustainable building design, etc.

DAILY LIFE
I settled in well, mostly because I have a friend already living here and because of the Facebook group Discover Chile, which I would strongly recommend interns join if they come to Chile. Anything that recently arrived expats need in Santiago can be achieved with this group, such as where and how to do things in Santiago logistically, travel advice, and meeting people with similar interests. Through this group, I found a room in an apartment walking distance from work, so I walked to work every day which was great. Outside of work, I took Spanish classes a few evenings per week, went indoor rock climbing at the gyms or to bars with friends. On the weekends I often went hiking or climbing in the Andes mountains which are right at your doorstep, travelled to nearby places such as Valparaiso, and enjoyed Santiago city with friends.

LASTING IMPRESSIONS
The internship was great because it provided me with the opportunity to live in a new city and get to know a new culture, and to learn a new language. Through this experience, I have made some really good friends both in work and through my hobbies. After this experience, I would consider living in Santiago again- however I may prefer to live in a smaller town or in the countryside, which is so beautiful in Chile. This experience has made me realise that research is most enjoyable when you are focusing on something that you care about, such as sustainability, and confirmed that I want to pursue a PhD in the future. It has also made me see that I really enjoy living abroad, and that I would like to continue working overseas, ideally in South America if I can improve my Spanish enough!
WORK PROJECTS
I was helping out mainly with Research Support but was also able to experience some other areas of the faculty. Research Support entailed reviewing academic’s grant applications and updating funding opportunities on the website to keep them current. On top of that, I was taught about the different major funding bodies appropriate to Social Sciences and was sent to quite a few workshops run by the university about applications and opportunities. Some of the other things I was involved in were creating new project sites on the website for academic projects as well as reviewing the website’s functionality and recommending ways it could be improved. I wrote a few impact case studies about the impact of academic projects for the website. I also spent some time doing a bit of access and outreach help where it was needed and assisted with the running of a conference at the Blavatnik. It was very varied!

DAILY LIFE
Every day was quite different but generally my working hours were 9-5 with a half hour break at lunch. First thing to do was to log on to check if I had any emails from the night before and finish off any leftover tasks such as project sites that needed to be updated, as well as checking any meetings that were on during the day or workshops I could attend. Then I would chat to my supervisors and see if there was anything they needed done and they would give me a list of tasks or a grant application to look over. The afternoon would usually consist of meeting with an academic or attending a conference call, to discuss applications. I was living in Oxford so could easily walk to work. Occasionally we would go as an office for a picnic in the park when there was good weather and there was always cake in the staff kitchen!

LASTING IMPRESSIONS
The internship was very informative and useful, particularly if I decide to go into academia because it gave a good overview of the process of applying for funding etc. It was also useful from an administrative point of view as I learned how to use Drupal and Excel very competently. Although I’m not sure it’s what I want to do in the future, it was a great learning experience and also one of the few paid internships which was good because it allowed me to earn a bit of extra money!

Megan Gibbons, Keble College, 3rd Year BA Law

WORK PROJECTS
During my internship at the Law Faculty, University of Oxford, I was assigned the role of Profile Book Project Manager. My main task was to compile Profile Books for two postgraduate taught programmes: Bachelor in Civil Law and MSc in Law and Finance. During the assembly process, I collected and collated online questionnaire data using the survey monkey website; organised 200 student profiles through correspondence, copy-editing, type-setting, and proofreading; enlisted assistance from external personnel including the creative designer, printing shop, and photographers.

DAILY LIFE
I had the opportunity to work with 20+ Faculty staff on project-related tasks as well as other tasks including research support, website content management, and improving the online presence and exposure of the Faculty press and media sections. One of the interesting non-work-related experiences involved a tour of the St Cross Building during its renovation phase to gain a glimpse into the construction work in progress.

LASTING IMPRESSIONS
The faculty members were very supportive, and I very much enjoyed my time there.

Alex Chung, Linacre College, DPhil Law

The faculty members were very lovely. It’s also one of the few paid internships which was good because it allowed me to earn a bit of extra money!
FINANCE DIVISION,
UNIVERSITY OF OXFORD, UK

Ella Wren, Keble College, 3rd Year MChem Chemistry

WORK PROJECTS
I joined the Finance Division during their year-end period, so during my eight weeks I saw many of the processes that are required at the end of a financial year. I received excellent training in the vital pieces of software that are used in finance across the whole university, and was given early responsibility for important tasks. The projects I was involved in were very varied, as I spent time with several different teams across the Finance Division. I primarily worked within the Financial Reporting team, where I aided with various tasks including analysing data, calculating interest on investments and reconciling bank statements. My main project involved developing the format of the university’s Financial Statements into a new, more comprehensive style of report, which will be implemented over the next couple of years. It will be exciting to see the results of my work when the Financial Statements are published. I also spent time working in the Gift Registry and with the Trusts team. Here I handled tasks such as processing donations, helping with year-end procedures for the university’s Development Offices abroad, and assisting with the consolidation of several trust funds.

DAILY LIFE
Having been a student in Oxford for three years, it was very easy to settle in to working life here. Although I was the only intern, I was made to feel very welcome and all my colleagues were extremely friendly and helpful if I ever had an issue. The working hours were flexible, so I could start work at a time that best suited me. The two offices I worked in are both located centrally in Oxford, which made getting to work on foot or by bike very easy from my accommodation. It also meant I could go into town during my lunch break to buy food from the market, meet friends for lunch or walk along the river. There were several events during my internship, both in my team and across the whole office. This included a ping pong tournament, a cricket competition and a baking contest.

LASTING IMPRESSIONS
It was really interesting to see how the university functions, as it was something I’d never really considered before. So much work goes into managing the university’s finances, particularly at the busy year-end period. It was great to be able to spend time in Oxford outside of term. I got a new perspective of the city, explored areas I’d never been to and could do things I hadn’t had time to do while studying. I would definitely consider staying in Oxford after my degree. From speaking to colleagues about how they started their careers, I found out that many started from scientific degrees like mine. This has confirmed that a career in Finance is a viable option for me. The internship has given me a good overview of many different roles within accountancy and finance, which means I am ideally placed to start making decisions about which graduate roles to apply to in the coming year.

The internship has given me a good overview of many different roles within accountancy and finance, which means I am ideally placed to start making decisions about which graduate roles to apply to in the coming year.
FULL CIRCLE, BRUSSELS, BELGIUM

Suzanne Angliviel, University College, 2nd Year BA Philosophy, Politics and Economics

WORK PROJECTS
I was asked to contribute to the elaboration of the programme of events hosted by Full Circle in 2016-2017. This included researching potential speakers, contacting them with a suitable offer, and drafting documents for confirmed speakers to prepare for their arrival (biography, newspaper articles, press briefing, outline of their stay...). I was working together with a Full Circle employee who is in charge of the programme, so she was able to answer my questions and give me feedback on each assignment. I was also asked to send subsidy requests to a number of Belgian organisations, as Full Circle is a non-profit organisation. As a native French speaker I was well-suited to do that. This involved researching public bodies that could contribute funds, and drafting applications for funding, which meant describing the events for which the funding would be used and why it would be suited to the goals of the organisation. My employer helped me think about how the organisations I made contact with could be interested in us, and gave me feedback on the initial drafts. Finally, I had to help transcribe some of the talks and interviews hosted by Full Circle, as they are all filmed.

DAILY LIFE
I lived in Brussels in a shared house with seven other people, mostly Belgian or having lived in Belgium for years. This made my time at home lively, and they offered lots of tips for things to do in the city. I settled in very easily thanks to my housemates and the help of my colleagues at Full Circle, who were very helpful and keen to make my stay as nice as possible. My boss lent me a bike, which meant I could cycle to work every day, a typically Belgian way to move around the city. Out of work I walked around the city a lot. Several friends and relatives came to visit, during which I visited the nearby cities of Ghent and Bruges, and went to plenty of museums in Brussels. Brussels is very lively during the summer with lots of festivals and concerts, so there was plenty to do! I also socialised with the other Full Circle interns, we all got along very well. I enjoyed the emphasis that is put in Brussels on nice food and drinks, and the laid-back and relaxed atmosphere of the city! My colleagues were all so nice and helpful that this contributed to this general mood.

In the process of researching speakers I got to read about lots of new and inspiring ideas... This meant I became even more interested in economic policy and how it affects the world, both developing and developed.

LASTING IMPRESSIONS
Overall I really enjoyed Brussels. It is a rather small city but is extremely diverse, in terms of architecture, the origin of its inhabitants, and the type of activities you can do. I found the overall atmosphere very relaxed and laid-back, with salsa dancing lessons on the street and plenty of terraces to enjoy a drink or a meal. My internship allowed me to learn about locations in Brussels (where events have taken or will take place), and also to socialise with people who have lived in the city for years who gave me plenty of tips. This made me feel more at home in Brussels and means I got to know the city quite well, better than I would have had I just visited for a few days! I would return to work in Brussels, especially given the presence of European institutions here. In the process of researching speakers I got to read about lots of new and inspiring ideas, and I was confronted with people who have studied or are interested in many different subject areas. This meant I became even more interested in economic policy and how it affects the world, both developing and developed. Before this I thought I wanted to study economic theory in a masters, but now I would like to focus on development economics and economic policy evaluation. To summarise, I enjoyed my internship both in terms of the city and the people I met and in terms of the content I discovered.
Lina Lee, St. Anthony’s College, MSc Contemporary India

**WORK PROJECTS**
I was involved in various projects - from researching the history of a city, to international relations and bilateral ties. I was given a guidance file for international students for settling into Mumbai, and how research should be done in a think tank, which is very different from the academic research we do in Oxford.

**DAILY LIFE**
Mumbai has easy access to transportation and roads and has amazing night life and places to socialise. However, getting a place to live near the office is extremely expensive, with some rooms and flats costing the same price as in Oxford. But staying near the office is ideal and recommended since it is difficult for a stranger/foreigner to commute daily from far away. I met many of my Oxford friends and alumni in Mumbai, and a lot of people with whom I socialised had studied in the UK or elsewhere - a truly international and diverse environment. Also, compared to other cities in India, it is much safer place, and has less pollution and pleasant weather.

**LASTING IMPRESSIONS**
My personal impression of the internship may be biased; as for me, it is not the first time living in India nor was it my first time to visit the city. Nonetheless, Mumbai is a nice and lively city to live in, but I would not want to return to live or work. My career goal has not been changed, but thanks to the internship, it in fact has strengthened my qualifications.

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Joost van Deutekom, St. Anthony’s College, MPhil Modern Chinese Studies

**WORK PROJECTS**
I worked in projects on Chinese investments in Nepal and India-EU defence cooperation. I also wrote an article on China’s response to the recent South China Sea ruling by the Permanent Court of Arbitration. The think tank had been invited to send a speaker on this subject to a seminar in Bangalore and arranged for me to go, which was a very rewarding experience.

**DAILY LIFE**
There were many young Indian people working in the office, with whom we (as the two and later three international interns) spent most of our time. At weekends we saw the different parts of Mumbai and we went on a trip to a nearby city once.

**LASTING IMPRESSIONS**
India was a fascinating experience. I would have liked to have had more time to travel to other parts of the country, but the internship still gave me many opportunities to learn about India and Indian society through the many young staff members at the office. The time I spent with them outside the internship definitely made a lasting impression on me.

**ADVICE**
- The way the work is organised here may be different from other think tanks or the expectations you have. Depending on the role you are given, this internship can be fun, useful, and exciting. A lot of times the internship here is a self-learning process. It could be worthwhile to do some research on Indian work culture.
WORK PROJECTS
I spent the entire internship working on one big research project that mapped the fields of Counter Violent Extremism (CVE) and peace building to see how they intersect. This involved a lot of desk-based research, reviewing literature, conducting research interviews, analysing the data and writing up sections of the report.

DAILY LIFE
It took a few days for me to settle into life in Amman, as it was quite a culture shock for me as a Western woman. Once I’d settled in, Amman really started to grow on me. The city is built on many hills, and there are wonderful views all over the city. As Amman has no public transportation, I took a taxi to work. The first 10 minutes of every working day were dedicated to ‘morning circle’ where the entire GFP staff states their goals for the day. On most days I worked fairly independently with occasional meetings with my supervisors. After work I met up with friends for dinner or other events and I spent most weekends exploring all the beautiful natural wonders of Jordan.

LASTING IMPRESSIONS
I have really enjoyed my time in Jordan, and have found the people to be very warm and hospitable. Life in Amman is very comfortable and the rest of the country is beautiful, offering a nice contrast to the busy city life of Amman. Many of the fears and worries that I had traveling to the Middle East, especially as a woman, have proven to be unfounded and I am looking into finding a job in Jordan so that I can stay here for a year or two and learn Arabic.

Many of the fears and worries that I had traveling to the Middle East, especially as a woman, have proven to be unfounded and I am looking to find a job in Jordan so that I can stay here for a year or two and learn Arabic.
GEORG ECKERT INSTITUTE, BRAUNSCHWEIG, GERMANY

Niamh Burns, New College, 4th Year BA Philosophy and Modern Languages (German)

WORK PROJECTS
I worked in the Editorial and International Department of the Georg Eckert Institute for International Textbook Research in Braunschweig, Germany. My project during my internship was to prepare a book on Albanian textbooks for publication. My first project was to prepare a book proposal for submission to a publisher. I had to quickly copy-edit and proofread a number of chapters to send as samples. I did research for and wrote the proposal itself. I met with my supervisor after the first week to discuss my expectations for the internship, and whether I was happy in my position. I also received regular detailed feedback on my work throughout my time there. Once the proposal was completed I moved to editing the rest of the manuscript. Most of the chapters were written by non-native English speakers, so there was quite a lot of work to be done. The material itself was extremely interesting. I regularly attended workshops and colloquia which gave me an insight into the research being done throughout the Institute. I also completed a number of translations of academic texts, as well as pieces for the Institute’s website. The working environment was extremely open; I was introduced to the entire management when I arrived, and was welcome in meetings between the different departments. I always had enough support from my supervisor, and was happy that I was given a great deal of responsibility.

The internship was my first introduction to the publishing industry, a field in which I have long had interest, but which it is difficult to enter. I think that this internship will increase my chances of finding a job in that industry.

DAILY LIFE
I stayed in a room at the Institute’s guesthouse. The rent was low and the accommodation was great, with a big kitchen. I lived right by the Institute’s main building and library, which I had access to. My housemates were visiting research fellows of the institute. It was a friendly environment, and I appreciated the chance to hear about their work, and to explore Braunschweig with other visitors to the city. My office was at a secondary location, a twenty minute walk from where I lived. My supervisor and co-workers in my department were really nice; for example they organised coffee and cake in the office for my birthday. The entire staff team was friendly; everyone ate lunch together in the canteen most days. Some of the academics work from home on Mondays and Fridays so it could be quiet at times; on those days I spent a lot of time with the other intern from Oxford. I got to know some early career academics at the institute as well. My supervisor was really helpful when it came to settling in in Braunschweig, as were the other members of the department, and I was never short of suggestions for things to do in my spare time. Braunschweig is interesting but small, but it is extremely well-connected, so weekends in Berlin, Leipzig, or Hamburg are an option.

LASTING IMPRESSIONS
Braunschweig is rather small, so I am not sure if I would like to live there for an extended period of time, however it is host to a number of academic institutes, so I can imagine it being a good place for short research stays. I had already studied in Germany on my undergraduate year abroad, but this was my first time working in the country. I am now confident that I could return to Germany to work in the future. As well as these professional advantages, the nature of the work done at the Institute meant that I gained a greater insight into academic culture in Germany than I had received before as an undergraduate student. I now feel more prepared to pursue further studies and research, and feel that I could do so in the UK or Germany. The internship was also my first introduction to the publishing industry, a field in which I have long had interest, but which is difficult to enter. I think that this internship will increase my chances of finding a job in that industry, as well as supporting me in my academic career.
WORK PROJECTS
During my internship I helped to organise and participated in a conference on education for sustainable peace. I talked to all the academics, teachers, and activists who had come to the conference, participated in the workshops, went to (free) meals organised as part of the programme, and I even chaired a few of the discussions. I then wrote a report on the week-long conference which will soon be published on the Institute's website. After the conference, my tasks were mainly editorial. I have been editing a manuscript on research into Middle Eastern school textbooks, which has been fascinating! I have not only learnt lots about a new subject, but have been asked to evaluate the tone and overall political stance of the book, to check for loopholes in the arguments of various chapters, and to translate certain aspects because of my knowledge of Arabic. I have also summarised chapters for another manuscript in preparation for a book proposal, edited reports from visiting scholars at the institute, and researched into organisations who could be interested in attending future conferences.

DAILY LIFE
I worked 9-5. I travelled to work by tram for about 15-20 minutes, and returned the same way. I settled into the town easily: I was able to explore the town and places to eat with the conference guests, and had a lot of fun in the town with my fellow intern. Out of work I did not socialise much as I didn’t know many people, and the institute is quite small, and most people work part time. I spent most of my time with another intern from Oxford. I travelled to other parts of Germany on weekends to visit friends and family. At the institute, I was supervised by two people who worked there part time. I was given small to large publishing tasks, or I took part in a conference or smaller presentation held by a researcher at the institute. This meant that I learnt a lot about the kinds of research done at the institute, as well as learning about publishing. I wrote a report on the conference I had attended and helped organise, which will soon be on their website.

LASTING IMPRESSIONS
I was really inspired to come back to Germany, it seemed like a fascinating and very progressive place, and particularly fell in love with Berlin. This was an incredibly inspiring and educational internship, where I was able to learn so much about academia, education, activism, and publishing. I was also inspired by learning so much about human rights, and am now looking for internships in this area. It has shown how academia focussed on history and culture can have a direct impact and still be very linked to the education sector, which was something I had considered often as a future career.

ADVICE
• Braunschweig is a beautiful place and really well connected to other towns if you want to travel more! Learning German is always useful, but is not necessary at all! I felt very comfortable and welcome without knowing any German at all. It would help with general life in supermarkets/bakeries/restaurants, however everyone at the institute is fluent in English. The dress code is pretty casual, and everyone is incredibly friendly and helpful. There are many opportunities to request tasks that play to your interests/strengths, and many opportunities to meet very interesting people. I even spent a day in a bookbinders learning how to make books.
Global Canopy Programme, Oxford, UK

William Doherty, The Queen’s College, 3rd Year BA Modern Languages (German)

Work Projects
My primary task was carrying out assessments on companies and financial institutions for one of the programmes the organisation was running. These assessments rank companies and investors based on their public policies and commitments, as well as their potential impacts, on tropical forests in the context of forest risk commodities. Before starting any assessments, I was provided with personal training on assessment methodology, and was then provided personal feedback having completed two or three assessments to see how I was finding them. Here I could raise any issues or questions. I also carried out research on national and sub-national jurisdictions for which I similarly received training on methodology, assessing them on a similar basis. In between assessments I often helped with the updating of company profiles to ensure that they contained the most up-to-date information and to check whether any major structural changes had occurred since the last reporting period. I was offered the opportunity to undertake a research project on certain certification schemes for a forest risk commodity which I happily accepted. This involved in-depth analysis of the commodity in question as well as the certification schemes available, their uptake, and the general certification landscape. The research culminated in a written report which I presented to team members and a few other interested individuals, and the report was made available to team members afterwards.

Daily Life
My first impression of my co-workers were that they were very open and friendly, and this held true throughout my entire time there. Whilst everyone was very busy with work given the project was reaching crunch-time, we often shared interesting things we had found during our work, commiserated with one another about Brexit or talked about weekend plans. Everyone was very open and approachable, and emphasised the fact that if I had any questions or encountered any problems I should feel free to let them know. We worked in a small open-plan office together which made for a nice atmosphere. Despite being new to the sector and unfamiliar with the assessment methodology, I felt at home very quickly, and the constantly pleasant and welcoming attitudes of my co-workers definitely helped with this. There were also two other interns present for the first half of my time there, and we would always sit together for lunch and chat both about work and other things. We also occasionally went out for lunch as a whole team and shared lunch outside in the garden. I lived very close to where the work was located (a 10-minute walk) so the daily routine was very easy and practical. It was highly enjoyable to work within a team who were clearly passionate and interested in their work, and to be able to contribute towards that was a very rewarding experience. I was very pleased to receive many kinds words form the team about my work during my internship.

Lasting Impressions
The internship definitely left a lasting impression on me. Whilst I was not interested in entering directly into the sector that the internship was involved in, the experiences and insight I gained were invaluable. Indeed, whilst the work was environmentally-focussed, it allowed me to gain many business insights and opened my eyes to the relevance of sustainability as a growing trend in both companies and financial institutions. This was
Work Projects
I analysed information available on company and financial institution websites in order to assess the company's or financial institution's deforestation policy against Global Canopy's criteria. To help me with this, I was given training sessions in how to interpret and apply the criteria, and my supervisor held meetings with me after reading through completed assessments. I also updated company profiles.

Daily Life
I arrived around 9.00 in the morning, had lunch around 1.00, and then left at 4.30 in the evening. I had lunch with the other intern and a volunteer. As I became accustomed to the work, I finished assignments more quickly, and took breaks in-between asking for more assignments, which I found made it less stressful for me and easier to concentrate on work once I had it. The first few days were difficult because I tried working straight from 9.00-5.00 without breaks in between.

Lasting Impressions
The internship gave me experience of working in an office environment, and taught me how to navigate company reports etc. I also discovered that doing online research and measuring things against set criteria is not necessarily for me. The experience gave me further conviction that I would prefer a career in academia.

Chui-Joe Tham, St Edmund Hall, 3rd Year BA History

Whilst I was not interested in entering directly into the sector that the internship was involved in, the experiences and insight I gained were invaluable. Not only interesting from a personal perspective, but also provides me with a wealth of knowledge to draw on moving forwards towards my intended career. Although the sector lies outside of the career I initially wish to begin with, it has certainly opened my eyes to other exciting opportunities that are out there and related to areas I am interested in. I was offered temporary work after my internship which I gladly accepted, and whilst working there in the long-term does not align with my current goals or plans, it is a sector I would consider moving into down the line. Either way, I met some great people who I will certainly stay in touch with. The internship was located in Oxford in an area I knew well. I was also fortunate enough to be able to stay in my college accommodation I lived in during term time. This meant that the internship did not involve visiting a new area or country, but for me the foray into a new area of content was more important than the location.
Work Projects
I completed an eight-week internship at Hang Seng Management College in Hong Kong, a private business university. During my eight weeks, I worked primarily in the Hall Management Unit, which manages the recently built Residential Colleges at the College. I was involved in several projects as part of the preparation for the beginning of the new academic year. Firstly, I wrote the Report on User Feedback in the Residential Colleges Survey 2015/16. I analysed the raw survey data using Excel, displaying my findings in graphs and providing a written evaluation. This gave me the opportunity to practice the data analysis skills that I have been introduced to as part of my degree, and see how they can be applied in a different scenario. In addition, I designed fire safety posters that will be used in the Residential Colleges, corrected a variety of materials produced by the Hall Management Unit, and improved the Resident Handbook for the 2016/17 academic year. I also conducted research for content to be used on the College website.

Overall, the wide variety of tasks that I was assigned during my internship at Hang Seng Management College enabled me to develop a range of skills, which will be useful both in my degree and later in life.

Daily Life
Hang Seng Management College provided accommodation in the Residential Colleges, which was conveniently located only a two-minute walk from the Hall Management Unit Office where I worked. I shared a three-person room with another intern from the University of Oxford, who I spent a lot of time with. Each floor of the Residential Colleges has a Common Room, where we were able to do some simple cooking and meet College students and other international interns. My working hours were between 9am and 6pm, with an hour for lunch. Everyone I worked with was very kind and welcoming, inviting me both for lunch and out for the day at the weekends. I was able to use the College swimming pool and gym in the evenings, as well as the College library. The College was very close to the bus stop and underground, so it took only about forty-five minutes to travel to the centre of Hong Kong. I spent many evenings and every weekend exploring Hong Kong, as well as getting to know other students that lived off-campus, who showed us around Hong Kong and even invited us into their homes.

Lasting Impressions
I applied to do an internship in Hong Kong because I was keen to experience another side of China and Chinese culture, after recently travelling to Beijing. During the eight weeks I spent in Hong Kong I experienced many different areas and sides of Hong Kong, such as witnessing the incredible views of central Hong Kong at night and getting lost in the narrow but beautiful streets of Macau. Perhaps the most memorable part of Hong Kong was exploring the amazing natural environment, from seeing endangered dolphins in the wild off Lantau Island, to witnessing an incredible and thrilling thunderstorm from the back of a late-night ferry returning to Victoria Harbour. But I was also overwhelmed by the generosity of everyone I met, particularly those at Hang Seng Management College, and it was so valuable to have the opportunity to learn even a little about the culture and way of life in Hong Kong. The weather was too hot and humid to do any hiking during my internship, so I would love to return to Hong Kong at a cooler time of year to go hiking and be able to explore more of the amazing scenery.

Eleanor Ridge, Lady Margaret Hall, 2nd Year BA Philosophy, Politics and Economics
WORK PROJECTS
I was working for the Career Planning and Development Office of the Student Affairs Office at Hang Seng Management College. My main project was the Careers Guide which they were creating for the first time. I had to research and explain elements of the job application process and provide advice to students. The documents I produced went straight into the Careers Guide. I was also asked to provide advice to the Careers Office about how they could improve programmes. My second task was to go through minutes of meetings relating to Student Affairs and convert the contents into policy documents which would be used for reference purposes, as well as identifying the gaps in the records. I found I completed tasks more quickly than they anticipated so by about the fifth week I had run out of work to do. To remedy this, I proposed a project, a survey about students’ attitudes towards careers. When I suggested this, we had a meeting to discuss what the aims of the survey would be. I was fully supported in designing and carrying out the survey, including financially as prizes were given for responding to the survey, and in analysing and evaluating it. I was also given the opportunity to present my findings. As well as these projects, I did a smaller project researching members of the college council for the website and was given numerous editing tasks, in which I had to improve the English of documents.

DAILY LIFE
Throughout my internship, I lived in university accommodation. One other student was doing the same internship and we shared a room. We spent most of our time together and became very close. My colleagues were very welcoming and I was picked up at the airport by a student who I became close friends with. Working hours were 9.00 – 18.00. In the evenings, I would either go out and explore Hong Kong, go and have dinner with a friends in Hong Kong (including other Oxford students doing different internships) or go for a swim in the campus pool, cook dinner and then maybe read or watch TV. On the weekends, I explored the region. In the two months I was in Hong Kong, I went almost everywhere – to the islands, to Kowloon and to Hong Kong Island. I ate lots of nice food, went to markets, swam in the sea and visited coffee shops. My favourite places were Kennedy Town and Stanley. One of the best things about Hong Kong is the different forms of transport – I loved getting the tram and travelling by boat. I also visited the house of a student from the college who helped me settle in, went out for the day with some of my colleagues and had Sunday dim sum with one of my colleague’s families several times.

LASTING IMPRESSIONS
I felt like I learnt a huge amount about Hong Kong, much of which surprised me. I hadn’t realised how distinct the lifestyles of expats and local people are in Hong Kong nor did I anticipate the slight discomfort that comes from living between the two. I was surprised by Hong Kong values, which were more socially conservative in many ways than I expected, but in a different way to the UK. Gender roles, for example, were just different and it was hard to work out whether they were more or less progressive. I do not think I could live in Hong Kong; it is too busy and crowded. I also wouldn’t want to live like an expat but don’t think local culture is that accessible. I think I would always be an outsider. I feel I have grown in confidence and do have a clearer idea about what my strengths and weaknesses are in the workplace, and under what conditions I would like to work. I still don’t know what career path I wish to take, however. I was also very glad to form genuine friendships with my colleagues and some of the students at the college.

ADVICE
• I would advise interns to really take the opportunity to explore Hong Kong. You can get anywhere in 2 hours and transport is very cheap. You really don’t need to bring any warm clothes e.g. jumpers, tights, etc., however hard that is to imagine! I was also easily able to change the start and end times so don’t be afraid to ask.
HARRIS
KYRIAKIDES LLC,
LARNACA, CYPRUS

Nicholas Ormondroyd, Worcester College, 3rd Year
BA Jurisprudence

WORK PROJECTS
I undertook a wide variety of tasks during my time at the firm. Most notably, I worked on two research projects in a small group with the other interns. We examined the legal impact of Brexit, a very topical and interesting issue, and we also worked on a comparative analysis of English and Cypriot law. The latter was a novel challenge, and provided a useful insight into the global nature of legal practice. For these projects I and other international interns worked in tandem with lawyers at the firm, who provided feedback and support so that we could develop our projects. Elsewhere, we had the opportunity to shadow the lawyers at the firm, where we came across a variety of topics, and got a chance to do more hands-on work on live cases. Here the lawyers provided clear and stimulating tasks, and were happy to answer any questions that we might have. This was supplemented by trips to the local courts, as well as the Cyprus Supreme Court, where we had the chance to sit in on hearings and talk to those involved in the judicial system. Being able to apply the more theoretical legal knowledge we receive from our studies in a practical context is an invaluable opportunity.

DAILY LIFE
Settling in was straightforward – the firm arranged for me to be picked up from the airport, provided me with very convenient accommodation, and offered help for getting around the city. The work we were assigned started gently and built up over time, and so we (i.e. the interns) were able to get to know each other and find our feet. This was helped along by group lunches, and social events involving the whole firm. Outside of work I explored the town, and took advantage of the local beach! I also went on various trips around Cyprus, saw the local football team play, and got a sense of the nightlife. I largely socialised with the other interns and those working at the firm.

LASTING IMPRESSIONS
Through the internship I gained a lot of knowledge about Cyprus and the town where I was working, as well as about their legal system, and how life and work operates there. I would certainly consider returning to live and work there, although I am not currently planning to do so. The internship helped confirmed my career ambitions to work as a commercial solicitor, in that it reinforced my prior perception of the job, whilst giving me a sense of how it works in a different jurisdiction and context. The internship did not feel like a recruitment exercise, and thus I believe that I got a genuine insight into that career, and I was able to gain practical knowledge and develop skills that will no doubt be useful to me going forward.

ADVICE
• Most notably, the description of the internship suggested that I would spend my time there solely working on a research project on my own, which I could then potentially publish. However, in reality, I undertook several other activities (e.g. when shadowing lawyers) in addition to the research projects, which were done as a group on behalf of the firm. This may change for the next year; I expect there will be more opportunity to work with the lawyers in the future. I would recommend inquiring as to what the topic of the main research project will be before you start, and do some pre-reading accordingly. My work was on a topic that I had not come across at all during my undergraduate studies, and doing this will save you a steep learning curve. I would also recommend having a look at the Cypriot legal system beforehand; it is fairly unique and complicated, and you will gain more from the experience if you have a reasonable understanding of how things work. Finally, the dress code was quite formal, with black trousers and white shirts (for men) being required, although this wasn’t too strictly enforced.
WORK PROJECTS
My internship was in the manuscripts department and my work here involved a) the transcription and some preliminary edition of a section of a 15th c. Latin manuscripts, b) the description and cataloguing of two Latin manuscript fragments dated to the late Carolingian times (ca. 10th century) and c) the conversion of these documents from Word to XML so as to publish them on the library’s database.

DAILY LIFE
The Herzog August Bibliothek is located in Wolfenbüttel, a quiet little town in central-north Germany. The library provided me with nice accommodation which is only a three minute walk from the building where I worked. The internship coordinator Frau Melzian and my supervisor Dr. Heitzmann helped me a lot in my first few days here by introducing me to all their colleagues and giving me a basic idea of how the library functions. I usually worked in the manuscripts reading room from nine to five with two coffee breaks every day. On weekends I mostly travelled to nearby towns including Braunschweig, Hannover, Göttingen, Goslar, etc. There were many social opportunities to meet guests and visiting scholars from all over the world. We had ‘coffee hour’ every afternoon, where most Stipendiaten met to chat. There were also regular lectures, colloquia and exhibitions besides occasional social events such as summer parties, etc.

LASTING IMPRESSIONS
From the experience of this internship I find working with manuscripts and old books in general a very interesting and attractive job. I am also quite content with the peaceful life in this small German town. The working environment is relatively casual and, as I feel it, not very stressful or demanding as long as one is equipped with the relevant skills and expertise. A job like this is surely an attractive career option.
WORK PROJECTS
I was asked to write a report on student mental health in higher education. This required a lot of research and meeting with various people who know the field. The report will be published and discussed at the organisation’s events at this year’s Labour and Conservative party conferences. I was given a lot of free rein but would meet with my supervisor roughly once a week to discuss how the project was going.

DAILY LIFE
HEPI is a small organisation so often the office was nearly empty - I was not micro-managed. I could therefore work from home a fair bit but tended to go into the office whenever other staff were in as it was only a half an hour drive and they had parking available. I spent a lot of time researching online and writing up what I found.

LASTING IMPRESSIONS
It was nice to work in a small organisation as it meant everything was very flexible - no layers of management to go through to ask for permission to do something. It also meant I got to know the organisation very well and I can definitely see myself working in a similar place in the future. It was based in Oxford which was nice as I obviously knew the city and could travel to and from there easily.
Historic Annapolis, Annapolis, USA

Molly Jones, St. Hilda’s College, 3rd Year BA History

Work Projects
Historic Annapolis is opening an exhibition entitled ‘a history of Annapolis in 99 objects’ and my internship involved researching the Civil War objects set to feature in the exhibition. To do this I travelled to state and national archives, spoke to local people and collated as much background information on the objects as possible. At the end of the internship I presented my findings at a conference organised by Historic Annapolis. I was supervised by the Head Historian at Historic Annapolis, and I shared an office with him and another intern. I can’t stress enough how helpful and gracious my supervisor was throughout my project. It felt like a real collaborative effort and he was constantly giving tips or leads which I was then given free rein to follow up. What I enjoyed about the research project was that it really felt as though I was making a very tangible contribution to the organisation’s work. Hopefully my research will be featured in the 2018 exhibition, which made the internship feel incredibly rewarding on a professional level.

Daily Life
I was really fortunate in that Historic Annapolis organised a host family for me to live with for the duration of my internship. I was a bit apprehensive at first about moving into somebody else’s home, but my host family couldn’t have done more to make me feel welcome. They were constantly offering me lifts and advice and we all got on really well which was a massive bonus! They were actually on their holidays for the first 2 weeks of my internship, but I was also really taken aback by the generosity and kindness of all of their neighbours who were always on hand to help with any problems or for a cuppa. I lived a 30 minute walk from work, which could be a bit of a trek in the heat and humidity. Fortunately, colleagues and my host family were only too happy to offer lifts and so on the warmest days I was generally able to enjoy a 10 minute drive in a nice air-conditioned car. As well as work, we were constantly being taken on intern trips and on a couple of occasions, some of the interns ventured out on our own excursions. We visited Colonial Williamsburg, Baltimore, Washington and New York and got private tours of the Walter’s museum, the Maryland historical society, the Colonial Williamsburg labs and the Smithsonian American Indian museum storage facility in Suitland. Historic Annapolis also organised tours of the US Naval Academy and the State House dome, among others. I don’t think I really appreciated at first just how much work the organisation put into organising these trips, but some of them were truly once in a lifetime experiences which I’m incredibly grateful for. In my spare time, I would generally hang out with the other interns or my host family. I made good friends with the other Oxford interns, as well as our US counterparts. We would often go out for food or spend time at one another’s homes and I’m hopeful that we’ll all keep in touch.

Historic Annapolis went above and beyond to ensure we all had rewarding and interesting internships, and to make sure that our social calendar was just as jam-packed.
LASTING IMPRESSIONS
It really was a pretty fantastic summer and a large part of that was down to Historic Annapolis. They went above and beyond to ensure we all had rewarding and interesting internships, and to make sure that our social calendar was just as jam packed. With the upcoming presidential election, it was also a very interesting time to be in the US! The internship has helped me to realise that whilst I probably don’t want to work in the museum sector, I do want a job which incorporates research. It has also helped broaden my horizons in other

Samuel Burthem, St Hugh’s College, 3rd Year BA History

WORK PROJECTS
The main part of my internship was an oral history project to gather research for Historic Annapolis’s next big exhibition, Historic Annapolis in 99 Objects. I conducted interviews with several Annapolis residents about Carvel Hall, a hotel that stood in downtown Annapolis during the first half of the 19th century. My supervisor Glenn Campbell was extremely helpful on this front, allowing me to follow my interests within the interviews that we conducted together. This research turned into a presentation and a couple of blog posts. The work was interesting but also gave me a feel for how museum research is conducted and disseminated to the public, and above all drove home to me the importance of making information accessible to those not lucky enough to have studied history as an academic discipline.

The work gave me a feel for how museum research is conducted and disseminated to the public.

DAILY LIFE
Historic Annapolis kindly arranged for me to stay with a host family for my time in Maryland. We got on really well and I was able to very quickly settle in to the Annapolis lifestyle. My host family lived on the water so I was able to take a kayak out a few times a week which was one of the main highlights of my time in Annapolis. I was able to walk to work, but even the interns who lived further out were able to get lifts most days from the employees at Historic Annapolis, who were all incredibly kind and welcoming. When not working I spent most of my time with the other Oxford interns and the American interns who were also working there during the summer period. Every other day we seemed to be going to another fantastic museum, many of which we received exclusive behind the scenes tours for, and we were often welcomed into the houses of HA’s staff for home cooked food and good company.

LASTING IMPRESSIONS
Maryland is probably one of the nicest places I have ever been to. There is so much in Annapolis to enjoy, even walking down the streets you are surrounded by historic buildings, as well as having fantastic views of the Chesapeake and some of the most impressive sailing boats in the world. Historic Annapolis and Pandora Hess in particular

Lauren Kennedy, St John’s College, 3rd Year BA History of Art

WORK PROJECTS
I researched some portraits during my internship. I also did research for content for a new behind-the-scenes tour at the house. I wrote some blogs during my internship about my research and put together some educational materials. Everyone at work was very helpful and was always on hand to answer questions.

DAILY LIFE
I stayed with a really lovely host family and had lots of really great opportunities while I was there. I went by boat to Baltimore to see a baseball game, I went kayaking, and I visited Washington DC and Philadelphia. I met up for drinks with other interns. I also went on a day trip with my supervisor to Virginia to go wine tasting. Everyone at work and at the home I was staying at was really keen to make sure that I had a really good experience outside of work hours too!

LASTING IMPRESSIONS
This was a great internship. I was given a really good project and everyone was incredibly lovely. It was a nice place to be as well and I had a lot of
really great opportunities while I was there.

James Sewry, Christ Church College, 2nd Year BA History

WORK PROJECTS
The principal project I undertook during my internship was to help with research towards Historic Annapolis’ upcoming exhibition, ‘A History of Annapolis in 99 Objects’, due to open in the spring of 2018. I took an in-depth look at the Annapolis Tea Party of October 1774, when a ship called the ‘Peggy Stewart’ was discovered to be trying to import tea illegally into the colonies. Historic Annapolis owns a fragment of the ship in its collection. My research focused on the event’s broader history and narrative, trying to piece together a coherent and historically accurate account based on fragmentary, and often conflicting, sources, as well as on the object itself. This research was then presented to the public in a lecture. But I also assisted Historic Annapolis in other areas too, including helping out with their children’s summer camp, and giving tours of the William Paca House, the historic house where Historic Annapolis is partly based, and which was constructed by one of Maryland’s signers of the Declaration of Independence. There were many field trips to other local historic sites and museums, including to Colonial Williamsburg, the Walters Art Museum, and the Maryland Historical Society. These excursions greatly enhanced the internship experience, and provided a more in-depth cultural exchange.

DAILY LIFE
Daily life was varied and fun. I was living very close to work, with the commute taking only five minutes or so by bike. I stayed with a host family, who were very friendly, welcoming, and laid-back. After work I socialised with the other interns from Oxford, or with some of the American interns working for Historic Annapolis, by going to a local coffee shop or having dinner together. The large number of American interns made the internship experience more enjoyable. Early in the morning or in the evening I would fit in some sport, usually a run. The weekends would often include more sightseeing; we were able to fit in a trip to Washington DC, for example.

Virtually every person I came across was keen to make sure I was getting on okay.

