



SUMMER INTERNSHIP EXPERIENCE

Feedback from Oxford University students who took part in the
2022 Summer Internship Programme

Contents

Austria	5
Institute of Science and Technology Austria	5
Belgium	8
Flare Governance	8
Bermuda	10
Living Reefs Foundation	10
Brazil	13
Igarape Institute	13
Earth Science System Center (CCST), National Institute for Space Research (INPE)	14
Chile	18
Instituto Chileno De Estudios Municipales, Universidad Autonoma	18
China	21
Huazhong University of Science and Technology	21
Tsinghua University High School Foundation	28
Costa Rica	32
Academia Casa Maga	32
Czech Republic	34
Castle Blatna	34
Germany	38
TNG Technology Consulting	38
Hungary	39
CEEweb for Biodiversity	39
Cold War History Research Center	42
Terre Des Hommes (Alumni Host, St Antony's College)	46
India	51
Akshar Foundation	51
Banasthali University	58
The British School	59
Indonesia	64
Gotoco (Alumni Host, Pembroke College)	64

Israel	70
Ben Gurion University of the Negev	70
Italy	75
Gotoco (Alumni Host, Pembroke College)	75
Japan.....	77
Yamanashi Gakuin University	77
Kenya	79
Nasio Trust	79
Mexico	84
Anahuac Merida University.....	84
Mozambique.....	89
Polo Womens Powered Stories (Alumni Host, Wolfson College)	89
Peru.....	91
Alliance for a Sustainable Amazon.....	91
Universidad De Piura	96
Saudi Arabia	99
King Abdullah University Of Science And Technology (Kaust)	99
Spain	100
Gotoco (Alumni Host, Pembroke College)	100
Universidad of Murcia	102
Switzerland.....	106
John Adams Institute For Accelerator Science – CERN (Alumni Host, Oriel College)	106
United Nations High Commissioner for Refugees (Alumni Host, St Antony's College).....	110
Thailand	112
Gotoco (Alumni Host, Pembroke College)	112
Uganda.....	123
Ashinaga (Alumni Host, St Catherine's College)	123
Brass for Africa (Alumni Host, Queen's College)	124
United Kingdom	127
3Keel.....	127
Ambessa Play (Alumni Host, Kellogg College)	128
Archangel Aerospace Group	129
Auchindrain Trust (Alumni Host, Magdalen College)	131

Bodleian Libraries, Special Collections (Alumni Host, Wadham College)	132
Bodleian Library, Special Collections, Medieval Manuscripts	139
Brilliant Club (The)	143
Celestia UK	145
Chawton House (Alumni Host, St Anne's College)	147
Classlist	153
Citizens' Advice West Oxfordshire	154
Cocoa Runners (Alumni Host, Magdalen College)	156
Compton Verney	159
Connection Support	161
Copley Point Capital (Alumni Host, New College)	166
Ditchley Foundation (The)	167
Enterprising Oxford	171
Global Centre on Healthcare and Urbanisation, University of Oxford (Alumni Host, Kellogg College)	173
Green Salon	175
Heritage Alliance (The)	177
Innovation Gateway	178
Inspiritus Health	180
Institute for Jewish Policy Research	182
IQVIA (Alumni Host, University College)	184
Manufacture 2030	186
MarineTraffic (Alumni Host, Keble College)	188
Ministry of Defence - Development, Concepts and Doctrine Centre (DCDC)	191
Muncaster Castle	193
Museum of Natural History, University of Oxford	197
Nuffield Department of Population Health, University of Oxford	202
Oxford Molecular Medicine Academy - OmmAc	205
Oxford Computer Consultants	206
Oxford Molecular Medicine Technology - OmmTech	210
Pitt Rivers Museum	211
Pragmatix Advisory Ltd (Alumni Host, Lincoln College)	217
Rebellion Film Studios	219
Refined Search (Alumni Host, Hertford College)	221

Stockholm Environment Institute (SEI)	225
Story Museum (The).....	227
Streater Research	229
University Clubs Office	230
Wentworth Woodhouse	232
WSP	234
Xantura Ltd.....	236
USA	238
Coolwater Capital (Alumni Host, Said Business School)	238
Data Ethics 4 All	240
Illuminate Consulting Group (Alumni Host, St John's College)	241
Social Science Research Council	244

AUSTRIA

INSTITUTE OF SCIENCE AND TECHNOLOGY AUSTRIA

Isaac Jadav, St. Hugh's College, MPhys Physics, Third Year Undergraduate (of a four-year course), a mixture of in-person and remote working



Work Projects

Through a variety of studies, the research group I worked in this summer aims to understand the transition to turbulent flow in different fluid dynamics experiments. As part of this, my project observed the growth of turbulent 'stripes' which are seen in fluids confined within

channels. To achieve this, I completed two main tasks: I prepared and ran fluid dynamics simulations on the institute's high performance computing cluster, and I analysed the output generated by these using Python. At the beginning of the project, I tried to classify the modes by which the stripes expand, drawing parallels with similar experiments performed in pipes. I observed several differences in the results of the two setups, so later, I analysed the internal dynamics of the stripes to try to explain these.

Looking forward, my work hopefully highlights some directions for useful further investigation and provides a dataset and codebase which can easily be expanded. I worked remotely from home for the first month of my internship (this is not the usual arrangement for ISTerns), after which I travelled to ISTA. Regardless of my location, I had regular supervision on the technical and contextual aspects of the project throughout the 11 weeks. When in Austria, I stayed on campus (ISTA offered housing for all ISTerns).



Daily Life

For the in-person part of my internship, I stayed in the guesthouse, which is in the centre of the institute; all of the offices were within a 5-minute walk. I would usually start work at 9:30 and finish at around 17:30, taking a lunch break at 12:30ish, either with people from my

group or with other interns. Around 20 interns stayed on campus, so there were usually people around to play pool, watch a film or have dinner together with in the evenings. Sometimes we would organise activities with all the interns, such as country-based dinners hosted by different nationalities. I also got involved with ISTA's ultimate frisbee group, one of a few societies the institute has.

The institute is located in a scenic part of lower Austria, about an hour from the centre of Vienna by public transport. As such, its surroundings are ideal for hiking and generally exploring. I did this on a couple of weekends, but mostly, I went into Vienna or on city trips further afield (Vienna is very well connected to other Austrian and European cities). I also met many people through a church in Vienna.

Lasting Impressions

The whole project taught me a lot about how fluid dynamics research is conducted and taught me skills that will be useful in my masters project next year. Throughout, I was able to directly apply skills and ideas from my undergraduate studies to a new and interesting phenomenon in fluid dynamics. This was an engaging process which has shown me that I would enjoy studying for a PhD in a similar field, something I plan to apply for soon. However, it has also made me consider applying to fields with more direct practical applications, as this would provide additional motivation for any project I aim to undertake for several years, beyond just my enjoyment of the research process.

My overall experience of ISTA was positive. Arriving as the last ISTern meant I was a little bit out of sync with the general cohort, but the other interns and my research group were extremely welcoming. This, as well as the balance of support and independence I was given with my project, meant that, within a few weeks, I felt a part of the institute. If I were to return not during the summer, I would probably make one change; to stay in Vienna instead of on campus, since, except for the interns, it was mostly empty during the evenings and weekends.

Practical Advice

You can choose how long your ISTernship lasts for – it can be as long as 3 months, but most people go for 2 months. Choose the length that works best for you and your supervisor; in any case, it is unlikely that you will finish the exact project you plan at the start. This is usually because of technical difficulties, or because you find something unexpected that requires taking a tangent. As long as you record your progress in some way, this doesn't matter and any work you do is still useful!



As well as housing on campus, the funding body for the ISTernship program, the OeAD, offers accommodation in the centre of Vienna. This is about an hour from the institute by public transport. If you want to be in Vienna a lot in the evenings, this could be worth considering. However, it can only be booked for whole months. There is also a free shuttle bus between Vienna and ISTA during the week. All shops in Austria are closed on Sundays, so make sure you buy enough food on Saturday. If you plan to take the train within Austria, consider buying a 'Vorteilscard Jugend' on the ÖBB website. It can save you a lot and costs EUR19.

BELGIUM

FLARE GOVERNANCE

Sofiia Kosourova, St. Antony's College, MPhil Russian and East European Studies,
in-person working



Work Projects

My responsibilities at Flare included participation in and observation of EU-related activities (e.g., attending sessions at the EP, European Development Days, etc.) and reflection on these experiences; brainstorming ideas for Flare's events and pitches for various fora; administrative tasks (assisting in

organising Flare events, e.g. sending invitations, arranging catering and supplies, helping set the venue and so on); and blog writing.

Daily Life

The daily work was very flexible, as it is in Flare's belief that the 9-5 routine does not lead to the most productive results. Therefore, I would mostly work and meet up with my supervisor when it is most convenient for both of us (with the exception of events we'd both attend). The place I was renting was not far from where we would meet, so I would usually take a 10-minute walk to see my supervisor. Our meetings would last about 2-4 hours, where we would reflect on the events we participated in, discuss the news, have brainstorming sessions, or plan the next event. Outside our meetings, I would often have a few tasks to go through on my own, which would normally take me no more than a couple of hours to complete, so I had plenty of time to rest, explore the city, and go out with my roommates.

I lived in Ixelles, a lively and charismatic part of Brussels, so after my work was done, I would take walks around the neighbourhood or take a bus to the centre (bus trips would not take

longer than 15-20 minutes). There were always plenty of things to do, from going to a museum and catching a movie to having a relaxed day in the park and going out for a pint of Belgian beer later. I shared the apartment with 4 other roommates, who were also students, so they were the people I socialised and spent time with the most. My supervisor Andreea also offered a lot of support throughout my time in Brussels, which extended beyond just work relationships - so I met with her informally a few times and had a brilliant time.

Lasting Impressions

I thoroughly enjoyed my time with Flare. It gave me an invaluable insight into the work of government organisations, NGOs, and think tanks. But what I value most about this experience is meeting Flare's founder Andreea, getting an insight into her work ethic,



professional and personal values and beliefs. Not only did I learn about what careers are potentially out there for me when I graduate but I also saw that this multiplicity of careers would not necessarily mean favouring one over the other but could be complimentary, allowing me to explore different paths while making sure I do something meaningful. While working with the EP may not be something on my professional radar as I focus on non-EU countries and matters academically, Andreea became not only a supervisor but also a mentor and example to follow for me, and motivated me to pursue a job just as purposeful as hers.

Practical Advice

A piece of advice I'd give to future Flare interns is to make sure you voice whatever questions, concerns, or suggestions you may have. During my experience, Flare proved to be very responsive to any feedback I had, and many times these discussions would turn into illuminating and meaningful conversations. I felt heard, and it is this constant dialogue that made me feel so grateful for this internship. As for the practical side of matters, I would recommend being prepared for flexibility.