LASTING IMPRESSIONS
My lasting impressions are overwhelmingly positive. Virtually every person I came across was friendly and keen to make sure I was getting on okay. Annapolis itself is a beautiful little town, and provided a lovely environment in which to live and work for the summer. I would happily return to Annapolis. My experience gave me a useful insight into a non-profit museum, historic house and preservation organisation. It has confirmed my interest in the sector, although that interest does not, at least at this stage, extend to pursuing permanent work in the field.
**WORK PROJECTS**
We carried out a qualitative research project exploring filial piety, producing a short documentary film and 5000-word research paper on our findings, which we presented to an audience mainly consisting of academics, interviewees and interested 3rd party organisations/NGOs. Work was carried out independently, but the filming equipment and a workshop on qualitative research were provided by the host organisation. We also had a supervisor to go to if we encountered any problems.

**DAILY LIFE**
Over the six weeks we had a lot of interaction with various people and professionals in Hong Kong due to the nature of our work and interviewing, which in turn required us to travel a lot. Initially we were introduced and settled in with many welcome dinners and an orientation. Following this, a standard work day (10-6pm) included going to the office or travelling to meet an interviewee and conducting research for our project. In the evenings and weekends I socialised and ate with the other interns, and then we often went out to explore Hong Kong and meet new people.

**LASTING IMPRESSIONS**
I have had an absolutely amazing six weeks here, and I really love Hong Kong; it was amazing to get a taste of working in such a fast-paced and exciting metropolis. Actually what was so great about the internship was that the research itself gave us such an interesting and diverse insight into the culture and values of this society. I would definitely return to live or work here (the food is a significant motivator to do so!) and I hope I will be able return to see my new friends again soon. I wouldn’t say that this internship has changed or confirmed my career goals as I didn’t really want to go into research prior to it, however having met so many different, interesting people has really opened up a whole new world of amazing jobs and opportunities, most of which I had never heard of or known about prior to this experience.
WORK PROJECTS
We had three main tasks to complete for this internship. First was a 5000-word academic essay including qualitative research which we designed and carried out ourselves. The second was a 5 minute documentary video on the same topic as our research paper and a spoken presentation for a luncheon organised by the University. The third was a compulsory reflection paper detailing our thoughts on the internship. We had a supervisor and some additional help from an outside organisation called the Family Value Foundation, but for the vast majority we were left to our own devices. Right at the start of the internship we were given a brief workshop on qualitative research without which I doubt we could have pulled off the work that was expected of us. At the beginning of the programme there was a lot of discussion about having our papers published in journals - however, it quickly became apparent that a six week programme was not long enough for us to conceptualise, design, carry out and write up research of a quality that could be published in serious academic journals.

DAILY LIFE
The work schedule on the internship was very flexible as much of the work was individual or with your partner(s). As long as we informed our supervisor, we could more or less choose our own hours and where we wished to work. For example, I took one morning off to sort out getting a visa for mainland China, and then worked for a few hours in my room on my day off to make up for it. That being said, the ‘formal’ working hours were 10-6 Monday to Wednesday, then we had Thursdays off and a weekly afternoon meeting on Friday. However, the working hours did increase towards the end as we were squeezing quite a lot of work into a comparatively short amount of time. I didn’t get to explore Hong Kong as much as we would have liked. The accommodation is comfortable, although we had no wifi in our bedrooms. Food is not provided, although there is a canteen on campus, and the kitchen facilities are rather minimal and require you to have your own pans, plates etc. The accommodation building has a small but decent gym which costs approximately £5 per month. In terms of socialising, I spent most of my time with the other Oxford interns and the interns from HKSYU, but it also just so happened that some of my friends from my college and around China were in Hong Kong at the same time so I was able to meet up with them a few times. The evenings were mostly free (although at the beginning there were a lot of welcome dinners), so if you’re well organised you could definitely fit in quite a lot of tourism/sightseeing.

LASTING IMPRESSIONS
Hong Kong is a great city, but it is extremely expensive. I was considering applying for Masters degrees at one or more of the Universities in Hong Kong but after living there for six weeks the cost of living has actually put me off doing so. That being said, the city itself is amazing - great food, convenient transportation, and a lot of fun to be had. As for the internship itself, I am glad I had the opportunity to learn some basic research skills as I’m sure they’ll come in handy later, but I definitely don’t think I’ll be pursuing a career in research. Having the opportunity to meet people through the interviewing process was great, but the other elements didn’t really appeal to me or match up with what I hope to be doing long term. However I am glad to have tried it out, and although I will be striking research off my list of possible careers paths, I still enjoyed the experience overall. The part I will remember the most fondly is having had the opportunity to spend time with my research partner from HKSYU, as well as the other Oxford interns and their partners. My partner was very friendly and her family were very kind as well. We developed a genuine friendship which I expect will last for a very long time.

Alexandra Kimmons, Hertford College, 3rd Year BA Oriental Studies (Chinese)
HUAWEI
TECHNOLOGIES,
HUAWEI/SHENZHEN, CHINA

Jonathan Connolly, St Edmund Hall, 3rd Year MEng Engineering Science

WORK PROJECTS
The first part of the internship was spent in Beijing where we were taught basic Mandarin and Chinese arts such as calligraphy and painting. This took the form of lectures each day, which lasted for roughly six hours a day. The next week was with the British Council, and we visited some of the largest companies in Beijing to learn about how large organisations operate in China and their relationships with the government. The week after was a training course on ICT to learn about Huawei’s communication network and the internet of things (IoT). This was in the form of lectures and practical lab sessions run by the company’s employees. The final week was visiting more companies in Shenzhen to learn about their manufacturing process and what their products do.

DAILY LIFE
Mid-week, a normal day consisted of six hours of lectures/labs and the evenings were free. This allowed us to visit the local area and explore the Chinese culture in our own time. Usually on a weekend, one day would have organised activities which were paid for by the company, and the other day was free for us to either relax or do more exploring of the local area.

James Povey, St Peter’s College, 2nd Year MSc Engineering Science

WORK PROJECTS
When we arrived in China we headed straight to the Beijing Language and Culture University for a week of Mandarin lessons. The lessons were fun and we learnt valuable skills that would help us throughout our time in China. During the rest of our time in Beijing we undertook a leadership and cultural course put on by the British Council and Common Purpose. We also visited the headquarters of other companies in Beijing such as Goldman Sachs. After Beijing we flew to Shenzhen, China’s first Special Economic Zone, and a hub for electronics. Here we undertook a course in telecommunications at the Huawei headquarters. On top of this we visited several other companies that headquartered in Shenzhen.

DAILY LIFE
Breakfast was provided in the morning every day before we were transported by bus to the offices or the company we were visiting that day. We travelled in a group of 50 students, however outside of work hours we were given lots of freedom and were allowed to explore China at our own will in

LASTING IMPRESSIONS
This internship gave a great insight into Chinese culture, and how companies operate in the country. It has opened my eyes to seeking jobs in China, due to its fast pace of work and booming economy. I definitely want to go back to China when I next get the opportunity, and will now search for any career options that are available in China for when I graduate.
Work Projects

The internship took place in Beijing and Shenzhen. The first week took place at Beijing Language and Culture University studying Mandarin and calligraphy. The accommodation was within walking distance from the classes and breakfast and lunches were paid for. There were also several group dinners that were paid for. Towards the end of our stay in Beijing we took part in a collaboration with Common Purpose and the British Council where we visited companies such as Goldman Sachs. There was an opening ceremony at the Park Hyatt Hotel where we were given the opportunity to network. We then flew to Shenzhen, where we did an ICT course and made visits to businesses, organised by the British Council. They also organised trips to tourist attractions as well as all the courses we sat.

Daily Life

Every day started with a group breakfast and then either a walk or coach journey to campus to learn Mandarin/ICT. There was a group of 50 UK and Irish students on the programme so most evenings and weekends were spent socialising and visiting tourist attractions. One free weekend was spent in Hong Kong.

Lasting Impressions

The internship is a great opportunity that I would encourage anybody interested in working abroad or interested in travel to apply to. China is an incredible place and I found the culture fascinating.

It was interesting gaining an insight into the way of life of the Chinese people and observing the differences in culture. I would definitely return to China however I am not sure whether I could work there for an extended period of time. The visit to Hong Kong was a much more eye opening experience with respect to employment. I could definitely see myself working there. The internship definitely opened my mind to the prospect of living abroad.

Amina Ali, Trinity College, 2nd Year MChem Chemistry

WORK PROJECTS

The Seeds for the Future programme was primarily an opportunity to delve into ICT, to learn about the systems which make our world today so well-connected. We were able to visit Huawei’s production line and central headquarters, attend talks on ICT Industry Trends and complete an

Armen Bodossian, Trinity College, 4th Year MPhys Physics

WORK PROJECTS

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We worked through a 32 hour ICT course about the next generation of telecoms technology, completed a 32 hour Mandarin course at the Beijing Language and Cultural University and visited places of cultural interest including The Great Wall, Forbidden City and Hong Kong.

Aravinth Kulanthaivelu, University College, 4th Year MMathPhys

**WORK PROJECTS**

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**DAILY LIFE**

We were thrown into the deep end almost instantly - learning the names and subject-choices of 48 other ‘seeds’ is, as you can imagine, a mammoth task. However, this is where this unique programme sets itself apart from any regular internship. It really adds to the experience to work with fellow STEM students from across the UK & Ireland, establishing friendships that will no doubt endure long after this internship is over. With the work came China - a glorious country that can only be appreciated by experiencing it first-hand. The language and culture course in Beijing opened up a gateway to interact with Chinese people. In our free time, we managed to join Shenzhen F.C.’s exclusive fan-base, take over a live gig in Shekou and ordain the photo albums of many locals with our countless selfies with them. Huawei took us to many sights such as the famous Tiananmen Square and the imposing Great Wall of China. We saw paintings to pandas and ate everything from chicken feet to Peking duck.

**LASTING IMPRESSIONS**

I am very grateful to Huawei for running this internship. I hope it will continue to inspire students like myself to pursue a career in ICT, whilst giving them the unbeatable opportunity to visit China and broaden their horizons.

Aravinth Kulanthaivelu, University College, 4th Year MMathPhys

**DAILY LIFE**

Daily Life involved working through scheduled activities generally from 9am-5pm, with the evening generally being free time. On many evenings there would be a scheduled activity such as a networking event or a welcoming reception.

**LASTING IMPRESSIONS**

I felt that it was less like an internship where you get hard experience in professional work and more like a programme that allows you to experience various aspects (mostly related to business and entrepreneurship) in China.

**ADVICE**

• The money given by Huawei goes much further than they suggested, hence much less of your own money is needed. I only used £100 of the suggested £400.
HUAZHONG
UNIVERSITY OF SCIENCE AND TECHNOLOGY, WUHAN, CHINA

Emily Hutley, Worcester College, 2nd Year MEarthSci Earth Sciences

WORK PROJECTS
During my internship, I was researching into renewable energy, specifically into renewable energy projects in China. We designed our own projects and received feedback on them once a week. I decided to write a report on the water footprint of biomass pyrolysis, mainly because the tutor was a specialist in this area.

DAILY LIFE
Settling in took nearly a week, as registering at the university was a bit of a challenge. My Chinese helper, Steve, was incredibly helpful and friendly to be around until the other interns arrived. I walked to the office where I worked every day, which was around 10 minutes. I settled in when the rest of the interns arrived around a week after me, and in the evenings we would have meals together and go out for drinks or to explore areas around the university. On weekends we would travel around China, such as going to Xi’an to see the Terracotta Warriors. I socialized mainly with the other interns, my Chinese helper and the International Students’ Officer at the university.

LASTING IMPRESSIONS
The internship changed my mind about how committed China is to renewable energy, how it is becoming a world leader in the development of renewable energy, and its efforts to make this development sustainable. China is a very interesting country, with many incredible sites and areas. The language is very different and as such extremely fascinating, especially the characters. I would return to China to travel, and I would work in Hong Kong, Beijing or Shanghai. It has made me realize I do not want a job that is in an office all day, and that I want to work hands on in the energy sector.

Zehan Chen, Brasenose College, 2nd Year MEng Engineering Science

WORK PROJECTS
The lab I was working in mainly focused on LED packaging techniques, and solutions on different problems that occur in LED packaging, such as lighting quality, heat dissipation, and power consumption. I was given the time and more than enough information to have a deep look into each step and sections, and also understanding what they are up to. And I was given the instruction to understand, and make myself a light-emitting LED lightbulb.

DAILY LIFE
My typical day starts at around 7.30, when I wake up and have breakfast at the university canteen. And work starts at around 8.30 in the lab or office. Typically jobs in the lab and office include learning to build the LED, reading previous papers published by the lab, collecting lab data and helping out during experiments. Work periods are from 8.30 to 11.30 in the morning and 14.30 to 17.30 in the afternoon. Usually out of work I would play badminton or basketball with friends or colleagues in the lab. There are chances to socialize with other people conducting summer research in the university, and also people from different departments.

LASTING IMPRESSIONS
I applied to this internship mainly to get a taste of what doing research is like. And I think this internship gave me an insight into the research environment in China. People are generally nice and willing to help out. I may not consider living in Wuhan afterwards, but the research experience would definitely make me reconsider my future decision of whether to opt for a higher degree or not.
WORK PROJECTS
Unfortunately it wasn’t possible to complete the intended project for this internship due to a last minute change of supervisor. Instead, I came up with a project title for myself: ‘The role of policy in encouraging the development of renewable energies in China: past and future’. I enjoyed writing this report greatly. The international students office on campus were very helpful and kindly allowed myself and two other interns to take part in a cultural exchange that involved us attending some Mandarin lessons. This was very valuable and I enjoyed it a lot.

DAILY LIFE
My daily life would consist of breakfast in the canteen on campus (noodles with sesame paste and chillies), working in the office from 9-11.30am on my report, having canteen lunch (probably rice and vegetables), afternoon nap, working in office 2–5.30pm, dinner in canteen or out of campus with friends. We travelled at the weekends as life on the campus could become quite monotonous. This was great though, as I got to travel around China. After the internship finished I also travelled to Shanghai and Beijing which were fantastic, and from both living in Wuhan and attending some Mandarin lessons. This was very valuable and I enjoyed it a lot.

LASTING IMPRESSIONS
I loved seeing China, and it was a great insight into life on campus at a university on the other side of the world. Thanks for the opportunity to live and work somewhere I would never have travelled to otherwise! I am now considering spending a year in China after I graduate to improve my (very basic) Mandarin. Having the opportunity to spend six weeks on a report was also actually very valuable, although unforeseen; it was enjoyable to be able to create a piece of work that combined my subject (Earth Sciences) with the world of politics.
IARU CAMPUS SUSTAINABILITY PROGRAM, SINGAPORE

Benjamin Kobryner, St. Peter’s College, 3rd Year, BA Geography

WORK PROJECTS
The internship was based in the Office of Environmental Sustainability at the National University of Singapore. The aim of this office is to implement effective sustainable practices on campus, both in departmental buildings and student residences. My main project focused on the Green Mark (equivalent to BREEAM) accreditation of university buildings and green building standards more generally. I was tasked with establishing what data was most important to capture and subsequently created a framework for a database that will be used to facilitate the comparison of the energetic performance of university buildings which have acquired Green Mark certification. As part of my work, I notably identified commissioning programmes as a means of enhancing infrastructure sustainability. This work was very enriching as it required the use of both qualitative and quantitative approaches and I was exposed to the particularities of an emergent industry. In addition to this project, I helped in setting up the rooftop community garden for our office building and contributed to the organisation of a tour for secondary school students that explained the sustainability features present in the new university campus. I received a lot of support throughout the internship, ranging from an initial explanation of OES’s main objectives and past work to regular feedback on the work I was completing. My boss often advised me on the best places to look for information and what elements to consider for my final report.

DAILY LIFE
Settling into life in Singapore and at NUS could not have been easier thanks to the assistance provided by my supervisor. He very efficiently dealt with all the important administrative tasks, such as booking my accommodation and running me through the visa application process, and he took great care in explaining to me how OES works and about the sustainability of their office building. It is fair to say that my internship would not have been as much of a success had my supervisor not been there as, moving beyond work, he also frequently showed me the cool parts of Singapore that tourists do not normally get to see, including where to get the best durian! My work day would normally begin by 9:00 and end by 18:00. Since I was living on campus, it only took me a 10-minute bus ride to get to work using the free internal shuttle bus. Most of the day would normally be spent working at my desk in the open-plan office, conducting project research, completing data analysis and writing up my report. I also provided support in gardening tasks and went to a few meetings regarding the secondary school tour. In addition to a couple of tea breaks, I would always go out for lunch

This internship has been a fantastic experience, which I would highly recommend to anyone interested in gaining experience in the field of sustainability - especially given the opportunity simultaneously to explore a new culture!
with my supervisor, another IARU intern from the Australian National University, and two interns from NUS. Food is varied and cheap at NUS given the large number of subsidised canteens which is a big advantage of working in this university. I also frequently went to talks organised within the university and even in the centre of Singapore, such as on water scarcity and the circular economy. In my free time, I generally socialised with other international interns living in my student residence, often going into the town centre to get to know the different areas of the city better.

LASTING IMPRESSIONS
Overall, this internship has been a fantastic experience which I would highly recommend to anyone interested in gaining experience in the field of sustainability, especially given the opportunity to simultaneously explore a new culture! Firstly, I thoroughly enjoyed my project as it gave me the opportunity to learn about an area of sustainability in which I had very little prior knowledge. The satisfaction I obtained from completing my work confirmed that a career focused on sustainability would be a good option. I was very pleasantly surprised by Singapore, both in terms of activities to do and general atmosphere. It is an incredibly vibrant country with multiple ethnicities and cultures having been successfully integrated. Not only does it result in the presence of diverse areas in the city centre, such as Chinatown, Little India and Arab Street, but it means that we could enjoy a great range of delicious food in the local ‘Hawker’ centres (outdoor food stands selling inexpensive food). If you can get used to the constant heat (30+ degrees) and high humidity, then I think that Singapore would be a great place to live for a few years, and I would definitely consider it if I had the opportunity to do so. Finally, Singapore is a great base for travelling in South-East Asia; it is possible to travel to countries such as Malaysia, Indonesia, Vietnam and Thailand in a maximum of 3 hours.
I worked on two main projects - a manual for the SEEG emissions reporting platform my employer had developed (http://seeg.eco.br/en/) - a task the host organisation coordinated entirely; and a document on market mechanisms to reduce greenhouse gas emissions. This was a more independent research project.

DAILY LIFE
When I arrived my contact put me up in his home; he was very friendly and I quickly rented a room from another colleague, but only because I appreciate a degree of independence. Living here was calm and interesting; generally I used spare time to visit relatives across Brazil but I also socialised with workmates such as going to football after work. My housemate was nice enough to give me a lift to work and back.

LASTING IMPRESSIONS
I love Brazil, but already knew this. The internship has made me seriously rethink economics, and climate is now something I definitely want to work with.
IMAGES HEALTH, LONDON, UK

Imogen Duffy, Oriel College, 3rd Year MBioChem Molecular and Cellular Biochemistry

WORK PROJECTS
I was involved in data analysis: designing models for analysis of global pharmaceutical markets. I then put the results of said analysis into presentations for my seniors in the team to present to clients. I also contributed to extensive research for the firm’s newest white paper publications.

DAILY LIFE
I commuted into King’s Cross by tube at around 8am. I would then set up my desk (the firm has a clear desk policy for security reasons). I’d check my emails and calendar appointments for the day to ensure I had my priorities and tasks for the day. I would then pick up on one of the tasks. Usually mid-morning one of my seniors would check in to establish my next meeting. We would also have a weekly team meeting to go through the immediate calendar. I usually took 45 minutes – an hour for lunch. Depending on the weather we either ate outside or in the communal space in the office. We often went out for team lunches for special occasions: we lost a few members of the team to other divisions and gained a new consultant during my placement. I would leave the office when I had finished my work for the day and tended to establish what task I should start the following morning. On Fridays there were usually post work activities in the office or a nearby venue.

I have developed a much better understanding of the pharmaceutical industry and the analysis involved. I would definitely consider returning to the firm.

LASTING IMPRESSIONS
I thoroughly enjoyed my time at IMS Health. I got on very well with the team and I found the office surroundings very easy to settle into. I have developed a much better understanding about the pharmaceutical industry and the analysis involved. I would definitely consider returning to the firm and thoroughly enjoyed the location of the office.
WORK PROJECTS
While at the IFR I worked within the Analytical Science Unit – a friendly life raft of Physicists, Chemists and Statisticians amongst the sea of Biologists found at the IFR! The group focuses on food adulteration and authentication using chemical analysis. My project focused upon coffee – a commodity second only to oil in global net value and with production becoming increasingly strained by the pressures of climate change, one that’s rapidly increasing in worth. It is easy to see why adulteration is lucrative. Building on work started by a previous student, I used low field NMR to analyse coffee samples and refine the extraction techniques in order to lower detection limits between different bean types. A combination of literature sources, undergraduate chemistry and my supervisor’s experience lead us to a successful solution, which I then validated by extensive data collection and repetition! From this the project expanded to new applications of the technique. Along the way I gained new skills for data processing in MATLAB, EndNote and MestReNova. In the case of MATLAB, this was my first exposure to coding but by manipulating existing work, an afternoon of instruction and through extensive use of the ‘help’ button I was able to produce some useful outputs! In terms of more traditional chemistry, I learnt about lipid extraction methods plus the workings of low field NMR and how adaptations to relaxation time, filters and scan number effect spectra. It was especially satisfying to see my work resulting in both patents and papers for the group.

DAILY LIFE
I decided to rent a flat in the suburbs of Norwich for the 8 week internship, which I usually lived in during the week before travelling back home for weekends. Compared to Oxford, the rent is cheap and fortunately the generous stipend provided was more than adequate for living costs. My first impression upon arrival was how relaxed and friendly everybody was, in contrast to previous working environments. There were two of us summer students in the Analytical Sciences Unit, and a smattering across the rest of the IFR, most of whom were undergraduates at the nearby UEA but in a variety of fields. Settling in took a matter of hours, after a quick orientation tour and introduction to the project, I was left to my own devices to get on. This was very much the tone of the whole internship experience – which is by no means a bad thing, and quite possibly the best thing. Hours were very flexible, fitting around how much work you had that day, waiting times for experiments or if you wanted to avoid rush hour; a stark contrast to life in Oxford which was a pleasure to experience. During my time there were numerous seminars and other events organised by NBI which anyone was welcome to attend, including fortnightly ‘coffee break science’, a Dragons Den competition and a summer BBQ – all (most crucially) with free food.

LASTING IMPRESSIONS
The focus at the IFR is always on the correct way to do something, rather than the quick or efficient way. This (weirdly) removes the sense of time pressure you get when you have to produce results in a time frame and are being tracked by time sheets or project leaders. Mostly working on your own to get the project to work as well as possible nurtures a greater sense of responsibility and satisfaction in your work too. As for the environment – Norwich is not all that bad! UEA is similarly pleasant, only a 10 minute walk from the IFR, and full of places to visit at lunch. I lived about 20 minutes’ walk outside the city centre, which like UEA is packed with stuff to do, from cafés and bars to museums and markets. In terms of career progression, it was a truly excellent experience, and I have gathered a much broader set of research skills (especially in computational work) which I wouldn’t have encountered in any other job. For my career goals – it has confirmed my desire to join a ‘consultancy type company’ rather than a specialist organisation. It is difficult to imagine working on only one project for more than 8 weeks, hence I would like to work in an environment where clients bring a larger variety of problems and subject matters and thus you’re constantly forced to learn new things rather than simply refining one.
INSTITUTO BUTANTAN, SAO PAULO, BRAZIL

Eleanor McKay, Lincoln College, 3rd Year BA Biomedical Sciences, ☎

WORK PROJECTS
I worked on three different projects. The first project was investigating enteropathogenic E. coli - one of the leading causes of diarrhoea in Brazil. I then went on to help engineer an antibody fragment for use in a diagnostic test to enable differential diagnoses of zika virus and dengue viruses. These two viruses are very closely related and are currently confused in diagnostic tests. My third project was researching the bacterium Leptospria spp. All of these projects are related to serious health problems in Brazil, and so for me, something that was very motivating to research.

DAILY LIFE
Getting the bus and the metro through Sao Paulo with the locals every day was a great way to experience the real Sao Paulo. Seeing the enormous crowds at rush hour helps you understand what it really means to live in the third largest city in the world! Being in Brazil in the summer of 2016 was amazing - I travelled to Rio for the weekend to go to the Olympics and even in Sao Paulo the Olympic excitement was high. I also planned travels to other parts of Brazil - a truly stunning country which the internship is facilitating travel around. Making friends with Paulistas in the lab was amazing - they were beyond welcoming. They enabled me to experience Brazilian culture in a way that would not have been at all possible as a tourist, I feel very lucky! I also loved learning Brazilian Portuguese. My Grandmother also grew up in Sao Paulo in the 1930s and 40s so it gave me the opportunity to visit the places where she grew up - including her old house which is still standing. Living with other Oxford interns meant I could visit the city with others.

LASTING IMPRESSIONS
I loved learning about the Brazilian way of life. I would love to return to travel more. The lab work has confirmed my future desire to pursue a career in research and apply for further educational study in my field. I was taught a wide range of lab techniques which will be invaluable for my CV and future applications.

Andrei Florea, St Cross College, 3rd Year MBiochem Molecular and Cellular Biochemistry ☎

WORK PROJECTS
The project involved working on recombinant peptides derived from a toxin found in the bristles of the L. obliqua caterpillar, an invasive species around Brazil. The applications of these peptides were in the field of cicatrization and wound healing, with the peptides aiding what appears...
to be scarless wound healing. We also had the opportunity to work on various side projects in collaboration with other PIs or postdocs, and the Institute runs the programme in such a way that as interns we were exposed to all the facets of research at Butantan. For instance, we were taken on various lab tours and demonstrations, had the opportunity to see a snake venom extraction from live rattlesnakes or to work in the Biochemistry and Biophysics department in the animal facility, a state enterprise run in collaboration with GSK. The labs were very well equipped and the research staff very helpful. I would like to take this occasion to personally thank Dr. Sonia de Andrade and Dr. Sonia Will for the wonderful supervision offered as well as Dr. Asif Iqbal for the collaboration on a side project that led to a publication in an Elsevier Journal. Last but not least, the Institute in collaboration with the British Consulate in Sao Paulo offered free accommodation and food and were really helpful in making all necessary arrangements for our arrival there.

Overall, the experience strengthened my resolve to go into research, and it opened the gates of potential future collaborations with the people from the Institute.

DAILY LIFE
The accommodation was simply stunning, in a large apartment in the heart of Sao Paulo in the Paulista neighborhood, with plenty of things to do around, and some excellent gastro-bars and restaurants in the Italian neighborhood nearby. The flat itself had a great view of the downtown skyline, and it was very well connected to both the underground and bus networks. Having to adapt to the heavy traffic meant we had to get to work by bus in the morning and by metro on the way back. We were offered free food at the institute 3 times a day. Research was intense but fruitful and I would recommend this experience especially to later year students of Biochemistry, Biomedical Sciences or Medicine as the programme is very interdisciplinary. Also, the labs had a vibrant social life outside of work as we often went to pubs with the lab after hours to experience the Schopp craft beers that are so famous in and around Sao Paulo or the vibrant cultural life of the city, with visits to fascinating exhibits or talks around town. To be completely honest, Sao Paulo is a city with something to do for everyone. Personally, I enjoyed making friends with Brazilians as they are a very approachable and warm people and it truly helped me with learning Portuguese.

LASTING IMPRESSIONS
I believe the experience has definitely acted as a boost to my future career as we managed to put a publication into press during my time there. Also, the great number of techniques that I was exposed to, most of them foreign to me at the time, will definitely be beneficial in my research career as these can all be taken as transferrable skills in other areas of biochemical research. Brazil is a simply stunning country. Outside of work I managed to travel to Ilhabela for the weekend, a gorgeous island off the coast of north-east Sao Paulo State, and to the Serra da Cantareira National Park where I was invited for the weekend by the very kind family of a Brazilian friend I made during my stay in Sao Paulo. As I said before, I was amazed by the warmth of the people and the welcoming atmosphere of Brazil in general. Even though the country passed through political turmoil this summer with protests being held all around the city, I never had the feeling of being any less safe than usual. Overall, the experience strengthened my resolve to go into research and it opened the gates of potential future collaborations with the people from the Institute.

Luke Howard, St Anne’s College 2nd Year BA Biological Sciences

WORK PROJECTS
The pharmacology lab at Instituto Butantan had me directly involved with two projects. The first project looked into the neurological pathways by which depression and anhedonia can be induced, specifically depression caused by physical stress and depression caused by psychological stress. The ultimate aim of the project was to provide evidence of the type of pathways antidepressant drugs must try to normalise and the type of antidepressant drugs that are most required. My roles included helping administer stressors events (events that make the rats stressed for a short period of time) to the rats to promote depression, and the slicing and preparation of brains to be stained for microscope analysis. At one point, my supervisor helped guide me through a brain surgery procedure for injecting drugs into a rat’s brain, which I then completed independently on my second attempt. The second project investigated the possible application of a newly found protein in a spider’s...
venom. The protein has shown promising signs of inducing penile erection through mechanisms that modern drugs (such as viagra) do not. The implications of developing a drug from this protein are huge, since there are many men (such as those who have had their prostate removed) who cannot produce an erection and for which modern drugs have no effect, yet it is believed this protein would. I oversaw surgeries in which this drug was administered and effects were recorded in an attempt to find a safe dosage. My lab and supervisor guided me through any procedures they set me to do and were infinitely helpful with any concerns I had.

DAILY LIFE
With the internship in another country with a largely different culture, I was initially worried about settling down; however it didn’t take me long. Instituto Butantan organised accommodation for us in the nicest area of Sao Paulo, which meant I didn’t feel intimidated and immediately loved my accommodation. Each morning I left the apartment by 8:20 and took the 40 minute bus to the institute. Being located in a busy part of the city meant I was only 5 minutes’ walk from a major bus stop and metro station, making all of Sao Paulo accessible. Once at the institute, I was reminded of the tasks to be completed that day before I worked until the free lunch at 12:30. After lunch the lab would get back to work again until the end of the day at around 16:30. The work rate was never too much and rarely boring. At 16:30 I would get the metro back to my apartment where I would cook, relax, and do some possible university work. At the weekend, or when I had free time in the evening, I often went exploring. Sao Paulo is the world’s third largest city and so has an infinite number of things to do. I took the metro to new regions of the city to see markets, parks, cultural buildings and even to a bar or two. On one occasion I visited the famous Masp Art gallery, where I saw paintings by the likes of Picasso and Van Gogh. I rarely did these things alone, but with newly made friends. Everyone in the Instituto was friendly and happy to give advice and spend time together out of work. I also did some travelling before my internship, in which I made friends that I met up with during my internship and who showed me new things to do. The social aspect of my internship was great.

LASTING IMPRESSIONS
Overall the internship has been enjoyable and insightful. I was exposed to a new country and enjoyed it all - the people, the nature, the scenery, the warm ocean water.

ADVICE
- It’s going to be so much fun! Start learning
- The internship was enjoyable and insightful. I was exposed to a new country and enjoyed it all - the people, the nature, the scenery, the warm ocean water.

- Portuguese ASAP as very few people speak English here (Duolingo is a great place to start).
- If you have the opportunity to travel, please do. Visit Ilhabella island if you can (even just for a weekend), it is beautiful and fun. Bring some warm clothes! You’d be surprised how cold it got (it is their winter; don’t go overboard with a winter coat though, just a few jeans and jackets). Get a sim card when you’re there. You may have to buy one (and many other things) through your supervisor as they have a system where you need a tax number to buy significant things, which you can only have if you live in Brazil. For a gym membership, contact the Institute and they will try and find somewhere for you (again, you need the tax code to join one).
Work Projects

I was involved in a few different experiments during my stay at the IGC, all based around testing for epigenetic transcriptional memory in HeLa cells. My lab (and the IGC in general) were incredibly friendly and supportive, and my supervisor put in a huge amount of effort to guide me through my project. The science behind the project was initially quite unfamiliar to me, but after two months I really felt like I’d got to grips with loads of new concepts - I learned a huge amount!

Daily Life

We lived near to the IGC in the residence of the Agronomica Institute so would just walk in every morning. As well as the other Oxford interns, I got to know the other people in the lab and had a really fun time with them; at the end of my internship we went out to see a concert in Lisbon by the Orquestra Gulbenkian which was a great way to finish! In the evenings/weekends I generally went out with the other Oxford interns, either to the beach or to explore Lisbon; we also spent one weekend in Porto, which I would highly recommend. I had about a month left at the IGC after the other interns had left and used this time to explore solo and go busking in Lisbon in the evenings, as well as having my family over to see me.

Lasting Impressions

I would absolutely love to return to the IGC; I’ll definitely be looking at PhD programs there! I had a fantastic impression of Lisbon, and of working as part of a research group. My internship definitely helped me confirm that I would like to stay in science after I graduate.

Shushan Toneyan, Balliol College, 2nd Year BA Biological Sciences

Work Projects

I worked at the host microorganism interaction lab, specifically studying the interaction of the intracellular pathogen Wolbachia and its host Drosophila. I worked on a method to identify polymorphisms in the copy number of a complex of genes called Octamom, hypothesized to be responsible for the level of pathogenicity observed. This involved identifying the best DNA extraction procedure as well as comparison of various PCR and qPCR protocols that can be used. Once the first part of the project was completed I continued with the screening of natural populations of Drosophila for Wolbachia mutants which involved setting fly crosses, collecting female flies, extracting their DNA and testing the DNA for polymorphisms. The institute and more specifically my supervisor and the lab group provided all the necessary support in order to ensure
the smooth running of my project. They assisted me with demonstrations whenever my skills were incomplete, advised me on what steps to undertake whenever the plan was not clear and enrolled me in the regular activities of the team, such as journal club meetings, seminars, etc. which certainly enriched my view of what it means to be a scientist.

DAILY LIFE
It can be a little stressful to settle in a new country especially with no previous knowledge about the culture, language or traditions (such as should one kiss another person while meeting them for the first time or is it considered a sign of utter disrespect if you just hug them, etc. etc.). But once the first barrier is in the past it all goes uphill from there. For me personally, experiencing a new culture while spending a moderately long time in the country is the best kind of tourist experience and summer break because as my internship has revealed there is an endless number of dishes to try, turns to make, places to explore which can’t be done in case of a short stay. Combining the challenging work, great group of friends and the sunny beaches has made my summer unforgettable. I was a bit concerned at first because of not knowing anyone in the new environment, out of my comfort zone but it turned out that there were other students in a similar position as me and we bonded even faster because of that. I enjoyed my internship to a greatest extent due to the new friends that I met here, as it is always more fun to face challenges and experience the best of the culture as a group.

LASTING IMPRESSIONS
My experience was nothing like I expected it to be. I never thought that experiencing another culture could be so much fun and that it could be done simultaneously with challenging work. Being my first summer internship my work revealed a lot of what it means to do science every day, of what the hardships are and what it takes to be a scientist. Knowing this has definitely given more resolution to my picture of what my future will be like. In addition to this I had a chance to meet other interns and students at the Institute who were eager to spend time after work together. We got lost in the nightlife of Lisbon, tried all the possible pastries and dishes in the famous Pasteis de Belem, wandered around a number of Basilica and church-es, spent hours just lying on the warm sand, went on a road trip only to run out of fuel dangerously far away from the next gas station, seen the most beautiful sights of the rocky shores and warm sands rich with seashells of all colours and forms, cooked, danced, and enjoyed the internship together. I had the best summer of my life so far and would definitely love to come back to Portugal someday.

Cristiana Banila, St John’s College, 3rd Year MBioChem Biochemistry

WORK PROJECTS
I worked in the labs of Dr. Jocelyne Demengeot and Dr. Vasco Barreto on a project aiming to characterise the importance of wild type and mutant AIRE and FezF2 transcription factors in the process of Treg negative selection.

The internship...made it clear for me that a career in science is what I would like to pursue in the future.

DAILY LIFE
The IGC is based in Oeiras, Portugal, which is a small town just 20 min from Lisbon. I was offered accommodation in a residence building just 10 min walk from the institute. People at the institute were incredibly friendly and helpful with procedures that I was not exposed to in the past. During lunch time we engaged in deep conversations on a variety of topics including biochemistry, psychology, life - everything that can add a bit of spice to the lab experiments performed on a day to day basis. In the evening, people at the IGC invited me to a large array events, including sampling delicious Portuguese food or dancing to eccentric African techno in the centre of the capital. Weekends were reserved for special trips through beautiful Portugal which enriched my overall experience; I even learned how to surf!

LASTING IMPRESSIONS
The internship at the Instituto Gulbenkian de Ciencia not only offered me an unforgettable summer experience but also made it clear for me that a career in science is what I would like to pursue in the future. I would like to apply to PhD positions in the near future so as to fulfill my ambitions of better understanding immunological processes and how they can be used so as to design better drugs.
INTERNATIONAL SUMMER SCHOOL, NEW DELHI, INDIA

WORK PROJECTS
The aim of the International Summer School, New Delhi is to promote international goodwill and cross-cultural dialogue among promising young individuals, with the hope of developing their potential as future leaders in government, business and civil society. Indeed, the underlying aim of ISS is to equip its scholars with the communication skills needed in today’s globalising world by introducing them to perspectives different to their own. With India as a study model, the programme offers undergraduate course modules and experiences which introduce students to a range of issues and debates shaping contemporary developing societies world over. I was mainly responsible for external communications: I wrote to individuals and organisations; organised events and outings; and, at the conclusion of the programme, wrote reports for our funding and institutional partners.

DAILY LIFE
The accommodation provided by the employer was located in the affluent Delhi suburb of Chanakyapuri, the capital’s diplomatic enclave. From this central location, my fellow interns and I were able to easily commute to our offices in Vasant Vihar or Jawaharlal Nehru University. The workload was always very reasonable, and the Executive/Acting Directors were always on hand to help. We were taken to lunch by our boss, and the atmosphere in the office was very friendly. Once the students arrived, we were able to socialise with them after their classes.

LASTING IMPRESSIONS
As a person of Indian origin, I’ve always toyed with the idea of moving to India in order to work. This internship was the perfect opportunity to see whether this dream was tenable. After having spent almost two months in the country, I am very pleased to say that what was once a dream has become a serious prospect; indeed, I have been offered further internships by my boss.

As a person of Indian origin, I’ve always toyed with the idea of moving to India in order to work...After having spent almost two months in the country, I am very pleased to say that what was once a dream has become a serious prospect.

Carlotta Fanton, MSt English (1830-1914), St. Cross College

WORK PROJECTS
My role at ISS was that of Programme Officer-Academic ‘In Charge’. My main responsibility was to ensure the smooth running of the academic programme by liaising with the lecturers and assisting them in the lecture hall, providing a point of contact between them and the students. I also wrote a daily report/abstract of the lectures, which I sent the following day to the students along with a reading list (when available). This is a very busy role that involves a lot of ‘learning by doing’, as the days are very hectic. Nevertheless, I do not feel I lacked the support I needed, especially in the early days, and any comments or suggestions I made to my supervisors were taken into consideration. In the final week of the internship, when the students had already returned home, I wrote several funding proposals and helped with the final wrapping up of the programme.

DAILY LIFE
A typical day at ISS started by getting on our private bus at 9.15 in order to reach JNU (the location of the lectures) by 10am. When the lectures finished at 4pm I wrote the abstracts and went to dinner with the students (often in various Delhi markets and restaurants).
ISS is a great place for socialising, as this year’s session hosted 38 students from 20 countries, and six weeks of shared experiences are enough to make long-lasting friendships. Saturdays were occupied by tours of Delhi or travel to other cultural locations, such as the city of Agra, home of the Taj Mahal. The role of Programme Officer is challenging and demanding, but it allowed me to liaise with brilliant academics and diplomats. I was even invited to lunch with the Director of the Italian Cultural Centre! The lecture programme was supplemented by visits at the MEA and special interactions with important guests such as an MP or a judge from the Supreme Court. If you are interested in a career in International Relations, are interested in South Asia or simply want to learn, this is the experience you’re looking for.