BERMUDA

LIVING REEFS FOUNDATION

Final Year Undergraduate, MBiol Biological Sciences, in-person working



Work Projects

During my Research and Development internship at the Living Reefs Foundation, I was involved in planning and carrying out two experiments: 1. Testing the use of mineral accretion technology by CCell to optimise calcification rates in two coral genera (Porites and Madracis). In order to prepare for this experiment, we tested which metals and shapes of our cathode would be best, taking into account conductivity and the ability to remove and clean it over the 6-month experimental period. 2. A feeding experiment designed to boost the growth rate of juvenile Porites asteroids by optimising diet

using dry, commercial food. We also tested whether Polyplab's Polyp Booster drops increased coral growth by increasing the feeding rate.

Both experiments were carried out in order to try and increase the rate of coral growth and calcification at the hatchery, such that they can be outplanted as soon as possible to the local reef system, where they confer a range of ecological functions and services. The data from my feeding experiment was generated using ToupView and ImageJ software packages and then analysed and visualised in R and Excel for my final report. These results will hopefully be used going forward by the foundation in order to make its coral gardening practices more scalable and cost-effective.

In addition, I built on pre-existing husbandry skills by carrying out daily tasks, such as monitoring different parameters necessary for coral survival and growth such as Photosynthetically Active Radiation (PAR), temperature and Dissolved Oxygen concentration. I also particularly enjoyed being able to take part in scientific diving and snorkelling excursions when transplanting corals and mapping reefs using photogrammetry. Overall, I feel that this internship equipped me with current knowledge of research efforts dedicated to active coral protection and bolstered my passion for the preservation of and investment into natural assets.



Daily Life

Whilst the Living Reefs Foundations' offices and the hatchery were based on Coney Island, we stayed in accommodation at the Bermuda Institute of Ocean Sciences (BIOS). It had a very welcoming atmosphere, as there were many other students working and living at the facility and plenty of social events planned for us, such as visiting the capital, Hamilton, going to the beach and going to the BIOS bar for various events.

I was also lucky to be there during the Cup Match, one of the most important events of the year, during which various activities are planned across the island to celebrate the cricket match between St George's and Southampton teams (east and west sides of the island). The accommodation was generally comfortable and very safe: it had an en suite and was located in the same building as the laundry room and cafeteria. We got to work by purchasing a \$70 monthly bus pass, which also allows you to take any bus or ferry on the island. Our working hours were 9-5 on weekdays, but could vary depending on what work needed to be completed.



Lasting Impressions

I am very grateful to have been able to work with the Living Reefs Foundation and visit Bermuda. My master's project was on coral biology. However, I have had limited experience in handling and studying corals. Therefore, it was amazing to be able to work with corals of a range of life stages and to

see the ecosystems they make up. The foundation is really unique in that it is the first in Bermuda to actively conserve coral reefs, and therefore it really felt like I was making a difference. I really enjoyed working with Dr Samia Sarkis (the foundation's founder) as well as other volunteers at the hatchery. It inspired me to continue to work in the field of climate change mitigation in the future.

Practical Advice

Although the innovation award provided by the university, and money from the foundation, may cover accommodation and your meals at BIOS, Bermuda is generally quite an expensive place to visit. Try and buy as much as you can in the UK rather than when you're there and consider applying for extra funding to cover the following expenses:

- * Plane tickets: book as soon as you know when you'll be flying.
- * Bus pass: as soon as you arrive get yourself a monthly bus pass from the local post office in St George's as it's probably the most cost-effective option (~\$70 per calendar month) for travelling around and getting to work (taxi fares are really high, as are scooter rentals).
- * Snorkelling gear: try and buy a mask, snorkel and fins to take for snorkelling excursions otherwise you may have to rent these when you're there. I would also suggest making sure you have sun protective clothing as snorkelling outings usually occur during the middle of the day when the UV index is very high. Bermuda's rocky beaches can be very sharp and it's easy to get cut when walking on them, so you might also want to find some water shoes as well
- * Health insurance: get your health insurance sorted, as healthcare is extremely expensive. You need proof of it to travel.

BRAZIL

IGARAPE INSTITUTE

Zilun Lin, Lady Margaret Hall, BA Philosophy, Politics and Economics, Second Year
Undergraduate, remote working



Work Projects

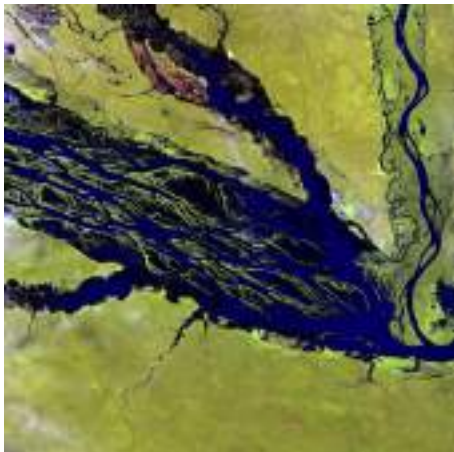
I conducted research on violence in the Brazilian Amazon. I was responsible for running regression analysis, collecting data from government and satellite source, and testing hypotheses that we had developed.

Daily Life

I woke up to do my work and would work around midday before I had my break to step away from the screen and do something physical, like exercise or a walk around the gardens. This helped me work better remotely.

Lasting Impressions

This was a very enjoyable experience mainly due to the freedom I was given to do things the way I thought was best. This helped me develop lots of experience and independent thinking. The team was very supportive whenever I had issues or questions, which helped me through the tougher parts of the analysis.



EARTH SCIENCE SYSTEM CENTER (CCST), NATIONAL INSTITUTE FOR SPACE RESEARCH (INPE)

Anna Tippet, Oriel College, MPhys Physics, Final Year Undergraduate, in-person working



Work Projects

During my internship with the Earth System Science Centre at INPE, I worked with the LABREN group whose focus is on renewable energy resources in Brazil. I spent a month completing my project in person at the site in Sao Jose dos Campos in Brazil. My project involved researching the Typical Meteorological Year (TMY), which is an important parameter for the solar energy sector as it provides information on the long-term variation of photovoltaic yield projects. This was essentially a data analysis task and required me to develop a python script to read through a long time period of hourly data (13 years) of several meteorological parameters, and then select months which were most typical compared to the long-term average. This project enabled me to become much more confident in python, and coding in general, and introduced me to the many different types of data sources that are available in climate science. By the end of my time at INPE, I had generated TMYs for 5 different regions of Brazil and investigated the effects of changing data sources and other setups on the resultant TMY. The results of my project were of great interest to the group, and we are currently in the progress of writing an article for publication. This had been extremely helpful for my career progression and has been a real highlight of the internship.

My supervisors at LABREN were extremely helpful, and always around to chat if I had any questions. The office culture was very friendly, and we often had coffee breaks to talk about things outside of work. It was incredible to experience what scientific research is like in another country, especially one as far away as Brazil! Additionally, learning about the Brazilian climate,

which is obviously so different to the UK, was an amazing experience. I really feel that this experience expanded my knowledge and appreciation of this area of research. I thoroughly enjoyed my time at INPE, and I hope to continue to work with my contacts there.



Daily Life

I completed my internship in person, in Brazil. I lived in an Airbnb with the other intern from Oxford who was there at the same time. We travelled to work by Uber (which is very cheap in Brazil). I ate lunches in the canteen on campus every day, either with my colleagues in my research group or with the other Oxford intern. These lunches were delicious, and a great way to learn more about Brazil from my colleagues! Outside of work, I used the weekends to travel to other places in Brazil such as São Paulo, and the Atlantic coast. These trips were a great way to see different parts of Brazil, although in hindsight I wish I left more time to travel at the end of the internship so I could visit places that were slightly further away. Having another intern from Oxford there at the same time was really great, and made the experience really enjoyable. All the work at INPE was conducted in English, but there was a slight language barrier since I did not speak much Portuguese at all which made socialising with people from work slightly more difficult. I would definitely recommend that future interns learn at least a bit of Portuguese before going, since very few people in taxis / shops speak any English!

Lasting Impressions

This has been an incredible experience for me, both in terms of career development and personal growth. I really enjoyed conducting scientific research in another country, as well as working at a research institute rather than a university. I had not considered how beneficial conducting research in a very different environment could be before this experience, yet now I know I will seek out other experiences like this in the future. Being able to publish my work from this internship has been incredible form career progression, and has confirmed that my

desire to pursue a career in research is the right one. This internship has also provided me with many contacts at INPE that I hope to stay in touch with throughout my career.

Practical Advice

I would recommend future interns book their flights as early as possible, since they become very expensive if left later. Additionally, I would recommend reaching out to the other intern(s) to organise your dates at the same time, since it makes the experience so much more enjoyable! Also, I would advise that future interns try to learn a little bit of Portuguese, since otherwise it can be quite overwhelming and difficult to get around.

Kitty Attwood, Hertford College, BA Geography, Final Year Undergraduate, in-person working



Work Projects

During the month I was at INPE I was tasked with evaluating the performance of a new convection-permitting climate model over Brazil which has been developed in partnership with the Met Office. I evaluated the model's representation of precipitation via a concentration index using R studio and python. There was a lot to get done in four weeks but it made it a really rewarding experience. My supervisor was fantastic and dedicated a lot of time to helping me when I was facing difficulties. After obtaining my results I spent time analysing them and was encouraged to situate them within the research context which was a really valuable process to practice.

At the end of the internship, I presented my results to members of INPE, the Met Office and Oxford who were involved in the partnership project. It was daunting but I received great feedback and I'm now in contact with researchers at the Met Office and I'm hoping to continue the research beyond the internship.

Daily Life

I spent 10 days travelling around the southeast of Brazil before my internship started, which I would recommend as a way to see some of the amazing scenery the country has to offer before settling into the 9-5 routine. I stayed in an Airbnb with the other intern from Oxford for the duration of the internship, which was a great way to avoid feeling isolated and



get more out of the experience. To get to work we commuted via uber which is very cheap and reliable in Brazil. The CCST building is one of many ones at the INPE campus and there is a canteen nearby to have lunch. Everyone in the office is so friendly and welcoming so we settled in really quickly. In the evenings and at the weekends myself and the other intern explored the city and went travelling to nearby places (e.g., São Paulo) by bus.

Lasting Impressions

I loved my time at INPE and was really sad to leave. The project was really relevant to the research I am going to continue through a doctoral program in climate science and I have made great connections and developed useful skills. My supervisor is keen to help me publish my results, which is a really exciting outcome of the project. In this sense the project has confirmed my ambitions of further study and beginning a career in research/academia. Being able to travel to Brazil and complete the internship in person was also a fantastic experience far beyond the project itself.

Practical Advice

Learn as much Portuguese before you go, as I found there were generally few English speakers beyond the INPE campus. Having learnt more Portuguese would have made general interactions e.g., Ubers/shops/bars far less daunting. I would also recommend booking flights as early as possible as they rise in price really quickly. I also asked my supervisor in advance the contact details of the other intern so we could meet in Oxford before we left.

CHILE

INSTITUTO CHILENO DE ESTUDIOS MUNICIPALES, UNIVERSIDAD AUTONOMA

Richard David Wilkinson, St. Antony's College, MSc Latin American Studies, a mixture of in-person and remote working



Work Projects

The aim of the internship was to source data on clientelism in Chile for a research project investigating its microfoundations in the country. Given the limited availability of (biased) data regarding this informal political practice, I was asked to explore the viability of using various proxies. Ultimately, although the project

evolved throughout the course of the internship, one of these proxies was retained and I designed and oversaw the process we followed to prepare the raw data for further analysis. More specifically, I catalogued individual-level survey data on clientelism in Chile, filed a request for public data from the Chilean electoral commission (SERVEL), scraped data from the Chilean Consejo para la Transparencia using R and SPARQL queries, developed a Shiny application coupled with Google Sheets for manual text annotation, trained and managed two annotators, and wrote reports on our progress. Apart from sourcing data, I also reviewed the literature on clientelism in Chile and that on trust in local government.

My host organisation, the Instituto Iberoamericano de Desarrollo Sostenible at the Universidad Autónoma de Chile was very flexible. I was provided with an office but given the option to work from my accommodation too. I was also afforded an email address and received kind gifts. My internship supervisor was incredibly supportive from the outset, and it was an absolute pleasure to work with him. He created an incredibly inclusive environment, invited me to

attend numerous events that substantially enriched my experience, introduced me to colleagues and held regular meetings with me to discuss my progress.

Daily Life

I worked both from my accommodation (in Chile) and at the Universidad Autónoma. I enjoyed this flexibility because it allowed me to partially beat the traffic in Santiago. Having said that, I did get progressively more used to the public transportation system (and only resorted to Uber in



especially tricky cases). When working from home, I tried to follow a regular schedule to make the most of every day. It was fairly easy to get settled in, because I had visited Chile on several prior occasions and was familiar with the language. Nevertheless, I was not especially well acquainted with the city of Santiago and this internship gave me the opportunity to step foot in new neighbourhoods (e.g., Peñalolén and Independencia).

Outside of the university, I spent time with Chileans I already knew, but also socialised with my internship supervisor and his colleagues. I was fortunate enough to be introduced to an MPhil student doing fieldwork in Chile too. We met up on a couple of occasions to explore the city and discuss our projects.

Lasting Impressions

Overall, the internship was a brilliant experience for which I am extremely grateful. In many ways, it allowed me to apply and test knowledge and skills that I acquired and strengthened during my MSc at the Latin American Centre in Oxford (e.g., searching for, reading and reviewing specialised literature in both English and Spanish, working autonomously). Yet, it also offered new challenges, such as managing a small team, developing a Shiny application, justifying proposed courses of action and anticipating queries from stakeholders.



Moreover, it has lent me greater confidence, confirmed my career aspirations and helped me map out a route to achieve them. As such, I feel that the internship has been a wonderfully enriching experience in professional terms. I am now utterly convinced that I should seek to do a PhD/DPhil on a topic related to the

internship project and in (at least) Chile. The internship also reaffirmed my interest in quantitative methods, despite reminding me of the richness of qualitative data. Hence, it has helped shape my ideas for future research projects.

Practical Advice

It is probably rather self-evident, but I would recommend searching for accommodation that is reasonably close to the host organisation to maximise the amount of time that can be spent interacting with colleagues, especially if the internship is abroad.

CHINA

HUAZHONG UNIVERSITY OF SCIENCE AND TECHNOLOGY

Monte Tan Jia-Ying, St.Anne's College, MChem Chemistry, First Year

Undergraduate, remote working



Work Projects

During the internship, I was tasked with computing the total water footprint caused by a theoretical nationwide application of biomass pyrolysis generators, which are a sub-category of Biomass Energy generation, which is a particularly important renewable energy source that is carbon neutral. Moreover, I decomposed

the water footprint into its components, blue, green, grey, direct, and indirect. Lastly, I was able to suggest methods of computing the reduction in water footprint, due to the water retention properties of biochar.

Daily Life

Overall, my routine remained identical to my routine before an internship but substituting my academic study with the internship. I was able to fit ample exercise into my routine to relax, without sacrificing my quality of work. Occasionally, I also go out with my friends from high school, to manage and relax as well.

Lasting Impressions

Overall, I describe the experience as being very enjoyable. The cultural classes are a good way to reconnect with my roots (being ethnically Chinese), I am also able to see how professionals evaluate the environmental impacts of energy generation, following each step throughout the production cycle. It enriched my appreciation for the environment, as well as broadened my

view on what is considered a water footprint. This experience allowed me to understand better the process of research and writing reports for research projects, enticing me further to my ambition of being a researcher in the future.

Practical Advice

If possible, do the internship in person. Attend the cultural classes to gain something more than academics from this internship. Most of all, communicate well and enjoy the process.

MEng Engineering Science, Second Year Undergraduate, Remote working

Work Projects

I conducted a lifecycle assessment of the products of a novel solar biomass pyrolysis technology developed by HUST in China. My main tasks were to find ways of optimising the lifecycle of each of the products and find the most impactful stages in each product as well as the best overall product.

Daily Life

I worked everyday from 9am to 4pm and would always be in contact with my team in China. I was well supported and had regular contact with other interns as well as professors etc. It was overall a really enjoyable and social experience even though it was online.



Lasting Impressions

I really enjoyed the internship and would love to come back next year or even fly to China and continue this research with my team.

Practical Advice

Future interns should definitely apply if they are interested in chemical engineering or scientific research in general. This is a great opportunity to work with passionate people and on really exciting projects broader than the scope of study at Oxford.

MMath Mathematics, Second Year Undergraduate, Remote working

Work Projects

I was asked to conduct life cycle assessment for a new technological process for renewable energy extraction developed by the host university. In the 6 weeks I was working on the project, I have learned about LCA, the software for it, and the chemistry and physics behind the process that was assessed by me. In the end, I prepared a report for my findings and presented them to other students. The host organisation provided two students that I could communicate with and ask my questions to. We had a number of Q&A sessions where I could ask about challenges in my work.



Daily Life

My internship was held remotely, so I stayed at home for the entire project. Working remotely gave me flexibility in my working schedule.

Usually, I would wake up, do some morning exercises and then start working. I had a time difference of 5 hours with the host organisation,

so most of the meetings would happen in the morning/afternoon, after which I didn't have any time-constrained activities. After finishing my work closer to the evening, I would go to the gym and read some books. Sometimes I would work additionally at night in order to make more progress on my internship, trying new approaches and methods. Overall, it was a pleasant experience. Working remotely allowed me to save a lot of time and money so I consider it a success. However, since my internship was held in a different country, I would have also loved to go there to explore it.

Lasting Impressions

When I took this internship, my idea was to gain some research experience. I wasn't interested in any particular field, my intention was to get a deep dive into some area, developing expertise in it alongside increasing my research and studying skills. I believe that in this internship I have successfully accomplished these goals. I did enjoy the experience, since I was able to work on a completely new (for me) project that can have a very good impact on the world. Additionally, working with people from a different country was very interesting and allowed me to gain some insights into their culture. This experience did confirm my career aspirations. After university, I want to pursue a career in consulting, and experiences like this show me how exciting working on research projects can be. I liked getting new knowledge so rapidly and so I think that I will continue working towards expanding my expertise in consulting.

MCompSci Computer Science, First Year Undergraduate, Remote working



Work Projects

The project focused on compressing an image format called a Focal Stacking Image (FoSI), so that they take less space on a computer. Over the course of the internship, I learned about pre-existing video encoding methods, how to create FoSI data, and finally in the last two weeks was

given the opportunity to implement the compression algorithm. I was mentored by Prof. You Yang and Dr. Kejun Wu from the host organization, and am extremely thankful for all that they have taught me! They prepared weekly slides to explain the information, and responded quickly throughout the week to any questions we had.

Daily Life

The tasks during my internship were primarily programming based, and so I spent roughly two to three hours a day coding or becoming familiar with specified software. Every Thursday, I would have a two-hour meeting with my supervisors to review and receive feedback on my

work that week, and receive instructions for the following week. There were also activities offered by Huazhong University of Science and Technology (HUST) aside from just work! On Mondays, there would be a live Chinese culture lesson which lasted two hours, and on Fridays we had time to watch Chinese language lessons provided to us by HUST. Aside from the two live meetings every week, there were no time-sensitive commitments, allowing me to work at a comfortable pace and giving me ample freedom to take breaks during the day to go outside and walk.

Lasting Impressions

I enjoyed the experience as it allowed me to discover a new topic and provided me insight on how research is performed. I have gained technical skills related to image processing and compression, but moreover I have become more proficient at explaining my ideas to others. The experience has further increased my curiosity for computer science research: I am eager to find another placement to compare the differences in research and development across universities, or even subfields of computer science.

MEng Master of Engineering, First Year Undergraduate, remote working



Work Projects

I worked under Professor Qing Yang from Huazhong University of Science and Technology, who specialised in the life cycle assessment of various bioenergy carbon capture and utilisation systems. However, she arranged a different research topic for me due to my interest in deep learning and time series analysis. Therefore, I had the opportunity to do a project on carbon price prediction under one of her master's students.

During the internship, I used empirical mode decomposition, long short term memory, and back-propagation to predict carbon price in the EU Emission Trading System. In the end, I

managed to reduce the mean absolute percentage error from 17% to 5%. I received much support from HUST as there were cultural immersive lessons on Chinese culture and language. Although I am Chinese, I could tell my foreign group mates really enjoyed them. In addition, my research mentor Shize Xie was also very supportive throughout this internship. In short, I really enjoyed this programme and learnt a lot along the way.

Daily Life

Since it was a remote internship and I was in a different time zone from the host organisation, there was a lot of flexibility with the time arrangement. Usually, I did my work in the afternoon and evening so that I could report my progress to my mentors at 9 am. I submitted my progress summary every Monday so that they could be updated.

Lasting Impressions

I really enjoyed my internship as I learnt a lot of new concepts that will only be covered in a very late stage of my course if at all. It can help me a lot for my future career and widen my career options.