**LASTING IMPRESSIONS**

This international experience definitely left a profound impact on me. New Delhi is definitely a city worth living in for a while, rich of historical and cultural gems whose exploration is more than worth the experience of the city’s heat and traffic jams. Yet ISS is about more than Delhi. In the two-week fieldwork experience, the students (and interns)
Work Projects
My first project focused on PC Setup Utility – developing a Windows application that would automate the setup of a Windows PC with the organisation’s network and intranet, sync up a user’s documents/pictures/videos/favourites with their network account, and ensure that their Downloads folder is stored on an appropriate hard drive. My second main project, Remote Connections Auditing Utility, involved developing a Windows application that would audit remote connections into a user’s PC, allowing them to see recent successful/failed connections since their last login, and list the last 30 successful/20 failed connections. Thirdly, I worked on a Toggl Reporting Web App – developing a web app that would pull data in from the Toggl time tracking software, and generate reports based on organisation-specific data from the description fields, allowing for coarse and fine-grained analysis of the time taken to complete tasks. On all three tasks, support was given in the form of communication with my line manager. Most of the work was independent (learning the programming language(s) and APIs required to complete the tasks), but if I was ever stuck or needed more information, I could easily sit down with my line manager and discuss the problems, and he was happy to assist (either by walking through the problem with me, or doing his own research).

Daily Life
Daily life was fairly routine. Most days I would leave the house at 8:30am, walk to work and arrive at 9:00am, and plan what I intended to do that day. At 9:25am, my line manager would have a small team catch-up meeting, where we stood around our desks and briefly discussed what we worked on yesterday and what we aimed to accomplish that day. It helped to keep us informed of each other’s tasks in case we had any help to offer each other, and it meant that we communicated with each other at least once every day. I would normally have lunch around 12.30pm for an hour and eat nearby, then go for a walk for the rest of the hour to stretch my legs. The work itself normally consisted of looking at my application’s specification list, and working through each item as a checklist (starting with the easiest). Items all involved some kind of problem-solving: building a prototype, implementing a new feature, fixing a bug, learning a new programming language or library or API, etc. A good chunk of the time was normally spent discovering a bug in my existing code, and working out how to fix it. My days would finish by 5:30pm (4:30 on Friday), when I would walk home. Normally I was actually pretty tired and stayed indoors for the evening, but every other weekend I would go down to London and visit family and friends.

Lasting Impressions
The internship has given me a bigger taste of software development than I’ve ever had in the past, and it makes me quite sure that I want to at least start my career off by developing software.
see myself building Windows applications again specifically, unless I found a really interesting project to work on. However, I am very appreciative for the experience, as it has allowed me to branch out in my programming knowledge, and I am certainly more open than I was before to developing for more platforms. As for the web, it exposed me to...
**WORK PROJECTS**
I worked on Julie’s Bicycle’s certification scheme, which assesses arts organisations’ commitment to sustainability. Being a relatively small organisation, I was able to work on all parts of the process from start to end: from analysing the environmental impacts of an organisation, to writing the report, and sharing our findings at meetings with the arts organisations. I also had the opportunity to write blogs for the website and newsletter, which allowed me to learn about the wider impact of Julie’s Bicycle’s work.

**DAILY LIFE**
Julie’s Bicycle are based in Somerset House in London, a great location to work. Luckily I live within a commutable distance, so I travelled by train. The working hours were generally 9.30-5.30 or 6.00. The office is quite small so it’s easy to get to know everybody there. Everybody in the office was so friendly and would often go for lunch together. We went to see a play together one evening and had drinks when I and the other intern left.

**LASTING IMPRESSIONS**
I enjoyed lots of aspects, like the relatively relaxed working hours, friendly nature of the organisation, and being able to follow a project from start to end. However, as a small organisation, it was difficult for them to provide much formal training when I

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**Although I found the workload somewhat unpredictable week on week... it was great to work alongside people who are really passionate about their jobs.**

Luke Maxfield, Exeter College, 3rd Year BA Earth Sciences

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Ella Letort, St Peter’s College, 2nd Year BA History of Art

WORK PROJECTS
I undertook two research projects during my time at Kelmscott. The first involved working with Dante Gabriel Rossetti’s ‘Blue Silk Dress’, a portrait of Jane Morris. My second project focused on items of furniture from William Morris’s first house, Red House, that had ended up in Kelmscott’s collection. For both projects I collected information from primary and secondary sources which were then collated into a 500 word information sheet that could be offered to visitors. Alongside my research, I undertook occasional room stewarding, which facilitated a greater understanding of the collection.

DAILY LIFE
Each morning I awoke early to travel for one and a half hours to Kelmscott. Staff very kindly offered me lifts for part of the way there. Once there coffee was shared and the day’s layout was discussed, before each individual went about their work. I was working with another intern, which made the whole process much easier, but Kelmscott ensured from the very start that we were made to feel incredibly welcome.

The internship was a real pleasure to participate in; I’ve taken a lot from it, both in terms of the work I undertook and of the working environment in general, and how this reflects the heritage sector.

LASTING IMPRESSIONS
The internship was a real pleasure to participate in; I’ve taken a lot from it, both in terms of the work I undertook but also the working environment in general and how this reflects the heritage sector. I would consider returning to Kelmscott for another short-term work placement.

Lauren Kennedy, St John’s College, 2nd Year BA History of Art

WORK PROJECTS
As well as getting a very thorough introduction to the property and the various issues faced by small heritage organisations, I undertook two research projects: one on a painting, and another on two brass incense burners.

DAILY LIFE
Everyone (staff and volunteers) were really, really friendly and welcoming. On open days twice a week we worked and socialised with the volunteers and sometimes helped stewarding rooms in the house. We worked on our research projects in the library at Kelmscott and sometimes travelled to Oxford to research in the Bodleian Library. Apart from that we drank lots and lots of tea, ate lots of biscuits, and enjoyed the beautiful gardens around the house.

LASTING IMPRESSIONS
Everyone was incredibly lovely and the staff at Kelmscott went out of their way to make us feel welcome and give us the best experience possible. They made sure that we were doing work that was helpful for them and interesting for us.

ADVICE
• The house (even when it is properly hot outside) is really cold so you need to wear lots of layers! You need to bring packed lunches. The location is very remote. We were lucky enough to get a lift from staff from Faringdon (a close town with a good bus link to Oxford and Swindon).
WORK PROJECTS
I was involved in two projects: Goethe’s Private Library and Goethe’s Collection of Autographs. The former project was aimed at cataloguing the library in the Goethe House. My mentor Dr Hoeppner, a curator, a librarian and I collected books from the archives, examined them for handwritten entries, and entered the data into a catalogue that has been set up for this very purpose. This activity was much fun and I learned a lot about libraries, the Goethe House, and how the Klassik Stiftung works. The second project was on a topic I had chosen myself. Under the guidance of Dr Hoeppner, I explored both the content as well as the motivation behind Goethe’s collection of autographs. To this end, I was given access to the excellent Anna Amalia Bibliothek and examined handwritten material from the vast Goethe und Schiller Archiv. Dr Hoeppner and the other employees of the Klassik Stiftung were extremely dedicated to my research, devoted much time to my questions, and provided me with all the sources I requested.

DAILY LIFE
Weimar is an outstandingly beautiful city and living there was a pleasure. The Klassik Stiftung provided accommodation for me in the Nietzsche Archiv – the building in which Nietzsche was living during the last years of his life. From there I could walk on foot to my workplace, the new Anna Amalia Bibliothek, which is located directly opposite its ancient counterpart. My office overlooked the castle as well as the market place. Normally, I would discuss some topics with my mentor before working on my own for a couple of hours. On some days, we went on field trips – such as to the Goethe House in Frankfurt. Interns of the Klassik Stiftung are granted free access to nearly all museums and collections in Weimar, so that my day did not end after work!

LASTING IMPRESSIONS
The internship was extremely helpful in exploring possible fields of work, but it was also a great pleasure. Weimar is an excellent place for both living and studying. For studying Goethe and Schiller, it is even THE place in the world. No other city hosts comparable collections and research centres. I am very grateful for having been given this unique opportunity, and I would like to thank the Klassik Stiftung, in particular Dr Hoeppner, for being such a great host. I also want to thank the Oxford Internship Programme for bringing us together!

Lukas Meier, Balliol College, BPhil Philosophy
Klassik Stiftung
Weimar, Weimar, Germany

Weimar is an excellent place for both living and studying. For studying Goethe and Schiller, it is even THE place in the world. No other city hosts comparable collections and research centres.
Lee Kong Chian School of Medicine, Singapore

Samuel James, Christ Church College, 3rd Year Medicine

Work Projects
My projects involved testing zebrafish behaviour and analysing this behavioural data to see if it differed between normal fish and fish lacking the chemical Kisspeptin-1 in the habenula, a brain region involved in learning.

Daily Life
Settling into life in Singapore was quick and easy. Nearly everyone speaks English, travel around the whole city is cheap and straightforward and there is a huge variety of things to see and do. One other intern from Oxford came with me, and we quickly got to know other interns who were here over the summer. I lived in a shared flat, so I also got the opportunity to do a lot in the evenings and weekends with my flatmates, who ranged from other interns to DPhil students and young professionals. Singapore is so small that I managed to explore almost the whole city during my summer here, and still got chance to travel around neighbouring countries in South East Asia during the weekends.

Lasting Impressions
I would definitely return to work in Singapore; I don’t think I have ever been to a place that feels so safe, efficient and clean. Although living here can be expensive, there are definitely ways to cut costs while living here, like going to local hawker centres for food. My internship certainly broadened my knowledge of lab work, especially in the context of animal models, but I would have liked more structure at times and it often felt like I was doing bits of work for different people instead of taking ownership of a project and seeing it through from start to finish. Nonetheless, the internship has opened my eyes to lab work and confirmed my interests in neuroscience.

Emma Jones, St John’s College, 2nd Year MBioChem Molecular and Cellular Biochemistry

Work Projects
My internship was in a research lab that worked with zebrafish. Specifically, I was working on characterising a fluorescent genetically encoded voltage indicator which will be used to study brain activity. My project required fish which expressed the protein. To achieve this I was taught a variety of techniques and methods by the PHD students, postdocs and the lab head. This included genotyping, restriction mapping, crossing fish, sorting fish and microinjection of eggs. Initial characterisation of the protein required fluorescent imaging. To achieve this I was taught how to use an upright, two-photon and light-sheet microscope. I assisted my supervisor in carrying out imaging to determine the expression of the protein and initial recording to show it could detect changes in activity. I then spent most of my time trying to set up an electrophysiology which unfortunately proved difficult. No one else in my lab had experience in electrophysiology so I worked fairly independently a lot of the time although I was able to liaise with people from a lab that specialise in electrophysiology.

Daily Life
There was not that much structure to the project I was working on, I had several aims I was working towards. Most of the time I would work on what
I felt needed doing next. I was asked to give a presentation on what I had done at the end of my internship; it was a good experience and allowed me to reflect on what I had done. I was quite nervous about living so far away from home in a country so different and where I didn’t know anyone, but I settled in really quickly. I think I gained as much from living in Singapore as I did from the internship. The city felt incredibly safe and was a very convenient, comfortable place to live. The most difficult thing was finding accommodation, I ended up using Airbnb which was expensive, but I was happy with the room I ended up with. I was very lucky that there was a Facebook page for international interns working within the science park I was based in, through which several dinners were arranged and I made several good friends. I had been concerned that it would be difficult to meet people but it definitely wasn’t and I have made some amazing friends whilst here. I really enjoyed exploring Singapore and at the weekends I travelled to Kuala Lumpur in Malaysia, Bali in Indonesia and Hanoi in Vietnam. These trips were definitely the highlight of my experience.

LASTING IMPRESSIONS
I am extremely glad I did the internship. I gained valuable lab experience which will be useful for the last two years of my degree and my future career. Living abroad has made me more independent and more confident. I would definitely be more likely to consider opportunities abroad in the future. I enjoyed living in Singapore and would work here again, but would not want to be based here permanently. Whilst travel to other countries is easy in the two months here I feel like I have seen and done most in Singapore. After doing the internship I don’t think I want to work in research. The experience has made me want to gain more experience in different fields to help me determine what I would like to do upon graduation.

ADVICE
• Transport is very cheap and convenient. This means it is easy to be far from where you are working as long as there is a convenient MRT/bus. Find ways to meet people doing similar internships, look for a Facebook group. A Revolt card was a good way of taking money abroad.

I am extremely glad I did the internship. I gained valuable lab experience which will be useful for the last two years of my degree and my future career, and living abroad has made me more independent and more confident.
WORK PROJECTS
There were 3 teaching camps of 7-8 days each. 2 of these were in different suburbs in Shanghai, the third was in Beijing. We taught kids aged between 6 and 15, and throughout the camp we were given lots of variety in the type of children we were teaching, and the other volunteers that we taught with. Future Foundations were fantastic, giving us lesson plans and training sessions. Lina, the head-coach, kept us all energised and positive for the whole programme and made sure that we were looked after well. LOVVOL provided us with travel arrangements and reimbursed us for money that we spent on food.

DAILY LIFE
We stayed in the dormitory accommodation in the schools. Although this was not the most luxurious accommodation, it did not matter because we did not spend much time there. We spent much more time teaching in the school, and at night going out to various restaurants/bars. Staying in the schools also meant that it was easy to get to work, and that you could go back for naps at lunch time (the lunch breaks were very long, around 2 hours!). The school took us out for BBQs and beer a few times, and we visited the local KTVs (Karaoke bars - much more fun that they sound!), and restaurants. Every night we did something fun - whether this was chilling or partying. The fact that there were 18 volunteers from other universities (Cambridge, Oxford, Imperial, UCD, Warwick, Birmingham) really made the programme for me! Everyone was easy to get along with, and I have made some good friends who I will keep in touch with. We were very lucky to be given the opportunity to travel independently for 8 days just after the midway point in the programme. By this time we had made good friends with each other, and so the times that we had in Beijing and Shanghai were amazing! We stayed in hostels, and had plenty of time to see all the famous sites, go clubbing, and catch up on sleep having been tired out from the camps. I loved these 8 days. A stand-out of the programme for me was the opportunity to meet so many Chinese people. Some of the teachers I made good friends with, since in camp 3 they were all students at local Beijing Universities. They gave me an insight into Chinese culture, and showed us a really good time! I was also touched by the kindness of some of the Chinese staff - two in particular, Edison and Stevie, really looked after us and went out of their way to ensure that we were safe and having fun - from buying me a pizza because I had asked where the nearest pizza restaurant was, to buying a mobile phone because a Chinese sim was incompatible with my own! I thought that we were very well looked after on the camp.

LASTING IMPRESSIONS
China is very different to how I expected. The children I met were SO grateful to have English speaking teachers, and showed this by constant hugs, buying us gifts, crying when we left. It was very humbling. China itself is a vast country - each area is so different and has a different feel. I really enjoyed living in the suburbs, where we were the only non-Chinese people there - it really gave us a taste of real Chinese life. We were also afforded the opportunity to travel for 8 days to Shanghai, Beijing, and surrounding areas. I think China is a very exciting country; it is so quickly developing! I would return to see this growth, and to visit the friends that I have made on the internship. In terms of career goals, having taught, I know now that I do not want to go into primary teaching - it’s a very tiring career! However, I was surprised at how much I enjoyed working with the older kids and the experience has confirmed to me that I want a career that involved lots of interaction with other people. To anyone considering this programme, I would say - go into it with an open mind! I have had some of the best weeks of my life, met people whom I consider to be really close friends, and have experienced a new and exciting culture.

ADVICE
• Make sure that you submit your visa application early - it will save you travelling to Manchester the week before... Have loads of fun with this! It is such a great opportunity, and I wish I could do it again.
**MOUNT STUART TRUST, ISLE OF BUTE, UK**

*Paul Ritchie, Corpus Christi College, 2nd Year BA English Language and Literature*

**WORK PROJECTS**
Throughout my month at Mount Stuart I was involved in various projects, each focused on showcasing the Trust’s extraordinary collections to the public. The majority of my time was spent creating an online exhibition of material related to the Spanish Inquisition. Along with my co-intern I was given complete freedom to examine, photograph and catalogue various artefacts, portraiture and documents, before contacting experts across the globe for assistance in identifying some of the more significant discoveries. We used the information we’d uncovered to write the exhibition, illustrating how the materials at Mount Stuart reveal crucial aspects of Inquisition activity. We were then put in touch with the Trust’s website designers, who used their expertise to make the exhibition a digital reality. Given the Inquisition’s historic association with torture, a final addition to the project was the inclusion of a page dedicated to the ‘Freedom from Torture’ charity as a way of highlighting the continuing relevance of historical materials in a modern world still dominated by intolerance and persecution. Throughout this process the staff members at Mount Stuart were always helpful. They made themselves available to help access items in storage and put us in touch with academic contacts, but also allowed us to approach the task however we wished. As well as the exhibition, I undertook further research into the Mount Stuart collections, writing social media posts about some of the house’s more unique items as part of a strategy to increase internet awareness of the Trust. I also compiled information concerning the relationship between John Stuart, 3rd Earl of Bute and George III as preliminary research for an essay to be published later this year. In each of these tasks, I always felt involved in the process of making Mount Stuart’s unique history open to the public.

**DAILY LIFE**
For the first half of my internship I stayed in Rothesay at the local Backpacker’s hostel (which had every facility required). In the mornings I drove myself and the other interns (as part of the Trust’s free car pool scheme) down the coast to Mount Stuart for a 9am start; otherwise lifts were available from other employees. The drive was one of my favourite parts of the day, as the coastal road on Bute has beautiful views across the Firth of Clyde and runs past rocky beaches that are often home to seals. During the evenings and at weekends we occasionally went to local bars and pubs, or took brief walks; for the most part we only socialised with each other. In the second half of the internship we were moved to one of Mount Stuart’s new holiday homes, just a minute’s walk from the house itself. From there we were able to drive around the island to various beaches and ruins. Although having only one driver was at times a restriction (and prevented me from enjoying the island’s pubs) we were able to explore much of the island’s sights. After work we were also allowed the use of the house’s swimming pool (the world’s first indoor heated pool built in a private residence) and sauna. A final note: the accommodation arrangements I experienced this year will probably change by the time of the next internship. Construction on the Trust’s purpose-built education facility in Rothesay, (complete with accommodation) is nearly finished, and next year’s interns should be living there.

**LASTING IMPRESSIONS**
The thing I’ll remember most from my internship is the location. The Isle of Bute is a stunning place, full of seals, picturesque beaches, a combination of lowland and highland geography, and the immense grounds of Mount Stuart itself.
Even when it rains (which is fairly frequent) it somehow manages to look even prettier and even more atmospheric. Working in that environment made every day a joy, and I’ll never forget the first time I walked into the house itself. I’m certainly now strongly considering a career in collections or archives, as I felt an immense amount of pride when conducting research that I knew will inform more of the public about the house’s incredible history and objects. Seeing first-hand how Mount Stuart’s heritage is having a larger socioeconomic impact on the island – the Trust provides employment, infrastructure, residential construction, tourism and education – has shown me how important places like Mount Stuart can be to their communities, and how researching their collections can provide a boost to tourism and livelihoods. I’d love to return to Bute in the future to see the fruits of Mount Stuart’s attempts to rejuvenate the island. I feel privileged to have been one of Mount Stuart’s first Oxford interns and to have been fully involved

The Isle of Bute is a stunning place, full of seals, picturesque beaches, a combination of lowland and highland geography, and the immense grounds of Mount Stuart itself.

Soyoon Shin, Mansfield College, 1st Year BA Geography

WORK PROJECTS
My internship was loosely organised, which meant for the first half of my internship I got to shadow a variety of people and roles, and this gave me a useful insight into the organisation. I also did some research and wrote a few reports on the Trust. The last two weeks of my internship were spent working with Professor Lennon of the Moffat Centre, producing a market analysis report using visitor surveys.

DAILY LIFE
All of the interns lived together; there were five of us in total, but we all arrived and left at different times – there was one intern I didn’t get to meet at all. For the first two weeks we were provided accommodation in a hostel in town, which was convenient for food shopping. We moved into self-catering accommodation onsite afterwards, which was very nice if a bit isolated - it was difficult to get into town as there wasn’t much public transportation. Outside of work we wandered around the grounds and explored the island a little bit, but otherwise mostly stayed home. A highlight was getting to swim in the House’s swanky indoor heated pool! Everyone at work was lovely and the atmosphere of the internship was very chilled, which I enjoyed.

LASTING IMPRESSIONS
The Isle of Bute was extremely beautiful, as was Mount Stuart House itself. It isn’t very far from the mainland and Glasgow, although as a place to live long-term it is quite isolating. I do not think I would return there to live or work, as personally I prefer a more urban setting but I would love to return as a tourist and see more of the island and Scotland. The internship was a good opportunity to explore the non-profit and heritage sectors. I enjoyed the experience and am open to pursuing a similar career.

Isobel Cockburn, Wadham College, 2nd Year BA History of Art

WORK PROJECTS
I was working with Caitlin, the inaugural Bute Fellow and curator of an upcoming exhibition of works of art from the Mount Stuart collection at the Hunterian Museum in Glasgow. I was researching the art, most of which was 17th century Dutch, and looking into the artists, provenance and the general significance of the works. It was a mostly independent project but Caitlin was very helpful in providing books if I needed them. I also had access to the archive which was great, and was working in an office with the collections department so I was able to talk to various members of the team which was very helpful.

DAILY LIFE
We worked 9-5 every day in the office of the collections department, which is an incredible space full of as much eclectic and historically significant
things as the rest of the house. I settled in quite well - of the five interns working in my department I was the third to arrive so they were quite used to having interns by that time. Everyone in the office was very friendly and helpful. Out of work our options were quite limited - the only intern who could drive left after my first week, and it's a fairly significant challenge to make it to the nearest town, which even then sort of shuts down at about 9pm. Socialising therefore was done amongst the interns only. There are lots of lovely walks around the house though, and the few times I did go into Rothesay in the evening were nice. At the weekends Glasgow was our main destination and I left Bute for three of the four weekends I was there to go to either Glasgow or home to Edinburgh. This wasn’t too hard, although again without a car it is made a slightly more difficult task (and taxis on Bute seem oddly expensive!). Overall, it was beautiful and lovely to be in the countryside, but bad weather and isolation did get to me at points.

**LASTING IMPRESSIONS**

It was a wonderful experience, and for anyone looking to get experience of the heritage industry in a truly unique company and setting then Mount Stuart can definitely provide. Working in the house was inspiring, and the collection there, both in art and everything else, is almost unparalleled. It was odd being in my home country but on an island, and it was definitely a good insight into island living. It was really great to see what it’s actually like working in heritage, especially in a company with a fairly complex set up, as it is still a private house but run by a charitable trust. Being able to work hands on with such incredible art was a genuinely valuable experience, and I feel more confident now that I want to work in the art world.

**ADVICE**

- Strongly consider learning to drive if you can’t already - it would have made a real difference being able to get further than walking distance away from the house in the evenings and I didn’t see enough of the island for this reason. Also it is pretty rural if you’re used to being in a city so that’s something to consider.
- Contact Mount Stuart as early as possible to finalise accommodation and travel arrangements, as flights to Glasgow can be expensive if booked close to the internship’s start. Moving around the island can be difficult (public transport isn’t particularly frequent) so it helps if you take a driving licence so you can be added to the Trust’s car pool scheme. (Although I feel any future interns should be warned that – due to the small number of road-users - not everyone on the island feels the need to stay on their side of the road!). Waterproofs and swimming costumes are essential, and I’d recommend exploring areas like Scalpsie Bay and St Blane’s chapel.
WORK PROJECTS
During my internship I had the opportunity to delve into the Museum’s rock collections comprising a virtual tour of rocks from a number of faraway places including Scotland, James River, St Kitts and Ascension Island. Our main task was to work with uncatalogued and catalogued rocks and powders to catalogue, label and order them based on primary evidence such as field notes and theses. The movement of these specimens over the past two decades meant that this was easier said than done, but provided a really fulfilling challenge and an opportunity for some serious detective work. This was a useful insight into not only the challenges of museum work in unravelling the mysteries of collections, but also the importance of clear labelling and documentation when conducting my own research. We were also tasked with the opportunity to re-box and re-shelve the collections with new boxes, highlighting the importance of space in an ever-growing collection. One of the surprising aspects of the internship was the insight into the documentation associated with the collections, particularly those from Ascension Island (to which the 1964 expedition from Oxford University was one of the first geological excursions), as the field notebooks, photograph slides and maps held by the museum brought to life the specimens and illuminated their journey to the museum.

DAILY LIFE
The hours were 9am - 5pm Monday to Friday and, as I stayed in college accommodation, it was just a short walk to the museum each morning. We were working primarily either in the museum’s basement storage or the Earth Sciences department, and also got the opportunity to work in various rooms hidden away behind the scenes of the museum’s main court. The nature of the detective work whilst working on the collections also meant that we were hunting for information in the Radcliffe Science Library and even the Earth Sciences basement! During the course of the day we often came across the other interns working at the museum at tea breaks or collections meetings, which were a really good opportunity to see the diverse range of projects on offer at the museum. Time outside the museum was spent either socialising with other interns in the form of cinema or punting trips or doing work in preparation for my fourth year project.

LASTING IMPRESSIONS
Overall I thoroughly enjoyed my time at the Museum of Natural History, particularly my experience of public engagement in the form of the ‘Spotlight Specimens’, in which we presented a number of specimens to the public along the theme of ‘Igneous rocks vs Metamorphic rocks’. I realised through this experience that I would really enjoy the opportunity to do more science communication. I also found it fascinating to see the huge collections of rocks held in the museum, and to liaise with one of the primary collectors - Dr David Bell - and to hear more about the collection of these samples. One of the most exciting jobs of the internship was to catalogue a number of specimens which were still in sealed boxes after being collected in James River; however, after careful processing and labelling they became part of the museum’s collections and a valuable resource for research to be undertaken. I enjoyed the opportunity to see Oxford in a different light away from the rush of term time, and also the ability to do more extra-curricular activities that I don’t get the chance to do during the academic year. Whilst at the museum we had the chance to attend weekly Earth Collections meetings which opened my eyes to the wide range of tasks which curators face.
The main focus of this internship was working with petrological material collected by Dr David Bell over the course of his career. This was personally quite exciting for me as it was one of Dr Bell’s books which inspired me to apply for Earth Sciences. The material consisted of rock samples, powders and thin sections that came from a variety of far-flung places including the Appalachians, St Kitts and Ascension Island and comprised of some rare and exciting rock types. Working with our supervisors, and Dr Bell himself, our task was to sort through this material. Serious investigative work was needed to unravel the connections between sets of samples as we encountered a variety of challenges including jumbled and separated collections and missing catalogues. Some rocks had not been unboxed since they arrived at the rock store nearly two decades ago! Combining the results from reading papers and theses together with examination of the clues from the material itself, we were able to identify how each collection fitted together. Whilst working on the Ascension Island material, we were also able to view the original field notebooks and photographs from the expedition. Not only did this help with our research into the collection but also provided a window into life during a remote geological expedition.

Work on each collection finished with the re-boxing and re-shelving of the material: the re-shelved stacks provided a satisfying testament to the completed job. The internship gave me a good appreciation of the difficulties beyond the academic questions of maintaining an active collection of rocks for research, from the sheer amount of cataloguing requirements to the more practical questions such as “How are we going to store this?”.

Staying in my college’s annexe in North Oxford, the museum was only a short bike ride away every morning. Work began at 9am and finished at 5pm. An advantage of the internship was that our work environment was very varied: we were based in one of the rooms off the main museum court, but we moved about between the museum’s basement storage and a lab in the Department of Earth Sciences. The research into the province of collections also led to us working at the Radcliffe Science Library and exploring the Earth Sciences basement with the librarian. Similarly, the type of work we were doing was very diverse: one day we would be finding the links between samples in the collection, the next addressing the practical concerns of storage and space. Regular tea breaks with other museum staff and interns gave me a broader insight into the nature of museum work and what else was going on. Outside of work hours, I was able to experience Oxford without the term-time academic pressures which limit what you can get up to in the city. Socialising with other interns also provided some down time following the day’s work.

The internship has provided me with an understanding of the role of museums in research, and the importance of properly looking after materials to be used for future research. Before we’d even left one of the supervisors was thinking of ways to fit the Appalachian collection into future research. Weekly Earth Collections meetings allowed me to see the surprising variability in the type of projects curators take on, and how much active management a museum collection requires. The experience that most surprised me during the internship was ‘Spotlight Specimens’, public engagement event in which museum staff talk to visitors about what they’re working on and show off specimens not normally seen by the public. Despite my relatively introverted nature, I found that I really enjoyed giving my talk on the differences between igneous and metamorphic rocks. Science communication was not something I’d considered before but is definitely something I will think about in the future. In terms of future ambitions, the internship afforded me the opportunity to gauge my interest in igneous and metamorphic petrology. Previously when learning petrology during my course, there was always such a push to learn as much possible from a rock that there was never the opportunity to truly appreciate just how compelling and varied the field of petrology is.

The internship affirmed to me just how interesting rocks can be and how much more there is out there for me to learn about them.

Thomas Breithaupt, University College, 3rd Year MEarthSci Earth Sciences
NASIO TRUST, MUSANDA, KENYA

Katherine Heath, New College, Interdisciplinary Biosciences (BBSRC DTP) - Plant Sciences

WORK PROJECTS
I worked on an agrochemistry project with the Nasio Trust and Mumias Sugar. There were 2 aims: (a) to provide a pipeline for Mumias Sugar to dispose of their vinasse (by-product from ethanol distillation) in a more ecological way, and (b) to provide an income-generating project for the charity by setting up a partnership with Mumias Sugar whereby the charity could turn vinasse into commercially viable fertiliser. I also managed other income-generating projects at the Nasio Trust, this involved managing staff training, processes and assessing profitability.

DAILY LIFE
Everyone was very welcoming and it was easy to settle in. It was also easy to pick up some basic Kiswahili with the help of my colleagues. There were three interns for the majority of the time and we all got on very well; we also socialised with other employees of Nasio Trust and volunteers who visited the charity on a sporadic basis. The Nasio Trust was very helpful in showing us how to get around, as we were located very rurally. Most mornings I would go for a run and then get a matatu (shared minibus taxi) followed by a boda-boda (motorbike taxi) to the lab in Mumias. Our colleagues at Mumias Sugar in the agronomy department were very welcoming. On the weekends we had the opportunity to travel, although the rural location of the Nasio Trust and the difficult transport network in Kenya made this difficult at times.

LASTING IMPRESSIONS
I am so grateful for everything the Nasio Trust did for me during my time in Kenya. It was a fantastic experience. It was very easy to feel integrated in the community, which is an experience you cannot get as a tourist. I would love to go back to Kenya. For some years I have had the ambition of living and working in sub-Saharan Africa following my studies; my experience with the Nasio Trust was therefore invaluable in confirming further that it is something I would like to pursue.

Jack Glancy, New College, 4th Year MChem Chemistry

WORK PROJECTS
Our main project was working on a sugar by-product called vinasse, in order to turn it into a marketable fertiliser, thereby providing the charity with a product with which to set up a sustainable economic development. We were working in the Mumias Sugar Company, one of Kenya’s largest sugar producers, using their labs for our research. They provided us with excellent help and supervision, and I for one learnt multiple new analytical procedures. On our days off from the lab, we were heavily involved in the optimisation of other income generating ventures the charity was involved in. One such example was the charity’s spirulina-growing project. Spirulina is a consumable nutrient-rich algae which the charity hopes to give to the malnourished orphans in its care. Both my chemical knowledge and my extremely rudimentary French came in handy in meetings with our French-speaking Congolese consultant.
DAILY LIFE
My daily life would start with the honking of the guard-geese that patrolled our compound. I’d get up and have a shower if the water was working. If not I’d trudge blearily into the circular dining hall where breakfast would be meticulously laid out for us at 7.30 AM by the wonderful Millie, the guest-house’s manager. Having had a few cups of tea and some toast (or pancakes on good days) I’d walk down to the road with my co-intern Katie and wait for a matatu (a mode of public transport in Kenya which is essentially a car stuffed full of people - 3 across the front 2 seats, 4/5 across the back seat and 4 in the boot) to take us to the town the sugar company was in. Morning matatu rides along the bumpy dirt road to work will be something that lives long in my memory. From there we’d take a boda-boda (a motorbike taxi) to work, and then repeat the process in reverse to come home afterwards. Out of work we’d chat about how to improve efficiency in the charity, exercise together and play a variety of card and board games. A lot of other volunteers came and went during our two month stay and we had great evenings, drinking beers and exploring the local countryside.

LASTING IMPRESSIONS
My first impression of Kenya is probably the one that will last the longest. Driving from the airport to our accommodation in rural Kenya, we passed through multiple towns; buildings of corrugated iron and wood connected by dirt roads and open drains. Looking back, I guess I just hadn’t had a pre-formed notion of what to expect and so the shock hit hard. All I can say, after a month in Kenya, is that it’s very different and a lot poorer than environments I have been used to, but people are happy and friendly. I didn’t feel unsafe or threatened by anyone; everyone who met us greeted us with a big smile and a “Jambo!” or “Habari?” (Swahili for “Hello!” or “How are you?”). I’d certainly come back to work, hopefully for the charity again as they’ve looked after us so well and their work is so valuable to the communities we’re working with.
Work Projects
My internship at INPE was a research post and I was allocated to the climate modelling group at the Centre for Earth System Science, as I requested for a more technical project. I was given a few papers to read at the beginning of the project to familiarise myself with the field. Climate modelling is about how to build and utilise climate models, which are essentially mathematical models used to simulate our earth climate system with the laws of physics, for weather predictions and simulations. My research was to examine the performance of a global climate model and a regional climate model in the simulations of rainfall variability in the Amazon region. I was largely self-directed and autonomous with the end goal in mind. I learnt several major software systems for climate research including Climate Data Operator and Grid Analysis and Display System. Because most of these softwares do not have a graphic user interface, it was a good opportunity to practice using terminal and command prompts. I conducted most of my research on R (a programming language) with netCDF data format, and I built several algorithms to examine and compare the rainfall variability in the Amazon region. It was also the first time I had to handle data as big as 8GB, and the computing actually took a considerable amount of time. During my time there, I managed to draft a research paper based on my findings, and both my supervisor and I are looking forward to further improving it after the project. I had an opportunity to present my results at the end of the internship which had a surprisingly good turn out – the meeting room was filled and there were even audiences from another institution watching via video streaming. I really enjoyed the project as I liked the opportunity to gain knowledge and apply it to solving problems. Also the autonomy and flexibility were great because I prefer to operate at my own pace. The support from my advisor was helpful but mostly I like to find solutions myself. From my impression, this internship is like a taster for a research degree. Go for it if you like or want to try out some real research.

From my impression, this internship is like a taster for a research degree. Go for it if you like or want to try out some real research.

Daily Life
Life as an intern was great. Although it was a bit tricky initially to get the local transport from Sao Paulo to Sao Jose dos Campos (where INPE is located), with help from some locals I managed to reach it without too much difficulty. When I first arrived, a small hotel was booked for me as temporary accommodation. I stayed there for a week and then moved to a hotel in the city centre with another intern from Oxford. We moved again to a flat which offered better value for money. It was nice as it came with a kitchen, and convenient because the accommodation we chose were well connected. On weekdays, I usually spent my nights doing extra research or reading some books as I liked what I was doing for work and I don’t really enjoy bars.
However, if you want some nightlife, I am sure there are lots of opportunities to explore in Sao Jose. The students there would be more than willing to invite you to a party and they are very welcoming. On weekends, we usually went for short one or two day trips to beaches and mountains featuring natural attractions, including to Paraty, Ubatuba and St. Francis Xavier. They were fascinating and the scenery was spectacular. I especially liked the historic town in Paraty which was built around colonial era.

The best part of Brazil is the people...people here are extremely friendly and caring.

Although its colonial pedigree often reminds of the harrowing history of conquest and exploitation, the juxtaposition of tropical forests and typical European colonial architecture nonetheless gives an exotic and unique beauty to this small port permeated with the salty smell of the sea. The beach at Ubatuba was wonderful too. Although I didn’t surf, I really enjoyed sitting on the beach under the sunlight watching waves come and go while thinking about some big questions of life.

LASTING IMPRESSIONS
Brazil strikes me as an exceedingly beautiful country with rich variation in landscapes and extensive distribution of robust tropical forests. Looking back, I especially miss the view from my office. Thick green forest canopies around the office building form a perfect foreground complementing the modern city skyline further back. Behind the city, olive-coloured mountains shrouded in mists complete the picture with an awe-inspiring sense of vastness and mystery. The best time is sunset, when red rays from the sun weave the sky into a vibrant tapestry of pink and purple with mountains and forests glimmering in gold at the reflection of sunlight. But the best part of Brazil is definitely its people. I am not sure if it is because of the slow paced lifestyle or their natural hospitality, people here are extremely friendly and caring. When I first checked in, the hotel manager spent almost an hour trying to explain the usage of hotel facilities. The process was difficult because I did not speak Portuguese nor did he speak any English but he did not show the slightest trace of impatience. In my office, everyone showed his/her care in one way or another. The professor who was coordinating the programme even spent an afternoon helping me to get a power adapter for my British plugs. Their friendliness made me feel immediately at home and welcome. Having been to and lived in quite a number of different countries, I think Brazilian people, at least from my experiences, are among the most hospitable. The research work I have done was really interesting as well. For the majority of my degree, I have been dealing with abstract concepts and ideas. This was a great opportunity for me to do something hands-on. I had the opportunity to do some research at school and I already know I enjoy doing research. This opportunity confirmed my interest and I would certainly actively explore other possibilities of further study or research opportunities. Overall, I am very satisfied with this internship experience and Brazil is definitely a country I would want to return to.
The internship gave me a very good impression of Brazil, so much so that I didn’t want to leave, and subsequently spent my entire vacation in the country.

Joseph Ortiz, Christ Church College, 2nd Year MPhys Physics

WORK PROJECTS
I worked in CCST, the department for Earth Science Systems. My project aimed to estimate the biomass in certain Amazon regions from Lidar data (Lidar is like radar but with lasers from planes flying over the Amazon). I had the task of writing an algorithm that could process the point clouds into a model of the floor of the forest. I had a very helpful supervisor (Mauro) who was very kind to me and made sure I learnt a lot of new things (mainly Python). Normally INPE has projects ready for the interns however this year they had a lot on so I wasn’t assigned a specific project. It actually worked out very well as it meant I was working in a team doing current research rather than being given an area to look into and report back on. It gave me a good idea of what research life is like.

DAILY LIFE
I worked 9-5 on weekdays, getting a bus to and from INPE from the Airbnb I was in. Work was very relaxed and I played football at lunchtime a couple of days a week. In the evenings there’s not a whole lot to do in Sao Jose dos Campos, but I would hang out with the other interns or go for a beer with people from INPE or play some sport. At weekends I went travelling to different parts of Brazil. I went to Ubatuba where you can surf, and to Rio which was amazing.

LASTING IMPRESSIONS
Brazil is a great country to live in. The whole internship was a fantastic experience, and INPE is without doubt one of the best places you can work in the whole of Brazil. It’s a very friendly environment in a beautiful location, with loads of interesting work going on. I would recommend this internship if you are considering academia beyond your undergraduate studies, it gives you a good insight.

Tom Spearman, Brasenose College, 2nd Year MChem Chemistry

WORK PROJECTS
My daily work involved using simple computer programmes to analyse land use changes in Brazil from the satellite data I was provided with. The aim was to write a research paper from the results and give a presentation on my work at the end of the internship. I was mentored by a Postdoc and one of his PhD students. Work with the data became a little repetitive though it gave me a good insight into Brazilian land use. I found it a valuable experience to be sharing a building with professors doing a variety of interesting projects, who were happy to talk about their work.

DAILY LIFE
Daily life was good in all aspects. The people were very friendly, and within INPE largely spoke good English. I shared accommodation in a hotel/Airbnb with a fellow intern, and found the city to be safe, though with little to do, but good connections to the beaches and the two largest Brazilian cities was good for weekends. I spent most my of weekday time out of work learning Portuguese, going to bars, and exercising. We often socialised with our Brazilian colleagues, in and out of work.