BA Physics, Final Year Undergraduate, remote working

Work Projects

The research team I was working with were trying to improve the energy efficiency of a subway systems air conditioning unit. To do this, they wanted a model to predict what the air temperature (and some other parameters) would be in the future, so that they can optimise the temperature of the train and energy cost. I

made a neural network model to predict the output parameters from the input parameters of the system. I met with the research team one a week to discuss any issues and talk about the



culture in China and England. There were also weekly talks on Chinese culture, which were very interesting.

Daily Life

Remote I treated it as a 9-5 job. This allowed me to get a lot done without burning myself out. In the evenings I'd switch off from everything work related and play games/watch TV.



Lasting Impressions

I greatly enjoyed this internship. I learned a lot about machine learning and processing large data sets, as well as having a chance to work on a long project - most of the uni projects I've done only take a few days. This internship confirmed that I do want to work in data science, and has given

me some experience so that I can try and get an entry-level job working with data. Throughout my job search, my internship experience has been of great interest to potential employers.

Practical Advice

Be aware that there's only about 15 minutes of project guidance per week. You are doing the project, you are working out how to do things, there's only enough guidance time to ask conceptual questions and advice for fixing problems. I didn't find this to be a problem, but it's probably worth being aware of.

TSINGHUA UNIVERSITY HIGH SCHOOL FOUNDATION

BA Oriental Studies (Chinese with subsidiary language), Third Year Undergraduate
(of a four-year course), remote working

Work Projects

I was a teaching intern at the Tsinghua University High School Foundation for three weeks. My main task was to teach English and introduce Chinese students to aspects of Anglo-American and continental European culture. Apart from the actual teaching, my tasks consisted of researching and preparing materials for my classes. I decided to organise my lessons on a weekly theme. For the first week, I based my lessons on the foods of various parts of the UK. In the second week, I introduced stories from Greek mythology. For the final week, I discussed stories from Aesops fables.



The teaching was conducted online, so my lessons mainly took the format of a lecture. For this, the Tsinghua University High School Foundation and my mentor Ms. Jiao was very supportive and helpful. She ensured that I worked together with interpreters of my age to prepare my lecture material for the students and gave me feedback to tweak my following lesson plans.

The Foundation also provided me and the other interns with introductory talks on Chinese culture made by students. These talks were engaging and fascinating. It was my first formal experience of teaching any subject, and I feel as though I managed to fulfil my tasks despite the initially daunting realisation that I would be teaching over 100 students every class. My confidence increased greatly in my abilities to present and communicate to others. I also believe that I now have a better insight into teaching a foreign language its required skills and what the job entails.



Daily Life

As it was a remote internship, I did all of my tasks from home. My day started with the actual teaching in the morning due to the time difference between the UK and China. After completing my teaching, the rest of the day was used for researching

and preparing my teaching materials. I read content on my chosen teaching themes and tailored the information to an audience of second-language learners.

Another part of preparing for lessons was communicating with the interpreters. I ensured to complete lesson plans well in advance of the given lesson to provide the interpreter with ample time to prepare their scripts. There were times when I had to clarify various parts of my plans with the interpreters which, at times, took a significant time due to the large time difference between the UK and China. The preparation for each lesson took up the majority of my daily routine. As such, I spent most of my time indoors at home. Working from home was not ideal but was manageable. I ensured that technical issues with Wi-Fi and with my computer did not interfere as much as possible with my research and especially teaching. Fortunately, my family were mostly cooperative with my schedule too.

Lasting Impressions

The internship has been greatly rewarding. I initially found it to be stressful as I had never taught formally before. I was worried about various issues from tech-failures to the potential inability to teach anything at all. However, the Foundation and the interpreters were very supportive and helpful and the experience turned out to be rather smooth sailing and enjoyable. The greatest impression I had was actually regarding the interpreters. They truly were helpful and friendly, going beyond the necessary requirements to collaborate with me to prepare for each class. I cannot mention the students either. Teaching so many at once was not

something I had expected, and it was initially daunting. However, they were engaged and happy to contribute when asked by me to do so.

I believe that my confidence levels have increased as I am naturally quite intimidated by these forms of presenting, but the teaching went quite well and by the end of the three weeks I was dare say comfortably presenting in front of so many people. I also think that I have gained insight into TEFL and what is required from a teacher. I am uncertain whether actual teaching is truly for me, but something related in education is something that I will seriously be considering from now on.



Practical Advice

The Foundation and Ms. Jiao were extremely supportive so do not be shy to ask for help! They guided me whenever I became unsure about something.

[BA Oriental Studies \(Chinese\), Third Year Undergraduate \(of a four-year course\), remote working](#)

Work Projects

The Intercultural communications internship with Tsinghua University included three weeks of teaching and learning. Our main tasks were to teach a class of 70-80 Grade 5 students English in fun and exciting ways. In the first couple of lessons, the students were quite shy, but by the end many members of the class participated in discussions and answering questions. Making PowerPoints with language games helped a lot! The host organisation was extremely helpful and gave us mini classes on how to teach effectively, and asked the students what they would like to learn for us to prepare in advance.



Daily Life

As this internship was online, I had a lot of flexibility with when I would prepare class materials and when I would relax. Due to the time difference our contact hours were online from 8-9am, which gave me plenty of time to get ahead for what I wanted to teach in the classes.

Lasting Impressions

The experience helped me realise that I enjoy teaching and may want to pursue it as a career. It also helped me value language learning a lot more, and made me excited and ready for my final year.

COSTA RICA

ACADEMIA CASA MAGA

BA Modern Languages (French), Final Year Undergraduate, in-person working



Work Projects

We helped out with some of the acting classes at the academy and also led the classes for 6-9 year olds and some teenagers. To do so, we researched kids acting activities and warm-ups beforehand to produce lesson plans for online and in-person classes. We also helped with some

of the projects carried out by the classes- for example, we helped produce the filming of a project in which a class copied an episode from a Netflix Australian kids' TV show. This involved preparing the shooting script and being on hand on the day.

I ended up standing in for the adult actor playing the teacher and learned the lines in Spanish on the spot. We also wrote a draft for the first episode of a kids' TV show the academy is hoping to produce. We helped promote the academy by editing photos for its Instagram page. We also went to the United World College based in Costa Rica to give a talk about Oxford admissions and I taught two French classes on how to analyse an extract for their oral exam.

Daily Life

The internship was a mixture of online work done from home or in the co-working space in the gated community we were staying in, and in-person work at the acting academy itself. The acting course offered at the academy followed a hybrid approach, some classes were mainly online with an in-person class once a month and some classes followed the inverse schedule.

On Saturdays, we would go to the academy for a full day of in-person classes and would travel to the academy by uber (10-minute journey). We also took the opportunity to travel to different parts of Costa Rica in our spare time. The host organisation also took us to visit San Jose and we did a fantastic tour of the National



Theatre. The tour guides were actors from the theatre who played historical figures from the time of the theatre's construction, and it was a really entertaining play/tour.

Lasting Impressions

The acting classes further reinforced my interest in pursuing acting as a career and writing the script was a new experience that really made me want to explore script writing more in future.

CZECH REPUBLIC

CASTLE BLATNA

Jordan Edwards-Zinger, Brasenose College, BPhil Politics, Philosophy, and Economics, First Year Undergraduate, in-person working



Work Projects

While working at Castle Blatna, I was given a wide range of tasks to complete throughout my two-month-long internship placement. These tasks included translating documents from Czech into English and from English into French, maintaining and posting on the castle's social media channels, and conducting historical research on the importance of the castle to US military actions at the end of World War II. By far the most rewarding task I undertook, along with my fellow Oxford intern, while at Castle Blatna was organising and putting on our own event. This event took the form of an English Garden Party in the castle's English Park. We prepared drinks, purchased games, set up and decorated the space, and advertised the event largely independently.

Everyone working at the castle was lovely and worked hard to make sure we felt included and that our time there was enriching. I got to know most of the employees, ranging in age from 16 to 40, and became good friends with a large number of them. This allowed me to get to know the local culture and feel secure in my placement and work. It was easy to reach out to my direct superiors for advice when necessary, and I was awarded enough independence to get my tasks done at my own pace. In the end, this internship allowed me to practise many important skills, learn about a new culture, and establish lasting friendships.



Daily Life

While interning at Castle Blatna, I lived on the grounds of the actual castle. This allowed for a quick integration into the community at the castle. The flat that I lived in I shared with the other Oxford intern which allowed me to get to know her very well and in the end, we became good friends. This meant that we were able to have breakfast together before work and take our lunch breaks at the same time. It built a sense of comradery as well as making it exceptionally easy for us to get to and from work easily.

As Blatna is a very small town, much of the social life within the town is centred at the castle. This means that through working there every day, I was able to meet many locals around my age and build friendships with them. Most days, I would work in the cafe of the castle. This allowed for the intake of caffeine as well as socialisation with the baristas, who were all quite lovely, while working. As a result, I always quite looked forward to going to work every day. It also resulted in my returning to the cafe in the evening quite often to experience the numerous performances put on by the castle including a local band playing, of whose members I was good friends with two. Everyone I met at the internship was very kind and helpful. I am grateful for having had the opportunity to get to know them as well as I did.

Lasting Impressions

In the last days of my internship, I was quite sad that my time there was coming to an end. For one thing, it meant leaving the beautiful atmosphere of the castle and the parks. It also meant, however, leaving behind all the new friends that I had made while living and working at the castle. Now that I have left, I am left with the lovely memories of my time there. The most lasting impression I have is of the kind people in the town that I met, the beginnings of the language that I began to pick up, and the interesting traditions I had been taught while living there.

The experience taught me a lot about myself as I was living essentially alone in a new country. It also taught me many valuable skills to be used in a professional environment as well as the importance of having a positive relationship with your superiors. At the end of the day, I believe that this internship cemented my desire to travel more in the future and get to know more people from all corners of the world. I learned so much about the Czech Republic, Blatna, the hospitality business, and myself throughout this internship and for that I am very grateful.

Lottie May Page, Magdalen College, BA in Classics and English, Final Year
Undergraduate, in-person working



Work Projects

I spent two months at Castle Blatna, a beautiful privately owned estate in South Bohemia, the Czech Republic. I was involved in a range of projects and areas during my time there; from helping to maintain social media channels, to filming promotional videos, to undertaking lots of translation, to helping to plan and organise events and programmes held by the castle, including concerts, festivals, and an opera, to giving a special English tour of the palaces, to conducting historical research. I particularly enjoyed writing speeches and video scripts, creating conference presentations, and appraising some of the old books in the library.

It was also wonderful to undertake some research into the late-mediaeval owner of the castle, Lev of Rozmítal, whose European travels helped to forge a new age of European unity. It even emerged that he had visited my hometown on his trip to England. Research into his travels also helped to shed some light on the late-mediaeval murals that the castle boasts: the waist-length hair of the biblically depicted Adam resonated with comments that the Britons were amazed by the length of the hair of their noble Czech visitors. I also had the pleasure of meeting the British Ambassador to the Czech Republic, and welcoming him to our concert.

Daily Life

There were two Oxford interns this year, and we lived together in a comfortable flat within the castle grounds. It was fully equipped, and we cooked for ourselves for almost every meal. We spent most of our days in the cafe, which has excellent coffee and lovely baristas, with whom we became fast friends, and with whom we socialised outside of work. We worked closely with our supervisor, and with the owner of the castle when he was there. The morning commute involved walking across the castle park, greeting the deer on the way. The culture at Castle Blatna is excellent, and some of the most fun was had when employees - young and old - toasted the ends of events together. We visited Prague, and Czech Krumlov, among other places, and had the chance to see the acclaimed South Bohemian Theatre perform several times. The hours we worked were flexible, and the other intern and I took the opportunity to travel to Vienna for a long weekend.

Lasting Impressions

I had a wonderful summer, with lots of fun, in addition to interesting work. The people I met were wonderful, and I have plans to see several of them in the future. It was also very interesting to experience Czech culture, and notice the generational differences in the country. The excitement I felt at discovering some first edition Johnsons dictionaries in the castle library has affirmed my desire to pursue academia.

Practical Advice

Make friends with the baristas and guides early on, as they're lovely people who will introduce you to the pubs in Blatna, and with whom you will have a wonderful time. Make sure to create a list of tasks, as they can pile up: some days are very busy, whilst others are much quieter. Keep in mind that some establishments only accept cash.

GERMANY

TNG TECHNOLOGY CONSULTING

MCompSciPhil Computer Science and Philosophy, First Year Undergraduate, in-person working



Work Projects

The project was regarding machine learning and AI, using GPT-2 and APIs to scrape data online and train/make adjustments to the transformer model. I had learned a lot about modern AI and have improved my programming skills as well. I always had a supervisor check in at the start of

the day as to what I am doing and after 3 days how much I had accomplished, I was required to time every single one of my hours on the company's website.

Daily Life

I had to look for an AirBnB because I wanted to be close to my work and the commute to work was fairly straightforward. I did this abroad in Munich and its public transport system was affordable and easy to use. I would sometimes do research outside of work (as well as preparing for next year classes) but I would also socialise with other interns at the company outside of office hours by going to museums, cafes or other sightseeing activities.

Lasting Impressions

Overall, I really enjoyed my experience at the internship. I made new friendships, learnt a lot about computer science and am now even more sure of my career path within the technology sector. I think I would not have gained as much had I done this internship remotely, a large part of my enjoyment came from exploring a new country for the first time (Germany) and Munich is a beautiful city!

HUNGARY

CEEWEB FOR BIODIVERSITY

DPhil Geography and the Environment, remote working



Work Projects

My work included a social impact analysis of an EU environmental policy proposal; identifying gaps in other NGOs' outputs and drafting a policy position paper accordingly;

communicating findings from one team of scientists to another working on the same project; social media communication of a scientific research project to non-expert audiences; editing another researcher's policy analysis and contributing to decisions regarding its further directions and outputs; identifying and communicating EU's policy engagement calls to scientists in related areas of expertise.

Daily Life

Whilst working remotely, I was made to feel welcome before I even started. The induction meeting was thorough and followed up with my tasks incorporated into collaborative platforms and linked to useful resources. I was working remotely on a flexible schedule, which was great, as it accommodated the health problems I was having at the time. We had established enough mutual respect and trust with the host, as to not need frequent check-ins. That said, my supervisor was always there when I needed to ask for clarifications or suggestions.

Lasting Impressions

Everybody in the host organisation was supportive and warm, and I would be very happy to meet them again, whether in professional or casual settings. My tasks were designed to give me an opportunity to try a hand at a wide variety of skills on different topics. The trade-off of

this was that I didn't have time to complete my main task, as smaller jobs distracted me from my main project. That said, I enjoyed the diverse experience.

MBiol Biology, Final Year Undergraduate, a mixture of in-person and remote working

Work Projects

During my internship, I carried out tasks that contributed to several ongoing projects at CEEWeb. My first tasks upon arrival included collecting economic data on agriculture in the EU, providing input for CEEWeb's position paper on the EU's proposed Farm Sustainability Data



Network (for collecting additional environmental and social sustainability indicators from farms), and reading through daily updates on Politico Pro to share the relevant news with the team.

The second half of my internship involved analysing an ecological connectivity network in the Carpathians and using data on future tree species distributions to predict potential disruptions to ecological corridors under different climate change scenarios. My final task was to provide some exercise scenarios for an upcoming communication and conflict resolution workshop.

I enjoyed all of these tasks, as I feel they gave me quite a broad overview of work in environmental NGOs. I felt very happy that some of my suggestions for the position paper, as well as that the short reports I wrote on the economic data I collected and the threats to ecological connectivity in the Carpathians were helpful. My supervisor was available throughout the internship and gave me very helpful introductions to each of the tasks and guided me whenever I felt stuck. In addition, all the people at CEEweb were super friendly and welcoming, and I loved working at the office, which I ended up doing almost every day.

Daily Life



Moving to Budapest was relatively easy for me, since I don't live very far and I completed the internship during the summer, which is why finding a flat for the relatively short period of 8 weeks didn't take too long. Getting to work was easy since I chose my flat so that it would take me only 15 minutes from door to door using the public transport. The student price for a monthly transport ticket in Budapest was only 8, and the transport was very reliable. The working times were flexible, and I could also work from home if I wanted to, so my workdays were very stress-free. I also managed to do some sightseeing, visiting the House of Terror, the Parliament, as well as baths and art museums.

Budapest is also an amazing city for taking walks, and there are lots to see outdoors too, from the streets and castles to the Margaret Island. From time to time, we went to a pub after work with the colleagues from CEEWeb. Sometimes we would also organise a send-off event at the office for interns or other employees that were leaving. In general, there was quite a lot of socialising at work, and there would always be someone to have lunch with.

Lasting Impressions

My internship at CEEWeb was definitely the best internship I have done. I enjoyed getting to know and contributing to environmental-protection-related work and felt like I was doing something valuable during my time in Budapest. In addition, the tasks related to environmental sustainability indicators that I carried out in the first half of my internship and the experiences I gained were directly useful to me when later applying for and getting a job related to this topic.

Since I have now finished my studies and have a relatively broad overview of which fields I'd like to work in in the future, it wasn't surprising to me that I enjoyed the tasks given to me. Therefore, the internship mostly confirmed to me my wish to work in the environmental sector and made me further consider career options outside of the academia. I would say that the most lasting impression from the internship were the people I met. I received a warm welcome and loved the social atmosphere between the colleagues both in the office and outside. Whenever I'm back in Budapest, I'll make sure to visit CEEWeb again!

Practical Advice

Looking for accommodation will be way easier during the summer, while during semester time, many places are rented out for the entire semester only. In that case, the only alternative might be Airbnb, which is more expensive than regular flats. I'd therefore recommend looking for accommodation as early as possible, and if possible, to also complete the internship during the summer.

COLD WAR HISTORY RESEARCH CENTER

Sofiia Kosourova, St. Antony's College, MPhil Russian and East European Studies,
in-person working



Work Projects

My main task during the internship was data entry for the chronology the Cold War History Research Centre has been working on for several years. I was assigned a country and a time period to base my document search on and was required to present 20 pages of data every week. From the start, the Centre gave specific

instructions on what sort of information and documents they were looking for in addition to the guidance on how to use online and physical archives. For the first part of my placement, I

worked with online sources of the Open Society Archives website only due to the summer closure of the physical archives. The experience of working with online archives proved to be quite interesting as it allowed me to take a closer look at the country of my interest's history during the Cold War. However, getting to work in the actual archives turned out to be more exciting still as I got to explore original documents that were likely unique to the Open Society Archives and do so in the beautiful CEU library. I would also attend meetings organised by the Centre, in person as well as online, where we would discuss practical matters and Cold War history itself. The internship supervisors were helpful throughout my time there and assisted in solving any work- or living-related issues.

Daily Life

As I was tasked to produce a certain amount of work weekly regardless of when and where I worked, I had lots of flexibility during the week. When I worked with online archives, I would usually do so from a cafe, library, or the place I was renting and whenever I felt most



productive. During the time when the OSA research room became available, I would go and work there with original documents, which still left me some free time at the rest of the day. I am lucky to have done this placement in person as Budapest has lots to offer - from charming (and rather cheap) cafes and restaurants to galleries, museums, and cultural centres. So, in my free time, apart from getting together with other interns from time to time, I would mostly explore the city and its history. Places like the House of Terror are a must-visit for anyone interested in history, and characteristic ruin bars are something I've rarely seen outside Budapest.

Lasting Impressions

This internship was an exciting experience. Working with original sources did not only prove to be complementary to my existing knowledge of Cold War history but also significantly enriched

my understanding of the era and made it less abstract. And working in the historic city of Budapest only added to the feeling of being fully submerged in history. While my thesis is not directly connected to the study of the Cold War, I am grateful this placement has given me a chance to explore farther corners of my region's history, adding more depth to my knowledge of it.



Practical Advice

As this placement did not offer a particularly strict schedule, my main piece of advice to future interns would be to make sure to come up with a working schedule themselves as soon as the internship starts. 20 pages per week may not seem like a lot of work, and the city is indeed too

fascinating to spend all the time working in a library. But I found that dedicating 2-3 hours a day during the week to archival work creates a good work-life balance, making sure that archival work is still exciting and does not feel exhausting after a while, and allowing for plenty of free time to go to museums, bars, etc. after work.

Since interns were not required to work at any particular location when working with online archives, I'd also recommend trying and going to different libraries and cafes around the city - for me this was a good way to both explore Budapest a bit more and turn at times monotonous work into something to look forward to every day.

[BA Politics, Philosophy, and Economics, First Year Undergraduate, a mixture of in-person and remote working](#)

Work Projects

My main role at the research centre was to collect and organise data about Romania between the years of 1953 and 1968. I did this through accessing the online Open Source Archives and by visiting their Budapest location in person. This way I was able to access a series of documents,

largely in French, and occasionally in English, that detailed events and trade in Romania during this period. I collected the data that I found and organised it in a chronology document to show the progression of events in Romania. These entries will be used to augment a publication done by the research centre that shows events in all satellite states, and the USSR, during the Cold War.

Daily Life

My internship was a mixture of online and in-person, though in the end I believe that I spent a majority of my time working from home due to issues and delays with getting documents delivered to the archive for in-person work. On days that I worked in the archives, I would usually select a slot for midday and into the afternoon so that I could spend the morning relaxing and getting ready to get to work. I would get a coffee and take the metro and walk to the archives. This was a fairly simple procedure and didn't take longer than 20 minutes. While in the archive it would be silent work with the documents then taking extra photos of them to reference at home while finishing the data collection later that day. On days where I would work from home, I would usually start earlier and only break from meals. I would also take a couple of hours off to explore the city a little bit. This could be going out for a meal, going to a museum, or just going for a walk.