LASTING IMPRESSIONS
The internship gave me a very good impression of Brazil, so much so that I didn’t want to leave and subsequently spent my entire vacation in the country. I would be interested in returning to work in the future, though the work culture seemed quite different from the UK (more laid back).
WORK PROJECTS
My projects included profiling companies within the Food and Drink sector and creating a large presentation on the UK Dairy Market, after updating a spreadsheet adding 8 years’ worth of new dairy development.

DAILY LIFE
The small staff team of eight made it easy to get to know everyone. Half the staff weren’t permanently in as they were on holiday - one of the partners came in maybe once a week to check everything was running smoothly. We had a couple of activities outside work: in my second week we went trampolining with the team, and we took a trip to one of the partners’ house in Chichester for a BBQ and day off which was thoroughly enjoyable.

LASTING IMPRESSIONS
The staff were lovely and great to work with. I feel I would like a role with more intense, pressured work in the future that would see me pushed much further. I never felt a sense of urgency with the work, since it was summer and the M&A projects were gen-

Tom Metcalf, Worcester College, 2nd Year BA Music
**WORK PROJECTS**
I worked on random matrix theory in the Mathematical and Theoretical Physics unit. The project involved investigating the relationship between the unitary matrix model and the n-point function of Gaussian unitary ensemble with negative p-spin curve. I received a lot of support from my supervisor and postdoc students in my unit, including lectures, discussions, seminars, and workshops. The library and online resources in the university were also very helpful for my project.

**DAILY LIFE**
I lived on campus, about a 10-minute walk from my office. I arrived at the office at 9:00 am and usually had a lunch break from 12:00-1:00pm. I usually finished work at 5:30 pm. After work, sometimes I went grocery shopping (which takes about 2.5 hours by bus), and hung out with other interns at the beach. During the weekends, I usually went to explore the city of Okinawa with other interns by renting a university car.

**LASTING IMPRESSIONS**
I really liked the internship, especially the landscape. The campus is located on a hill next to the seaside, and is close to (by bus) two major tourist attractions in Okinawa where people go snorkelling. The only drawback was that the public transport is not so frequent, and if one doesn’t have a driving licence it is really difficult to go to the other parts of Okinawa. The project has given me an insight into the mathematical physics field, which I didn’t have much idea of before this internship, and it has confirmed my career goals.

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**Hannah Hendry, University College, 2nd Year Biomedical Sciences**

**WORK PROJECTS**
I carried out a project in which I was investigating factors which affected the rate of neurodegeneration in nematodes which had the mutation for the production of huntingtin protein in their sensory neurons. This involved testing different types of stimulation on these neurons to see how this affected the rate of degeneration, and also trialling an antioxidant drug to see if this had neuroprotective properties. I was supervised by one of the PhD students in my unit who gave me lots of help in learning how to carry out the various techniques.

**DAILY LIFE**
I would work 9-5:30 in labs, and spend the evenings and weekends socialising with the other interns at OIST. Sometimes my project required me to work evenings and weekends, but the hours were very flexible in my lab. There was a lot to do in Okinawa in our free time, it is a very beautiful island. I was living on campus so it only took me a few minutes to walk into work every day. We could use public transport.
transport to get around the rest of the island.

LASTING IMPRESSIONS
I loved the opportunity to visit Japan, I would definitely like to return here one day. My internship has solidified my desire to pursue scientific research as my career, as I thoroughly enjoyed the work I am doing.

Kotaro Fujiyoshi, Worcester College, 2nd Year BA Biological Sciences

WORK PROJECTS
I took part in a research project involving wasps and how they evolve - I was given a full overview of my work by my supervisor or otherwise pointed to literature that contained relevant information.

DAILY LIFE
The people in the lab were all very friendly, and I came to associate with most of them across the internship. The institution provided tea times in which interns could get to know new people. Accommodation on campus was provided.

LASTING IMPRESSIONS
The institute in which I worked was set in a most beautiful subtropical seaside mountain, and the stunning view over it will stay with me. I would return there for a PhD, but I’m not sure if I’d like to progress in that direction. I will at the very least apply to OIST for a PhD just in case I have a change of heart, but my uncertainty over career goals has not gone away.

ADVICE
• You can pretty much decide your own dates for the internship - maybe don’t plan it so it takes up your entire 3 month holiday like I did.
WORK PROJECTS
I was involved in two main projects over the course of my internship, in both of which I was essentially autonomous. The first was overhauling the organization’s data systems. The charity had been using a spreadsheet to record data on cases, and so I replaced this with a more appropriate Access database. Then with the assistance of the Director acquainted with similar statistical programs, I linked the database to R scripts which were used to analyse potential correlations with success across a wide range of factors. These were then summarised and commented upon in the report. The second project was the production of the charity’s annual report. This involved extensive research on other charities’ reports and then working with the Director and others to create a coherent theme from the charity’s pre-existing documents. It was then created using Publisher, with editorial assistance and advice from a member of staff.

DAILY LIFE
The internship took place entirely in the charity’s main office in Oxford. Due to the extreme cost of rent and my relative proximity, I engaged in an hour long commute daily to and from the office, which was quite draining. There were a couple of social events, such as going to the pub after work.

LASTING IMPRESSIONS
My internship definitely clarified the sort of working environment I would like from a future employer. Originally I was uncertain as to whether I would like to pursue a career with a smaller charity in a specific area. However, now I believe I would prefer to work in a much larger organisation with a clearer hierarchy and defined separation of departments and responsibilities, that I feel I could have greater progression and more impact within.
WORK PROJECTS
My project for the internship was to create a report that evaluated the facilities and designs of the buildings created by the charity organisation, On-Side. They aim to reinvent youth centres by making affordable, accessible and relevant places for young people to go in their free time, to enjoy themselves but also get qualifications that can lead to further opportunities. I visited all of the Youth Zones and inspected them, analysing independently and from employees’ feedback (collated through interviews). Then I would return to the office to write up my findings, and eventually produced a final report document. The host organisation welcomed me warmly, and always stressed that no question was irrelevant, and that they would try to clear up any uncertainties I may have as soon as I voiced them. The working relationship was comfortable, professional and friendly. On days when I could do my work just as well without going into the office, such as when I had travelled a long journey for a meeting in the morning and needed to write up notes for the rest of the afternoon, I felt able to ask if I may work from home for the remainder of the day as it would be a more efficient use of my time. All of my suggestions for how my work was to be carried out were taken on board and welcomed.

DAILY LIFE
I settled in quickly into the office. The staff were all very friendly and welcoming, as well as helpful whenever I had a query. My routine quickly formed: I would be out of the office in the mornings, doing site visits and meeting staff at the different Youth Zones run by OnSide; in the afternoons, I would either come back into the office to write up notes and research alternative solutions, or do this work from my accommodation or the library. Out of work, I saw this month in a new location as a brilliant opportunity to see a part of the UK that I had not yet explored. Staying in Bolton, I was near Manchester which is a fantastic and vibrant city in itself, but it also has great transport links to other places in the North. In the evenings, I would explore Manchester and really got a feel for the place. On weekends, I visited a few friends in the North of England, and also went further afield than Manchester to other Northern sights, like Liverpool and Newcastle. There were a few occasions when the office staff went out together for meals and drinks, but mostly I did not socialise outside of office hours with the staff. I made friends with chance acquaintances I met around Manchester, but mostly had a fantastic time on my own!

LASTING IMPRESSIONS
Having had the opportunity to spend a significant length of time living in the North of England, I feel that I have come away with a real sense of the place and its unique characteristics. I absolutely love Manchester, and am now aware of how much culture goes on there. Being a Londoner, I was previously under the impression that London was far and away the only cultural hub in the UK worth knowing about, but now I can see how misguided I was. Manchester and Liverpool are just as ‘happening’, exciting and creative as London, if not more because of that urge to develop and create a name for themselves, as big as the reputation that London has. I would love to go back to live in Manchester again in the future. The placement has also informed my career options. I am still greatly interested in the charity sector, but my personal career aims have shifted to charity law. I now am looking into applying for a law conversion course after my English degree, so that I can work in charity law. I feel that this would offer more challenging and varied roles for me compared to the work that I was exposed to in the internship, without departing from the essential aim of prioritising and bettering the situation of those who are disadvantaged and marginalised in our society.
OTSUMA GAKUIN,
TOKYO, JAPAN

Isabel Linehan, Mansfield College, 3rd Year BA English Language and Literature

WORK PROJECTS
I worked as a teaching assistant at the beginning, and as the internship progressed I got the chance to take my own classes. I received a lot of help with planning lessons and my colleagues were very supportive.

DAILY LIFE
The dormitory we stayed in was about a half hour walk from the school. I didn’t have to come in early every morning, but I did have to allow this extra time so some days did start fairly early. I met with my colleagues in the staff room, and the other intern and I also had our own office where we could go to plan in peace. After work we sometimes went out for drinks with colleagues, and took care of practical matters such as buying food to cook at home. Meals were not provided so we took care of breakfast and dinner and then ate lunch at the school or university cafes. I socialised mainly with the other intern, and luckily we did get on very well, as otherwise it could be isolating, as our colleagues had their own homes and we were kept entirely separate from anyone else at the dormitory.

LASTING IMPRESSIONS
I got a positive impression of Japan; for the past 5 years I had hoped to be able to visit Japan, so I was very excited. The people here were extremely kind to us and went well out of their way to take care of us when we needed something or were lost, even when we were strangers. I would not want to live in Japan long-term, but my experience was positive. My career goals/ambitions were separate to my internship; I don’t want to be a teacher, but this journey has confirmed how much I enjoy visiting other countries and experiencing different cultures.
WORK PROJECTS
I spent time working on a school project in Mozambique, researching the state of national education and potential helpful partnerships or funding sources. I spent a few weeks developing reports on Social Impact Investing that totalled over 80 pages and will act as the bedrock for a £6M investment fund. I conducted due diligence on potential investment companies, gaining an understanding of their social and financial projections. I was well-managed throughout, with my line manager shaping my tasks such that they fit my skill set, while also giving me detailed feedback on my work.

DAILY LIFE
I walked to work in the morning, grabbed lunch with team mates, and walked home in the evening. Sometimes we would go to the pub or play table tennis - I enjoyed a good relationship with my teammates. There were a few office social events which I enjoyed greatly.

LASTING IMPRESSIONS
My lasting impressions are of a fantastic internship where I was given a lot of responsibility and made part of the team. I learnt a lot about the sector and feel I am much more informed about the working world.
WORK PROJECTS
As a research assistant with the Water Team at OPM my work focused on water resources management (WRM) and water supply, sanitation and hygiene (WASH) initiatives. My role was to provide input for technical outputs, market research and business development strategies, proposal writing, and knowledge management. For example, I helped with data analysis for a public expenditure review of the Kenyan WASH sector. I also updated a value-for-money (VFM) analysis for a WASH project done by UNICEF Bangladesh.

DAILY LIFE
The Water Team and others at OPM were very welcoming to me when I started and I felt that I made good connections and learned a lot from the people there. There were a number of lunchtime knowledge sharing sessions that I found were particularly valuable for learning and gaining a better understanding of the work that OPM does.

LASTING IMPRESSIONS
My impression of OPM was a company of bright, motivated, hard-working people who are truly committed to the work that they do. If an opportunity arose for me to be involved with OPM in the future I would welcome it. In terms of my career goals, my work here helped me better understand the mechanics of the WASH sector and the world of development consulting. It helped me to get a clearer idea of what I want to do next.
WORK PROJECTS
I was primarily in charge of data migration, which is moving client data from one database to another. My colleagues clearly explained the purpose and logistics of this task and regularly checked up on me to ensure that I understood what I was doing. I also managed social media and publicity, because a few weeks into my internship the staff member who was in charge left. She taught me to operate the relevant programs and stylistic requirements, and she was open to negotiating my workload. I organized an outreach event, through which Oxfordshire Mind aimed to raise awareness of the importance of mental wellbeing. This involved booking venues, coordinating between branches across Oxfordshire, and sorting out paperwork. I worked closely with the interim-CEO, to whom I reported the progress with the organization.

DAILY LIFE
Each day I cycled to the office, chatted to colleagues as my computer booted and tea brewed, then got to work. Organizing my time was essential for my position, because tasks varied daily, with multiple projects at once and varying deadlines, some of which were more urgent than others. For example, my primary duty was data migration, but I had the entire internship to finish that chunk of work, so I portioned and scheduled the workload to work at a steady and consistent pace, while leaving time each day to complete other tasks. I began the day by writing a list of activities by priorities and spent the rest of the day working through the list, from important to less important. If an urgent matter came up, I got it done as soon as possible, then returned to the list. Whatever I couldn’t finish I left to the next day.

LASTING IMPRESSIONS
I enjoyed working at Oxfordshire Mind and would like to work in a similar non-profit organization in the far future. Everyone was working for the collective good, rather than trying to ‘get ahead,’ and I was struck by how supportive and collaborative an environment it was. The experience did alter my career goals for the near future, though. Working in the non-profit sector also requires commercial awareness and demands some degree of competition, and while it was excellent for building soft skills, working there did not appear conducive to developing professional skills (e.g. legal, negotiation, consulting). I have realized that many of my colleagues have spent some time in the private sector to build the skills they needed for their position at Oxfordshire Mind. So I have decided to work in the private sector while I’m young and strive towards getting professionally qualified as a lawyer.
WORK PROJECTS
My internship came in three key parts: firstly a four week internship in a microbiology institution laboratory, next a geo-ecological summer camp at PSU research base at Preduralye and then a weeklong stay at the restricted nature reserve ‘Basegi’ where we focused on ecology and botany. We were guided through each stage of our internship by experienced and helpful Russian experts in their respective fields. The laboratory classes were well taught and my PhD student supervisor was careful to explain and guide me through her research project investigating effects of nanoparticles on bacteria. In the field we were taught by geography and botany professors who seemingly knew everything in their subjects and really cared for our learning and welfare. So overall, I am grateful and privileged that my teachers at the internship were so great!

DAILY LIFE
I must admit that arriving in Russia, I had a big culture shock as it is so different from the UK, and PSU was very different from Oxford University - and the language barrier didn’t help! Soon enough, with the help of the locals and the university students and organisers I got into the rhythm of life and work. I felt better as soon as I knew how to get around the city, what to eat and what I was expected to do in the labs. I had quite little free time throughout the internship because of our busy schedules. However, when I wasn’t in the labs or out hiking in the field, I socialised with the other interns or international students, especially in the evenings. We tried a lot of the local cuisine in Perm city and on weekends PSU organised excursions to visit local sites of interest, for example an open air ethnographic museum and my favourite - the Kungur Ice Caves. I made good friends with the international students at the Preduralye Summer School, especially with the Chinese students who I often helped with English translations.

LASTING IMPRESSIONS
I’ve learnt so much from the internship - not only about biology which is what I came here to do, but about the culture and lifestyle of Russians, about the Perm region and St Petersburg and Moscow in my travels. I have also developed in so many ways personally - never have I been away in a foreign country for so long before! Although at times I have found things hard (for example difficulties communicating with the locals, not knowing where to get information or help, and missing friends and family from home), being outside of my comfort zone for so long has made me a stronger person overall and now I feel as if I can take on more than before. As for Russia itself, I greatly admire the country’s interesting history, their wonderful people I met
and their culture. By the end of the internship I was beginning to see Perm as a ‘home’ and was sad to leave. In my travels after the internship I found St Petersburg and Moscow very impressive and I was excited to see places I knew from my study of Russian history at school. Overall I do admire Russia as a country and I intend to come back to visit in two to three years’ time.

In the field we were taught by geography and botany professors who seemingly knew everything in their subjects and really cared for our learning and welfare.

William Stone, The Queen’s College, 2nd Year BA Biology

WORK PROJECTS
I was part of three projects during my time here. The first was a microbiology investigation under the supervision of a PhD student looking at bioremediation techniques. This was a particularly insightful experience into real life scientific research and I really enjoyed being able to work independently in a functioning research lab. The second was a geo-ecological field school where we were surveying different parts of Preduralye. This was a fantastic environment to work in as it was a hugely international community. The final part was a four day visit to a nature reserve where we explored and learnt about the natural boreal forest ecosystem. This was a beautiful location and I thoroughly enjoyed being in the wilderness.

DAILY LIFE
For the first four weeks of the internship I was working Monday to Friday at a research lab in the city. I had to walk there and back each day on my own. Outside of work I spent a lot of time with my two roommates during the weekdays initially. As the internship went on we started to go out for more meals each week with other interns and local Russian friends we met. Each weekend we would explore the city and the surrounding area as a group which was nice.

LASTING IMPRESSIONS
This internship was a thoroughly enriching experience and I have gained real insight into biology research, Russia and life skills. The work part of the internship has allowed me to identify certain aspects of a biology career that I would enjoy and others that I would not. What’s more, I’ve met countless new people from many walks of life and many different places. I have learnt so much about myself and how to conduct myself and communicate with many types of people. I will never forget this experience as it has taught me so much.

Manon Seguin, St. Peter’s College, 1st Year BA Biological Sciences

WORK PROJECTS
Our internship consisted of three different projects over seven weeks. The first project was in the microbiology lab for four weeks. We received lessons on microbiology techniques like gram staining, bacterial morphology identification, growing and transferring cultures on different mediums like slanted agar, petri dish and liquid culture. We each also worked with a supervisor for individual projects that were tailored to our interest. Mine was on studying the effect of using fluidized bed reactors with different bacterial strains on the amount of hydrocarbons in real oil contaminated water. The second project was participating in the geo-ecological summer school in Preduralie. Students from Italy, Uzbekistan, and Russia also attended the school which made this project a cultural experience. We participated in research to map the reserve so we collected samples of dominant plants to create a herbarium and also soil samples from different areas. We would walk about 5 to 7 hours a day, and then identified the plants collected and worked on the report. After dinner there were sports organized and on the last day there was a singing show we could participate in. The last project was a week spent in a natural reserve on the chain of the Ureal mountains. We participated in the phenological research of the area by collecting data on yield of berries, number of individual of red list species and collecting samples of dominant species. The reserve was beautiful and the traditional Russian recipe that we cooked was excellent. We also received Russians lessons from Perm State University which were very useful as very few locals understood English.

DAILY LIFE
For one month, we made our way to the laboratory by foot, we could also take the tram if we preferred as the tram station was right outside the hostel. After 5pm, I would either go to Russian lessons, go shopping, go home or hang out with the other Oxford interns and the volunteers. We would
walk around the city discovering all it had to offer. We would also go to restaurants as groups quite frequently as it was a great way of all of us being together.

LASTING IMPRESSIONS
This internship has allowed me to discover Russia in a non-touristic way as we were able to learn Russian culture from locals, experience tradition and see countryside areas that most do not. The cultural experience was one of the best things about this internship. I would come back to live in St Petersburg but not in Perm because of the language barrier. Before the internship, I had no experience in laboratory work or in field work but these projects exposed me to both. I was able to experience a month of working in a laboratory and also participate in research in nature reserve. Through these, I was able to see the positives and negatives of doing either but I am unsure as to which I prefer yet. It does however make me want to pursue work experience in both microbiology and ecology as this was highly interesting.

Lewis Revely, Christ Church College, 2nd Year BA Biological Sciences

WORK PROJECTS
For the first four weeks we undertook research into microbiology and bioremediation studies using bacteria. After this we did a summer school for ecology in the forest and then one week in a restricted access national park called Basegi.

DAILY LIFE
A lot of the day was spent at the lab but after that we enjoyed the varied cuisine available in Perm, as well as the major sites in the area on weekends such as Kungur ice caves.

LASTING IMPRESSIONS
This internship has allowed me to realise that a career in research in a lab would actually be more preferable than in the field. I wasn’t sure what to expect from Russia but the people there were welcoming and Perm was a great place to live for the last two months.

Rosie Power, The Queen’s College, 2nd Year BA Biological Sciences

WORK PROJECTS
Our internship was split into two parts. The first part took place in Perm State Microbiology lab, where we were given individual projects and supervisors. The second part of the internship consisted of field trips to two nature reserves, Preduralie and Basegi.

DAILY LIFE
During our time in the microbiology lab, I would be at the lab by 10. Work usually lasted until 4 or 5. In the evenings I generally spent my time going out to dinner, and on the weekend I went on organised excursions such as to Perm Ethnographic Museum.

LASTING IMPRESSIONS
Russia was a beautiful and welcoming place with the local people of Perm seeming to be willing to help at any moment. It has given me further appreciation into the field of microbiology and more broadly lab work.
Work Projects
My organic chemistry project involved the synthesis of new heterocyclic compounds involving a furan ring, mainly through Michael Addition between 2-methyl furan and an α,β-unsaturated ketone, although towards the end of the internship a similar mechanism involving cyclopropanes was also attempted. The project was in the optimisation stage so we were mainly testing the substrate scope and the best catalytic conditions. In the first two weeks our supervisor showed us how to separate fractions in a solution using column chromatography, search for procedures for a specific chemical reaction, and analyse an NMR spectrum of a product to confirm its structure and check its purity. After this we were given a bit more freedom and allowed to search for catalysts and procedures and then carry out the reactions ourselves. The internship proceeded like this until the end, with us performing reactions, noting down procedures in our lab book, separating and purifying the reaction mixture, analysing the product, and then writing conclusions. Our reporting skills were further honed by reading through recent research papers and giving a presentation on one roughly every other week.

Daily Life
Upon arrival at Perm Airport we were picked up by a hired bus and delivered straight to our hostels. Over the next few days a host of English-speaking Russian volunteers showed us round the University campus and Perm, took us to banks and supermarkets, and generally helped us ease into Russian culture. During the first week we had Russian language classes from 9-10, after which we headed straight to the labs. Most days we were in labs from 10-6 with a lunch break at 1, although it varied between days. During our free time we generally socialised with the other Oxford interns and Russian volunteers, explored the city of Perm, and went out for meals at restaurants. On Saturdays we went on excursions organised by the University; these included local museums and a trip to the Kungur Ice Caves. We also went on a week-long rafting trip in the Ural Mountains at the start of August.

Lasting Impressions
I had no idea what to expect from Russia before I came on this internship. I had been told to expect a ‘massive culture shock’, but I wasn’t actually sure what the cultural differences would be. Having now spent two months in Russia I can honestly say I would return in a heartbeat. All the Russians I have met have been kind, selfless people. We had people approach us when they heard us speaking English and ask where we were from and why we were here. Admittedly we got a few stares but that was because foreigners are rare in Perm. A week deep in the Ural Mountains has shown me that Russia is an astonishingly beautiful country and deserves to be a much more popular tourist destination. The only reason I wouldn’t currently live there is because I don’t speak the language, which is deceptively easy to read once you understand the Russian alphabet. Two months in a lab has also confirmed that research is a potential career path for me. Overall this has been an excellent use of my summer and I would highly recommend this internship to future chemists.

Work Projects
I completed a number of very interesting work projects. The research group I joined focused on heterocyclic chemistry. Most of my time was spent optimising reaction conditions for a reaction. In addition, I spent some time working on projects in...
natural product synthesis and cyclopropane chemistry. Each week we completed a presentation on recent scientific literature, and typically analysed the chemistry in recent literature twice a week. My supervisor proved to be a particularly interesting chap, on one occasion deciding the afternoon work would be given up to conduct an experiment collecting liquid argon. Perm State University organised cultural excursions at the weekends to a number of places of interest in Perm Krai. A particular highlight was the Kamensky Poetry Museum. The trip included colossal highlights such as sunbathing on the roof and swimming in the Karma River. We also attended the hub of the universe - a place we may all have different opinions of the exact location, but I have seen the light, it is in fact in a small Russian town called Kungur.

DAILY LIFE
I typically attended the lab at about 10.30, but the start time was highly variable depending on the current workload. We typically took an hour and a half for lunch, finishing at about 4.30 on average. Conveniently, the university placed us in accommodation a mere two minutes away from the chemistry department. After arriving I was pleased to find that Perm is the nightlife capital of the Urals. Hence, the evening was typically spent socialising with a solid group of 11 with all of the non-Physics interns. This lead to learning about the eclectic and legendary music genre that is Russian techno. The days were typically spent on the beach of the Karma River, sunbathing in the unbelievably hot weather. The temperature was typically in the high 20s or low 30s, although there was one week when it was in the mid-30s every day. I attended additional Russian lessons in the evenings. A highlight of the trip was when we appeared firstly on Russian regional news and then national news. Featuring on Channel 1 of Russian prime time TV was a new experience for me but one I took fully within my stride. Stardom awaits.

LASTING IMPRESSIONS
Having not particularly enjoyed the chemistry lab system in Oxford, I was initially apprehensive about spending the whole day in the lab. However, I was pleasantly surprised that work in the lab was manageable. Nevertheless, I didn’t find research on a daily basis to be particularly fulfilling and would be less likely to go into a career in research. Having read a lot in the media about Russian culture and people, the experience provided an interesting insight. I found Russian people to be exceptionally warm and welcoming after initial introductions. I will remember my time in Russia fondly.
Meals were also provided during the last two trips.

**DAILY LIFE**
This internship was so varied that we rarely spent over a week doing the same thing. We were all given accommodation in the university halls of residence so I shared a room with my two friends who were doing the same geology internship as me. During the first week we had some introductory lectures and Russian lessons. We would get to university for 10am, have lectures, go for lunch in the canteen and then have Russian lessons. In the evenings we did a bit of sightseeing, sport and went for walks. The host university organised some trips on Saturdays as well as a city tour, so we got to meet the other Oxford interns who were here for their different subjects. During our field trips, we were living with Russian students. It was a great opportunity to get to know more about the culture and meet new people. We would usually be busy during the daytime but have time to socialise and relax by the campfire in the evenings. Our last week was spent writing up a report, which meant we had more of a fixed routine. We still had time in the evenings to play beach volleyball, try out antigravity yoga and meet up with friends we made on our trips.

**LASTING IMPRESSIONS**
Arrival to Russia was accompanied by a slight culture shock. I had expected it to be different to Western Europe and the UK but arriving in a city where
no one spoke English was hard at first. Regardless, I managed to settle in fast and the city and the people grew on me throughout my time in Perm. Towards the end of my eight weeks, it started to feel like a second home. This experience has helped me confirm that I want to pursue a career in the field of Geophysics. I really like Russia and would love to return later in life, however, I think the climate is a bit too extreme for me to consider living or working here for prolonged a period. I am very glad I came on this internship as I had the chance to travel to places in Russia I would not have gone to otherwise.

Annabel Wood, St Hugh’s College, 3rd Year MEarthSci Earth Sciences

WORK PROJECTS
Firstly we attended a lecture course on Stratigraphy and Palaeontology, and had Russian language lessons over the course of a week. Then we went on a geology fieldtrip with PSU Geology students to Siberia, Khakassia and Tyva Republics, to look at various mines and quarries, and to pan for gold. When we returned from Siberia we began to analyse our gold samples. We then spent three days at an archaeology dig, and then returned to Perm for a few days before going on a Geophysics field survey with SEG (Society of Exploration Geophysicists) in Predralye, funded and taught by SEG. After returning to Perm we spent time in the PSU laboratories analysing our gold samples and writing a report about what we found in Siberia.

DAILY LIFE
Daily life was very variable due to the fieldtrips. The first week we spent in Perm, and attended lectures and classes as you would normally at university. Then we joined Geology students from PSU on a field trip to Siberia, where we spent the days travelling by bus to visit various mines and quarries. During the nights we camped at various campsites, and had to pack up and set up camp several times. On our second fieldtrip to an archaeological site, we also camped and spent the days digging in the site. On our third fieldtrip to Predralye, we stayed in small wooden huts with beds, and every day would travel to the mountain above Kungur Ice Caves and undertake our geophysical surveys. In the evenings/late afternoons we spent our time processing this data. When we returned to the university, we did some laboratory work to analyse gold samples that we had obtained from Siberia, and then worked together to write a report about this gold. We got to the university by a 10 minute walk from our accommodation. We socialised with Russian friends who we met on our various trips, and also with other Oxford internship students. Out of work we visited restaurants, went to the beach by the Kama River and walked around the city.

LASTING IMPRESSIONS
This internship showed me Russian culture and what it is like to live in Russia. My lasting impressions of this internship are that everyone is so friendly and willing to help. I do not think I would return to Russia to live or work, but definitely would return to visit.
Work Projects
During the first week of the internship we undertook a course on the regional palaeobiology and stratigraphy and had basic Russian lessons. We then took part in a two week field trip to the regions of Khakassia and Tuva in southern Siberia. This field trip was with some of the 2nd year Geology students of Perm State University. We visited mines and mineral deposits and collected gold samples via river sediment panning. Later in the internship we analysed these gold samples with an electron microscope and wrote a report on the samples’ composition and morphology. We undertook a second field trip during this internship where we took part in the Society of Exploration Geophysicists’ summer camp to the Kungur Ice Caves. During this summer camp we used multiple geophysical methods to search for a potentially undiscovered cave.

I thoroughly enjoyed this internship. It was a great way to experience Russia.

Daily Life
When we were based in Perm we generally had 4 hours of lectures in the morning/early afternoon or worked on our report. Our accommodation was located a 10 minute walk off campus. During the field trips we generally left camp at 9am for the day. In Siberia there was a lot of travel by bus between mines and we regularly changed campsite. On both field trips we socialised in the evenings with the other students on the trips and met up with some of these students when we were back in Perm. We also socialised with the other Oxford interns and the translators from Perm State University. Our daily life was very varied depending on the project or field trip we were involved in.

The field trip to Siberia was amazing and the views were awe-inspiring.

Lasting Impressions
I thoroughly enjoyed this internship. It was a great way to experience Russia. I met some lovely people and it showed me that students are basically the same in every country. The field trip to Siberia was amazing and the views were awe-inspiring. I would love to visit Russia again in the winter to see the snow. This internship has given me a potential interest in a career in mineral exploration.
**Work Projects**

During the internship there was the opportunity to study fluid dynamics and quantum electrodynamics as well as further special topics from theoretical physics. The material was taught in a variety of styles; some classes, for example quantum electrodynamics, were taught as lectures and others, for instance fluid dynamics, as tutorials. We were set reading every day and discussed the ideas in the following tutorial. The tutors would always be happy to help with any questions and seeing them on a daily basis meant that there were plenty of opportunities to ask. I studied special topics in fluid dynamics, anomalous diffusion, perturbation methods, applications of group theory to differential equations and spin dynamics. We also had a chance to practise solving problems and applying numerical methods in the tutorials. I found the material we looked at really interesting. It was in the internship programme. We were met at the airport by someone from the international department of the university who showed us where our home would be for the next eight weeks. The following day we met the members of the Physics department that we would be working with at the first of many tea parties. Here we were given an overview of what would happen during the programme and organised tutorial groups. After this we met student volunteers who showed us around the university and gave us a tour of the city. We were introduced to traditional Russian food when interns from all subjects met to go to a cooking class where we learnt to make Russian dumplings called pelmini. Daily Russian classes that were organised in the first week equipped us with the basics of communication and helped us feel slightly less daunted by the language barrier. Several cultural excursions were organised for the weekends including visits to local museums and an ice cave. During the week the majority of classes were scheduled in the morning, meaning that in the afternoon and evening there was often the chance to play badminton, beach volleyball, go to antigravity yoga classes or eat dinner with other Oxford interns or Russian students. Oxford versus Perm State University Physics Faculty football and basketball matches were fun. The Russian students did an amazing job of making us feel welcome and organised additional board games, trips to Gorky Park and helped us with any questions.

**Lasting Impressions**

I am very glad that I completed this internship. I could not have asked for a warmer welcome or friendlier people. Memories of the internship are accompanied by those of a vast country, beautiful landscapes and thirty degree heat. Studying in a city for an extended amount of time meant that we got a feel for how it would be to live in a city and the chance to...
The level of teaching was very impressive, with the tutors very willing to give their time to help us with everything academic and pastoral.

Michael Hynes, Keble College, 2nd Year MPhys Physics

WORK PROJECTS
During my first 3 weeks, we learnt standard topics in fluid dynamics in classes of 3 students. For the 5 weeks of the internship, we had daily lectures on quantum electrodynamics. In the last 3 weeks we had special topics taught by a tutor who specialised in these specific topics. These are very interesting, as the tutors were hugely knowledgeable and conveyed a lot of enthusiasm for their topics. Overall the level of teaching was very impressive, with the tutors very willing to give their time to help us with everything academic and pastoral.

DAILY LIFE
I had an excellent balance while on the internship, with about 3-4 hours of teaching a day, supplemented by reading and problem-solving outside of class. There was a sports hall about 2 minutes away from my accommodation where we could play badminton, basketball and table tennis. There were other sports facilities available, such as a gym and swimming pool. I ate out in a restaurant maybe 4 times a week, and cooked in the hostel otherwise, and this ended up being relatively cheap. On the weekends, the university were excellent in setting up excursions every Saturday, my favourite being the ice caves at Kungur. There were some good bars and clubs to visit on the weekend too. I socialised mostly with the other interns, although I regularly socialised with the Russian volunteers who were extremely willing to help us out whenever we needed.

LASTING IMPRESSIONS
I had a great time during my internship in Perm. I made some great friends in Russia, and would be open to going back. I would be more open to going to Moscow in future, as I don’t think my aspirations would be satisfied in Perm. It hasn’t confirmed my career goals yet, but after having some experience elsewhere, it will definitely give me a lot of insight when that decision comes.

Joseph Lee, Balliol College, 2nd Year MPhys Physics and Philosophy

WORK PROJECTS
We had a lecture series on quantum electrodynamics and tutorials on fluid dynamics. On top of that, there were a few short options that we could choose from, including Lie Groups and differential equations, spin waves and magnetism, anomalous diffusion and introduction to analytic perturbation method. In terms of difficulty, the courses are quite suitable for 2nd/3rd year Physics or Mathematics students, and would be fine for industrious Engineering students as well. Most of the courses required reading literature in advance and sometimes homework to be done after class. The tutors and lecturers were really friendly and helpful, both academically and personally. Outside of the time spent on lectures and tutorials, we had quite a lot of free time to read, play sports etc.

DAILY LIFE
There were about 15 of us from Oxford doing Physics and around 10 more doing other subjects. We spent most of our time together, during lectures and in our free time. We stayed in a hostel on campus in rooms of 3, which contains facilities including kitchen, hot shower. There is also a cafeteria on campus, but we mostly cooked lunch and dinner on our own. Everything is quite convenient there, with a supermarket 10 minutes away from the hostel and a sports centre with basketball court, badminton court, and gym right next to the hostel. The only inconvenience was having to purchase and carry drinkable water once every few days back to the hostel, as tap water is not potable, but we got used to it fairly quickly. Outside of studying, we had quite a bit of free time, and our tutors and the international office organised a lot of fun activities for us, such as football and basketball match-
es, beach volleyball at the digital port, yoga classes etc. We also made friends with a few student volunteers from the university, and they showed us around the city. We were given a number of Russian lessons that allowed us to order in restaurants etc., as most people in Perm do not speak any English. We had weekend trips to attractions around Perm, such as the Khokhlovka Ethnographic Museum and Kungur Ice Cave, which were quite enjoyable. More importantly, we went on an 8 day rafting trip, which was very well organised and fun, during which we enjoyed some incredibly scenic views along the Kama River.

LASTING IMPRESSIONS
I would say this internship as a whole was quite delightful. Unlike other internships, we didn’t have to work on any particular project; instead, we were given a lot of freedom to choose which courses to take and how much work to put in. The Physics courses are really stimulating, and I hope they prove useful further down my academic life. At the beginning, the idea of staying in a city in Russia for 2 months was quite daunting, but after a week or so we got quite used to it, and I felt quite comfortable staying there. Everyone we interacted with, including other Oxford students, student volunteers from the university, the international department and our Physics tutors and lecturers are all lovely and supportive, which made the internship really pleasant. I’m glad to have come to Russia and learn a bit about its vast culture and its beautiful language. I don’t think I would come back to work in Perm, but I wouldn’t rule out working in other parts of Russia. This internship has broadened my understanding and interest in different fields of Physics, which I think would be useful in the future when I have to choose my course option and career path.

David Garrick, Worcester College, 2nd Year MPhys Physics

WORK PROJECTS
We had a planned course of study of a number of physical topics - the primary course was fluid dynamics, with a number of optional topics covering fluids, quantum theory and group theory. The form of teaching was similar to an Oxford tutorial, with 4 students discussing reading with the tutor. We were provided with electronic forms of the textbooks to read in our own time and some problems to do which we would discuss with the tutors. Additionally there were Russian lessons to learn basic vocabulary, with the option for further Russian to improve your grammar and vocabulary which proved very useful when interacting with Russian people in restaurants or shops, for example.

DAILY LIFE
Daily life usually consisted of a few hours of lectures or classes, and then whatever personal work on the topics you had been set or wished to do. Most interns lived in the same buildings, and sharing a room with two other interns led quickly to making a circle in which to work and socialise. The afternoons being free, we would often play badminton or basketball in the university gym, or go out into Perm for lunch or dinner. Every weekend there was an opportunity to go on a cultural excursion into Perm or the surrounding region to see museums or landmarks with the other interns.

LASTING IMPRESSIONS
The experience of living in a foreign country for 7 weeks is the biggest impression the internship will leave on me - living in a place where you do not speak the language, or where cultural norms may be different, or where food available in restaurants or shops is not the same and so you must adapt your lifestyle slightly to suit the country you are in. Getting the Russian take on life and also on the Physics we studied is a useful perspective on what
it means to be British or not, and I found it a useful experience with which to reflect on my own life in England. I personally would not return to live in Russia for an extended period of time, primarily because I found lacking sufficient ability in Russian made life often difficult - communicating with others, especially in unexpected circumstances, could sometimes be stressful. That said, I would still recommend it to someone else.

Jack Atkinson, Oriel College, 3rd Year MPhys Physics

WORK PROJECTS
This internship was entirely learning-based. We spent 2-3 hours a day with tutors in classes, and 1-2 hours a day doing independent learning. There were two main topics of study: fluid mechanics and quantum electro-dynamics. We initially studied core topics in both subjects, with the fluid mechanics taught in classes of four and the QED taught as an informal lecture for all of us. For the second half of the internship, we chose from a series of topics to study, taught to smaller classes again. Each of the six partaking academics taught one topic, focussed on their own area of research and the wider applications for the methods used. For example, one topic was “Practical application of group-theory methods for problems of continuous media mechanics”.

DAILY LIFE
For the first few days we spent in Russia, we had a number of English-speaking Russian students who were more than willing to help us to adjust in any way possible, for example buying SIM cards and taking us to local restaurants. A number of the students stayed in contact and met with us for meals, which certainly helped us to feel at home in the city. The University organised a series of cultural activities on the weekends, such as touring local museums and visiting the nearby Kungur ice caves. Again, these included either English-speaking guides or translators. The Physics tutors also made us feel very welcome; each day we all met for tea and biscuits, and had the option of visiting the gym or sports hall; they also organised beach volleyball, yoga and pancake-eating for us throughout the internship. As a number of us lived on the same floor of one accommodation block, we would socialise, eat and discuss work together throughout the day. All this meant there was plenty to do, and we never felt lonely or isolated despite being in a large city in a foreign country. The internship was well planned, and I felt very much at home during my time in Perm.

LASTING IMPRESSIONS
There are a number of cultural differences between Perm and the UK that were apparent to me during my two months here. The lifestyle was quite different, for example not being able to drink the tap water; in the city, most live in tower blocks, and outside the city most live in wooden huts. Certainly it makes me more appreciative of the quality of living in the UK. However much of the countryside here is stunning; we spent a week rafting as part of the internship, and saw beautiful views of rivers, trees, cliffs and sky, almost untouched by humans. If I were to return to Russia, it would be for a holiday, as I would like to see more of the Ural Mountains and the wilderness that lies beyond. From the internship itself, I gained valuable insight into the life of a researcher or academic, at least here in Perm. It is still something I’d like to pursue, though I don’t see myself moving to Russia full time to achieve it.