Lasting Impressions

In the end I did enjoy the experience of living in a new city and getting time to go around and see it, find nice cafes, go to museums, etc. My lasting impression is of how demanding academic research can be, albeit quite rewarding as well. I really enjoyed learning about events in Romania within the time frame and putting them in chronological order. It showed patterns and connections that wouldn't have been possible to see otherwise. I am also proud that my work will be used to augment a new edition of a reference publication. This experience has proven to me that I find this era very interesting and love to learn about the relations between states.

TERRE DES HOMMES (ALUMNIHOST, ST ANTONY'S COLLEGE)

Sara Al Soodi, Christ Church, BA History, Second Year Undergraduate, in-person working



Work Projects

My internship consisted of a research project with the justice programme of Terre des Hommes Hungary. They had just received funding in order to develop a chatbot which would support child victims, making justice

more accessible to them. My research focused on finding precedents and further information on how chatbots are used within the legal world, and more specifically can be used for child victims. Throughout this project, I had a supervisor who would constantly check up on me and whom I could go to in case I needed support or help with the task. The final result of my research would be presented in the format of a report which described all my findings, and which would be used towards developing this chatbot.

The host organisation has been very helpful with helping me settle in and everyone was very friendly and supportive if I needed any help or I had any queries. Because I was in a new country by myself, they made sure I was settling in alright and offered their support if I needed anything, whether it was regarding my accommodation or anything else. As for the internship itself, they made sure I was always comfortable with my tasks and my supervisor was always available to guide me or answer my questions when needed.

Daily Life

The hours of my internship were 9 to 5, however, this was quite flexible depending on how I managed my day and what targets I see myself to complete. I would make my way to work via

tram, and from there it was not a long walk to the organisation's building. The view from the office was especially great, as it faced the Danube and the Parliament building, which made for a breath-taking sight during work. While at the office, I would get on with my tasks, as well as socialise with my fellow colleagues over a coffee on the balcony or during lunch.

The structure of the office was a mix of remote and in-person working, meaning not everyone was in the office every day. However, seeing as I was only there for 2 months, I wanted to make the best of it and went to the office most days. This also meant I got to know most people there, since it depended on who was in the office on the day. This was a very lovely structure where I was able to complete my work effectively, in an environment that was not uncomfortable or too pressurising.



Outside of my internship hours, I was very lucky to have some great flatmates in the apartment in which I lived, with whom I explored Budapest with and made the most of what it had to offer, gaining a great cultural and social experience. The city is absolutely gorgeous during the day and night, with the Danube spanning across its

centre giving for some wonderful sights. I also took the opportunity to visit some other cities outside Budapest which were recommended to me, such as Balaton, one of the largest lakes in Central Europe. At times, the office would also put on events, such as an office party which was a great time to bond and socialise outside work with my colleagues.

Lasting Impressions

Overall, I am very pleased with how the internship turned out. I thoroughly enjoyed the experience, as it gave me a first-hand insight into what working with an NGO is like, especially one which works on such a great scale. Besides the work I was completing, I had the opportunity to learn about what other projects were also running at the same time, what they entailed and what the NGO was doing to further complete its mission. Working in the justice

area was even more appropriate, since I am hoping to eventually pursue a career in human rights law. By doing this research project in an NGO for children, I feel like I learnt a lot about and have gained an enriching experience.

Practical Advice

Make sure you make the most of your experience there, both at your internship and outside. Completing an internship in a new country means there is a lot to explore and learn about, so although it may feel overwhelming at the beginning, do not shy away from exploring and enjoying your time there. Furthermore, working with such a high-profile NGO means that there is a lot to learn from both the work you do and the people you work with, so definitely capitalise on that, and if it is linked to future career aspirations, enrich your knowledge and experience to the greatest extent you can.

Erin Margaret Hayes, St.Cross College, MSc Global Governance and Diplomacy, a mixture of in-person and remote working

Work Projects

My main project was to familiarise myself with Terre des hommes' (Tdh) model of Resilience Innovation Facilities (RIFs) for at-risk youth and author a report about how community integration could be better integrated into the programmes at RIFs in Tdh's various country offices. Because many of the RIFs cater to youth at risk of migration, promoting community integration is especially important so they can facilitate lasting ties between young people and their communities. In order to write this report, I observed workshop activities for youth at the RIF in Hungary, which involved travelling to Győr, where the RIF is located. I also attended part of a youth summer camp in Budapest where youth learned many of the key skills taught at the RIF.



My work also involved reading and summarizing previous research about community integration-related activities such as mentorship programmes and case competitions. This allowed me to ground my writing of the report in both theoretical findings and real-world observations. Tdh supported me throughout this process. I worked in the Budapest office most days, and my supervisor ensured that I was able to see a wide range of the office's activities, from attending meetings to visiting the RIF in person. I was also able to attend a local festival and help with a presentation about the work Tdh does with at-risk youth. At the end of the internship, I produced a report that will hopefully inform the future development of RIF programming at Tdh offices around the world.



Daily Life

A typical day during my internship began with a commute to work on Budapest's tramline that cuts through the city. After a twenty-minute ride, I would arrive at my office building and hike up to the top floor, where my desk had an

amazing view of the iconic parliament building across the Danube. In the office, my work consisted of lots of research and writing on my laptop, punctuated by coffee breaks with co-workers. My office had employees from places including Hungary, Pakistan, the UK, and Romania, so it was always lively and interesting to compare experiences with them.

After work, I loved exploring Budapest! I often would do so with the other interns from my office—one was also an Oxford student, and the other had just finished a master's in Germany. One of my favourite things to do was watch the sunset - Budapest has many great spots to do this with a view of its skyline, including the parliament building, Fisherman's Bastion, and Buda Castle. St Stephen's Day, or Budapest's national day, fell during my internship, so that was a great opportunity to visit many of the city's museums for free, try Hungarian specialties like goulash, and watch fireworks over the city.

Lasting Impressions

I very much enjoyed my internship experience and feel that I gained both career experience and valuable cultural insights from it. My studies and career ambitions focus on international relations, and understanding how international child protection NGOs operate is invaluable to understanding how human rights and protection concerns that extend across borders are addressed in international diplomacy. I am thus grateful for the experience to contribute to the work of Tdh and see how the NGO operates first-hand. Additionally, as a student of international relations, the experience was invaluable because it gave me more overseas work experience.

Reading about countries' policies and governments' relationships with NGOs is one thing, but it cannot compare to being in a country and seeing the dynamics first-hand. Finally, I am grateful for the opportunity to experience Hungarian culture and meet people from Hungary and around the world that the internship provided. I would definitely recommend this internship to other students looking to gain experience in non-profit or protection work or international relations, or simply those looking to gain work experience in another country.



Practical Advice

Do some background research about the organisation and the country where you will be working so you can start the internship ready to hit the ground running. Also, ask if the organisation can connect you with past or current interns to provide advice on practical matters

such as the best way to find housing or commute to work.

INDIA

AKSHAR FOUNDATION

BA Geography, Second Year Undergraduate, in-person working



Work Projects

Throughout the duration of my six-week internship with the AKSHAR Foundation, I engaged with and completed a variety of tasks.

My main responsibility was to teach the students at two schools English, Maths, Science and basic computer skills and throughout the six weeks,

many of the students who I engaged with on a regular basis showed significant improvements.

Alongside classes, I was responsible for an individual project, which was focused on raising awareness of, and tackling the plastic pollution problem. I taught the students the importance of plastic recycling and built on previous work to develop a Precious Plastic workplace. As part of this, I helped the students to start developing a plastic collection system to gather plastic which they could then use in the machines to make products to sell to the wider community. This combined an environmental issue with a social initiative helping the students to develop key business skills towards financial independence. I also independently chose to invest time into outreach, developing significant partnerships and connections between my host organisation and other similar, beneficial parties, such as reaching out to universities to set up a partnership mentor scheme.

Throughout the six-weeks, I received fast and comprehensive support from the host organisation they were always easily contactable and did everything in their power to help me with my project and wider responsibilities.

Daily Life

This internship involved me living in a completely new yet exiting world. After the lengthy journey from Manchester to Guwahati, I was warmly greeted at the airport and taken to my accommodation. I was given time to slowly adjust to the new life, heat and different cultural aspects over the first week so that I did not get overwhelmed or become ill. I soon established a routine centred around my responsibilities, leaving the hostel at 7am to reach school and start teaching and work on my individual project from 8-12.

After the teaching hours, I was given free time to explore the local area and to work on my dissertation which I had to complete over the summer vacation period. I took advantage of this, engaging in as many cultural and local experiences as I could to immerse myself into the place where I was staying. I was also with 3 other interns, and we would share meals, socialise and travel on weekends which allowed us to see and experience a variety of things. Some of my favourite things to do were to visit the local markets to buy fruit and to visit local chai stalls and shops to sip on some sweet tea and eat a samosa as I observed the daily life of people around me. It was an incredible cultural experience that I will always remember.



Lasting Impressions

This internship was incredible. Working with an NGO on issues that I care about allowed me to grow both as a person and academically. It also allowed me to travel to and experience another part of the world, India, which I have always wanted to visit. I feel as though I gained a significant amount of practical, on-the-ground experience that has shaped my decisions about what I would like to do in the future. Working with AKSHAR Foundation also allowed me to develop my skills which will be invaluable to me in the future, including teaching, understanding how an NGO functions and operates, flexibility, time management and events organising.

The whole experience, including teaching, extra work and the cultural experiences that I have gained from this experience have been life-changing, and I know that I will remember and cherish these memories for the rest of my life. Although I still remain uncertain about what, specifically, I would like to do in the future, this experience has really opened my eyes and enabled me to understand how NGOs work in the field to achieve positive change, which is something that I would love to do in the future. I have also been invited to return to work for AKSHAR after I graduate, which is an opportunity that would allow me to gain further skills and to contribute meaningfully to a project that I care about.

BA Philosophy, Politics, and Economics, First Year Undergraduate, in-person working



Work Projects

I travelled to India for six weeks to work with the Akshar Foundation, a not-for-profit NGO in north-eastern India. They have built a school which provides free education for underprivileged children in a semi-rural village, where most of the children had dropped out of private or

government schools or were engaged in child labour. The goal of the school is to combine a standard education with more advanced technological tools, including their own education software, and with hands-on job training in landscaping, electrical work, crafts, and more, making these students more employable once they graduate.