Conor Lenihan, Balliol College, 2nd Year MPhys Physics

WORK PROJECTS
While on the internship we did various courses in Physics focussing on fluid dynamics and quantum electrodynamics as well as having the opportunity to have some optional topics to cover including some further fluid dynamics including stability theory and the diffusion process as well as courses in solving differential equations using Lie groups and quantum mechanics. We also had some Russian lessons with optional further classes. We also went on an 8 day rafting trip on the Vishera river camping by the side of the river at night. The University was extremely helpful with providing support for us...we could always get in contact with the international department if we needed any help with anything. There was also a group of English speaking volunteers from the Perm Physics department who were willing to help out if we needed.

The university was extremely helpful with providing support for us...we could always get in contact with the international department if we needed any help with anything.

DAILY LIFE
Daily life on the internship was good fun; at the beginning there
was quite a lot of work with morning and afternoon classes, but with a tea break in between where we got to try some Russian homemade tea and Russian snacks. As the internship wore on, the amount of work became more optional and there was more free time. We used this to explore Perm and we got taken to some cultural spots in Perm on trips organised by the university. We were also provided access to the sports facilities in the university so could play badminton, basketball and table tennis on most afternoons. It took me a little while to settle into the accommodation as I found the bed a little uncomfortable and the showers didn’t have hot water for part of the time but it was the kind of thing you can get used to quite quickly. We were in a dormitory with other people on the internship so could socialise with the other Oxford students as well as the volunteers from the university, and our tutors from the Physics department organised some trips to a couple of bars and to a volleyball court.

**LASTING IMPRESSIONS**
I had some great experiences on the trip including rafting the Vishera river and camping on the bank. While on the trip we used a Russian sauna (called a banya) before jumping into the river to cool down. The entire trip had beautiful scenery and the weather was fantastic apart from a couple of brief thunderstorms. I wouldn’t want to live in Russia in the future as I think the cultural and language differences are too great for me to want to spend much longer than I have here. The internship had little effect on my career aspirations since researching in Physics is very different from learning it, so wasn’t particularly informative in this regard. I may consider returning to Russia as a tourist in the future since there are a lot of places I haven’t seen and I have enjoyed my time here.

Joseph Welford, The Queen’s College, 2nd Year
MPhys Physics

**WORK PROJECTS**
Over the internship we had tutorials on a range of different subjects, the main focus being on fluid dynamics. This gave me a good insight into the topic which is useful for my studies next year. We worked our way through Landau&Lifshitz, making notes and completing problems. Our tutor would give context to the work with anecdotes relating to the Physics, I found this especially interesting and useful. There was plenty of time to read around the topic, making notes on the chapters of Landau that we hadn’t covered in tutorials. We had a number of lectures on QED which was very interesting up until the point I ceased to follow the work on the board. If I had committed more time to the topic I believe I could’ve kept up with the work. There were a few special topics available each taught by different tutors, I picked mine based mainly on the style of teaching of the tutor. These subjects did not go in depth but introduced us to the main concepts/techniques of each field.

**DAILY LIFE**
I had no idea what to expect from life in Perm but we settled in very well. My friends from uni were also doing the internship with me but that only seemed to increase the amount of new people we met on the trip. We got to know the other interns quickly through events organised by Perm Uni. Soon enough we were mates with the local students, most of whom could thankfully speak good English. Even just on our floor we got to know people from Iran, Kyrgyzstan and China. A typical day would be: Wake up at 9ish, tute at 9.30am for a few hours, a tea break then another tute. Head to the beach by the river at 2ish, go for a swim. Back and do some reading/making notes. Either cook tea or go out for a meal as it’s generally very cheap. Then usually chat with the others on our floor before bed. Outside of work we had a few excursions organised and had at least one night out a week.

**LASTING IMPRESSIONS**
I didn’t know what to expect from the locals but they were incredibly friendly. Most can speak reasonable English and were very happy to meet actual English people! I would love to return to Perm, I plan to one day to do the full Trans-Siberian and stay here for a few days. The internship helped confirm my career goals.
Liam Langshaw, The Queen’s College, 2nd Year BA Physics

**Work Projects**
Throughout the internship, a series of topics were explored in small groups. These were each taught by a different tutor, but we got to know all of them personally. Some of the projects were directly relevant to future studies, and other topics were offered to provide a deeper look into special areas of Physics. Generally, these topics were relevant to the research interests of the university.

**Daily Life**
Settling into life in Perm was incredibly easy. We were guided around the city on the first night and the people there made me feel right at home. During weekdays, the mornings would be spent in small classes with 3-4 others working on topics such as fluid dynamics or quantum electrodynamics. Most afternoons were spent exploring the huge number of museums, cafés, and sights that the city had to offer. The accommodation was not solely for Oxford students, so we had the opportunity to meet current and international students at the University. This gave me the chance to develop my Russian language and explore more hidden aspects of the city. Midway through the 7 week internship, we spent just over a week rafting down the Vishera river. The picturesque scenery provided an ideal break from work and, as with the other 6 weeks, the weather was constantly sunny. Overall, the balance of work and socialising was very flexible. It meant that I had the chance to make the internship very personal to my interests and really get the most out of my 7 weeks in Perm.

**Lasting Impressions**
After travelling to Russia last year on a similar internship, this year has cemented my love of the country. Although we were blessed with non-stop sunshine, I have no doubt that Perm is a city that I’d return to in the future. I’ve studied a great deal of physics which is directly relevant to my studies, achieved insight into Russian culture, and gained an ambition to increase my proficiency with Russian language.

Daniel Bryan, St. Anne’s College, 2nd Year MPhys

**Work Projects**
Initially we had compulsory fluid dynamics tutorials every day and Russian lessons for the first week. Then Russian was replaced by a quantum electrodynamics lecture course. We eventually were able to choose special topics which I chose to do all of. These were lie groups and differential equations, magnetics and spin waves, perturbation theory, advanced fluid dynamics, diffusion. These were all taught very well and lie groups and quantum electrodynamics were particularly helpful for theoretical physics as many transformations in the laws of physics are lie groups and the operators (e.g. in quantum mechanics) are their generators. This links in well with the classical mechanics and quantum mechanics I took in the second year. The quantum electrodynamics built on my knowledge of Quantum mechanics from last year, extending it to the relativistic theory: we studied mainly the Dirac equation, its solutions, the second quantisation and finally interactions, cross sections and Feynman diagrams which are needed for particle physics. The other topics such as fluid dynamics we had many tutorials in e.g. solving the Navier-Stokes equation for viscous fluids. The maths we learned in our diffusion option was interesting as I did not previously know the local people don’t speak English.

**Daily Life**
A typical day would be lectures in the morning (about 2 or 3 hours), and then do some sports with other interns, and homework in the evening. We also went to pubs with the teachers sometimes, and there were cultural tours visiting museums as well.

**Lasting Impressions**
Perm is peaceful and the people were generally nice and welcoming. The cost of living was pretty low as well. The cultural tours made me feel comfortable to work in Russia in the future. However it has not changed my goals or ambitions.

I’ve studied a great deal of physics which is directly relevant to my studies, achieved insight into Russian culture, and gained an ambition to increase my proficiency with Russian language.

Zhiyuan Li, Mansfield College, 2nd Year MPhys Physics

**Work Projects**
The projects mostly involve lecturing, and a few cultural tours. Volunteers are extremely helpful there because I can’t speak Russian, and most of the local people don’t speak English.

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that you can define a fractional derivative (such as Caputo derivative).

**DAILY LIFE**

I stayed in the same corridor as the other interns. Initially it was difficult to obtain drinking water as the tap water is not drinkable but this improved as I found out where you can buy water. Lessons started between 9-10am and ended at about 2pm (with a tea break from 12-12:30) depending on the week and which options you take. I found the beds a little uncomfortable but started using an inflatable mattress on top of the bed and slept better. We played badminton almost every day at 3pm which was fun. The canteen was open at lunchtime and was just opening in the morning so I could usually eat there then. There was no food provided in the evening which means we either cooked or walked into the city to eat. We often ate out with the tutors as well which was fun and interesting. We went on a rafting/camping trip one week in the Urals where we were far away from any civilisation and we talked and played games often around a fire. We could talk to the Russian tutors (some came with us) and instructors who spoke good English, although most of the other Russians couldn't speak English. On Saturdays we sometimes went on trips, for example to the Kungur ice caves and a weapons museum in Perm.

**LASTING IMPRESSIONS**

This summer school in theoretical physics definitely confirmed my career goals and ambitions in theoretical physics as the lessons, especially quantum electrodynamics and lie groups, were extremely interesting and outlined the fundamental aspects of physics. A lot of effort was put into these lessons and tutorials and I learned how many aspects of Physics are unified which makes me even more keen to help unify quantum electrodynamics with general relativity in my future career and do research in quantum gravity. Living and studying in Russia was a very interesting experience. Living standards are very different, everyone was very friendly and helpful and I enjoyed getting to know the country. We regularly played football or volleyball with Russian students, which was a great experience even though we usually lost. The rafting trip in the Ural Mountains was a very special experience. Temperatures throughout the internship were very high which could sometimes feel a bit too hot in Perm but during this week of camping it was great. The nature was amazingly beautiful. I am an amateur bird watcher and really enjoyed seeing the flora and fauna in the Ural mountains. I would consider returning for work in Russia.

I think the internship showed me how open I would be to working somewhere else in the world or in a different language.

__Cameron Eadie, Exeter College, 2nd Year MEng Engineering Science__

**WORK PROJECTS**

I had lectures and classes every day on various subjects and was set work to do in the afternoons. The subjects included quantum electrodynamics and spin waves, fluid dynamics and anomalous diffusion, and an application of group theory methods to solving differential equations. The teachers had well-prepared classes and pushed our understanding and appreciation of the topics.

**DAILY LIFE**

I settled in quite well and really enjoyed the company of people I was with and the teachers. We had classes and lectures of various sizes and were set homework assignments to do which we all discussed regularly and completed in the evenings. Outside of work we played basketball and badminton in the sports hall, as well as sometimes going to play volleyball near the river and doing anti-gravity yoga which was great fun.

**LASTING IMPRESSIONS**

I really got a positive impression of Russia and its people, everyone was so friendly and inviting and there was always a positive atmosphere. I might
consider working there at some point, the culture and the language as well as the people really interested me. I think the internship showed me how open I would be to working somewhere else in the world or in a different language if necessary.

Marius Todea, Mansfield College, 2nd Year MMath Mathematics

WORK PROJECTS
Throughout the internship we were given lectures and tutorials on a range of topics including fluid dynamics, quantum theory, perturbation theory and differential equations. The subjects we covered most material in were fluid dynamics and quantum theory. For me, having had no background in these areas made it a little bit more challenging, but the things that I learned significantly enriched my view of how physics and mathematics surround us. I liked the fact that the professors tried to recreate (at least in some subjects) the tutorial system in Oxford. These tutorials were indeed very similar to the ones in Oxford, with us being split in groups of 3-4 and being given home assignments, which we discussed the next day, as well as being exposed to new material. In terms of workload, I would say it was neither too much nor too little: 2-3 hours of lectures plus another 2-3 hours of study per day. We also took part in a 7-day rafting trip during the 5th week, which was a good opportunity to explore the Russian wilderness and to get to know the other interns better.

DAILY LIFE
The university provided us with accommodation on the campus, which means that we lived within 2 minutes walking distance from the main buildings (where all the lectures and tutorials took place) and within 30 minutes by tram from the city centre. During the first week we were given some classes in the basics of Russian. Since I already knew some Russian, I was able to ask for more advanced classes. This, combined with the fact that I was immersed in a Russian-speaking environment, helped me improve my skills in this language. Settling in wasn’t hard, thanks to the Russian volunteers who took care of us at the beginning. They were very nice people, always answering our queries and accompanying us wherever we needed to go. During the weekend there were visits to the main attractions in and around Perm, in order for us to familiarise ourselves a little with the history and culture of the place. Other interesting activities included a Russian cooking course and going out with the professors and the other interns. Perm is a big city (1 million inhabitants), but much quieter than one would expect from a city of this size. The living costs are significantly lower than in Oxford, which makes Perm an even better location for a summer internship.

LASTING IMPRESSIONS
This internship was, above all, a very good cultural experience. I met new interesting people and I learnt a lot about Russia. I would recommend this internship to anybody interested in Russia and/or theoretical Physics.

David Hosking, Merton College, 2nd Year MPhys Physics

WORK PROJECTS
I studied courses in: fluid dynamics, quantum field theory, group theory, anomalous diffusion, perturbation theory and quantum mechanical spin waves.

DAILY LIFE
A typical day involved: Waking up at 9am to head to a morning quantum electrodynamics lecture followed by a 10:30 class on group theory. We had a tea break with the other physicists at 12 and then an afternoon class on fluid dynamics at 12:30. After lunch at 2, we would play badminton at 3 until 5. In the evening I usually socialised with my fellow interns and made dinner until around 9 before completing the assigned work for the next day until bed at around midnight.

LASTING IMPRESSIONS
I enjoyed the internship and felt I learned a lot of interesting physics. I found Russian people very friendly, and enjoyed learning about their culture and history. The weather was fantastic, it made the internship for me - it allowed lots of outdoor activities such as beach volleyball and made the rafting trip spectacular. I may well return to Russia in future. It has only confirmed my career goals and ambitions.
ADVICE (ALL INTERNS)

- I wouldn’t exactly describe this as an internship, but kind of like a summer school. Still, it is a wonderful way to learn important and interesting theoretical Physics, which was very enjoyable.

- Least at least the Cyrillic alphabet and be aware that language can be a barrier. Also be aware that they will be sharing quiet small rooms with 1 or 2 other people for the entirety of the internship. Travel to Moscow and St Petersburg after the internship if you have the chance - these are beautiful cities. Also we have had a very hot summer so be aware of the potential temperatures (I wasn’t properly prepared for this).

- You will share a room with most likely 2 other interns

- PSU provided a great deal of information leading up to the internship. I’d simply advise following the steps they provide carefully and to allocate sufficient time to the visa application.

- I’d advise all 2nd years to consider applying because the course is quite useful for 3rd year. I’d also advise people to convince their mates to apply because it makes the experience even better and, maybe surprisingly, it only helps you make even more friends while you’re here.

- The Internship Office sends out help with the Visa application so don’t worry too much about that.

- It is a great experience and definitely worth applying for. I think the programme turned out to be slightly more theoretical and therefore more similar to an Oxford term than I was expecting but I enjoyed that!

- You should definitely remember to bring a towel. Realize that the city of Perm is basically two long parallel streets with most interesting things on or just off of them. Use trams, they are very easy and cheap. Buy pelmeni, it is a fantastic Russian food you will learn to make, but which can also be used as lunch pretty much every day.

- Bring sports gear (shoes + shorts)

- Bring a variety of clothing - Perm may be very hot (30C+) or potentially very wet and mild, so a mixture of clothes is needed. Learn as much simple Russian as you can, as it will make shopping or going to restaurants or asking for directions much less stressful.

- Don’t take lots of pounds in cash to change in Perm. There is only one bank that does pounds to rubles (pounds is apparently too ‘niche’ a currency and no one likes pounds in the wake of Brexit) and it’s annoying to have to go there every so often. Instead use your bank card and take out 5000 rubles at a time and use cash to pay at shops and restaurants (your bank will charge a fee every time you use your card so do bulk withdrawals). American dollars or euros to rubles is not a problem - exchange is commonplace. Learn the Russian alphabet before you come. It’s essential to be able to read road signs so you know where you are! Russian women are probably better dressed than you are. If you intend to go clubbing or socialising you want to bring some decent clothes. Although I did not go out very much my friends did and they often have spot checks at venues. Vegetarians are going to have a tough time - there are very few vegetables and Russians are fond of sausages and meat. Dill and cucumber seem to feature in every dish!
WORK PROJECTS
I worked on various different projects during my placement, which helped me learn and develop a wide range of skills. I digitised fieldwork photographs by Joy Hendry, an anthropologist specialising in Japanese culture. The Pitt Rivers Museum has recently acquired Hendry’s collection of thousands of transparency slides, and during my placement I produced high-resolution digital scans of c. 2,800 slides, numbered them all by hand, and edited the scanned files so their filenames matched the new accession numbers. I was given careful instruction on how to attain the best quality scans and how to store the slides to ensure their preservation and accessibility for future researchers. I was lent copies of the books that Hendry published from this research, which made me feel welcome and also made the task of scanning and numbering so many slides far more interesting, as I had an understanding of the context of the materials. I produced digital scans of numerous other prints, negatives, and glass slides, some of which were related to a new site and building for the Pitt Rivers Museum, proposed in the 1960s but which never came to fruition. I digitised hundreds of these photographs and negatives, to be used in database entries within the museum’s comprehensive (publicly accessible) online photograph collection. Again I was given instruction on how best to perform the scans, and taught how to use new computer software for image and audio editing.

I also worked on the first of a series of workshops organised by the museum’s photograph collections entitled ‘Print, Project, Collect’. I had a role in selecting which prints were displayed for the attendees, and I researched and wrote detailed handouts about photographs to help the participants’ understanding. I also produced informative documents about the Pitt Rivers’ photograph collections. At the workshop I answered questions about the material itself and the wider collection, but also about my role at the museum and the internship program. Another major project I worked on was related to the annual ‘Pitt Fest’, a large, multi-day, free public event run by the museum every summer. The theme for the 2016 event is ‘archaeology’, and as a student of Classical Archaeology and Ancient History I was asked to form a small collection of engaging and interesting archaeology-related photographs from the museum’s archives, and I researched and wrote information about them for the museum’s social media pages. These two projects, ‘Print, Project, Collect’ and the Pitt Fest social media posts, gave me great insight into the museum’s direct interaction with a public audience, a fascinating and essential aspect of the existence of any museum or artefact/photograph collection. The space I was working in was always busy and people were constantly under pressure with various deadlines and tasks, but all my colleagues always found time to answer my questions and support my work. There were numerous other tasks I performed during my placement, including proof-reading, digital catalogue editing, helping visiting researchers, and helping with the physical transfer of newly acquired materials to the museum’s collection. The diverse tasks I performed were aimed at giving me as wide an experience of museum work as possible, experiencing many different aspects of curation and collections management, in a very supportive environment.
DAILY LIFE
During my internship I was still a tenant at the house I had been renting during the academic year, so I had somewhere in Oxford where I was already fully settled; and it was only a short cycle from the Museum. In the mornings my work, usually scanning and digitising, or researching and writing about certain photographs, essentially picked up where it left off the day before. My colleagues seemed very happy to leave me to my own devices and continue with my work independently, once I had been introduced to a certain task. On some days I would perform additional tasks like small pieces of proof-reading, quick internet research, accompanying colleagues on short work-related trips, or in slightly larger tasks, like collecting, unboxing, and setting up the new scanner. These extra jobs were always enjoyable and in no way interrupted my digitisation work, which could often be done simultaneously. Every day there was a morning and afternoon coffee break, when most museum employees gathered in the tea room, and these were good opportunities to meet and chat with colleagues from different departments such as object collections, conservation, front of house, or education. One of the most fruitful results of the break/lunch time socialising was an offer I received from a Museum employee to be a volunteer on an upcoming project they are undertaking together with someone from the Ashmolean Museum. Outside working hours I spent a reasonable amount of time using university resources that wouldn’t be available to me once the internship finished and I departed Oxford for the rest of the summer – I am between the second and third years of my degree so am currently researching a dissertation, and often spent a few hours after work in college or faculty libraries. Additionally, I took daily cycle rides out of Oxford, visited family friends in the area, and saw college friends who were still living here during the vacation.

LASTING IMPRESSIONS
My lasting impressions of this placement are hugely positive. The experience was fascinating, both in the material that I was directly working with but also being part of and gaining a better understanding of how museums and their collections are managed and maintained. I developed some new and existing skills, most importantly in the organisation of museum material, its presentation to the public, and also my proficiency with technology vital to work in this field. While I have lived and studied in Oxford for two years, the internship helped me better understand the simultaneous interconnectedness and independence of University museums in Oxford, and the huge amounts of work that are constantly going on to ensure the excellence of these institutions. As an undergraduate student it is also rare for me to see first-hand the role of postgraduate and professional academic research that is such a large part of the function of the University and Pitt Rivers Museum. After my internship I feel even more closely involved with the academic world of Oxford, and have a better understanding and appreciation of it. I would undoubtedly return to live or work in Oxford, given its superb resources for museum work and my own more specific interests in archaeology and ancient Greek and Roman societies. My career goals and ambitions before this placement were vague at best. I knew that I enjoyed what I studied and so far had performed well in all aspects of my degree, but had no idea where this could lead me – I was quite solidly concentrating on doing my best at undergraduate level and then working the next step out later. However after this placement I am strongly considering a postgraduate degree somehow related to museum work, perhaps in collection management or curation. Over the last two years I have developed a strong feeling that the most important (and for me, often the most enjoyable) aspects of archaeological and ancient historical research is the process of making ideas and discoveries publicly available for education and appreciation, whether in museums, temporary exhibitions or workshops, online collections and social media, or more accessible non-academic publications. This placement catalysed these feelings into some much more tangible career goals, and provided me with plenty of skills, experience, and enthusiasm to pursue them. I was offered some work as a volunteer on one of the Museum staff’s research projects, and will hopefully be doing some work on this in Michaelmas term 2016. As the project is closely related to museums and collection management, I am confident that it will further help me to formulate my own career goals and if these goals are in this field, prove to supply me with an even greater range of skills than this hugely useful internship placement has already given me.
**Work Projects**
The project largely consisted of shadowing doctors of varying seniorities in their work at the Prince Charles Hospital. I had the opportunity to watch colonoscopies and endoscopies, attend clinics and go on ward rounds with both gastroenterology and internal medicine specialists. Dr Rahman and Dr Hodgson also kindly arranged shorter periods of time within the project to visit other specialties, including the large and acclaimed cystic fibrosis unit and the lung transplant team - both of which offered insights into fields that I had very little previous knowledge of and found fascinating. Another part of the project I really enjoyed was attending the grand rounds and teaching meetings arranged at the education centre within the hospital. Attending these sessions offered context to the clinics I observed throughout my time at the hospital, and I would recommend that any other interns make use of this fantastic resource - and not just for the free lunch! All the gastroenterology team at TPCH were very welcoming and happy to answer any questions emerging from the experience and I learnt a lot - both about the specialty itself and more generally about the role of a doctor, particularly in an Australian healthcare system.

**Daily Life**
I stayed with a local family through Airbnb which I really enjoyed, particularly getting a greater understanding of life in Brisbane and Australia in general. The house was close enough to walk to the hospital every day, and when I got there I would often call the gastro registrar (the wonderful Abha) who would take me on ward rounds, or direct me to someone I could shadow, or a meeting to attend, etc. The team were very welcoming and friendly, telling myself and the other intern where to go and what to do in both Brisbane and Australia. Their enthusiasm for us to make the most out of the long trip over and to travel and explore was really wonderful; and allowed us to organise multiple trips, from diving the Great Barrier Reef, to watching whales from north Stradbroke Island and hiking in Lamington National Park.

**Lasting Impressions**
I had a really wonderful month in Brisbane, learning a lot from the fantastic team and exploring the beautiful country of Australia. As the Oxford pre-clinical medicine course is largely academic with little hospital experience, being at TPCH not only taught me a lot about medicine in the real world but also provided a welcome ‘refresher’ on my motivation to become a doctor. I would recommend the internship wholeheartedly and encourage anyone lucky enough to be offered it to really make the most out of this opportunity.

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WORK PROJECTS
The main project I was involved in was digitising the card catalogue for the library. This involved scanning in the cards so that we would have an electronic copy. I also did some foliation - which is a system of recording how many and what documents are in which files in an archive - and helped with other bits and pieces around the library including shelving, answering enquiries and helping to update the collection by weeding out books that didn’t fit with the library’s collection policy. Throughout the internship, everyone at Pusey House was incredibly supportive and friendly and more than happy to answer any questions or queries I had. Anna, my supervisor, was also kind enough to organise trips and visits to other archives and libraries including Lambeth Palace, the London Library, Balliol College Archives and Regent’s Park archives where the Baptist Missionary Society’s collection is held. These were really enjoyable and an opportunity to see different systems and styles of work in different libraries and archives. It was also really useful to be able to talk to other people working in the archive and record management field about what they enjoyed about the job, the qualifications they had studied to prepare for it and what they looked for in an application when recruiting people to work at their archives. It really gave me a very good insight into the field more generally.

DAILY LIFE
I lived in Pusey House during the internship and you could not ask for nicer, more friendly or welcoming neighbours! The chapel interns really made me feel welcome and comfortable. We often had meals together and on one occasion had a BBQ out on the quad with a spot of croquet. The other members of Pusey House also invited me to attend some services in the chapel (although there was absolutely no pressure to attend if I had not wanted to) which were often followed by congregational breakfast. It was so lovely to be welcomed so warmly into the life of the house and to be invited to take part in the chapel life in the community as well. In terms of facilities I had a lovely ensuite room and access to two large communal spaces; a dining room and a sitting room. There was a very well equipped kitchen as well. Getting to work was very easy as I worked largely in the downstairs office and the library - meaning I could roll out of bed at 9.25 and have plenty of time to get into the office for 9.30. Thanks to the lovely, central location of Pusey House I was able to spend my downtime doing a spot of shopping on Cornmarket, perusing the book shops on St. Giles or going for runs in Uni Parks or rowing down at the bottom of Port Meadow. I really appreciated having so much green space nearby for me to use.

LASTING IMPRESSIONS
The internship has been incredibly helpful and has given me a chance to learn a lot of different skills and get a really good feel for what working in an archive or library might be like. I have really enjoyed it, in large part due to the excellent programme of activities put together by my supervisor Anna and the incredibly friendly community here at Pusey House. From my experience here, I think that I definitely feel more secure at looking into further study and work in the area of libraries and archives and think that it would be an area of work that I would
**WORK PROJECTS**

In the weeks surrounding the conference I carried out admin tasks such as sending emails, finding venues, getting quotes, packaging items, making name badges etc. During the conference I greeted and talked to delegates, helped with microphones in sessions and gave a hand with the general organisation of the event. The team I worked with were really nice and helpful.

**DAILY LIFE**

At the conference we were able to attend all of the events. We got all expenses paid and often went out for dinner as a group in the evening before heading back to the hotel. I also got to socialise with delegates who were working on very interesting and inspiring projects. In the weeks before and after I would get the underground to work or walk in and would go to lunch with other interns. It was really easy to settle in as everyone I worked with was so kind and friendly. Being in London was great as I was able to meet up with many friends who live there, out of work hours.

**LASTING IMPRESSIONS**

I really like London as a city and would like to work there in the future. There is always lots to do and it is also home to so many opportunities. The internship has spurred my interest in public health and foreign aid. It has also given me a great insight into the research going on in the field, something I may go into later in my career.

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**WORK PROJECTS**

I was involved in carrying out a citation analysis for the 2 journals in order to understand more about how the 2015 impact factor came about and how the journal can choose its articles better next year to raise the impact factor and citation rate (e.g. particular themes, authors, institutions that received many citations).

**DAILY LIFE**

I went to work daily via the London Underground, and then settled in to my office cubicle. The staff there were very nice but were older than I was and there were no other interns so I worked alone from 9-5 with an hour lunch break. In the evenings I would take walks around London and meet up with friends from college.

**LASTING IMPRESSIONS**

This week has helped me appreciate London a lot more, and is now somewhere I might consider living/working in the future. It also confirmed my underlying belief that office jobs are not for me, so while it was a pleasant and interesting experience, it also made me sure I want to go into clinical medicine not scientific journalism or research.
WORK PROJECTS
I was involved in the school visits at the RSPCA, mainly helping run activities. I was supported/directed by their full time Schools Officer. I helped out at public events - such as the Open Wood where I helped decorate the wood and ran an activity I created on the day. I helped out with the youth and family group projects, helping the leaders run the activities and events. I also conducted some research on the influence the RSPCA activities and outreach has on empathy-building in children. This involved researching how empathy develops and how it could be measured, and creating a questionnaire that could be used for them to measure empathy.

DAILY LIFE
The accommodation provided was only just up the stairs, in the same building as the office I was based in. I would usually arrive around 9 and wait for someone to instruct me what I was doing that day. Sometimes it meant I then had to wait until we were going out to do projects/outreach, sometimes I was given a list of tasks to complete in my own time throughout the day. There was another intern from the Oxford who was living next door and so we spent quite a lot of time together. I had a car which was very useful as the centre is really in the middle of nowhere so I often drove out and about in my free time.

LASTING IMPRESSIONS
Overall I really enjoyed the internship; everyone I worked with was absolutely lovely and made me feel so welcome. They were always very polite and kind to me. I was staying in Hastings which is a lovely area, but I don’t think I would return to live or work there. It has confirmed to me that I definitely want to work in the third sector.

I really enjoyed the internship; everyone I worked with was absolutely lovely and made me feel so welcome.
Work Projects
The projects I was involved with were incredibly varied, from helping with a school group that was coming to the centre, to going out into the Hastings community and helping to run “play in the park” events. When there were no groups coming in, my day’s work could involve organising resources in the centre or doing some preparation for a future event. I received a lot of help from the staff at the centre, and they were helpful in providing me with a schedule of my work at the beginning of every week so that I knew what was coming up. The staff were incredibly friendly and happy to answer any questions I had about the task I had been given.

Daily Life
Most days at this internship followed generally the same pattern, even if the work involved itself varied greatly. The day would start at around 9am, and would generally finish around the mid-afternoon, or a little later if groups were coming in for an evening session. Sometimes I would be given small admin jobs to do in the evening to save time preparing the next day, but for the majority of the time my evenings (and weekends) were free for me to do what I liked. I was always given a generous lunch break, and there was plenty to do in the local area from walking around the beautiful surrounding countryside and beaches, to exploring all the cafes and museums that Hastings (a short walk away) had to offer. It was nice to be able to spend evenings cooking meals in the fantastic kitchen facilities at the centre, and socialising with the other intern who was always around so I never felt too isolated despite being in the middle of the countryside.

Lasting Impressions
This internship was an amazing opportunity; I loved living in the Hastings’ countryside, and would definitely want to visit the area again. It was also an invaluable insight into what a career working with children is like, gained through meeting the teachers, social workers and other such professionals when they came to the centre with the groups.

Advice
• I would definitely recommend (if possible) going in a car, because the centre is quite far out from the centre of town - over an hour walk, and nearest shops are at least 40 minute walk. I would also recommend taking things to do in your spare time, books etc. Definitely take insect repellent, wellies and sun cream.

The internship offered an invaluable insight into what a career working with children is like, gained through meeting teachers, social workers, and other such professionals.
WORK PROJECTS
I was given three tasks of different levels of complexity/size to complete within the two weeks: the largest was to organise a large bequest from art enthusiast Marjorie Barley, which involved sorting through and cataloguing a large number (c.1000) of documents left by her to the Ruskin. As smaller projects, I made a catalogue of the Ruskin’s DVD collection and a catalogue of their poster collection in their archives.

DAILY LIFE
I was living 5 minutes’ walk from the Ruskin building. I was already familiar with the Ruskin’s layout from taking evening classes there during term-time, so felt like I settled in quickly. Even in the summer vacation, the building was still buzzing with activity from the various summer art courses they offer, and it was nice to be able to meet the artists and art students running these courses - in fact, everyone was extremely friendly and welcoming, in particular the ladies running the office and the librarian I was working under.

LASTING IMPRESSIONS
It was lovely to be able to stay in Oxford outside of term time and to see it at a time of year I ordinarily wouldn’t be there. I am already a big fan of the city and working there would be fantastic - I certainly want to stay in Oxford for as long as I am able, whether studying or working. The internship made me realise that I am highly enthusiastic about art/art history, and directed me towards seeking my next work experience or internship in a gallery or museum. The large amount of data-entry involved was sometimes under-stimulating, although it was to an extent made up for by the good rate of pay.
WORK PROJECTS
A core part of my work at Schroders involved taking notes from quarterly results announcement meetings of companies that the firm’s asset managers had invested in, or were considering as a potential investment. This was preceded by a review of sell-side documents, SWOT analysis and other industry publications. As I was based in the Small & Mid-Cap Equities team, the businesses I was involved with were mostly innovative Japanese companies on the cutting-edge of their respective fields. As a result, I learned a lot about the latest trends in the Japanese mobile and web industries. At the end of my internship I gave a presentation regarding Blockchain, the technology behind BitCoin that is now spreading into a wide range of fields and may eventually disrupt such disruptors as AirBnB or Uber. Presenting in formal business Japanese on a technical subject to an audience of executives was definitely a challenge, but one I would recommend to anyone seeking rapid improvement in their language skills.

DAILY LIFE
The Schroders Japan offices retain a distinctively ‘Japanese’ atmosphere, despite the firm’s British roots and global outlook. In spite of these differences, I was made to feel welcome and regularly taken out to lunch by colleagues. Tokyo has some of the best public transportation in the world and my daily commute would consist of a 25-minute train ride and a short walk. The city also has a lot to offer in terms of its rich history and modern amenities. There is always plenty to do and explore and I can confidently say that one can never feel bored in Tokyo.

LASTING IMPRESSIONS
Before embarking on graduate study at Oxford I worked as a tax advisor at EY and had the opportunity of working with several Japanese corporate clients in the UK. The opportunity to work in Tokyo significantly bolstered my previous experience and helped me to secure a position with EY in Japan, as part of the firm’s international tax team. At the same time, the internship confirmed my ambition to further my career in Japan and become an expert supporting inbound European companies in Japan, as well as outbound Japanese companies setting their sights on foreign markets.

The opportunity to work in Tokyo significantly bolstered my previous experience...it also confirmed my ambition to further my career in Japan.
Work Projects
My internship was within Interpretation, a department bridging the Learning and Collections departments and with an impact on all 5 properties owned by the SBT. I had long-term tasks which I worked on throughout the 8 weeks, such as a reinterpretation of the kitchen in Halls' Croft (the property owned by Shakespeare’s daughter Susanna and her husband Dr John Hall). Here I was also excited to be involved with the very beginnings of an exhibition, which will be delivered in 2017 if confirmed, for which I undertook extensive research. Not only was this research a good stepping stone from the History side of my degree, but it also allowed me to further my academic interest in the early modern period. I frequently contributed blogs to the SBT website to publicise this, on topics as diverse as plague and witchcraft in Shakespeare’s England. I also researched and wrote a 35 page document collating and explaining past interpretation (signage etc.) of the Birthplace, for future use within the SBT. Throughout my internship I researched and wrote explanatory captions to go alongside artefacts and paintings across all of the houses. I also researched, wrote, designed and made new signs to go in every room of Shakespeare’s Birthplace. It was really rewarding to see the signs all the way through from research to creation, and to know that the hundreds of thousands who visit the Birthplace every year will see them. Lastly, I had lots of opportunities to get up close to the fantastic collections housed by the SBT. I was involved in installing objects into exhibitions, photographing and researching them – including original copies of texts I have studied such as by Spenser, Drayton, Plutarch and of course Shakespeare himself! A real highlight was the arrival of Shakespeare’s original will to Stratford for the 400th anniversary of his death, on loan from the National Archives. I was able to witness the installation of this special document into the display case. I was also privileged to be solely responsible for co-ordinating an out-of-hours opening event for local residents of Stratford to view the will, which was a great success and welcomed 134 people on the night. They experienced a short talk about the will and Shakespeare’s life, which I wrote and delivered, before being able to view it – making up their own minds as to whether this document, with its famous bequest to Shakespeare’s wife Anne of ‘my second best bed’, reveals anything about the character of the man himself!

Daily Life
Using my grant I was able to move to Stratford-upon-Avon for the duration of my internship, staying in a local college near the town centre so it only took me 10 minutes to walk to work. I would generally work 9-5, however the variety of tasks meant hours could be flexible, such as coming in at 8.30 to change over the objects in display cases before the properties were open to the public, or staying late for the evening opening of Shakespeare’s will. The diversity of work projects meant I was not stuck at a desk 9-5: for example I could be doing research in the reading room in the morning, attending meetings in other properties after lunch and mounting signs in the afternoon. The SBT own five Shakespeare-related properties open to the public and my main base was at the Birthplace. I would also often visit other sites for meetings and work. My colleagues were keen for me to see all the properties even if I wasn’t working with them, and I had one particularly lovely morning at Mary Arden’s farm making fires the Tudor way with flint and steel, and meeting the farm animals! I was also lucky to visit the highly antic-
ipated New Place to install some items, which opened on the last day of my internship. The Trust were very flexible in helping me see the big picture of the organisation, and were also helpful when I needed to change my hours such as having days off for the Oxford open days. I normally used my hour long lunch break to go for a walk and read a book in the park. I became close to many people in the office quite quickly – everyone was very friendly and we often had shared interests, not least history, literature and Shakespeare! I attended two work parties with the cultural engagement team. My supervisor Lucy in particular was lovely and we often went out for coffee or to enjoy the sunshine.

LASTING IMPRESSIONS
Stratford-upon-Avon is a very pretty historic town filled with hidden green spaces, and it was nice living there for the summer. It’s very quiet (apart from the tourists, although anyone who has lived in Oxford can cope with those!) but that made a nice change of pace from term-time, and I enjoyed taking time to go on walks, admire the hills, and visit the many independent coffee shops. I love theatre, especially Renaissance drama, so made full use of the £5 ticket offer from the RSC for 16-25 year olds and went to see plays by Shakespeare and his contemporaries. As I lived in a flat owned by the college I spent time cooking and watching tv with flatmates my own age in the evenings. My experience at the SBT was fantastic – everyone was so friendly and supportive. I felt so much like one of the team and like I had worked there forever! Special recognition has to go to my supervisor Lucy who comprises the Interpretation department and became a good friend. I am already making plans to return over future vacations as a volunteer to help with later stages of the projects I have worked on this summer, and to catch up with my colleagues. The internship was a genuine and valuable insight into the arts and heritage sector, which I now know I am interested in working in in the future. Although the field is competitive, Lucy and the SBT made sure I gained experience in some of the key aspects of the museums world such as hands-on installation of exhibitions. Everyone was willing to discuss their diverse routes into the sector and gave helpful advice. I am grateful that I was given a lot of responsibility from the very start, working on independent projects as well as tasks from Lucy’s day-to-day role to gain an authentic experience of what the work is like. It was very rewarding to see the tangible results of my work over the 8 weeks, and a real privilege to help celebrate Shakespeare’s life and works in the 400th anniversary year.

ADVICE
• I had a meeting early on where we discussed what I wanted to get out of the internship - this is really valuable so be honest and lay out what you are interested in. I said I was more interested in the Exhibitions side of Heritage (rather than for example conservation) but still wanted to see the big picture, and this was pretty much exactly what I gained so they do a good job of tailoring the work to you. The pace of work was slower than other internships I have done however those were in a corporate environment. Deadlines were often moved back or unexpected setbacks occurred due to the nature of working in an arts charity reliant on many factors such as volunteers and visitors etc. Despite this I found the work kept me challenged and occupied, especially because it was so varied, as long as you are self-motivated. It was far more practical than I was expecting because, as they are a small charity, they make all their signs etc. by hand on-site, so there was a lot of cutting foamex, using scalps/glue etc. which I didn’t expect. However it was easy to pick up (even for someone with no experience like me) and enjoyable - a type of work you don’t see at uni!

The internship was a genuine and valuable insight into the arts and heritage sector... Everyone was willing to discuss their diverse routes into the sector and gave helpful advice.
Work Projects
For the majority of the internship I was based in Delhi. I spent my time carrying out three main tasks: contacting organisations for funding/sponsorship for the charity, teaching English to a large class of young learners, and also teaching English to a smaller group of older pupils. Both groups were children which the charity works with from the nearby Outram Lines Slum. I also worked on the organisation’s web presence and sponsorship documents - aiming to make them more user friendly.

Daily Life
I was living in the headquarters of the charity in north Delhi, so the office was literally next door! This was very convenient, but it did mean that my bedroom turned into an office during the day. Although located in the north of Delhi I travelled all over the city - the metro is very comprehensive and there was a stop just down the road. At the weekends I travelled to other nearby cities, for example Agra. The charity was very welcoming and I often had dinner with my colleagues from work.

Lasting Impressions
The internship gave me a fascinating insight into Delhi. I enjoyed being able to travel in India and spend time in a very interesting country. I am definitely considering careers in an NGO or in teaching, and I would very much like to return to India soon.
WORK PROJECTS
I spent four weeks working with the PR team at The Sick Children’s Trust. I researched and wrote a number of press releases, and contacted various news agencies to sell-in my stories and secure coverage. I was able to get Cambridge TV coverage for a Family Fun Day organised by the charity, as well as a two-page spread in a magazine. I also interviewed families so that I could write up their stories to share online as well as sometimes sharing with the media. As a personal project, I was tasked with planning and implementing the PR coverage of the stories of the supporters raising money for the charity by cycling the Prudential RideLondon-Surrey 100, for which I wrote press releases as well as blog posts detailing the supporter journey. On a daily basis I was also responsible for logging any media coverage the charity received, as well as updating the various social media platforms. Doing all this taught me a lot about the world of PR and social media. I was able to talk to everyone in the office to really learn about working for a charity, and everybody was very welcoming. My supervisor was very helpful, making sure to meet up with me regularly to make sure I wasn’t struggling with any of my projects, and was always available if I had a question.

DAILY LIFE
While working at The Sick Children’s Trust, I lived in Hackney, and my commute into work was just ten minutes on the Overground and a twenty minute walk. I was set a very detailed timetable for my first week on the job, which was perfect because I always knew what I was meant to be doing. This involved a lot of meetings with other team members to learn more about how the charity works. In the remaining three weeks I had much more freedom to organise my own time, but my supervisor was very helpful when it came to structuring my time. The social life was good, and often after work members of the team would go for a drink at a local pub. Once a week we went to Regent’s Park to play softball against other charity teams which was great fun, and something I did not expect. When not out with work colleagues, I was able to see the sights and be a proper tourist - the highlight for me was going to the Sky garden and experiencing a 360 degree view of London from above. I was also able meet up with friends living in London, meaning all my nights were filled and I was never bored.

LASTING IMPRESSIONS
I really enjoyed living and working in London - there is so much to do! I think I would be happy to move to London after I finish university, to work there for a bit. I enjoyed learning about PR and surprised myself with my standard of writing for the press releases. I think I would like to try other areas in the charity sector before I decide - I found speaking to the fundraising team at The Sick Children’s Trust really interesting so I think I would possibly like to try that. This was a relatively small charity so I would also like to experience working for a bigger one - from talking to other people at other charities (while playing softball in the charity league) it seems like a very different type of work.
WORK PROJECTS
As part of my internship in The Sick Children’s Trust press office I was involved in talking to families about their experiences and writing up and sending out press releases. I also had the opportunity to work on the organisation’s various social media channels and draft content to be sent out to followers. My supervisors planned detailed task sheets for each week and met with me regularly to check my progress and give me any extra support. They encouraged me to create a portfolio of all the press releases I had worked on to show potential employers. The internship was focused on my progress and ensuring I got the most out of the experience.

DAILY LIFE
When I first arrived to start my internship I was introduced to all the different departments, and over the following week had one-to-one sessions with each of them to find out about what they do, so I could understand how the organisation works as a whole. Each morning I would commute on the busy train into London Cannon Street, and arrived just before 9AM. I usually began my day by logging the day’s press cuttings and drafting content to be posted on social media. Then I would start working on some of my press releases, contacting families to share their stories, and writing up content to be sent to press. I learnt how to contact journalists and upload articles on to the website. I would usually finish my day around 5PM. On some nights the office went out for drinks after work, which was a nice opportunity to socialise and get to know everybody a bit better, especially those working in different departments to me!

LASTING IMPRESSIONS
I really enjoyed my internship with The Sick Children’s Trust. It confirmed to me that I want to work in the press, as I especially enjoyed the moments when stories came in last-minute and we had to immediately contact press to ensure it got published. It was very fast-paced and exciting work! Even though I hadn’t really thought about working for a charity before, The Sick Children’s Trust has inspired me to ‘do something’ with the work I produce. I have always loved writing, but often wonder what ‘point’ there is to it. Writing press releases to help raise awareness of The Sick Children’s Trust gave a real sense of purpose to my writing, which helped me to immerse myself in my work.

Sian Bayley, Mansfield College, 2nd Year BA English Language and Literature

The internship confirmed to me that I want to work in the press...it was very fast-paced and exciting work!
**STATE MUSEUM OF THE HISTORY OF ST. PETERSBURG, ST. PETERSBURG, RUSSIA**

Alice Yevko, Pembroke College, 3rd Year BA History

**WORK PROJECTS**

During the internship, I was given one paired task to complete with another OUIP intern, alongside some smaller individual tasks. The main paired task was to create an improved tourist navigation system for the museum. The museum is located on an island in the River Neva, Zayachy Island, and it consists of a complex of buildings inside an historical fortress known as The Peter and Paul Fortress. Due to the number of buildings and historical sites within the fortress complex, navigation can be complicated for tourists, particularly foreign ones. Therefore, our task was to produce an international navigation system which was comprehensible and easy to publicise. We located existing areas of confusion, mapped out a suggested tourist route and designed templates for billboards and directional signs. We delivered our findings and ideas in a joint presentation during the last week of our internship to our supervisor and her boss. My individual tasks involved lots of fine-tuning of English translations, both written and spoken. I worked with the research department, checking the English version of their publications and museum catalogues. I also worked with the guiding department, going through tour-guide scripts for English tours of the fortress. In both departments, as well as in the joint presentation, I felt my ideas were respected and valued. The guiding team, especially, were very keen to hear my opinions as to what was appropriate to include in a guided tour of the museum and its sites.

**DAILY LIFE**

Due to an issue with the museum’s apartment, I ended up living in three different suburbs of St Petersburg. While this proved to be a little disruptive, I did learn a lot about the real, working life of a mid-twenties museum worker in the centre of St Petersburg. Our commute to work took over an hour, but the metro is a tourist attraction in its own right with beautiful stations and interesting sights, so we didn’t mind the journey! One lady we lived with introduced us to lots of traditional Russian cooking, which we very much enjoyed. Our working hours were loosely 11am-5pm, but we were both masters of our own schedules once we had been given our tasks. We were given tasks and deadlines at various points throughout the month. I took most evenings to explore St Petersburg’s many museums and cultural sites such as the world-famous Hermitage, the eye-catching Church of Spilled Blood, and the interesting ethnographical museum the Kunstkamera, which began life as Peter the Great’s collection of curiosities in the 18th century. Although we just missed the June “white nights” where the sun never sets, the summer evenings were long and light, enabling us to enjoy the whole day. On days off, I journeyed further afield, visiting the famous Peterhof Palace and its beautiful gardens and fountains, and I went to the beach with a colleague and her family, and swam in the Gulf of Finland at Repino. I was lucky enough to be able to carry out some personal research for my master’s thesis, visiting Vitoslavlitsy, the open air museum of traditional wooden architecture in Veliky Novgorod. I also took the new,
electric, high-speed train, the Lastochka, and had the chance to experience the Russian countryside, which was such an interesting contrast to the European-esque city of St Petersburg. Everyone I worked with was incredibly friendly. I could not have asked for a more welcoming environment in which to work. The other OUIP interns and I were (willing!) guinea pigs for a live translation of a lecture on Russian architectural history, given by a member of the research department and translated by a member of the guiding one. We both had an interest in architecture, and they fitted in with us. This friendliness extended out of working hours, and I was invited for coffee, dinner and board games nights with my colleagues. One of the museum guides even spent her day off with the other intern and me, and took us on a boat trip and to see the bridges of the city rise at night (a hugely popular sight with locals and tourists).

LASTING IMPRESSIONS
St Petersburg is often called Russia’s cultural capital, and the month I spent in the city certainly proved it worthy of that title. My lasting impression of St Petersburg is one full of culture, history and beautiful sights. Moreover, the people who live there are proud to call it their home and share it with newcomers. They view St Petersburg as a special part of Russia’s cultural make-up, as it is so different to Muscovite culture. St Petersburg was built in direct self-conscious opposition to traditional Russian architecture, and it really shows. Living in the city for a month, I learned many of the place’s quirks and traditions, including watching the Neva bridges rise in the middle of the night, and the many live street concerts that light up the pedestrian areas pretty much every evening in summer. I would certainly return to St Petersburg, to work, to research or for leisure. Career-wise, this internship gave me a great deal of insight into heritage work. I was most struck by how professional the museum sector is in St Petersburg. I spent most of my time working with the guiding department and the research department, but my internship supervisor also introduced me to the finance department and the production department, which is responsible for presenting the museum objects and creating public displays. I was able to have lots of conversations with various employees of the museum, including a senior researcher whose job it is to contact other museums across the world to create international exhibitions. She was working with the V&A when I was in St Petersburg for example. I learned just how international museum work could be; which is something I hadn’t considered before. The Peter and Paul fortress, for example, is part of a wider association of Baltic fortresses called the Association of Castles and Museums around the Baltic Sea. Overall, I couldn’t recommend working in St Petersburg more, especially if you are interested in cultural heritage work.

Elizabeth Chittenden, Christ Church College 3rd Year BA History

WORK PROJECTS
Over the course of the month I was required to proofread the English of catalogues and a short textbook. Together with the other intern I walked round the site of the different museums and assessed the problems of navigation for a foreign tourist. Then we prepared a presentation and delivered it to our supervisors. I was able to do some reading in the library according to my own interests in architecture. We were placed with the research and curating de-
partment of the museum but also became involved with the guide department. We listened to the English tours with several guides and helped to improve the accuracy of the English spoken. We spent a lot of time talking to the guides so they could practice their English, learnt about the history of the city and talked about the ideal content of the tours.

**DAILY LIFE**
We lived in the apartment of our supervisor for the first two and a half weeks of the internship. After that we were placed in student accommodation. Our working hours were 11am-5pm Monday-Friday but we had 1/2 days off each week and sometimes only worked a half day. We would commute 1/1.5 hours by metro and walking to and from work each day. When we weren’t working we would visit museums or walk around the city. When we lived with our supervisor, she made us dinner each night and we would discuss Russian life. Mostly I socialised with the other interns. However, in the final two weeks the head of the guide department organised more social occasions for us, inviting us to her house, introducing us to her family and friends, taking us to the beach, teaching us Russian and educating us on the history and culture of St Petersburg. The museum employees were very helpful in informing us about places to visit and how to get there.

**LASTING IMPRESSIONS**
Out of the European countries that I have visited it was the most different experience. I really enjoyed living with and meeting native Russians and I learned much more about the city from that than any tourist experience. This absolutely confirmed my desire to travel while working to see a country from a different perspective. The work was not too challenging or time consuming, which meant there was a good amount of time to explore the city more. It was difficult for us to do more work than we did because of the admin involved and because I spoke very little Russian. Many of the museum employees were incredibly friendly and generous to us, and I had a great time meeting them all. St Petersburg and Russia were places that I did not know much about and there was so much that I found interesting. It is a relatively difficult country to visit because of the visa requirement, and English speakers are quite rare so I am very glad to have had this opportunity to visit when there was more support available. Most information is in Russian so lots of things are tricky to organise without local knowledge. It was a good chance to learn the basics of the language, but if I returned I would try and improve my Russian.

**ADVICE**
- The Russian visa is advertised to cost £50, which is accurate, but there is an administrative fee of £32 on top of that! I wish I’d known that up front!
STOCKHOLM ENVIRONMENT INSTITUTE, OXFORD, UK

Yuxun Ling, Keble College, 2nd Year MMath Mathematics

WORK PROJECTS
The internship mainly consisted of two projects. The first was analyzing a survey and writing a sample report. The survey was conducted by a manager of an international environmental meeting, and I was asked to give a full report at the beginning. However, after some basic analysis (regrouping, basic plots, chi-square test etc.) my colleague and I agreed that the dataset was too small, so I made a sample report instead and my colleague contacted the manager for a follow-up survey. My colleague provided deeper insights into the dataset and asked many additional interesting questions about it throughout the project. However, the follow-up survey could not be conducted until my contract ended so I had to leave all the codes to him.

The second project was to investigate the common and different roles of DRR (Disaster Risk Reduction) and CCA (Climate Change Adaptation) for better collaboration between national organizations. It was a long-term project (deadline: second quarter of 2017), and I was responsible for the basic cleaning and visualizations of some of the datasets. The cleaning part included extracting concepts from national reports, and linking them with related organizations, and the visualization included producing network graphs (bipartite and hierarchical). There were many obstacles including missing reports and selection of keywords, but with the help of others in and outside the office, most were solved sufficiently.

DAILY LIFE
The entire building is shared by three offices. SEI’s office is quite spacious. Every person has a wide table, a comfortable chair and a monitor if needed, and there is also a common area with a sofa and snacks. Work usually started at 10am and ended at 5.30pm but the timetable was quite flexible. I also had 5.5 days’ annual holiday available for the two-month internship. People there are all sociable and chat in the common area during and after having lunch. My work projects were sent to me by email, and then we had some short meetings to clarify and set aims for projects. Whenever there were obstacles I could send an email, ask directly in the office or arrange a short meeting with someone if necessary.

LASTING IMPRESSIONS
SEI is a small research organization and thus has a very different style from large companies. Staff arranged their own schedules. In my home country, interns always do the most basic and trivial work, but at SEI, my work didn’t differ very much from others’. i.e. they didn’t look down on me because I was an intern. Everyone just treated me as a new colleague rather than any kind of subordinate. The difference may be due to the size of the organization, but in any case I liked the working atmosphere and relationships at SEI. I learned a lot and did many new things I did not think I could do.
I worked on two main projects at SEI. Most of my time was dedicated to researching and writing reports on the opportunities and potential for different biofuels in Indonesia, for the EC-funded TRANSrisk project. As part of this I did some system mapping, using matlab and a graph design program of the local biogas market chain and its relationship to policy and business environments. The other project I was involved with (to a lesser extent) is WeADAPT, an online platform for sharing climate adaptation experiences. I produced and edited some content for this and also made suggestions as to how to improve the website. I also wrote a report on climate scenarios and pathways for WeADAPT, and some content to contribute to an inspirations booklet on climate adaptation in southern Africa, for the FRACTAL project.

DAILY LIFE
The office is in Summertown, a couple of streets up from South Parade. I cycled there every day but you can also take the bus from Magdalen Street in central Oxford. The office is quite small: there are six researchers, two administrative staff and one director. Everyone is very friendly. Tasks were all computer-based and there were few or no opportunities to go to meetings or meet new people - just a few Skype calls to other offices. We often played table tennis at the Big Society after work on Wednesdays which was nice.

LASTING IMPRESSIONS
The internship being in Oxford was useful in terms of saving money, as I had an existing rental contract, but obviously nothing particularly new or exciting about the location. I’m interested in an environment/climate-related career so it was useful to get an insight into this line of work. One thing I find frustrating in this line of work is the way buzzwords are floated around and very often specifics are avoided or unsubstantiated. This makes it hard to establish what people are actually practically doing about climate adaptation or mitigation problems.

Sam Cornish, University College, 4th Year MEarthSci Earth Sciences

I’m interested in an environment/climate-related career, so it was useful to get an insight into this line of work.
I continued an ongoing historical research project on eighteenth-century tourism at Stowe. I gathered together and summarized completed research as well as adding some of my own. I organized all of the research into a bibliographical guide and information pack and developed an interpretation plan for the entire estate based on it, complete with templates for signs and a historical quotation database.

DAILY LIFE
I lived outside the main house in a sixth-form house with the two other Oxford interns. We would walk to and from work and usually cook dinner together. We would hang out in the kitchen (where the strongest WiFi signal was), go on walks and runs around the estate, and occasionally walk into Buckingham.

LASTING IMPRESSIONS
I really enjoyed doing historical research outside of my most recent studies (medieval) and having the opportunity to create something based on that research that would have a greater impact than a marked essay. Sharing and packaging information in a way that would grab others’ interest was gratifying. I think this internship gave me valuable transferable skills, especially in working with multiple organizations and interests simultaneously.
SYNERGY
GLOBAL CONSULTING,
OXFORD, UK

Louis Jamart, Mansfield College, 2nd Year BA
Human Sciences

WORK PROJECTS
Synergy’s key concern was that I take as much out of my two-month internship as I could provide. This meant that I was able to get involved in a wide range of projects, to explore the various dimensions involved in Social and Environmental Impact consulting. Initially I was assigned a business development project, investigating South Africa’s REIPPP Program in Renewable Energies. This involved stakeholder mapping, and analysis of key trends in order to determine where social consulting may be currently lacking, and how Synergy could make an integrate the market to improve community relations in the Renewables industry. This, alongside a report on the success of a Community Relations training program led by Synergy in South Africa were the key projects on which I focussed throughout the two months, which I was left to project manage myself. I was equally called on to help in a wide range of projects led by other consultants. These included preparing CVs to be submitted in project proposal; writing abstracts for submission to the International Association of Impact Assessment conference in Montreal; drafting and formatting 150 page reports for clients; conducting research into conflict minerals to help prepare missions in the DRC as part of the iTSCI mineral traceability scheme; and most significantly for me, having an interest in international diplomacy, developing a toolkit for the UNDP on how to establish sustainable skills training institutions in the mining industry. This meant that not only did I get a taste of the different projects that Synergy was working on during the time of my internship, but I was allowed a chance to project manage myself and left the freedom to juggle my time between different tasks.

DAILY LIFE
Seeing as Synergy offices are located in Oxford, my daily life did not change a huge deal from term-time. Every morning I would cycle into work in Jericho from my house in Cowley, which would take around 15 minutes. Whilst sometimes Synergy would do team lunches – once taking the team out to the renowned Pierre Victorien restaurant! – most of the time I would take my lunch-break alone. The Taylor’s ‘Fast-Pasta’ store on Little Clarendon Street soon proved a favourite, with Wellington Square Park easily accessible, and a lovely place to eat. Evenings weren’t too different to term-time either. Thankfully Ifley gym membership remains valid throughout the holiday, so I made the most of the summer to use practically empty facilities! The only main difference to term was the number of tourists, who you could say definitely bring the town to life during the summer holidays whilst students are gone! Most weekends I would travel down to London to visit my girlfriend. I was also able to take a long-weekend to visit my family back home in France for my birthday, which was lovely. The flexibility of working hours at Synergy was one thing I particularly appreciated.

LASTING IMPRESSIONS
It is difficult for me to describe my lasting impressions of the internship, as these seem to have evolved over time. In all transparency, initially it was a difficult experience to adjust to. I hadn’t been home in over three months so staying-on in Oxford whilst all my friends were going on holidays with their family was at first quite challenging; it was a new experience for me to have a desk-based job, and because most of Synergy’s projects are run in Africa, I was initially slightly disappointed to not be able to have a hands-on experience with actual consulting - having to focus rather on business development, research, and administrative tasks which day-in, day-out can be quite laborious. As time went on however, and I was welcomed within Synergy’s team I began to feel more at home. As colleagues saw
that I was capable of delivering on tasks I was called on to help on more and more projects, which whilst occasionally stressful was a very validating experience. What I came to really appreciate about Synergy was that the company was action orientated. Whilst it still had to run as a business, every member was concerned with being able to make a difference to the lives of communities impacted by the extractive projects, and so informing companies not only how to improve their reputations (which was often a prime concern) but also on how to fix the root issue. As a result of this experience, I am not sure that consulting in and of itself is a career path I wish to follow. However, I would love to work for a company such as Synergy, which in my eyes is far more than a consultancy, but rather a team orientated towards finding solutions to ensure sustainability across all three pillars (social, environmental, and economical). I will definitely be able to take what I have learnt during my time at Synergy and apply it to further study and jobs, and am very grateful for this experience.

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**WORK PROJECTS**

During my internship I worked on the following:

- **UNDP Extractive Industries Toolkit:** I assisted with the development of a toolkit for mining companies to assess the macro, meso, and micro environment and worker skillsets available in various countries.

- **GE Hydropower:** Conducted background research on environmental and social implications of large-scale hydropower projects globally.

- **DeBeers:** Conducted background research, quantitatively analysed data, and helped in creation of reports/powerpoints on DeBeers adherence to the Social Way (Corporate Social Responsibility Framework) at various sites.

- **Community Trusts and Renewable Energy:** I was in charge of conducting background research, creating a powerpoint, and presenting on different community trust structures related to solar and wind renewable energy projects in the UK.

- **Social Practitioner Membership Organization:** I was responsible for conducting background research and creating a powerpoint on various membership organization structures in order to help determine the structure of a new membership organization for social practitioners.

- **Synergy Support:** I had weekly meeting with one of the directors who acted as my professional mentor. I was involved in conference calls, all company emails, and different company employees constantly checked in with me regarding my workload and provided lots of opportunities to help with various projects.

**DAILY LIFE**

I found it relatively easy to settle in. This was my first foray into the professional world, so having a regular 9-5 and sitting at a desk was a bit of an adjustment, but my work was stimulating and challenging, so I very rarely felt like I was counting down the minutes to be able to leave. I worked 37.5 hours per week and had flexible hours: I started off working 9am-5:30pm with an hour for lunch, but I like to get up early so I ended up generally working 8:30am-5pm. We had lunch together about once a week or once every two weeks depending on how busy everyone’s schedule was. For employee birthdays we went out to lunch and also celebrated with pudding and flowers in the office. I biked to work every day (15 minutes), and outside of work I played sports, hung out with friends, travelled, and applied and interviewed for permanent jobs back in the US (which took up a lot of my extra-curricular time). I socialized outside of work with friends I made last year while studying at Oxford - most people from my program left, but I still had friends from college and various groups I was a member of. I also spent time with my housemates.

**LASTING IMPRESSIONS**

This was quite a formative experience for me and I am glad that Synergy Global was my introduction into the professional world. Working here has strengthened my desire to work in the sustainability/environmental consulting field, provided me with a solid understanding of what environmental consulting means and entails, strengthened my communication and analytical skills, and forced me out of my comfort zone on multiple occasions. I have been able to experience working under pressure. I was sometimes not given that much direction and thus had to take ownership of various elements of projects and really make them my own, and had an incredible support network. The two directors were strong mentors, with my direct supervisor meeting with me one-on-one for about 1-3 hours once per week. The other consultants all individually met with me to discuss their backgrounds and answered questions I had about applying for jobs and talked to me about my professional trajectory. I personally do not think I would return to Oxford to live full time. I am from the United States and would like to have my home-base closer to friends and family. However, I would definitely collaborate with Synergy if they wanted to at some point in the future as an independent consultant, and/or would consider working for Synergy if I could do so remotely.
TERRE DES HOMMES,
BUDAPEST, HUNGARY

Katie Javanaud, Keble College, DPhil Theology

WORK PROJECTS
There were two aspects of my ‘research and communications’ internship. In terms of research, I developed surveys to be distributed to social workers in Serbia working with refugee and migrant children. I then analysed the results and produced a paper to be published by the organisation in September. For the communications side of things, I developed a thematic package on the consequences of violence towards children, including infographics and videos.

DAILY LIFE
I walked to work, crossing Liberty Bridge over the Danube which was really beautiful. Normally I worked 9-6. At the weekends I travelled around – e.g. to Hungary’s Lake Balaton – or went to art galleries and other cultural sites in Budapest. A few times work colleagues would go out for lunch to socialise together, especially on Friday. This was a great opportunity to get to know everyone in the team better and in a more personal way.

LASTING IMPRESSIONS
I am 100% happy I did this internship. While I still think an academic career is what I’d most like, part of the reason I did this was to explore other options and working for a child protection NGO is now definitely another option for me. I really liked Budapest! It has a rich, interesting, distinctive and unique culture and history. I would certainly like to go back and would like to travel in the region more. The people were very welcoming and, as a woman, I felt completely safe there at all times. The people are very respectful and generous.

ADVICE
• Live somewhere very central and near to the office (as I did). I really enjoyed my internship and found all my colleagues to be dedicated and helpful. However, this is a quiet office which suited me fine but for a louder person perhaps it might not suit so well. It is quiet just for concentration purposes but it’s something to be aware of.
WORK PROJECTS
As part of the internship, I have been responsible for conducting research on child protection issues and measures focusing on children on the move (those affected by migration). This has included writing a needs analysis report for an integrational education project, compiling data from 5 EU countries, writing a situation analysis of migration in Romania, and summarising current news pieces and reports. I have also been responsible for communicating these findings using the online ChildHub platform, creating infographics and precise summary reports. I have also assisted with the production of internal communication material and proofreading reports. The host organisation has supported me in this, offering me support in what I do, guidance on research gaps and opportunities to take initiative and assist the wider organisational strategy work.

DAILY LIFE
It’s been great to get to know a new city, in a country I knew very little about previously! I settled in quite quickly, having found an apartment before I arrived within walking distance of the office, and making connections with Romanian friends at Oxford. Having experience working abroad previously helped me to find my feet in a new setting. I worked from 10 to 5.30 most days, which gave me a lot of freedom to explore and find new places. I’ve had a lot of friends visit whilst I’ve been here, and have been able to travel at weekends to the seaside and the mountains, which gave me a break from hot days in the city.

LASTING IMPRESSIONS
It was a pleasure to get to know Bucharest, a city I’ve come to love! Romania is a fascinating place, and I’m sure I will return in the future. The internship has further developed my research and communication skills and offered me experience to better understand the internal and external processes of a large international organisation, and has affirmed my career path towards third sector work with people on the move. It has offered me specialised knowledge in child protection, and has opened up my horizons, whereby I now hope to look for a position working on transnational advocacy.
THAMES FESTIVAL TRUST, LONDON, UK

Amelia Wrigley, St John’s College, 1st Year BA English Language and Literature

WORK PROJECTS
I worked as part of the marketing team and was involved in a wide range of tasks, directly contributing to the marketing efforts in the run-up to the festival. I was taught how to use the website content management system and inputted event information ahead of the festival launch, often editing or writing copy for event partners. I was also involved in the proofreading of press releases, leaflets and posters. I was responsible for organising our first partner communications meeting, which involved collating partners’ details, emailing them to arrange the meeting and taking minutes during the meeting. Throughout the month I kept our partner contact details and event diary spreadsheets up to date, and dealt with many website-related issues. I particularly enjoyed writing a blog post for our website, which I also promoted through our social media channels. Ranjit, the marketing manager for Totally Thames, was my main point of support and guidance during my internship, and we had regular one-to-ones to catch up on the work I was doing and plan how I could get the most out of my time with the organisation. Throughout my internship I felt there was a very good balance between guidance and independent work, which allowed me to learn and attune skills but also to gain confidence as I practised them.

DAILY LIFE
I had worked in an office environment prior to my internship, so perhaps the biggest adjustment I had to make was to working in London. The organisation’s office was in Oxo Tower Wharf on the Southbank, and I really enjoyed being so centrally located, and during the month I got to know the surrounding area (and its tube lines!) really well. When I first arrived I was met by Sarah, the general manager of Totally Thames. The atmosphere of the office was instantly welcoming; everyone was very friendly and we went for team meals both when I arrived and when I left. Some highlights of my time in the office include ascending the Shard, wine tasting in the office for our launch party, and, on my final day, paddleboarding on the Thames! Overall, the team was sociable and dynamic, and I was grateful to be so fully involved in the organisation’s work at a critical stage of the year (the festival programme was launched during my internship). I really felt my work was having a tangible impact on the team’s preparations for the festival.

LASTING IMPRESSIONS
My time working in London definitely made me want to live and work in the capital when I graduate. I have learnt a great deal about marketing – in particular about the complexities of a campaign, both in terms of planning and coordinating all the different parties involved. Perhaps most importantly I discovered that being a successful events marketer is as much about being a good diplomat and balancing the demands of a large number of stakeholders as it is about being a creative. Through my time with the team, I also indirectly learnt a lot about other elements of events planning – for example production, which is a career area I would be interested in exploring further. Although I might not necessarily go into marketing after I graduate, my internship gave me a real taste for jobs within arts and culture – everyone I met over the month, both within Totally Thames and outside it, was passionate about what they were doing, and as a result, really seemed to enjoy their work.
THE MBS GROUP, LONDON, UK

Joseph Ball, Corpus Christi College, 3rd Year BA History and Politics

WORK PROJECTS
I produced a 100 page CEO succession planning and talent mapping report for a FTSE 250 company, and led a search in continental Europe, speaking with potential candidates in their native tongue. I also prepared candidate reports for positions across a variety of consumer-facing sectors.

DAILY LIFE
I got the tube to Chalk Farm arriving at about 8:30, would then read in Primrose Hill (usually basking in the sun) for half an hour before heading into work at 9. Working from 9 - 12.30, I did something different every day, and ate fresh fruit provided by MBS. I had an hour lunch break which I took at any time between 12:30 and 14:30, and would usually sit in Primrose Hill and eat food I had made the night before, and then read. I was also taken out for lunch a few times by colleagues, which I thoroughly enjoyed. I would work through until 6, at which point I would head off to explore London in the evening, going to the pub for a few hours with colleagues once a week. We also had a summer BBQ party on our street in Primrose Hill.

LASTING IMPRESSIONS
I loved spending a summer discovering London, and Primrose Hill was a great place to work. MBS is a very social friendly company and I loved my time there. I learned a lot about the industry as well as business more generally. I now feel much more confident about my studies and career, and the internship has confirmed my career goals.
Work Projects
The Square is a new disruptive technology start-up based in London. The company was still at its very early stage (pre-launch) when I joined. It was a small team and I was therefore exposed to a diverse range of tasks. The focal point is a mobile application platform that aims to automate the hiring process in the construction industry. My tasks revolved around every single aspect of the business that needs to be considered to ensure a successful launch. I needed to look into multiple different areas including product development, launch strategy, marketing channels, legal compliance, competitive analysis, operational procedures and many more. The job itself is very challenging, as it requires not just attention to detail but also an overall understanding of the entire business. At the same time, in such a small team, everyone needs to add value and act swiftly. New situations and new tasks will emerge at any time. The key is really to be a ‘doer’ and work autonomously. I enjoyed my job and my experience very much and liked the dynamism of a small team. It was a fantastic opportunity to get involved in the business world and build up first-hand experiences. The employer was really supportive and friendly and very willing to help young people breaking into the business world. At the start of the internship, I was given a task list to guide me and develop an overall understanding of the business. I was involved in most of the meetings as well, so it was a good opportunity to see how businesses interact. We also had a lot of discussions and I learnt a great deal about how to start a business and the challenges of a start-up. Overall, it was a very positive experience and a great chance to get involved in the start-up scene. If you are looking to start a business in the future, joining a young firm is probably the best way to start.

Daily Life
As there was a dynamic and friendly work culture, the time schedule was very flexible. The focus was on getting things done and less on formality. Therefore, there were no strict working hours, but in general I would come in about 8 or 9 in the morning and leave about 7 or 8 at night. For accommodation, I rented a room around King’s Cross and usually commuted to Shoreditch via tube. Sometimes I rode a bike but the traffic is heavy so it is not the safest option. For lunch, we usually went to small restaurants nearby or got some sandwiches from Tesco. I usually went back to King’s Cross to get dinner. At night I mostly spent my time at my flat doing some reading or dealing with other commitments. On weekends, I usually went out and explored London. London is a cosmopolitan city and I really enjoyed the diversity and the wide range of activities available. I lived close to the British Museum; dropping by and stealing a glimpse into their latest exhibitions was among my favourite activities. After dinner, I liked to have a stroll along the Thames and wander back to my place. I have other friends who were interning in the City and we had several meet-ups during my stay in London. Outside my own friendship circle, I also got to meet some new friends who also work in start-ups.

Lasting Impressions

Deqian Jia, Somerville College, 1st Year MPhysPhil
Physics and Philosophy
The Square, London, UK

I liked the dynamism of a small team. It was a fantastic opportunity to get involved in the business world and build up first-hand experiences.
Living and working in London is a novel and exciting experience. I enjoyed the cosmopolitan scene and its diversity. It is a place of dreams and hard work, a place of youthfulness and drive. It is probably the best place in the UK to break new ground and start a business. After this internship experience, it is certainly among one of the top destinations I will consider for future work. My experience at the start-up was also very positive. It was a great opportunity to learn how a start-up is built up. I have always thought about start-ups as a possible career choice and this experience has confirmed my interest. I enjoyed the dynamic process of growing a business and the friendly atmosphere as opposed to bureaucracy and hierarchy in big organisations. It is a fast-going pace of work and I liked the flexibility. I also got to be exposed to a very wide range of tasks and it helped me to identify my interests, and I came to discover myself to be more interested in the hard technical aspects and the overall strategic positioning. This opportunity has also allowed me to practice autonomy in working and develop good working habits as well as a wide range of business skills. I believe this is a good balance to what I’ve been doing at university and gives me a much more holistic understanding of the world. As I have mentioned earlier, getting real experience is always the best way to learn business. This particular internship has served as a very valuable stepping stone for me to know about start-ups, build up my contacts and potentially pave a path for my future career options.
Work Projects
I helped research and write a scheme of work for Year 8 pupils based on the Jungle Book, which I really enjoyed writing. I had a detailed guide for what I was supposed to be researching. I researched foreign picture books and current picture books, with guidance about what I was supposed to be looking for. I worked out plans and sketches for an exhibition for children based around exploration and the jungle, and was given mood boards and suggestions to work from as I worked out what my plans were. I also worked with visitors in the museum, and helped with young children in a half term programme, under the guidance of the people supervising the courses and the museum.

Daily Life
I walked to work in the mornings and was largely left to work independently on my projects, which I enjoyed because I really got into them and was able to take initiative with what avenues I wanted to explore. I was given a lot of time per project, which was sometimes great because it meant I could be a real perfectionist with making everything exactly the way I wanted and exploring everything I wanted to in great detail. But sometimes this meant I was at a bit of a loose end. I was working in Oxford, which I know well from university, living in Cowley. Because so many of my uni friends were around in Oxford I mainly spent my free time with them. I never felt lonely, and I was definitely friendly with people at work though we weren’t close friends.

Lasting Impressions
I really fell in love with the content of the museum and I really believe in everything they are trying to do and create. My opinion of Oxford didn’t really change because I’d lived there for two years already. While I loved the internship, I don’t know if I would actually enjoy working in a museum because I’ve seen how much logistics and accountancy is involved. I loved the education side of things and enjoyed working closely with the education team, and am keen on working more in the education than museum sector.

Emily Dixon, Balliol College, 2nd Year BA English Language and Literature

The Story Museum, Oxford, UK

I really fell in love with the content of the museum and I really believe in everything they are trying to do and create.
Work Projects
My project at TNG was for a German telecom. We provided data science and analysis services in order to try and improve processes. The tools we used were Python based: Pandas is a data analysis library that takes the idea of dataframes from R, allowing quick and flexible data manipulation and analysis; Jupyter Notebook is a web application that allows the interspersing of code, prose, visualisation, and interactive widgets; SQLAlchemy is an object-relational mapping library for interfacing with database in an OOP manner. Additionally, the project used industry standard practices such as source code management (with Git and Atlassian Bitbucket), continuous integration (with Jenkins), ticket tracking (with Atlassian JIRA), and documentation (with Atlassian Confluence). The project also made use of agile methodologies such as sprints, retrospectives, and regular customer reviews. I received support in all areas. TNG has bimonthly events called Techdays where all the employees travel to the main office in Munich and give or take part in workshops, lectures, and presentations. These include basic software engineering and business aspects (although most are in German). All the employees were incredibly helpful for any and all problems. Overall, during my process of learning approximately 10 new tools and libraries, I was supported at every step.

Daily Life
Munich is a wonderful city to live in. It is full of greenery, including a massive region along the Isar, the river running through the city. This includes the English Garden, a place where you can swim in the river, be carried away by it, or even watch people surf on it! Munich is also incredibly bike friendly. Activities outside of work are easy to come by. There are cinemas which show original versions of films in English and the beer gardens are a lovely place to relax and chat with friends. Munich is also full of historical and cultural places, and importantly hosts Oktoberfest in September. There are also several museums, including the largest science and technology museum in the world. Settling in was easy, I only needed to register my residence with my local government office to receive my tax ID. Munich also has amazing public transport where one cheap monthly ticket (around €2 per day for almost all of the city) works for all 4 modes of transport: bus, tram, subway, and commuter train. The public transport system made it easy to find central accommodation and feel assured any client of TNG could be reached in reasonable time.

Lasting Impressions
My lasting impression of my internship is incredibly positive. I was put on an important project and given a major role with real responsibilities and consequences. I was trusted to work largely unsupervised, whilst always having someone who I could walk over to if I had questions or needed guidance. I felt included in decisions and that my opinion mattered just as much as other team members. I was able to gain insight into what it is like to work on a data science/analysis project, especially in the context of a consultancy company. I learned that certain areas rely heavily on mathematics, and I will consider these areas when planning my career path. Because TNG is so diverse, my conversations with colleagues also gave me insight into other areas such as machine learning, software development, and IT support. I have also realised that maths is a necessity for me to have in any future career. Munich is a wonderful city. It is easy and enjoyable to live in. If I received a good offer from a company based there, I would seriously consider it, depending on the length of the contract. If the contract was long, I would factor in learning German as I would consider this a necessity for a prolonged arrangement.

Advice
- TNG is a very human and enthusiastic company, just represent yourself well. They also take many non-computer scientists (although it helps). Make sure you register your residence and get a tax ID or you will lose an extra €230 a month to taxes. TNG is a consulting company so you may not be working at the main office, so a central flat is best.
TRADEWIND BOOKS,
VANCOUVER, CANADA

Denise Alina Ruiz, MSt Modern Languages, Oriel College

WORK PROJECTS
We were thrown right away into the world of editing manuscripts, observing editors and providing them with comments. Next, we learned about marketing strategies, creating press releases and searching for different media outlets such as bloggers, reviewers and prize foundations. Next we worked on publishing rights, searching for other publishers abroad who might be interested in buying the rights to our books. Our language skills were useful as we communicated with other publishers in an array of languages. My last task at the publishing house was translating a manuscript from Spanish to English which will be eventually published.

DAILY LIFE
I took the SkyTrain and bus to work every day. The commute was long but enjoyable. The publishing house is located on Granville Island, which is a popular tourist destination due to the food market and artisan workshops and studios. This meant there were always really great options for lunch. I was familiar with Vancouver before I started the internship, so had no problem settling in. People are very nice and eco-conscious. It’s the perfect city for the outdoorsy type of person. There are a lot of great shopping districts, cultural neighborhoods and the mountains and ocean are very close and I recommend exploring them. The owners at the publishing house always invited us to events around the city, including festivals, concerts and theater. I enjoyed getting to know the other intern and exploring these new places with her.

LASTING IMPRESSIONS
I really enjoyed my time at Tradewind. It really introduced me to a lot of things I didn’t know about publishing. For one, publishing is very hard. Way harder than I ever imagined. There is a lot of work involved and sales and profits are never guaranteed. You need to be really good to succeed, which Mike and Carol are, and also very passionate. The editors and publisher change A LOT of the manuscript, to the point where you question who really owns authorship of the book - the writer or the publisher? This surprised me and made me a little wary of submitting any of my own works of fiction. Vancouver has always had a special place in my heart and I recommend it to everyone. It’s easily the most expensive city in Canada to live in, but it has a unique vibe that is modern, trendy and environmentally friendly. I don’t think I will pursue a career in publishing, however it has confirmed that I want to work with books and literature in some way.

Rowan Yaghi, Jesus College, 3rd Year BA Modern Languages

WORK PROJECTS
I was asked to work on a publicity campaign for a new book which was very exciting. We were also asked to assess manuscripts and help editors.

DAILY LIFE
I socialised mostly with my supervisors and their friends but at the end of my internship I had quite a wide network of friends and I met people outside the social circle of my supervisors. I sometimes spent time with the other intern.

LASTING IMPRESSIONS
The office of Tradewind Books is located on a beautiful island in Vancouver which is one of the most beautiful cities I’ve seen so far in terms of nature. I would like to go back there one day to work for a couple of years. I definitely think of publishing as more of a career option now that I’ve seen how the inside of a publishing organisation works.

ADVICE
• This publishing house is very small. The office is just one room and the publisher is the only employee present at any given time. That being said, you will have the publisher’s full attention and it will be him helping and teaching you the whole way. This kind of dedication cannot be found at any of the ‘big’ publishing houses.
• Get a bus pass as soon as you get there.
WORK PROJECTS
This programme is titled as a ‘summer service and learning programme in rural China’. Oxford interns meet in Beijing and stay at Tsinghua’s main campus for three or four days, attending lectures and classes intended to prepare you for the two weeks to follow. After these few days of initiation all of the different teams leave Beijing for a number of different rural locations throughout China. It is worth noting that there is no guarantee of having another Oxford student in your teaching team. However, I was with another Oxford student and thankful for it. The rest of our team consisted of students from Tsinghua University, Hong Kong, and Macau. During the two weeks in rural China we went to teach in Cili County in Hunan province and Lengshuijiang also in Hunan (home of the world’s largest antimony mine!). These locations were far from Beijing and we took sleeper trains which took about 26 hours.