Furthermore, the NGO is attempting to expand this education model into local government schools, and they are currently cooperating with four of these schools. I worked mostly with their original school. One of my tasks was to teach standard English classes for a couple of hours each day. However, my main project was to design and teach a class in robotics and computer skills. Each intern had one project, each with a different focus, and the NGO asked me to do this project based on what they knew of my prior skills. I taught this class to older

students at the NGO school for four weeks, and then they came with me to teach these skills at one of the government schools.

The students became skilled in basic Microsoft applications, such as Word and Excel. They also became adept at the mechanics of building robots. Furthermore, they learned computer programming in order to control the robots. They not only learned some programs (such as one for a remote-controlled car) to the extent that they memorized them, but they were able to design, adapt, and troubleshoot other programs. The host NGO provided the robotics kits, as well as computers, and gave me a set of goals for my project.



Daily Life

I settled in quite well in India! The Akshar Foundation provided housing, food, and transportation, and helped to organize trips on the weekends for sightseeing. I spent the most time socializing with the other three Oxford interns. We got along quite well and ate our

meals together as well as travelling together on the weekends and occasionally going out to explore during the week as well. We travelled to Cherrapunji, Shillong, Darjeeling, and other locations to explore, which was really beautiful and exciting. The cultural experiences and natural beauty were incredible.

We did all have separate rooms, although this was not and is not guaranteed by the NGO for their interns and it was good to have some space and time alone as well. I spent quite a bit of time reading, preparing for the next days of work, and learning the Python computer programming language, a personal goal I have had for a while. I also spent time with some local guys that I met who worked at the hostel where we were staying. We spent time most days playing frisbee and drinking tea. Overall, I think that it was quite a good mix of rest and exploration, of time alone and with others.

Lasting Impressions

I really enjoyed my time in India. My main goal for the summer was to work with an NGO and see how NGO management works on a day-to-day, as well as long-term, level. When I accepted this internship, I was worried that all my time would be occupied teaching and that I wouldn't be able to see the higher-level work going on in the NGO. However, the NGO gave us plenty of opportunities to work with them both in project management (we organized an event for nearly two hundred students and guests, demonstrating our projects) and in lobbying with local officials.

We met with municipal leaders, regional parliamentary officials, bank governors, a college director, a rotary club, and a university chancellor to advocate for the NGO and seek support. Furthermore, we had many opportunities to engage with the media, which frequently came to the NGO school. This gave me a higher-level view of how the NGO functions. Seeing this and just being faced with the many challenges present in a developing country like India really opened my eyes to the struggles, goals, and needs of NGO work. I really benefited from this experience, and it definitely encouraged me to pursue this type of work in the future.



Practical Advice

I would highly recommend that they explore the region. Even though summer is the monsoon season, there are so many beautiful places to explore. Cherrapunji was a personal favourite, and Darjeeling was incredible, although farther away. Also, I would recommend that interns be flexible and ready to assist the NGOs

management in any way possible. There is so much to be gained both for interns and the NGO in these opportunities. Finally, they should bring things to do in their spare time! Some interns brought books or laptops, and I also brought my frisbee. There was quite a bit of spare time and bringing things to do is quite helpful and important.



Work Projects

I worked with Akshar Foundation mainly in two schools. In each of these, I taught maths, English, and digital skills, as well as my own personal project, which consisted of badminton coaching and the organisation of a badminton tournament between the two schools. As part of this, I had to

plan and deliver badminton sessions of between 1-1.5 hours each morning, teaching the students the rules of the sport, and equipping them with the skills needed to both participate in the tournament and pass on their knowledge to other students. In addition to this, I led a team of students in planning an event built around the badminton tournament.

As well as the daily teaching, I also participated in meetings with universities and government departments, explaining the internship programme, as well as the organisation's wider goals and achievements. This meant interacting at various levels of organisations, including with heads of departments, deans, civil servants and ministers. The organisation was very supportive in all of my tasks, inviting me to meetings and including me in many different aspects of the organisation's work. They also provided additional help when delivering lessons to help with the language barrier. Outside of the school, Akshar Foundation was incredibly helpful in arranging all sorts of activities and services and really went above and beyond in making the experience a successful one.

Daily Life

A typical day during the internship began with my badminton project at school before it became too hot. This would last for an hour to an hour and a half. Following this, I would teach classes, which would be a mix of English, maths, and digital skills, each delivered to a small group of children in 30-minute classes. Sometimes these classes would be taken by me on my

own, but often with another teacher, other interns, or a student helper. During the day we would also have a break in which we could eat food provided by the organisation.

Occasionally we might go to a meeting with another body, e.g., a government department or university. After school, the other interns and I would return to our accommodation and normally have lunch there. The afternoons were kept pretty free, and I usually used the time to relax, read, or do academic work (sometimes I would have to plan or prepare something for school, but this wasn't too often). In the evenings I would often walk around the local area before returning for dinner. At the weekends I often went on trips to other parts of the country with the other interns.



Lasting Impressions

I thoroughly enjoyed my internship and am really glad that I got the opportunity to do it. Akshar Foundation really went above and beyond in making our stay a comfortable and productive one and exposed us to lots of different aspects of the organisation's work. I think that the experience helped me develop and strengthen my skill set, from communication skills to organisational skills. It was also a fantastic opportunity to visit India and experience a culture very different to my own. I think that the experience hasn't particularly changed my career

ambitions, which are fairly vague anyway, but working in the education/NGO sectors is something which I will definitely consider.

BANASTHALI UNIVERSITY

Naomi Hyde, Somerville College, BA Jurisprudence, First Year Undergraduate, in-person working



Work Projects

I completed the summer cultural activities internship at Banasthali University in Rajasthan, India. The uni is an all-girls university which has a huge focus on providing girls with the tools they need to be able to provide for themselves in the future. I was met by one of the university staff at the airport and was driven to the university where I was given accommodation in their guest house. There was good communication via email and WhatsApp with the professor in charge of our stay. My main tasks included getting stuck into the law department and experiencing the five fold education system at the university. They were very willing to tailor my experience to what I wanted to get out of my time there and allowed me to join the classes that seemed most interesting to me.

Daily Life

My day-to-day activities were scheduled according to a timetable. 7-8am I had yoga, 9-11am I had law classes, 11-3pm was lunch, 3-4pm I had Indian classical dance, 4-5pm I had art and then I would go to the gym in the evening around 7pm. We would then be given dinner at around 8:30 pm before chilling in the evening. Tuesday was the day off and the other interns and I would spend the day exploring and travelling around Rajasthan together. We also found it relatively easy to ask for more time off to explore India a bit more. We were given bikes to use around the university campus and offered lifts in cabs for longer distances.

Lasting Impressions

The cultural experience was one that I will treasure forever. The immersion into a different way of living is something you cannot get elsewhere. I gained so much confidence and curiosity as well as a greater understanding of colonial Britain and our wider impact on the world. The experience has confirmed my interest in international law and allowed me to appreciate all the opportunities that I have been given.

Practical Advice

Go with an open mind and a willingness to learn but also do not be afraid to ask for time off/ different food/ new timetables as the uni will be very accommodating. You will have to get used to lots of insects, dust and bucket showers but it is worth it for the experience you will get.

THE BRITISH SCHOOL

Sara Hoyer, St.Hugh's College, BA Psychology, Philosophy and Linguistics, First Year Undergraduate, remote working



Work Projects

I participated in a two-week remote internship with The British School, New Delhi. The internship would have normally taken place in person and for a longer period of time, but adjustments had to be made

due to the pandemic. Together with 2 other interns, my role was to work with the grade 13 students who are planning to apply to universities in the UK, and help them with their personal statements, university choices, and any questions they might have about the application process and life in the UK. Additionally, we prepared several presentations for students of grades 9-12, who will be applying to universities in a few years, to give them an overview of student life in the UK.

More specifically, the schedule was organised so that I met with 3 students a day, for 45 minutes each. Ideally, they should have sent me their personal statement drafts before the meeting, so that I would have had time to read and comment on it. Then, we talked about these comments, and I explained what I would change, and the students could ask questions about it. For students who didn't have a draft yet, we brainstormed ideas of what they might include and how they might structure it. Additionally, the students had a lot of questions about student life in the UK, living at university, academics, social life, and much more. For Oxbridge applicants, I also explained how to best decide on a college and how to prepare for interviews.

I also did mock interviews with students who expected to be interviewed by their universities. After the meeting times, I read some more personal statements and did research on courses and universities for those whose questions I wasn't able to answer fully. I also met with the other interns to decide how to structure the presentations we were preparing for the other grades.



The support I received from The British School was constant and helpful. Firstly, they were willing to adapt to the Covid-19 situation and move the internship online, and were able to organise all the meetings remotely with no technical issues. We received an induction meeting and many e-mails explaining our roles and tasks. Whenever I asked a question, the team was quick and helpful in responding. Thanks to their communication and support, I felt well-prepared and organised, and was able to provide help to the students. When something didn't go according to plan, for example, a student missed their time slot, the British School team was quick to help me rearrange the schedule and reach out to the person. Of course, I am also grateful for this being a paid internship. Overall, the school provided professional and inspiring support to its interns.



Daily Life

Due to the time difference between Europe and India, most of my student meetings took place in the afternoon, so I didn't have to worry about getting up early, and so my mornings were fairly relaxed. I usually began my work by reading the personal statements I had been sent that morning

or the night before, starting with the ones that I would be discussing that day. While reading, I commented on aspects of the text that I thought could be rephrased or changed, including stylistic and grammatical choices, but also more general content, tone, and overall structure of the personal statement. Sometimes, I included a separate section just for comments on structure, to show the student how the order of paragraphs might seem more logical if they have switched them around a bit.

But overall, the personal statements I received were all very well-written and the students all had many impressive achievements to include, so I was confident that they would have had very strong applications even without any help. From 3.45pm to 6.30pm IST, I had 3 meetings with grade 13 students. If they had sent me their personal statement in advance, I shared my screen and went through all the comments I had made, explaining how something could be changed or why I thought a certain phrasing wasn't quite right. I also made sure to explain that these are just my comments, and the students should decide for themselves how much they want to modify or leave as it is.

In some cases, students didn't have their first draft yet, so we just talked about different things they might want to include, and how the personal statement could be structured. Three times during the internship, we had an extra meeting in the morning, where we gave a presentation about student life in the UK and UCAS applications, to grades 9, 11 and 12. I was surprised at how early the students there start thinking about their university applications, and were already asking about how to improve their portfolios. Those presentations were also a good

way to get to know the other interns a bit, as due to the remote nature of the internship, we didn't really get many chances to talk. Outside of the internship, I still had enough time for other daily activities, and the workload wasn't overwhelming or stressful. The situation in my home was quite helpful, since I had my own room in which I could close the door and not be disturbed during meetings. I just had to let my family know at what time I would be free so we could plan activities accordingly.