DAILY LIFE
The first week of our rural teaching took place at a very large school in Cili County. Unfortunately the school was reluctant for us to teach the students as they were nearing their dreaded gau’kao exams so instead we did a few sessions on study techniques/how to go about revision for exams and the importance of rest. At this first location we also took part in many activities at the school including judging singing competitions and military exercises and playing basketball with the kids. The team became a really close-knit unit and it was great to get to know the Chinese student members of my team in spite of my pitiful Chinese language skills. The second week we travelled to Lengshuijiang, a larger city in the same province. Here we were brought in to help another of the teams from the Tsinghua programme who had been there in the first week, and who were stretched with how much work they could do. Therefore we took over a great deal more teaching responsibility in this location. Again a lot of our downtime was spent playing sports with the kids, being hosted for tea by their families, singing karaoke or lesson planning for our teaching.

LASTING IMPRESSIONS
The areas we visited in rural China were fascinating. I had been to Beijing, Xian and Shanghai before, so to have the opportunity to go off the beaten track a little was one of the main reasons I took on this internship. To be the outsider somewhere, to be almost the only foreigner in Lengshuijiang, a city of 500,000, was such a wonderful experience.

Frederick Howell, St Hilda’s College, 4th Year BA Modern Languages (French)
Kenzo Motohashi, St Hugh’s College, 1st Year Medicine

WORK PROJECTS
My role as a foreign volunteer involved teaching English speaking and listening lessons and introducing Western culture and Medicine to classes of 40-50 students in Dengkou, Inner Mongolia (rural China). My team and I taught students from local junior middle schools (grade 8) for the first week followed by students from local primary schools (grade 4-5) during the second week. Because the English proficiency of the students was low I relied upon the fluent Chinese speakers from my team to act as teaching assistants in my lessons and to translate any English the students didn’t understand into Chinese and the students’ questions/answers into English for me. Before we all departed to our respective rural areas from Beijing, we had several classes run by SSLP on teaching methods, with a special emphasis on challenges that we may (and invariably did) face when teaching in China.

DAILY LIFE
In a typical day I would teach two morning lessons on English speaking and listening followed by one or two afternoon lessons on Western culture or Western Medicine. At the end of each day I led a class song/poetry rehearsal in preparation for a competition on the final day. These lessons typically lasted for 45 minutes to one hour. Since the school did not have a canteen, all the students returned home for lunch, and meals were provided to us by the Dengkou Education Officials. These meals sampled the traditional local cuisine, including both Mongolian and Chinese dishes. They also enabled us to socialise and bond as a group. We also socialised with some of the older school students at the central square, where we had great fun square dancing and, on one occasion, a water balloon fight. Other students played sport with us during the evenings, making good use of the school sports facilities. During other evenings the local education officials showed us the tourist attractions and landmarks of Dengkou, including a large dam on the Yellow River.

LASTING IMPRESSIONS
Never having been to China before, I am sure that the SSLP internship has been as insightful an experience for me as it was for the students in rural China. Moreover, this internship was my first experience teaching such a large group of people, which I discovered I thoroughly enjoyed and improved at over the duration of the internship. Although we were there for too short a time to bring about a profound change in the students’ English skills I believe that we have left them with a better appreciation of cultural differences and inspired them to freely pursue their dreams whatever these may be. I feel these type of contributions will be essential in bridging the development and wealth gap between urban China and much of rural China. It is therefore my opinion that the SSLP is an extremely important and effective programme, to which foreign volunteers are integral for its success. Nevertheless, it is the native Chinese Tsinghua University student volunteers who are the (often unsung) heroes of the programme, and it is now my great privilege to count many of these as life-long friends.

Imogen Downing, St Catherine’s College, 1st Year Philosophy, Politics, and Economics

WORK PROJECTS
I taught lessons at three different high schools in Anhui Province, rural China, which covered several different age groups from 12-18. On average I taught around 4 classes a day so had time to prepare in between and office space and Wi-Fi were provided. Before leaving Beijing for the rural province I received several lectures to help me when preparing lessons on things such as techniques for teaching pronunciation. While teaching I received translation help from the other volunteers on the programme.

DAILY LIFE
While in Anhui we slept in either dorms at the rural schools or, if there was no such provision available, in hotels provided by the schools. Each day we would get up at 6:30-7am and have breakfast (usually a rice based porridge) before heading out to the
schools to teach. In the first two schools I taught at in Wuwei we were driven to the schools because it was too far to walk; in Hanshan at the final schools we walked for around 15 minutes to get there. Morning lessons ran from 8 to 11:30 and were each around 40 minutes (it varied from school to school) at which point we were given lunch in the school. We then headed back to our dorms for a siesta/to continue lesson preparation until afternoon lessons which began at 2:30, and ran until around 5:30. After this in Wuwei we went for dinner, however in Hanshan we remained at the schools to help the students with their entries for the talent show we were organising, so dinner was at 6:30. We ate dinner as a group and then afterwards would chat or play group games. After this we went back to our rooms and either socialised by watching movies or playing games or rested on our own until bed. 

**LASTING IMPRESSIONS**

Working in China has given me a hugely different and interesting cultural experience. All of the people; including the other students I was teaching with, and the pupils and teachers at the rural schools, were different from my experiences so far. Communication was often difficult, as though they learn English to a much higher level than English students learn foreign languages, few were conversationally fluent and many spoke little or no English at all. As well as this the group of teachers I was with, all of whom were Chinese, often chatted and socialised in Chinese which was at times alienating. However on the whole my impression of all the people I worked with and taught was very welcoming, and they were keen to learn more about my culture. China itself was incredibly beautiful, if a little hot, and I was surprised by the diversity of culture in the different places I visited, particularly between Beijing and the rural locations. In the rural areas people were far more isolated and less worldly aware so I was the first foreigner many of them had seen. I would be very keen to return to China to continue teaching or to do aid work, as I feel that in broadening their perspective we had a huge impact on the lives of the kids we taught. I am continuing to help this impact by communicating with many of the students on social media and email which will hopefully continue to improve their English and give them a chance to further explore Western culture.

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**Amber Pavey, St Edmund Hall, 1st Year MEarthSci Earth Sciences**

**WORK PROJECTS**

I was volunteering teaching in a school in Anhui Province. I was asked to provide 12 lessons in total on two different topics (life in Britain and Oxford University in general, both of which I repeated six times), mainly focused on widening the worldview of the students. I also held an extra-curricular session with students to improve their English skills, this was much freer and up to me as to what I chose to do with them. I also made a speech on what life is like in British Middle School during an opening ceremony at the school, and a speech for the closing ceremony on what the experience here has been like. In addition, I was partly responsible for a class, working with another Tsinghua student and a student from another university. This mainly involved preparation for the end of programme show. Tsinghua students collected me from the airport, and helped me settle in and get food on campus. Tsinghua University provided classes in Beijing on how to effectively teach and about the cultural differences; both of these were extremely helpful, and I used many of the English teaching ideas suggested in the class in my extra-curricular sessions in the school. Both the lecturers gave us their contact details so if we had specific questions during the programme we were able to contact them, this was particularly reassuring. The university also organised all transport within China and the train travel to the school and provided a food allowance both while at the university and in the school.

**DAILY LIFE**

A day volunteering in the school might go as follows – wake up around 7 to leave the dormitories and meet for breakfast at 7:30, the students have classes with their regular teachers for the morning.
so there’s free time in the morning. This free time may be used visiting the nearby primary school, visiting some of the students’ homes, preparing for extra-curricular classes, or sleeping! Lunch is provided in the cafeteria however I never attended this due to being vegetarian and a lack of options I could eat. Classes run by the volunteers are from 2:30-5:20pm, lasting 50 minutes each, and there are 6 classes by each volunteer each week. At 5:20 the extra-curricular groups begin for an hour until 6:20pm when dinner begins. After dinner there is more free time which would usually be spent with the team together playing cards, although occasionally there would be a team meeting with the school leaders present to discuss progress. Almost all of my time was spent with the students from Tsinghua. At the weekend we visited the city in partnership with the Communist Party School there and went sightseeing, this was programmed by the school.

Classes run by the volunteers are from 2:30-5:20pm, lasting 50 minutes each, and there are 6 classes by each volunteer each week. At 5:20 the extra-curricular groups begin for an hour until 6:20pm when dinner begins. After dinner there is more free time which would usually be spent with the team together playing cards, although occasionally there would be a team meeting with the school leaders present to discuss progress. Almost all of my time was spent with the students from Tsinghua. At the weekend we visited the city in partnership with the Communist Party School there and went sightseeing, this was programmed by the school. In Beijing the days were much more structured and programed, but mainly involved just going with the flow and following your team leader! While in Beijing there was the opportunity to visit the Great Wall of China, and free time in the evenings. Although the team did not encourage leaving campus in the evenings, on one occasion I left campus with some other volunteers and explored the city a little, but time to do so was sparse.

LASTING IMPRESSIONS
My time on the programme has definitely opened my eyes to what China is really like. I knew very little about the country on arrival and in the two weeks feel I have learnt a lot about its history, culture, and general way of life, both in the city and in rural areas. I feel the landscape of China can be very beautiful, and the culture is very different to that in the UK. Personally, I do not think I would like to live or work in China in the future. However, I think I would be happy to return to do similar work for a short period of time, but not to stay. In terms of my career, this gave me an insight into what teaching is like, which was extremely helpful in considering my future, it has confirmed that teaching is as challenging but rewarding as I hoped and is a career option for me in the future. The experience also showed me that I would like to be working towards something that brings change to help others and in an environment where I feel free to voice my opinion in the progress of doing so.

Jack Noble, Magdalen College, 3rd Year BA History

WORK PROJECTS
I taught in two different high schools during my two week stay in rural China. I taught around 4 to 6 lessons a day to classes ranging from around 25 to 60 (which becomes manageable after a time — I promise!). Primarily, I was there to teach English — as I could not speak Chinese, I was limited as to the classroom-based activities I could teach. Into each lesson, however, I sought to infuse a strong cultural element. I introduced the students to elements of British culture (baked beans and all), as well as one lesson that took a more global outlook. My aim in doing so was simply to introduce them to various cultural phenomena that they might not necessarily have experienced before. My lessons also served an additional purpose: seeking to raise the confidence and motivation levels of the students through fun activities that encouraged participation and talking aloud. Generally, Chinese classes follow a lecture-based approach, leaving little room for questioning and participation. My lessons challenged this traditional model and, I hope, left some children a little bit more self-confident and self-assured. Because the programme is very short, the support that you receive to guide you through how to plan a good lesson and how to conduct yourself in the class is fairly limited. As a result, the programme may be challenging for those teaching for the first time, but that’s not a reason not to take part in the programme. The vast majority of those on
the teaching programme had not taught before, but still got on well and had a fantastic time.

DAILY LIFE
Tsinghua University’s SSLP offers a fantastic balance of work and play. Outlined below is my daily routine from the first school I taught at. 7am — 7:50am: Wake up and have breakfast. 8am — 11:55am: Teach morning classes. 12:10pm — 2:30pm: Lunch followed by nap time. (It is normal in many Chinese schools to have a nap after morning lessons. Teachers take advantage of the opportunity to doze too — sometimes very necessary after the big lunch you would almost invariably have!) 2:30pm — 5pm: Teach afternoon classes. 5:30 pm — 11 pm: Dinner, followed by free time, with which you could do whatever you want. Sometimes, I just hung out with friends, explored my local area, or played sport with the students. Sometimes the teachers ran activities for the students.

LASTING IMPRESSIONS
Before I took part in Tsinghua University’s SSLP, I had already worked in a Chinese school in Hunan province for a number of months in 2012. I am also someone with aspirations to learn Mandarin and I am interested in a close working relationship with China in the future. And so, in coming to China, I wasn’t necessarily looking for a new experience, but an experience that added differing layers to my existing understanding. I wanted to learn more about life and education in rural China, as well as develop my language skills. Did the programme meet these goals? Simply put: yes, and in a more complete way than I could have hoped. Schools are at the heart of any community. From the school as my base, I was able to learn more about the realities faced by children growing up in China’s rural communities, and how strongly their experience differs from their urban counterparts. Though the programme does not provide opportunity for in-placement travel, walking through the places in which we were based revealed much about life in these neighbourhoods. But, for me, the conversations with friends and students were the most illuminating and one of the most enjoyable parts of my stay. The programme offered the opportunity for sustained cross-cultural communication. My Chinese counterparts and I were extremely interested to

Taking part in the programme has only increased my desire to learn the language and to continue to learn more about this great and diverse country.

Lydia Brindley, Worcester College, 3rd Year BA Literae Humaniores

WORK PROJECTS
I taught English to classes of 50-60 students. I taught in two different schools, for a week each. In each school I taught five classes, giving each class three different lessons. For this I prepared three lesson plans and taught each plan ten times. The English level of students was very good in their reading and writing, but their speaking and listening was not very advanced. A Tsinghua student attended each of my classes as a translator, and at times this was very useful. The children were sometimes shy and reluctant to get involved, but this improved over time. Our lessons were after regular term time for the students and so they seemed more engaged with fun activities. Their teachers were keen for us to broaden their horizons, and the children enjoyed learning more about my culture and other countries.

DAILY LIFE
The team members were very friendly and made a huge effort to include myself and the other non-Chi-
Instead of high school students, we ended up teaching primary school students. Since they spoke no English, what we could bring as foreigners was limited, when they were still learning the basics. We did, however, have a lot of success teaching lessons on ‘imagination’, ‘space’, ‘magic’ and ‘around the world’ to try and open their eyes to the world in a way the Chinese curriculum often doesn’t focus on.

WORK PROJECTS
The internship involved planning lessons for English classes and delivering them either by myself or in pairs, with one native Chinese-speaking Tsinghua student who has received more extensive training.

DAILY LIFE
We woke up and either had breakfast with the other interns or as a group, then going off to our respective lessons. Every lunch and dinner was with our whole team which was a great experience to get to know the others interns much more and develop good personal connections with them. School was often a walking distance from our accommodation. We had socials in the evenings too sometimes, including KTV Karaoke, barbeques, etc.

LASTING IMPRESSIONS
I really enjoyed the internship and found it to be a very interesting insight into another culture. Whilst the work was fun and the students very well behaved, sometimes living in China was a bit of a culture shock. The Chinese students were very careful and worried a lot about the safety and whereabouts of the Western team members, which was very kind of them but sometimes a bit overbearing.

Rina Fang, Brasenose College, 1st Year BA Economics and Management

WORK PROJECTS
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DAILY LIFE
We woke up and either had breakfast with the other interns or as a group, then going off to our respective lessons. Every lunch and dinner was with our whole team which was a great experience to get to know the others interns much more and develop good personal connections with them. School was often a walking distance from our accommodation. We had socials in the evenings too sometimes, including KTV Karaoke, barbeques, etc.

LASTING IMPRESSIONS
Just seeing the level of English possessed by school students from Primary level up to high school level, gave me the impression that China has really opened itself up to opportunities for English speaking foreigners and I see it really as a possible and viable place to work in the future. The people I was working with were all incredibly generous, courteous and all-round great people, and I was sad to leave them at the end. It has confirmed that I would like to actively explore further opportunities in Chi-

Rebecca Conway-Jones, Christ Church College, 1st Year Medicine

WORK PROJECTS
Instead of high school students, we ended up teaching primary school students. Since they spoke no English, what we could bring as foreigners was limited, when they were still learning the basics. We did, however, have a lot of success teaching lessons on ‘imagination’, ‘space’, ‘magic’ and ‘around the world’ to try and open their eyes to the world in a way the Chinese curriculum often doesn’t focus on.
DAILY LIFE
We would wake up for breakfast at 7am. In the first location this would be hard boiled eggs, some rice soup, steamed buns and green beans. In the second it improved a lot because we were in the town so we also got these fried flat cake things which were awesome. We loved that chef, he wanted us to love the food so much! Then we would have one or two lessons in the day, each about 40 minutes. When not teaching there was, admittedly, not much to do so we spent most of our time sleeping or reading. In the second location we were in the town so we might go out and walk around, one day we found a massage parlour that did cheap massages and we all tried it. Lunch and dinner were also in the school canteen, lots of vegetables cooked in oil and steamed buns with noodles or rice, often with watermelons to finish. After dinner there was a near daily walk to the local supermarket and then bed. We mainly just socialised with our team members.

LASTING IMPRESSIONS
I learnt a lot about Chinese culture from my internship. It is really interesting and I’m glad I saw it, but I probably wouldn’t return to live there. One element I loved was the collectivism and the emphasis on the group; people really look after each other and leave no man behind. This internship wasn’t really related to my career goals, I just wanted to try something different and I was interested in it but it did happen to confirm my career goals. I study Medicine, and I did make a short trip to a Chinese hospital. This confirmed my ambition to be a really great doctor and also opened my eyes to the different approaches to and cultures of Medicine around the world. I have always accepted the medical principles we have in the West as a given, but they aren’t, they are just as changeable as any other element of a culture.

ADVICE
• I would recommend finding out the age of the children that you will be teaching early on, and ensure that you have 2 or 3 lessons planned on topics suitable for that age group. There is limited time to plan lessons once you arrive and so prior preparation is essential to ensure that you have stimulating lessons to deliver in the classroom.
• Firstly, you will likely interact with students of a huge variety of abilities even if you only teach in one school, so be prepared with many varied lesson plans which can be adapted and changed easily. Likewise plans are liable to change at the last minute, so go with a huge variety of available material about English, and also about yourself and elements of British culture. Finally, China is really hot, much hotter than I was expecting, so if you’re as used to British weather as I am pack for extreme temperatures as air conditioning etc. in classrooms is not always very good.
• Seriously research the cultural differences! I was not prepared for the bathrooms, the lack of individualism, or how shy the students were in the classroom.
• Sort your visa out in good time!
WORK PROJECTS
One of the main projects I organised was a field trip with the students to the local gardens. There the students had to find as many species as possible, to describe them, draw them and later analyse them. The students were incredibly excited and enthusiastic! The teachers and people working at the foundation helped me organise this and make it happen.

DAILY LIFE
There are two other volunteers that work at the foundation with me, we live in a house together and have cook that cooks us delicious meals and cleans the house, so a lot of luxury! It takes one hour to travel to the foundation so the commute is long but we have a nice air conditioned car so it’s fine really.

LASTING IMPRESSIONS
For me there are two amazing things about the Tushita Foundation. First the teachers who are all wonderful and you develop a genuine family feel with all of them, it is a lovely supportive atmosphere. Second, the students which are all amazing, they are so enthusiastic to learn and incredibly witty, constantly testing your own knowledge on the subject which you are teaching.
There was a lot of flexibility and support regarding the projects I was involved in – at the beginning of the internship, my supervisor asked me what I hoped to achieve out of the internship. Based on my goals, they proposed a variety of projects I could work on. Thus, in my 6 weeks, I conducted my own market research on the e-commerce industry and retail market to assist a director in her work, wrote my own article on a behavioural assessment that can be used in the hiring process, streamlined a potential client list of over 5000 companies and proposed a timeline on how to proceed further, worked on the content and format for a workshop presentation and proofread the subsequent proposal, gave my own 15 minute presentation, created an interviewer’s answer guide for their internal case study assessment, curated some social media content, and did some minor admin work. Some of these projects I worked independently on, and others I worked with a supervisor. Nonetheless, everybody was very willing to explain a lot of concepts to me in great detail and were always happy to take my questions. I also had a mid-term review and final feedback session which helped me understand my strengths and how I could improve.

**DAILY LIFE**

A typical day would start at 9am and end at 6pm, with an hour lunch break. Each day was different but generally I did my own work at my own pace and would check in with my supervisors every now and then. I settled in very well as everybody was very welcoming and friendly, and the office has an open-desk environment so it is easy to talk to other people. We also had several social events and company lunches over the course of my internship that allowed me to get to know the employees, including past and present employees and interns that weren’t in the office much. The office is very conveniently located in the CBD and is close to many transport links (2 mins walk to train station, 1 min walk to tram station), and surrounded by many food options. Most days, I met up with friends for lunch, but sometimes I also brought food back to the office to eat with people on my desk. Outside of work, I spent time with family and friends, hiked, explored Hong Kong, and tried new restaurants.

**LASTING IMPRESSIONS**

I really enjoyed my time at Typhoon Consulting – I would definitely recommend it to anybody with an interest in consulting and wants to explore it further in an international city in Asia. I’m from Hong Kong, so while the city wasn’t new to me, I love it as it’s very dynamic and is an interesting mix of East/ West, old/ new, and international/ local. It’s also very easy to get around both in terms of language and transport. The internship gave me a good opportunity to see where my interests lie and I would consider a career in consulting in the future – most likely in Hong Kong!
Work Projects
At Ugly Duck, I was working specifically on the development of City Hunt - an interactive urban game in which players uncover the heritage of an area in a bid to win prizes. Ugly Duck hopes to expand City Hunt to cover more areas of London and beyond so I was involved in searching and applying for relevant funding as well as sourcing suitable cultural and corporate partners for City Hunt. I set up and attended meetings with local councils, business investment districts and London universities. I also had to create a plan for City Hunt Bermondsey’s launch at the Bermondsey Street Festival which involved sourcing prizes from local businesses and heading up an extensive social media campaign. Other than this Ugly Duck is a social enterprise that revitalises underused spaces with art and culture, so I was also involved in making plans for the acquisition of new spaces, the publication of our creative call out and the organisation of arts events. The small team at Ugly Duck were wonderful to work with and I learnt a lot from my colleagues varied experiences in art exhibition production, events and business development.

Daily Life
My normal working hours were 10am - 6pm, however Ugly Duck operates a policy of flexible working hours which meant that I could work 9am - 5pm on some days if that suited me better. I lived at a family friend’s flat in central London and travelled to work by bus. I was given a great introduction to the company by the Director and got along well with the other two full time employees at Ugly Duck. Day to day I worked in the office replying to emails, writing funding applications and organising interviews. I also spent time out and about checking the City Hunts and developing their clues. Ugly Duck is a very busy venue so I spoke to a lot of the artists and producers coming in and out to view the venue. As Ugly Duck is run by such a small team, I was given a lot of responsibility and learnt a lot about the management of an events venue. At the weekends Ugly Duck often holds creative events, for instance an art exhibition, which I stayed to help at and had drinks with my colleagues. A lot of my friends from Oxford were in London over summer so it was great to be able to see them at evenings and weekends.

Lasting Impressions
Overall, I had a great time working for Ugly Duck and it made me feel that a career in arts production or something similar would be great for me. Working in such a small team demonstrated to me the importance of having good connections, which this internship has enabled me to start developing. As a social enterprise, Ugly Duck is committed to widening access to the arts. This is something I am very interested in and this internship has really confirmed to me that this is a field I want to pursue. I loved working in London and hope to work here permanently soon. One of my favourite things about working at Ugly Duck was the people. We were very like-minded, which made both work and social life very enjoyable throughout my internship.

Nina Foster, Worcester College, 3rd Year BA History of Art

Ugly Duck Spaces, London, UK
Work Projects
My work projects included creating and designing emails to remind staff about company values, finding online material for managers to reference and learn skills, and looking over company policies and making suggestions.

Daily Life
I walked to work, which took around 20 minutes, and arrived just before 9am. I worked on a variety of different projects throughout the day (email design, online research, English corrections). The Umniah canteen is well-provisioned and my lunches were large and delicious. I socialized with the other HR people and maintenance staff, who helped me learn some Arabic and were always willing to talk to me. In the evenings we went out and relaxed in cafes, often with people we met through work. At the weekends we travelled around Jordan, including to the Dead Sea and on a hiking trip.

Lasting Impressions
My lasting impressions are of friendly locals and company staff, delicious food, convenient taxi travel, and varied and interesting geography. There’s a need for local knowledge and decent grasp of Arabic to avoid being overcharged. I’d love to return to visit later in life but Jordan doesn’t offer great opportunities for career advancement. I now know that an important thing I’ll be looking for in future employment is the ability to travel abroad.

Marc-Andrea Fiorina, St Catherine’s College, 2nd Year BA Politics, Philosophy and Economics

Work Projects
As an intern in Umniah’s marketing department, I was given a wide array of tasks, from conducting market research to launching partnerships with apps and helping to develop Umniah’s new app. I was greeted by a team that had prepared for my arrival and gave me work that made the most of my abilities, which made the internship both pleasant and very enlightening.

Daily Life
The internship ran five days a week from 9 to 6. I spent my free time improving my Arabic, exploring Amman, visiting historical and natural sites around Jordan like Petra or Wadi Mujib, and socializing with the other interns and new friends the Jordanian way - at a café while playing cards. This internship provided a satisfying combination of work and leisure, and the location and people provided plenty of opportunities to make the most of my time in Amman.

Lasting Impressions
In Jordan, I discovered a culture, a lifestyle, and a people like none I had ever been exposed to before. Every day was accompanied by new experiences, be it the food, the sights, or the language. I have thought about working in the Middle East in the political field, probably as a diplomat, but I needed to experience the Middle East to get an idea of whether this is the right road for me. I can now say with certitude that such a career would suit me very well, and seems at least for now to be very much worth exploring.
Work Projects
I was engaged with different types of projects categorized as normative (research) and operational (practice). One of my projects involved working on research about the evolution of Crime Prevention through Environmental Design and how it can facilitate the implementation of the New Urban Agenda, with regards to more safe, resilient and inclusive human settlements for all. I also worked on the building urban safety legacy project of the Municipality of Durban. In addition I worked on a project proposal about Eastleigh - a Somalian neighbourhood in Nairobi - to make it safe and achieve a 24-hour economy. Other projects I worked on were: the transformative package of the Safer Cities Programme, the Urban Safety through Slum Upgrading guidelines, and Terms of References for the Technical Working Group on Public Spaces of the Global Network on Safer Cities (GNSC).

Daily Life
The day usually started at 7am when I got ready to go to work. Usually a colleague picked me up at home. Most of the time we got stuck in traffic jams for more than 1 hour. I usually worked until 6/6:30 pm. I enjoyed the working days and there was usually a group of 10 interns that met every day for lunch and from time to time we planned city tours at the weekend.

Lasting Impressions
The first week was difficult especially because of the problems with public security and safety. Actually the perception of safety is subjective and after the first week I didn’t feel that preoccupied about security, as I felt more confident about what areas should I go to and when. If given the opportunity to work here, I would definitely accept, as the internship has been a milestone in my career and it has increased my knowledge on policymaking and building capacity to local authorities and community.
WORK PROJECTS
I researched international secondary school leaving qualifications and their equivalency to A-Level for the Undergraduate Admissions and Outreach Office. I also attended a conference in London on Evaluating International Qualifications which the UAO paid expenses for. I produced a report on the evaluation of international qualifications in addition to producing qualification information profiles for 21 different qualifications in five weeks.

DAILY LIFE
Because my internship was in the University Administration building and my flat for the year was in Jericho, my commute to work was a five-minute walk. The range and flexibility of the Internship Programme meant I could explore the unchartered territory of new experiences through the internship without leaving a university environment. My working hours meant I could leave work at 5pm and be at the library ten minutes later, so that I could continue my studies.

LASTING IMPRESSIONS
My internship was in Oxford so the area was no different than during term-time!
UNDP BEIJING, BEIJING, CHINA

Angelina Bishman, St Anthony’s College, MSc Global Governance and Diplomacy

WORK PROJECTS
Firstly, I helped to analyse data, create infographics and collaborate on the UNDP-Tencent Report on the September 9 Charity Campaign in China, which more broadly concerned the rise of internet philanthropy in China. This project was interesting in that it gave a first-hand encounter with one of my academic interests: the efficacy (or lack thereof) of public-private partnership. Secondly, I applied on behalf of UNDP Beijing for a USD$1 million Bilateral Grant from the USA to help resolve issues of violence against women and disabled persons within the household. I also prepared presentations and wrote speeches for senior UNDP staff on topics ranging from the Sustainable Development Goals to Internet philanthropy in China. Finally, I liaised with companies such as Mary Kay regarding their scope for partnership with UNDP in a twofold programme to increase companies’ CSR reputation and initiate important private sector driven change. One project for example was pushing the Gender Seal Certification for adoption by Chinese companies.

DAILY LIFE
Work days were long (expect 9 hours) especially during the busy season in which I joined (August - October). One of the shortcomings was the length of my 3 hour (return) commute. Given that I was trying to save money on accommodation, I lived with family friends who are quite a distance away from the financial district– where the UNDP office is headquartered. One of the benefits of a long commute however is that I have had the opportunity to listen to podcasts in Chinese, which has further consolidated my language skills. Outside of work, I worked on my own research projects and other job applications. When I had the opportunity to socialise and explore, I greatly enjoyed my experiences. I spent time largely with Chinese-speaking friends, which was culturally refreshing and, at the same time, a great learning experience too. The hustle and bustle, as well as the sheer vastness of Beijing, takes some time to get attuned to. However, once the necessary mental and physical adjustments are made to the new environment, Beijing is definitely a city of endless possibilities and encounters.

LASTING IMPRESSIONS
I am very partial to Beijing– a political and cultural powerhouse. This time around, it took me much longer than usual for me to get used to the dynamics of this city. Sometimes I did reminisce about my times in the UK or even going back home (Hong Kong), however these moments were fleeting. I am very passionate about China and the growing opportunities for me here in Beijing. Hopefully my time at UNDP will open doors for me to stay in Beijing longer. Given that the chain of command within UNDP Beijing was at times unclear, I do have my reservations about joining an international organisation. However, I am completely aware that UNDP China has undergone some considerable budget cuts recently and I joined the team in a period of transition. Provided that I am intent on applying to Law School in the USA, an intention that pre-dated this internship, preparing for that next step in my career definitely loomed large during this internship. I hope to marry my passion to be a lawyer with my interests in China on the international landscape. For example, I will definitely be interested in specialising in international law.
During the first few weeks I was left to assist other interns and familiarise myself with the team’s work. After this, I was primarily involved in two projects, both of them research projects with the Poverty, Equity & Governance team of the UNDP China office. The first was a project to measure living standards in China at the county level, using a combination of big data and census data. I was involved in conducting literature reviews of existing research in this area, writing sections of the report, and proofreading drafts. The second project I was involved in was a report on the emerging field of Internet philanthropy in China. I conducted research on Internet philanthropy outside of China, wrote sections of the report, and proofread it. As well as these two projects, I wrote speeches and prepared presentations for the executive team, did ad hoc proofreading of documents, and assisted with events including conducting UN For All (diversity) training sessions.

I was fortunate enough to find cheap accommodation within walking distance of the office (I found it through The Beijinger forum, but I would advise caution for anyone looking on there). A typical day would start with a run along the Liangma River, walk to work, and checking the shared intern email account. During the day I would work on the two reports I was involved in and meet with the research teams once or twice to update on progress. For lunch, I would either order in from the canteen or a restaurant, or go out to eat in one of the nearby malls with other interns. After work, I might have dinner with a friend in the area. The interns were very sociable and we often organised to see each other outside the office.

I feel this internship was a fantastic opportunity to learn more about the UNDP and how it operates in China, including its relationships with government counterparts and local NGOs. I found much of the work I did for the UNDP to be interesting and stimulating, though I also found more time was spent proofreading than I had expected. Having been to Beijing before for shorter periods, I was delighted to have the opportunity to live there for several months and am pleased to say that my Mandarin has improved a lot because of it!

• Live as close to your office as possible (Beijing is extremely vast and not the most convenient of places!), do not be afraid to practice your Chinese, and ask questions and be pro-active (for example, do not hesitate to ask to go to conferences with your supervisor).
UNDP AMMAN, AMMAN, JORDAN

Moritz Poll St Anthony’s College, MPhil Economics

WORK PROJECTS
I supported a six-country labour market assessment looking for impediments to job creation in the countries directly affected by the Syrian crisis. My tasks ranged from organizing and running workshops, to being involved in the writing process of the final report, to setting up and conducting interviews. It was a good balance between academic and administrative tasks. It took a couple of days to be assigned meaningful tasks and ‘swing on the same wavelength’ as my supervisor, but once the working relationship was established I felt valued, respected and involved in all tasks with quite some responsibility.

It was outstanding to be given so much responsibility and to be respected for my contributions and opinions.

DAILY LIFE
Working hours were flexible with an understanding that if for whatever reason you come later, you make up for it by staying a bit longer. Also you signal how much you are willing to give. If from day one, you do late nights and are available 24/7 then that will become expected. If you clearly communicate that evenings and weekends are yours, that is also perfectly fine and will be respected. It is up to you how you approach this. As for daily life outside work, I lived with two other interns at UNDP and UNICEF (both Oxford) in a nice and pretty spacious flat in Rabiah. We found a private Arabic teacher for the three of us which occupied two to three nights a week. Most weekends we went to travel. Jordan is a marvellous country and easily travelable in weekend bits. Amman is a very liveable city with loads of great cafés, bars and restaurants to discover. Definitely try to get in touch with some locals and learn Arabic (amiya, not fus’ha) while you are here. Three months is just about long enough to make some progress.

LASTING IMPRESSIONS
It was outstanding to be given so much responsibility and to be respected for my contributions and opinions. It was just about the right balance between being guided and being thrown into cold water. I am definitely interested in working here for longer and I have grown very fond of Jordan and the region, so it opened up my horizon substantially to come here. Also working on migration and refugees has opened a new field in which I also ended up writing my Master’s thesis. The many new contacts and connections I added to my private and professional network in this time as well as the new skills I acquired will also have a very positive impact on my future career.

Katie Washington, Lincoln College, DPhil International Development

WORK PROJECTS
Whilst interning with the UNDP Sub-Regional Response Facility for the Syria Crisis in Amman, Jordan, I have been working on a number of projects. I am currently working on the innovation agenda for the UNDP-UNHCR joint secretariat which promotes a paradigm shift in the regional response to the Syria crisis, and encourages international and local actors to develop new innovative, sustainable, and cost-effective ways of addressing the impact of the crisis in the neighbouring countries of Jordan, Lebanon, Iraq, Turkey, and Egypt. For example, the use of iris scanning of refugees in host communities, and the refugee camps of Azraq and Za’atari to pay for food instead of using food vouchers or e-cards (it improves data protection and more efficient and effective access to food).

As part of this innovation agenda, I have worked on designing the concept and proposal for an innovation event series (three events in Egypt, Jordan, and Lebanon), which provides local actors (from refugee and host communities) the opportunity to come together to develop new and innovative ways of addressing the most important issues in their communities. To organ-
ise these events, I have been working with the country offices in Egypt, Jordan, and Lebanon to tailor each event schedule to the country contest. I have also designed the concept for a ‘Knowledge and Innovation online platform’ which will used by all partners working in the region as a space for collaboration and networking. Finally, I have designed the concept and written the proposal for a large innovation event to be held in Amman in December 2016 which will bring all partners, donors, host governments, and donor governments together to promote the importance of smarter thinking and innovative programming in addressing the Syria Crisis. In addition, I have been working on an 18 month, multi-million dollar project which is focused on developing concrete policy options and possible scenarios for host governments in neighbouring countries to respond to the protracted and unique nature of the Syria crisis. This includes providing them with policy options in creating sustainable livelihoods for refugees and host communities, and promoting and ensuring social cohesion amongst both communities. I have been developing the Project Implementation plan for this project where I have learnt new skills in project planning and management. I have also written the terms of reference for the lead consultant team for this project, and started the desk research for the first stage of the project. This involves mapping and analysing all existing research on policy options and scenarios for refugee crises.

During my internship, I have also had the opportunity to write a policy response to ECHO (European Commission - Humanitarian Aid & Civil Protection) on their ‘Humanitarian Implementation Plan’ (HIP) for 2017 to recommend they better promote humanitarian-development integrated responses to the crisis, and the importance of resilience building in host communities. Excitingly, this response will be included in the final ECHO HIP report for this coming year. The support I have received from UNDP has been fantastic. We are treated not as interns but as valued staff members and given substantive work and projects to focus on. I am working in a very small team which means I work directly with my supervisor, and the UNDP Sub-regional Development Coordinator which is an amazing experience. I have also had the opportunity and support to learn new skills which I think will be invaluable going forward.

DAILY LIFE
I am really enjoying living in Amman. There are three other Oxford interns working in my department and it is great to have each other’s support. I also live with another intern from Oxford who is interning at UNICEF, and we are having a wonderful time exploring the country together. Every day I travel into work via taxi (there is no other option in Amman and I am definitely missing my bike in Oxford) with another intern. When we arrive we often start the day with a *very strong* Arabic coffee before cracking on with our work. We work quite independently on our different projects but often my supervisor will come in and ask me to work on something urgently with a very tight deadline (I like it when this happens as it’s great to work under pressure). After work, I often have a two hour Arabic lesson (I have 6 hours of classes a week) or I do circuit training with my flat mates (there isn’t really the opportunity to exercise outside or freely in Amman - especially as a woman - so we have improvised and organised our own sessions). Sometimes we then go out for dinner but mostly I cook for the three of us and we have dinner together. At the weekends we have been exploring the country. This weekend we travelled to Wadi Rum and camped in the desert with Bed-
The Syria Response Facility is a pretty unique and dynamic facility, far outside the organisational norms of the UNDP (or UN more generally), created specifically for policy advocacy and humanitarian/development coordination in response to the Syria crisis. My own work was tied to the Regional Refugee and Resilience Plan (3RP), and focused primarily on issues of policy and programming guidance. I worked in particular on liaising with country offices about programming difficulties, and incorporating their insights into updated regional guidance for the 2017-18 plan. The two main areas of my own work were firstly, updating and developing the Resilience Lens. This is used to conceptually clarify resilience, and support implementing partners in designing interventions that support the resilience capabilities of refugees and affected host communities. Secondly, I worked on the development of a new Localisation Marker, which tries to push for localisation (channelling of funding and ownership of the response to national governments, local NGOs, etc. to support longer-term development prospects). I was given an incredible amount of free rein by the SRF team in these tasks, and was given several opportunities to contribute substantively to some difficult policy issues.

**DAILY LIFE**

Daily life was particularly easy for me - I’m a Jordanian citizen so I have family in the country.

**LASTING IMPRESSIONS**

I have thoroughly enjoyed interning with the UNDP and living and working in Amman, Jordan. It is such a beautiful, peaceful, and welcoming country, and I would definitely return to live or work here in the future. With specific regards to the internship, it has been a great experience for me to see whether this kind of work - policy research and working for the UN - is something that I would like to do in the future (after I finish my DPhil), and I would definitely consider this avenue. The most difficult part of being in Jordan is the sobering reality that you are miles from the Syrian border where the atrocities driving the refugee crisis are taking place or just a few kilometres from the nearest refugee camp. The Jordanian border and refugee camps are now closed to Syrian refugees, and it is important to remember this when life within Jordan is so peaceful and seems so distant from the war. I am also very grateful for the opportunity to work directly with the UNDP on the Syrian refugee crisis specifically focusing on the host communities in the region.

**WORK PROJECTS**

The Syria Response Facility is a pretty unique and dynamic facility, far outside the organisational norms of the UNDP (or UN more generally), created specifically for policy advocacy and humanitarian/development coordination in response to the Syria crisis. My own work was tied to the Regional Refugee and Resilience Plan (3RP), and focused primarily on issues of policy and programming guidance. I worked in particular on liaising with country offices about programming difficulties, and incorporating their insights into updated regional guidance for the 2017-18 plan. The two main areas of my own work were firstly, updating and developing the Resilience Lens. This is used to conceptually clarify resilience, and support implementing partners in designing interventions that support the resilience capabilities of refugees and affected host communities. Secondly, I worked on the development of a new Localisation Marker, which tries to push for localisation (channelling of funding and ownership of the response to national governments, local NGOs, etc. to support longer-term development prospects). I was given an incredible amount of free rein by the SRF team in these tasks, and was given several opportunities to contribute substantively to some difficult policy issues.

**ADVICE**

- Don’t be shy to ask if tasks are not clear and tell people freely how you imagine your tasks and workload to look like. You will be respected. Take every possibility to explore the country and within the (wider than I thought) limits of the current situation, do travel and explore the region. Learn Arabic whilst you’re here. Get an office maps app just in case. Prepare for heat, delicious food and friendly, welcoming people in a country that still remains a too often ignored little treasure in this region.
UNESCO YANGON, YANGON, MYANMAR

Manting Chen, St Anthony’s College, DPhil Psychology ✉

WORK PROJECTS
I have been mainly involved in a teaching project at the UNESCO Centre of Excellence for Business Development Skills and a partnership project between the centre and overseas universities. UNESCO helped me to come up with ideas I would be interested in carrying out, and different ways to promote education equality and help students here. They also generously provided me with all the information and resources I need.

DAILY LIFE
When I first arrived in Yangon, I stayed at a hostel in the downtown area, which provided me with a chance to look around and get familiar with the city. Then following my colleagues’ and the previous year’s interns’ advice, I moved to a hostel just two minutes’ walk from the place I work. While it’s easy to go to work every day, the downside is that it is pretty far from anywhere. There is little functioning public transportation in Yangon, so I had to take taxis everywhere. Out of work, I hung out a lot with friends my colleagues introduced to me. Some of them are expats, others locals. We visited various resorts in Yangon together, and enjoyed the modern side of Myanmar (going to bars, karaoke, and going to spas).

Yangon ... is a place that is in the process of thriving, and you can see the changes every day, every week, and every month. There are so many opportunities here...I am very glad that I witnessed such an important historical turn of this country.

LASTING IMPRESSIONS
In general, the longer I stay in Yangon, the more I like it. This is a place that is in the process of thriving, and you can see the changes every day, every week, and every month. There are so many opportunities here - from business investment to NGO programs. I am very glad that I witnessed such an important historical turn of this country. My internship has completely changed my impression of this country. Now I really would love to come back and work here for a longer time, because individuals can really make a difference here.

Andurina Espinoza-Wasil, Harris Manchester College, MSc Migration Studies ✉

WORK PROJECTS
My placement was with the Center of Excellence for Business Skills Development, a public-private partnership between the Myanmar government, UNESCO, and PepsiCo that works to empower youth with skills for the growing business climate in the country. Here, I had two main projects. In one, I assisted the Center with their efforts to develop partnerships with overseas universities. I identified universities in North America and Europe that might have an interest in the region, or that already have similar partnerships, and designed outreach material to make contact with them. My second main project was conducting courses on English for the business world for Myanmar youth. Because of the high demand for my course, I opened two courses which met once a week over a four-week time period. I designed the curriculum to equip students with a set of English language tools to help them communicate more effectively in business environments. The course began at the personal level with English for Networking, in which I helped students formulate their own “verbal business card” and gain appropriate social language for making a good impression in business contexts. The rest of the course was geared toward customer/client care, equipping students with methods for building relationships with the business customers and clients, finally ending with a workshop on effectively handling customer problems and complaints. The course also contained a strong element of language instruction, incorporating formal grammar and vocabulary lessons as well as conversational practice; students can thus expect to gain a good amount of familiarity with English language skills that they can directly apply to the world of business, as well as other aspects of life in which effective communication is important.

DAILY LIFE
Every morning, my fellow Oxford intern colleague and I would leave the bed & breakfast where we lived and take a taxi to the office. If we were lucky, we would not hit traffic and arrive quickly, within 10 minutes or so. If it was raining, or if the taxi driver did not understand our directions to the office, the commute could take much longer. Once at work, I climbed the flight of stairs up to my office and be-

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gan work on whatever project I was working on, be it designing my English course presentations, or researching overseas universities that may be candidates for a partnership with the Center. Eventually, I would go downstairs and say hello to my three other UNESCO colleagues: two women from Myanmar and a volunteer from Australia.

Because power cuts are so frequent, we often used the lack of electricity and air conditioning as an excuse to chat a bit and catch up with what everyone was doing. Many times during the week, there was an opportunity to go outside the office and meet other people – be it for a team meeting at the UNESCO head office, interesting field visits to other education providers in Yangon, or to other international institutions working in the city to see how we could link up. After work, I liked to get involved in activities. I did yoga quite frequently and also joined a tango class offered at the French Institute. The dance class was great fun, and I made a lot of my friends through this group, who were a mix of Myanmar nationals and expatriates like me.

LASTING IMPRESSIONS
Being in Myanmar for this internship taught me a lot about the country. It is clearly a place that, having only in the last four to five years opened to the rest of the world, is rushing to catch up, and is embracing any and all opportunities to do. The marks of the country’s dictatorship past are visible, though a real hopefulness comes through, and it is a beautiful thing to witness. I have enjoyed many aspects of Myanmar – the vivid culture, the enthusiasm of my students, the beautiful landscapes and interesting cuisine – to name a few. All the same, I would not return to live or work here. This revelation surprised me personally, because I have always seen myself as a person who can live in all kinds of situations. Myanmar has many of the exciting opportunities I seek now that I have finished my Masters, however Yangon is a difficult city to live in. Housing is prohibitively expensive, and I found the quest for healthy, clean, and affordable food a near-daily struggle. My opinion is that, despite these things, people can come to truly love a place but that for some reason, Myanmar is not for me. That being said, this experience has been truly eye-opening in terms of my view of the United Nations. I had previously seen the UN as a largely irrelevant and overly bureaucratic organization, but now I have seen first-hand the highly useful and important role that the UN plays in Myanmar. I am newly inspired about the role of international institutions in addressing some of the world’s most pressing issues, such as education.

ADVICE
• It is very unlikely that you will find an apartment rental for just a 2-month stay, as most leases require a 12-month commitment. Be prepared to live out of a hotel, and probably pay a bit more to do so. Yangon has no viable public transportation. What I and most people I know did is take taxis everywhere. Traffic jams are very common, and most places take at least 20 minutes in a cab. Getting across town, however, can easily take over an hour! Be careful about food, especially the Myanmar tea houses that are everywhere. Make time to visit the other parts of Myanmar! They are truly incredible.
• If you’re looking for places to stay then try Facebook groups such as ‘Yangon Expat Accommodation’ and if necessary then look for hostels. Living close to work can be helpful as Yangon is enormous and the traffic...
UNICEF JORDAN, 
ZAATARI/AZRAQ, JORDAN

Arianna Freschi, Lincoln College, MSc in Global Governance and Diplomacy

WORK PROJECTS
As part of the Innovations team at UNICEF, I have been involved in several projects. I supported the implementation of several projects, primarily around youth empowerment. This involved regular visits to the UNICEF centres in the Zaatari and Azraq Refugee camps. I was involved in preparing and delivering presentations and reports for private sector partners, writing blogs, as well as contracts and budgets for implementing partners. I also planned two large scale events, the MIT Innovate for Refugees Pan Arab competition and the Innovation Generation Challenge for the Jordanian Youth. I also managed an advocacy project on internet access for refugees. I conducted a survey in all 31 UNICEF Makani centres in the camps (centres that provides vulnerable children with learning opportunities, life skills training and psychosocial support services), compiled and summarised findings and translated them into an advocacy strategy to make a case for Open Internet for Youth. I received very close support from my supervisor, and was provided opportunities to take on responsibility, attending meetings and workshops and gain a general sense of the organisation.

DAILY LIFE
Daily life at UNICEF Jordan is very variable, depending on whether I was working in the office or on a field visit to the refugee camps or host communities. I attended a lot of meetings with partners around Jordan which also led to much variety. Each day was interesting. When I first arrived, the office was hosting about 15 other interns, recruited from US universities, who were part of a ‘Data Management Programme’. Not being part of their program, I missed the induction days provided and had to catch up and find my way on my own. Their program ended about one month into my internship, after which I was the only intern in the office. However, staff members were very kind and went out their way to make me feel welcome. I travelled almost every weekend. Jordan is full of incredible touristic attractions, especially for someone who enjoys the outdoors and hiking. Israel/Palestine is easily visitable by bus, and Lebanon is a short flight away.

I travelled almost every weekend. Jordan is full of incredible touristic attractions, especially for someone who enjoys the outdoors and hiking. Israel/Palestine is easily visitable by bus, and Lebanon is a short flight away.

Lasting Impressions
I am very much enjoying my internship experience. Because of the magnitude of the Syria Refugee Crisis in Jordan, the work is fast-paced and everyone is given much responsibility. I found myself managing field staff for the Internet assessment project (see above) and issuing recommendations for the entire section. For this reason the work was very rewarding. Working directly with vulnerable children was a sobering experience, and it has confirmed my desire to be involved in the humanitarian or social policy sector, in particular dealing with children and youth. Jordan is a very particular environment, in which vulnerable Jordanian children are somewhat being neglected in favour of agencies working to help refugee children. The UNICEF overall commitment to serve all children was inspiring, and left a lasting impression on me. Furthermore, it was interesting to work within a UN organisation in a crisis region, understanding the mechanisms of operation. I experienced first-hand the large amounts of bureaucracy the work entails, and the lack of communication between different agencies, all carrying out similar projects. Nonetheless, within this somewhat dysfunctional system I also met some amazing, motivated UN staff members, who strongly believe in their work and were very inspiring. In the future, I would definitely be open to the possibility of a career in one of the UN organisations.
UN-ESCAP,
BANGKOK, THAILAND

Anders Moller, Wolfson College, MPhil Development Studies

WORK PROJECTS
As soon as I arrived, I was asked to help work on a small research project for a UN-ESCAP Trade Insight paper which is going to be expanded into a conference paper. My supervisor had already begun the research, but introduced me to the database we used to download trade statistics (WITS) and what initial analysis he needed. Although he was running the research project, we brainstormed together and I eventually became a key part in the drafting and editing process. My supervisor was fantastic to work with because he was always ready to answer questions, and never over- or under-explained things.

DAILY LIFE
The work atmosphere was generally relaxed which meant that many of us could be flexible with our working hours. Official hours were 9 to 5, but I often worked 9:30am - 5:30pm. I lived about fifteen minutes’ walk from work in an area with a lot of cheap food options, which made it manageable that I didn’t have a kitchen in my apartment. Because there were a lot of interns in the different UN departments, it was easy to meet new people and develop a social life. Being in a big and diverse city like Bangkok means that we had almost limitless opportunities for hobbies and going out, such as resuming kyokushin training (martial arts). However, this had to be carefully planned in advance because we lived and worked about an hour’s travel from city centre. It was also relatively easy to get time off work, which made it possible to take several three-day weekend trips to different parts of Thailand. Together with the learning opportunities, living in Bangkok was a key part in making this internship a fantastic experience.

LASTING IMPRESSIONS
I feel that working for the UN has a very polarized reputation. Some are ecstatic about ‘changing the world’, while many people see it as the biggest time-waster on the planet. While working for UN-ESCAP I saw both types of people, but also learned first-hand that the truth is somewhere in a comfortable middle spot and the impact of your work really comes down to your own motivation. This is particularly true with UN-ESCAP in Bangkok, where the sheer volume of interns means that you need to be very pro-active to get involved with your work. Professionally, the internship was great at giving me an insider’s perspective of the UN organisation and its work while giving me some transferable skills. Overall, it was a wonderful experience and I really loved living in and learning about Thailand, particularly when taking long weekend trips. It cemented my desire for working in social research in a way that informs policy, although I would say I am still about as ambivalent towards a career in the UN as I was before starting it.
were a great opportunity to do some travel around Thailand and the region; this included travelling to Myanmar with three other interns, and to the beach in Kho Samet, which was very pleasant.

**Lasting Impressions**

I loved living in Bangkok, which has a fantastic social and arts scene and amazing food. I also really enjoyed travelling around the region. I could certainly work here for a few years or more given the opportunity. In terms of my career, this internship has helped give me some direction with what I want to do afterwards. I’ve enjoyed the research side of my work, but feel like I am really interested in working directly with policymakers, and spending more time in the field. Potentially, I may carry on at UN ESCAP in a position which allows this kind of work which would be fantastic.

**Work Projects**

My main project has been to write a draft for Chapter 1 of the Asia-Pacific Trade and Investment Report (APTIR). This chapter focused on general trends and forecasts for trade in the region, and included carrying out research into various topics, including trade elasticities with respect to GDP. I was supported throughout this task by my supervisor, and worked with other interns on the data. Other than this, I carried out research with the view of writing a working paper on trade insight for the department on the trade elasticities of newly emerging economies in the region, and whether they have the potential to help the global trade elasticity bounce back from its current level.

**Daily Life**

Daily life in this internship was a nice mix of quite challenging work, and a very pleasant life outside of the office. I lived close to the office, and so my commute was just a 15 minute walk. Once at work, I tended to be office-based while carrying out research or writing drafts. While I would have liked to spend more time in the field, I appreciate that this probably isn’t realistic for an internship position. In the evenings, I tended to do some form of exercise and then enjoyed a long dinner with other interns and friends. Fortunately, there were a lot of food places close to me! Weekends were a great opportunity to do some travel around Thailand and the region; this included travelling to Myanmar with three other interns, and to the beach in Kho Samet, which was very pleasant.

Louis Graham, Wolfson College, MSt Economics for Development

I loved living in Bangkok, which has a fantastic social and arts scene, and amazing food.
**UNIVERSITY OF HONG KONG (LLIC), HONG KONG, CHINA**

Serena Chang, The Queen’s College, 3rd Year BA Oriental Studies (Chinese)

**WORK PROJECTS**
I was placed in the Sourcing and Materials Department at Lenovo in their Shanghai plant. As I speak some Mandarin, some of my work involved translation and language support in order for the department to present their future plans to other international departments. I also sat in on meetings and workshops in order to learn more about the business’ strategy and goals. Finally, we were responsible for cultural sharing activities, where we prepared informative presentations about our home country and then communicated with staff from across the office about these and other topics.

**DAILY LIFE**
The office was situated quite far out of Shanghai city centre, so a fairly long commute was required. I got up at around 7.30 am and then commuted on the crowded Shanghai tube for one and a half hours with a free shuttle bus ride at the end, arriving by 9.30am. Lunch was provided in the staff canteen, and then our working day finished at 5.30, meaning I arrived back at our rented apartments by about 7. I would then often cook dinner or go out to eat with friends and visit the other interns in their apartments, go to a nearby bar or otherwise stay in my room. Weekends were really the main time for socialising as I would generally need to rest before work the next day in the week. However, between them there have been opportunities to explore Shanghai and nearby cities.

**LASTING IMPRESSIONS**
This is my second visit to China after spending a year abroad in Beijing last year, however I still learnt a lot about the country and have seen different angles to those that I experienced before. Working in an office environment has given a practical and down-to-earth insight into Chinese corporate life, and living in a comfortable area of Shanghai has shown me a very modern and forward-looking side to China that perhaps was not as prevalent when I was studying in Beijing. I have always had an interest in keeping links to China due to my degree, but this internship has confirmed that I would like to take as many opportunities to travel back here for leisure or working purposes, as there is so much variety waiting to be discovered still!

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Jordan Banting, St. Peter’s College, 3rd Year MMath Mathematics

**WORK PROJECTS**
During my internship I worked at the German pharmaceutical company Boehringer Ingelheim, in their Shanghai headquarters. I worked in the BDS (Biometrics and Data Science) department with the central task of giving a presentation on the results of a clinical trial of a new drug for lung cancer patients in Japan. Tasks included data cleaning, coding and report writing. We were mainly working with the computer software SAS (Statistical Analysis System) in order to analyse a vast amount of data and summarise this in several easy to read tables and graphs.

**DAILY LIFE**
My day-to-day life began with a fairly short 30 minute journey to work. Located in Shanghai, this meant being squashed into a hot and crowded metro car along with hundreds of other people; this was always my least favourite part of the day. Arriving at work we would then work in teams of three with other interns from top universities in China. The work was flexible; we could determine which tasks needed prioritising and when to take lunch. The typical working day started at 9.30am and finished around 5pm, although if there was little to do we...
could finish early and if there was much to do we would stay a little later. The internship was very flexible. Out of work I had the opportunity to travel all over China at weekends, with trips to Suzhou, Nanjing, Xi’an and Huangshan.

LASTING IMPRESSIONS
This summer has been a fantastic opportunity to travel around China, as I was able to make several trips away when not working. Over the course of the summer I visited seven major cities in China, as well as many smaller towns and villages. Shanghai’s modernity means it is a very comfortable place to live, and I would be more than keen to return to work there. Over the course of the summer I have been able to make many fantastic friends from across the world, ranging from Hong Kong and Japan to America and Oxford. I’m sure some of these will be friendships for life, and the people will be the thing I remember and miss the most!

WORK PROJECTS
My internship was at Lenovo in Shanghai and my department was IE&FE (Industrial Engineering and Facility Engineering). As an Engineering Science student, I was really glad to be allocated to Lenovo. First of all, my department allowed me to see the big picture of the company by showing me the whole production process. Secondly, my colleagues were very nice to me, and provided many chances to visit other departments within the company. In terms of my duties, I was very lucky as I got the chance to be involved in three optimization workshops. The first was about production line optimization. The aim was to redesign the warehouse layout to use space more efficiently, especially because of overload during peak times. I contributed ideas about how to use the workshop to solve problems - in this way I played the role of a consultant. I thought this workshop was very inspiring. The other two workshops were about plant production line optimization and procedure optimization. All the participants were very nice; they always encouraged me to speak and were willing to listen to my ideas. I even got a chance to present my own design of an ideal production line to the head of department and my team members in the last workshop. Besides workshops, I produced documents for my

DAILY LIFE
I was living in great accommodation in Shanghai, but it was a 90 minute commute to the office via metro. I would get on with my tasks at the office and then take lunch before conducting sharing sessions in the afternoon and discussing things with my supervisor. Out of work I travelled around China and socialised with the other interns.

Shuqi Zhang, St Anne’s College, 2nd Year MEng Engineering Science

WORK PROJECTS
My internship was at Lenovo in Shanghai and my department was IE&FE (Industrial Engineering and Facility Engineering). As an Engineering Science student, I was really glad to be allocated to Lenovo. First of all, my department allowed me to see the big picture of the company by showing me the whole production process. Secondly, my colleagues were very nice to me, and provided many chances to visit other departments within the company. In terms of my duties, I was very lucky as I got the chance to be involved in three optimization workshops. The first was about production line optimization. The aim was to redesign the warehouse layout to use space more efficiently, especially because of overload during peak times. I contributed ideas about how to use the workshop to solve problems - in this way I played the role of a consultant. I thought this workshop was very inspiring. The other two workshops were about plant production line optimization and procedure optimization. All the participants were very nice; they always encouraged me to speak and were willing to listen to my ideas. I even got a chance to present my own design of an ideal production line to the head of department and my team members in the last workshop. Besides workshops, I produced documents for my
mentor. These were on topics such as monthly production plans, production line management and the economic principles of motion. This was all very new to me, and I felt like I was learning new things every day. Other than our roles in our own departments, we also joined a WeAction program every week with Lenovo staff, a presentation with the main purpose of cultural sharing, which helped us understand people’s lives in Shanghai.

DAILY LIFE
I enjoyed good relationships with colleagues in my department. My boss, Gavin, and my mentor, Zoe, looked after me. We spent lunch breaks together, discussing issues such as Lenovo’s business units and their opinions about Lenovo, education in Shanghai, social problems in China, etc. One of my colleagues even showed me how to assemble a 3D printer. I was pleased to be invited to department activities, and during dinner it was fun to listen to stories of things that happened at Lenovo.

LASTING IMPRESSIONS
Outside of work I tried not to waste my weekends in China. I travelled to Beijing, Hangzhou, Suzhou and Wenzhou. Beijing is fascinating to me. I really liked the feeling when I walked inside the Forbidden City. The combination of red and gold makes it a very solemn and peaceful place. I spent half a day in the Forbidden City and visited the Olympic Park. I also went to visit the Great Wall which was amazing. I think Beijing perfectly combines modern and historical architecture. I also visited private gardens in Suzhou and West Lake in Hangzhou. Back in Shanghai, I spent quite a lot of time going to different exhibitions, musicals, concerts and theatre.

ADVICE
• For the LLIC programme application, look into the specific companies as early as possible and if you are able to, try to find out from people who have worked there before or from the Careers Service, as experiences can vary by company. Practical tips: summer in China is very hot, so investing in cool office clothes can be useful, and also some good mosquito repellent!
• When living in Shanghai, it can be useful to make friends with a native speaker if possible or someone who is capable of communicating in Mandarin, as I found my own language skills were invaluable to me and to others who had not learnt any Chinese in opening a whole new area of opportunities.
Work Projects
Our summer project at the Institute of Energy and Environment at the University of São Paulo involved researching barriers to the injection of biomethane into natural gas grids in European countries, in the hope that Brazil may be able to learn from the European case. The ultimate aim of the internship was to produce, in collaboration with our supervisor, an academic paper for submission to a journal of high standing in the field. In order to achieve this, it was first necessary for us to agree a process by which we would conduct the literature review that ensured reproducibility and quality of information used. The next step was to come up with a research question and the structure of the paper. During the entire project, we had regular meetings with our supervisor about our work; their guidance and advice were invaluable. We also had a meeting once a week with the professor heading the group who reviewed our work, and these meetings were used as milestones in the delivery of the project. Our supervisor arranged meetings with other people at the Research Centre of Gas Innovation to allow us to listen to what they found, as well as organising for us to give a talk about our paper towards the end of the project. There was also the opportunity to attend a conference organised by the University of São Paulo and Imperial College London in our final week. We were also introduced to doctoral students at the institute which allowed us to build a network.

Daily Life
I had four days in São Paulo before the start of my internship, which was mainly spent sightseeing and socialising with some English-speaking people I met. A typical day at the office would involve catching a bus to the university, arriving at 8.30am. After greeting everyone and grabbing a coffee I would start working at 9am, usually going for lunch with the other intern from Oxford at around noon; somebody else from the institute would frequently go with us, especially during the earlier weeks of the project. The afternoon would involve a combination of meetings and more work and I would usually leave the university around 4pm in order to avoid traffic. A few evenings a week, the other intern and I would meet up for a bite to eat and some drinks, and we went out to bars and clubs with the doctoral students a few times during our stay. The weekends would either involve more sightseeing in São Paulo, or trips further afield such as to Rio, Santos and the Iguazu Falls — we were fortunate that our working arrangements were flexible which allowed us to take a day off in the working week for some of the trips. We even got to go and see an Olympic football match while we were here!

Lasting Impressions
The internship provided a great opportunity to experience working in an academic setting as well as allowing me to harness a range of skills both related to my degree at Oxford and gained from elsewhere in my academic career. Spending two months living in Brazil was a unique experience in itself, allowing me to embrace a new culture and trying to pick up the basics of a new language (with questionable success)! Our colleagues at IEE and the people generally in São Paulo were very welcoming and friendly and I would definitely come and visit Brazil again. The internship has led me to consider applying for a DPhil and also attracted me to looking at jobs in the energy sector; as I’m starting my 4th year in October I will soon have to start considering my plans for the future. I am grateful to everyone I worked with at IEE, the Internship Office for administering this scheme and BP for enabling me to undertake this project.

Advice
• It’s a good idea to learn some Portuguese (taking care to make sure you learn Brazilian Portuguese specifically) as few people speak English even in a city as vast as São Paulo.
**WORK PROJECTS**

I was hired by UWC to assist with the smooth logistical running of their Alumni Reunion. I did help with a lot of the admin for the reunion, as well as running the college’s merchandise shop. During the internship however, I was also involved in writing copy for the college’s communications and content for the new website. The communications work took up the majority of the timespan of the internship, which I didn’t mind because it was fun, and actually a more enriching professional experience than I would have gained by only helping with the reunion. I had a different supervisor for each of the work areas and both were supportive. One of my supervisors often went out of her way to find me new opportunities to produce written content, for instance allowing me to accompany the college’s volunteers who went to help in a refugee camp in Udine.

**DAILY LIFE**

I lived by myself in the college’s accommodation in Duino, which I liked a lot. It was very close to the college and I did not need transport to work. I mainly socialised with my colleagues from UWC, and spent a lot of time on my own swimming or running. I went to Trieste quite a few times, because it was where my colleagues lived and a very convenient place to get international travel connections. At the weekends I went on excursions, to other places in Italy, but also to Austria and Slovenia.

**LASTING IMPRESSIONS**

I had a really great time living in the Trieste area and I made some very strong relationships with my colleagues...it was a lovely and really fascinating place to live.
Work Projects

I was mainly involved in three M&A projects, all for foreign companies hoping to acquire Chinese companies. One of the projects involved conducting target screening, and creating target company profiles for an FTSE250 client. Another involved conducting industry research for the entry strategy of another FTSE250 client. Another mainly involved translating documents and creating stakeholder profiles. There were some other projects I helped with, but these three are the major involvements. All the support came as on the job training, there were no training sessions before actual task assignments, but everyone in the office was extremely patient and willing to help. The feedback from the tasks was also extensive and helpful.

Daily Life

I, along with other interns not from Beijing, stayed in the company apartment. The accommodation was excellent, with 3 bedrooms, central location, and only 20-minutes walking distance from the company. I generally worked long hours and mainly socialized with colleagues during the internship – though over the weekend I did get to meet up with friends in Beijing. The long hours were very much a choice – you could also get off work around 6:30 pm, and explore the city during the evenings. The company has an excellent location, and you can reach the major tourist attractions fairly easily via underground.

Lasting Impressions

I really enjoyed the internship, and would seriously consider working for Vermilion after graduation.

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Man Yuan, St Edmund Hall, 4th Year MEng Engineering Science

Work Projects

I carried out several M&A transactions’ origination and executions with guidance from senior bankers, including but not limited to company profile editing, research works and SPA negotiation and revising. I also advised an inbound strategic investment in a Chinese Listco by a world leading Flavors and Fragrance Group. This involved analyzing the overall transaction through the suitability of assets, transaction strategy, regulatory issues and submitted fee proposals. Finally, I worked on the acquisition of a minority stake in a Switzerland-based luxury brand by a Stockholm PE house, by performing DCF Analysis based on the business plan and presented fairness opinion on the growth of China’s future luxury market.

Daily Life

Normally I would wake up at 8am in the morning and head to office before 9am. Vermilion provided us with really nice apartments not far from the office, so there was no need to worry about the traffic. I worked until 12 and ate with colleagues, all the senior staff were truly nice and willing to teach me everything around M&A. In most cases, I could go back to my apartment after 7pm, but it was also possible to stay with some of the hard-working bankers until say 12pm at night. Daily life at Vermilion was enjoyable and educational, I truly learned a lot out there and highly recommend this internship for future interns.

Lasting Impressions

China is truly a place worth going, with millions of historical venues, the best Asian food in the world and a promising future growth rate, and I would be more than happy to go back and work there some time. The internship has confirmed my interest in M&A, and made me have a better understanding of not only the transactions themselves but also the real-life work in a M&A investment bank, which will certainly help me to build a better vision when choosing future careers.
WORK PROJECTS
I have been involved with one major project and a number of smaller projects. The major project has been to develop a shared data system for the WASH Sector in Cambodia. This has involved working with the government, international organisations and other NGOs to create a central repository where data can be stored, accessed, and used. Day to day this involved planning and conducting meetings with these actors, strategy meetings internally, and even extended visits to other NGOs in order to better understand how we can work together. On top of that it has required no small amount of political manoeuvring, since the MRD (Ministry of Rural Development) and UNICEF developed a very expensive and ultimately ineffective platform in 2012. For the long term sustainability of this project it is necessary that we have these actors engaged and therefore it is not adequate to dismiss their system entirely and build a parallel one without consultation. Furthermore, data collection is a time intensive exercise, and many organisations are loath to share it freely without constraints. Thus, overcoming this has been a key challenge. Smaller projects included visualising some data geographically using QGIS for the Women’s Empowerment project, developing location maps for a Die Welt Journalist, and summarising information.

The latter project looked at what exactly is included in a creative commons license, writing a how-to guide for using QGIS and contributing to a larger project, for which WaterSHED has applied for funding grants, aiming at collective systems impact.

DAILY LIFE
My daily life involved waking up at around 6:50, some days earlier to go for a morning swim. I then made breakfast and some sandwiches to fuel the day before jumping on my bicycle to cycle to work. This was a short 10 minute cycle. I tend to be a creature of habit, and much to the delight of a local saleswoman I would stop at the same coffee cart every morning to grab an iced coffee. In the office with my two supervisors we worked on our own projects but whenever I had a question I felt confident enough to air it publicly in the office. If it required engagement with the more senior management there was no taboo against travelling down the flight of stairs into the Managing Directors office, or the managerial staff office. I often had to travel to meetings outside of the office, and for this I would cycle around Phnom Penh. Other times, I had skype meetings with individuals from around the world, hoping to leverage lessons learnt and build a proof of concept so that I could present findings to the sector. For lunch I would either eat with work colleagues, friends outside of the office or alone. This involved both Khmer restaurants and those more targeted at expats and foreign nationals. After work I sometimes played football for the office or with friends, or went to the climbing gym. At the weekends I met up with my friends from outside of work. My flatmate, who I met on a facebook housing group, had a friend from Princeton who was living in a house with many other volunteers. I became friendly with them and would often go travelling with them. This way I got to travel to the rainforest, see the elephants and bathe in the waterfalls of Mondulkiri. At a bar one evening, I also made friends with a group of interns who I later travelled to Koh Rong Sanloem, a beautiful island off the West coast of Cambodia, with white beaches and palm trees. With another friend, whom I met at the volunteers’
house, I also travelled to Angkor Wat where we ran a half marathon together.

**LASTING IMPRESSIONS**

My work here has been incredibly interesting for a number of reasons. Firstly, it has confirmed my desire to work with technology, and specifically, data. Having finished my university degree without the skills that I require I realise that it will be a long slog into the world of work. This was a welcome first-step which allowed me to leverage opportunities to not only work with datasets, but also to be involved with project management, to better understand how a product (such as a data platform) is conceptualised, implemented and sustained. Furthermore, it taught me the importance of diplomacy, especially when dealing with government and large international organisations, since these actors tend to move slowly compared to NGOs. However, the bureaucracy is an essential part of the safeguards in place when dealing with public money. Secondly, the internship has exposed me to a whole new area of the world. Having never travelled to South East Asia before, it has been an eye-opening experience. The way of life is completely different, from the way the traffic operates to the timings of the ordinary day. I would return to Cambodia one day, as I would eventually like to see its changes in future. Phnom Penh is a nice city and I have had a wonderful time, but more than anything it has helped me to be grateful for what a wonderful place the UK and Europe is. I would definitely like to travel and work in Vietnam or Thailand. These are said by many people here to be beautiful areas of South East Asia, and I would very much like to experience them. Finally, the organisation I worked for, WaterSHED, is without doubt one of the most fascinating and thoughtful development actors in Cambodia, and I dare say South East Asia. Always aiming to ‘do itself out of a job’ by developing sustainable markets, governance and civil society, WaterSHED is definitely a shining example of what it means to promote local solutions to development issues.

**WaterSHED is without doubt one of the most fascinating and thoughtful development actors in Cambodia, and I dare say South East Asia...it is a shining example of what it means to promote local solutions to development issues.**
WORLD FOOD PROGRAMME, ROME, ITALY

Gitanjali Keshava, Wadham College, Bachelor of Civil Law

WORK PROJECTS
The Legal Office at the World Food Programme has an incredibly varied and fast-paced workload. As an intern in the Contractual and Constitutional Branch of the Legal Office, the work involved drafting memos, conducting research, working with senior colleagues to determine the legality of certain actions for clients in the organisation, and attending meetings and liaising with WFP colleagues outside of the Legal Office in order to perform these tasks. I was surprised at the amount of responsibility I was given, as well as the amount and variety of work that the Legal Office receives. My supervisor in the Contractual and Constitutional Law Branch and other colleagues that I worked for were very supportive and welcoming.

DAILY LIFE
My daily routine consisted of waking up around 7/730 am and getting ready for work in order to take the train around 8/815 from a train station, Roma Ostiense, close to the place I was staying. Work began around 830am where I would check my emails and start right into a task assigned the previous day, or one received since I had left work. I would work or attend meetings until lunch, where I would normally have lunch with colleagues in the Legal Office, other interns, or other WFP colleagues that I had met along the way. Lunch is usually finished off with a quick coffee before returning to work for the afternoon. The time at which I would finish work would vary depending on the tasks assigned and the urgency of the work. Generally, I would leave work between 5pm and 6pm, but occasionally I was required to stay a bit longer. After work, I would often go and meet friends in town for aperitivo or dinner, or a gelato later in the evening! Otherwise, I would take advantage of the slightly cooler evening weather and go for a run and explore some part of the city. On the weekends, I took the opportunity to do a few day trips and weekend trips in Italy - both to cities and to smaller Italian towns.

LASTING IMPRESSIONS
As one of my first experiences in the working world, I learnt an incredible amount from the inner workings of an international organisation regarding how best to communicate information to superiors who need such information urgently and succinctly. The opportunity has certainly informed my next career decisions both in terms of the field of law I would like to pursue as well as the type of job I will be searching for. Life is Rome is wonderful, the energy contagious, the people very open and friendly (especially if you try to learn Italian!), and the food absolutely delicious. I would certainly spend more time in Rome or in Italy more generally!
Work Projects
I worked alongside a small team of interns from all over the world, including a fellow Oxford Chemist. Projects in which I was involved stemmed from the synthesis of evolutionary nanoparticles (essentially “tiny rocks”)! with unique and tuneable magnetic properties. Firstly, I prepared zinc-doped iron oxide nanoparticles, employing centrifuge separation and familiar synthetic techniques. Secondly, I worked on surface modification of nanoparticles, coating them with silica for aqueous solubility. This is necessary for introduction to aqueous media – namely, the human body. Finally, I synthesised “core-shell” type nanoparticles, effective as hyperthermia agents in cancer therapy. Project work was divided twofold – the analysis of research papers, group discussion, and teaching, followed by hands-on experimental work.

Daily Life
I settled into on-campus accommodation and made friends with other international students living nearby. The lab was the other side of campus, about a 20-minute walk away. A summer school ran in parallel with my internship period and I was able to opt into a morning class – I chose philosophy, and enjoyed it a lot. Following class, I met friends for lunch, before heading over to the lab for the afternoon. The group had a really friendly, sociable vibe. I spent most evenings exploring the city, enjoying the like of ‘chimsec’, ‘jjimdak’, and ‘makgeolli’ at dinner. Hiking up mountains, weekend water-sports, and visiting Busan on the south coast all formed very memorable highlights.

Lasting Impressions
I thoroughly enjoyed Korea and am so grateful to have spent a summer there. The internship was well structured, insightful, and stimulating. I had the freedom to share my own ideas and ask questions. Most of the group spoke excellent English and made heaps of effort to make us feel at home. I would certainly return for leisure, or if a future career allows, to work there. Interning at the Centre for Nanomedicine has confirmed my desire to stay connected to cutting-edge science, and I will draw on my experience in decisions regarding further study.

The internship was well-structured, insightful, and stimulating.

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Jack Holland, Corpus Christi College, 3rd Year MChem Chemistry

Work Projects
I spent 6 weeks on a research placement in at the Centre for Evolutionary Nanoparticles. Throughout the main body of the program I was joined by four other interns, one other from Oxford, one from Australia, and two from universities in the USA. Our time in the CEN mainly consisted of synthesizing and functionalizing our own nanoparticles, as well as performing all of the analytical steps along the way to test to see if our reactions were achieving the desired products. I learnt a lot throughout this process, both practically and theoretically. Throughout the process we were mentored by PhD students from Prof. Cheon’s lab. They were very engaging and each step of the practical work was explained thoroughly. Prior to coming to Seoul the other interns and I had little to no knowledge of nanoparticles, and I personally had no idea about their potential for medical application. The mentors were particularly good at helping us get to grips with the core ideas behind the nanoscience done here. We were given the relevant scientific literature to digest and then we were asked probing questions by the mentors to check our understanding. Their enthusiasm showed and they definitely encouraged us to get excited about nanoparticles. The final portion of the internship was spent completing two week long research projects on something more specific. I chose to work on the investigation of single molecule protein interactions and an MRI project working towards generating a dual mode contrast agent using magnetic nanoparticles. Throughout both of these projects I felt integrated in the research groups, again the mentors were quick to answer any questions about the research in a concise and logical manner.

Daily Life
South Korea was an entirely new country to me; it was really quite a daunting experience initially. Upon arrival they were quite helpful, my room was all set up and they had welcome packs for all the new arrivals. The internship program was part
Lasting Impressions

I felt that the internship gave me a good insight into the world of nanoscience, as well as the chance to see how a high quality research group operates. Prior to the internship I was really quite unsure on what to do after my undergraduate degree but now I’m fairly certain that I will be looking into applying for a PhD/DPhil. The setup of the Yonsei International Summer School meant it was easy to make new friends and we had plenty of time to see Korea. I think that Seoul is a very vibrant place with a heap of culture, I will definitely be travelling back sometime in the future. My lasting impressions of my time in Korea are very good.

Advice

- Korea in the summer is hot and humid, but can also bestow torrential rain on you. Invest in some sandals and shorts, packing a pair of trousers to swap into when in the lab. Make the most of every free moment - get out of Seoul and see the country. There are not many opportunities to make friends in the first few days (especially if you opt for a single dorm), so really make an effort to introduce yourself and make some! The only major drawback from my experience was a poorly-organised scholarship which I received at the end of the internship, however I understand that this is being changed for next year. If you plan to do some travelling, I would recommend bring spending money in the region of one-million won. You will probably be able to take a course as part of the summer school 'YISS'. Take something you are really interested in/something far removed from your degree - it was a refreshing change of pace! I took philosophy, and it was great. Perhaps get a mosquito repellent that you plug into the wall for when you sleep. Also a spray-on repellent. Stay a few days after the end of your internship! You’re allowed to stay in your dorm until the Sun of your final weekend, so don’t book flights until then if you wish to maximise your stay.
WORK PROJECTS
At the beginning of my internship, I was taught to use the data research program SPSS and YouGov’s own in-house scripting program. Once I’d had some practice, I was able to help put together surveys for a variety of clients; ranging from politicians concerned with the Labour leadership election to corporations wanting to gauge public opinion about a third runway at Heathrow. My time at YouGov came not long after the EU referendum, so Brexit dominated a lot of the work that I was doing. The EU Referendum is a good example of what makes YouGov an interesting place to work – the topics are always current, dominated by what’s trending. I worried slightly before taking on the position that it would all be numbers, and whilst numbers were important, ultimately politics and current affairs sat at the centre of the work that I was doing.

DAILY LIFE
My commute was varied: I would either travel from inside London by bus, or get the train in from Cambridge. Daily life at YouGov was fun and fast paced. There was basic breakfast available for all company employees in the kitchen every morning, which presented a good opportunity for socialising. There is a big intern culture at YouGov (the majority of the Political and Social research team began as interns) so I was made to feel very welcome, and as there were only eight people in the team, I got to know everyone fairly well in the month I was there. There was also a year-long intern who started when I was there, so we spent quite a lot of time hanging out together which was nice. Everyone on the political team went out of their way to make me feel welcome, so it didn’t take long to settle in. In general, the days flew by (in a good way). I found the work really interesting, and it was brilliant to learn new skills very quickly.

LASTING IMPRESSIONS
The internship highlighted to me how varied work in London can be. The YouGov office is in a trendy area near Shoreditch, and the office reflected that. Nearly everyone wore jeans, we’d often go to a street food market nearby for lunch, and there was even a slide in the office (!)! This was all very different from what I expected, and made me think for the first time about the kind of office I want to work in, as opposed to just the job I want to get. The internship reaffirmed for me that I want to pursue a career in research (though whether in politics I’m not quite sure) – though the biggest thing I took away from the experience was a sense of regret that I didn’t look for these kind of opportunities earlier in my time as an undergraduate. Though I did find the month very rewarding, I couldn’t help but think that I would have found it even more so if I had just finished my first or second year.

Aoife Cantrill, Worcester College, 3rd Year BA History

YOU GOV, LONDON, UK

The EU referendum is a good example of what makes YouGov an interesting place to work - the topics are always current, dominated by what’s trending.