Lasting Impressions

My experience during this internship was very enjoyable, for a multitude of reasons. Most importantly, I enjoyed being able to give support and advice to students applying to university, as I had been in that same situation not long ago. As an international student, I know how stressful and new this process can be, and how confusing it is to try to research all the universities and their requirements, write personal statements, prepare for interviews and still manage your school work. Some of the students told me that I really helped them, and that was extremely rewarding to hear.

Personally, I also think I learned a lot from the experience, even if it isn't directly related to my current studies. I improved my communication skills and my confidence to share my knowledge and opinions. Reading and commenting on many personal statements likely made me more detail-oriented, a better problem-solver, and a more accurate reader, and might be helpful when writing my own essays, papers, and reports in the future. I also think that talking about my life as a student and giving presentations about UCAS applications has improved my public speaking and teamwork skills. I enjoyed working with the other interns, and would consider working more in teams in the future.

In terms of my career ambitions, I had never planned to work in a school, but I seriously had fun helping these students, and so perhaps I might get more involved in similar projects in the future. I am definitely interested in exploring ways to support secondary school students from different countries who are planning to study in the UK, as I think students from all nationalities

and backgrounds should get the same educational opportunities, even if they don't have such a supportive careers team as the British School in New Delhi. Therefore, I think the internship inspired me to look into more placements in this field in the future.



Practical Advice

I would advise any future interns to apply to any internship that they think looks interesting because there is really nothing to lose. Even if you think there will be too many applicants, or you might not perfectly fit into the requirements, you never know until you try. Be enthusiastic in

your application and mention any experiences that might be relevant to the internship, even if it seems insignificant at first. I also recommend applying for summer internships outside of the UK, in countries that you are interested in visiting, because there will likely be time outside work hours to travel around the region. Do ask your college or department for extra funding if the internship isn't already funded. Of course, you will need to prepare everything you would prepare for any trip, such as having a valid passport, a visa, all your flight information, and necessary vaccinations. Do communicate with the organisation, and reach out to them if you have any questions, and they are likely to help you with a lot of the practical preparations.

Once you are there, use the time to socialise with your fellow interns and explore the country together, and also take the time to really enjoy your work there. Even if it seems stressful at times, it will likely be extremely rewarding and might be helpful in deciding your future career plans. Also, if you are applying for the first time, don't worry if the internship doesn't exactly align with your studies or career plans - any internship will teach you valuable skills, and you may discover new interests while you are there. And any job or internship will be an opportunity to enrich your CV and develop your network of friends and colleagues in different sectors.

INDONESIA

GOTOCO (ALUMNI HOST, PEMBROKE COLLEGE)

BA Geography, First Year Undergraduate, in-person working

Work Projects

As part of the project, my main task was to promote the flagship youth program running a college essay writing summer camp, primarily using social media. Beginning with basic market research, I had to write draft messaging, conduct market research, produce and schedule a variety of content, and analyse its performance and impact. I managed to increase core social media traffic across all platforms by 3 times, and the engagement rate by 41%. I had daily meetings with my mentor Sam, who was very helpful and guided me through my tasks and challenges.



Daily Life

We arrived in Indonesia and had one week of teacher training and settling into the country. After that, a daily routine would involve a few hours of lesson planning in the morning, and then getting a taxi to a school in the afternoon, where we would teach for two hours. During the

evening, we socialised with other people on the course.

Lasting Impressions

I thoroughly enjoyed the experience - I felt it was very beneficial to my personal development, as I gained lots of new skills. This includes time management and planning skills when developing lesson plans, as well as being able to present in front of around 20 students and manage the classroom while keeping students engaged. It was a very enjoyable and unique experience and I felt like I was helping the students a lot. While it has confirmed I do not want

to be a teacher when I am older, I do not think this was anything to do with the programme itself.

Sara Hoyer, St.Hugh's College, BA Psychology, Philosophy, and Linguistics, First Year Undergraduate, in-person working

Work Projects

Through the organisation Gotoco, I participated in an internship program in Bali, Indonesia, where I taught English in local primary schools and at the same time began completing the professional CertTESOL qualification. Gotoco offers such teaching programs in several countries, where they collaborate with local partners and language training programs, to allow interns to complete a language teaching qualification (such as the CertTESOL), while getting the practical experience of teaching English in schools or summer camps.

The group of interns I went to Bali with consisted of about 50 people from different UK universities, from a variety of subjects and years. The project in Bali was about 6 weeks long (1 week of training and 5 weeks of teaching), but I have another year before I need to complete my CertTESOL qualification. The flights to and from Bali were fully funded, and so was the accommodation, transport to schools, food, and several cultural activities.



During our time in Bali, we stayed in a villa close to the city Ubud, where we were provided with comfortable rooms (3 people per room, ca. 20 people per villa) and 3 meals per day. The first week was filled with induction sessions, some lessons on grammar and phonology, and even 4 hours of Indonesian language training. For the

next 5 weeks, we taught English at primary schools for 1-2 hours a day. Our classes were assigned to us, and I was assigned a fourth grade consisting of 23 students aged 8 to 10. They had very little prior knowledge of English, so we started off with some very basic vocabulary

(self-introductions, hobbies, food), but I was surprised at how quickly they were improving. They memorised new vocabulary and quickly became more talkative, which was very encouraging to see.

I taught through a combination of flashcards, writing on the board, worksheets, conversations, games and songs. For such young learners, it is important to have a lot of diversity in the teaching style to engage their attention, and so I had to be quite creative in developing new exercises and activities. Before and after school, I also had to complete tasks for the TESOL training, for example watching experienced teacher lessons or writing reflections on our Indonesian lessons. In addition, afternoons were usually spent lesson-planning and preparing materials for the next day.



Gotoco and their local partners were extremely supportive throughout this internship. With regards to the teaching itself, we were provided with a lot of helpful material and resources, as well as useful tips from experienced teachers. Our stay in Bali was made very pleasant and comfortable thanks to the amazing local staff who provided cosy accommodation and delicious local food. All necessary facilities and equipment were provided, and we were given transport to and from the schools.

In addition, Gotoco organised some incredible weekend activities for us that allowed us to explore the island, including a hike up the volcano Mount Batur, Balinese cooking, and a visit to a Sea Turtle conservation centre. Lastly, Gotoco offered us the possibility to extend our internship in one of their other programs, and to return next year once we finish the TESOL. The support I received from my fellow interns was also extremely important, and I met some wonderful people and formed strong friendships while I was there.

Daily Life

A typical weekday during the internship began by getting up and having breakfast with the other interns who lived at the villa. If we had to teach early at 8 AM, we would usually get up around 6, but if teaching was in the afternoon, we could sleep for longer. Breakfast was prepared for us, and we could all sit together in the dining area. Then, we had to get ready for school – for teaching in the mornings, we would have had to prepare all our materials the day before, and in the morning we just drove to school by car. The drive took around 10-20 minutes, depending on which school you were assigned to. If teaching began in the afternoon, we still had some time to finalise our lesson plans and print out materials in the morning.



My school was in a neighbouring village, and I taught there with 4 other interns. In school, we would usually teach for 1 or 2 hours, each intern teaching one class, usually between 10 and 30 students. My grade 4 consisted of 23 students who were only just beginning to learn English, but some of the older grades already knew more

vocabulary. We had received a rough syllabus that included the topics we were supposed to teach the students each week, but we had a lot of freedom when it came to the exact exercises and teaching materials we would use. I tried to incorporate a lot of songs, pictures and games into my teaching, because I noticed that those types of activities were much more engaging and effective. Sometimes, the students were a bit loud and didn't pay attention, but overall they were very kind and eager to learn.

After school, we drove back to our villas and had lunch (if we hadn't already eaten before), and had some time off. We usually planned our next lesson during that time, and sometimes we had a training session or some TESOL work to finish. I usually collaborated with the other interns, and we often told each other how our lessons went, whether we would recommend a certain exercise, or what could be modified in our lesson plans.

We also shared some of our materials and helped each other come up with creative activities. Other than lesson planning, we also sometimes went out, for example to the nearby coffee shop or to buy some snacks. In the evenings, we often had dinner at the villa, but sometimes we instead went out to the nearby city of Ubud. There, we went to buy clothes and souvenirs at the markets, had dinner and drinks at various restaurants and bars, and had a look around the city.



Lasting Impressions

This internship made some lasting impressions on me, both in terms of the work we did, and the cultural and social aspects of the trip. The teaching itself was extremely interesting to me, and was a new and rewarding experience. The training we received in the first week definitely helped me get some ideas for activities, but the first day of work was still full of surprises. I had not expected to teach students with no prior knowledge of English, and I was surprised at myself for how quickly I managed to adapt my lessons to suit the students.

I learned how to explain new concepts as simply as possible, how to practice the same topic in many different ways so it doesn't get boring, and how to engage students' attention. I realised how important non-verbal clues and body language are and practiced efficient communication. More generally, I definitely had to improve my flexibility, patience, confidence, public speaking, and creativity. All of these are things that forced me out of my usual comfort zone, and which I am sure will be valuable for my future, both in terms of my career, and as a person.

It was overall very rewarding to see the progress my class had made in their English skills after just a few weeks, and it was quite sad to leave them in the end. Even though I never had the plan to become a teacher, I believe that having a qualification in English teaching will be

beneficial for me. For example, I might decide to do more travelling in the future, during which this experience might help me get a temporary job as an English teacher. Additionally, teaching a language is interesting to me from a linguistic point of view, as I learned a lot about second language acquisition, phonetics, and different types of errors.

As a psychology student, I was also interested in observing how different types of exercises impacted the students' ability to remember vocabulary and understand new concepts, and how quickly their attention began shifting if a certain activity wasn't designed well enough to be engaging. So, despite my long-term career plans not being in the education sector, I was still able to find many connections to my current studies, and will definitely benefit from this internship, whether it be to get a job, to enrich my CV, or to develop my transferable skills.

Outside the actual work we were doing, the internship also had an immense impact on me due to the fact that it took place in Bali, a place I had never been to before. In fact, this was the first major trip I had gone on without my family, and so it definitely helped me become more independent and confident. It was extremely interesting for me to explore Bali, and there were so many fascinating experiences we participated in.



Gotoco organised a hike onto Mount Batur, releasing baby turtles into the sea at a conservation centre, a trip to the monkey forest, a visit to a temple where we saw Balinese dancing, and much more! We also organised our own trips, for example to Uluwatu Temple, or to Nusa Penida where we did a snorkelling tour and saw

manta rays. I also met many wonderful people during this internship, and made new friends. So overall, the trip as a whole was impactful for me not only in terms of the work we did, but also because it allowed me to explore Bali, meet interesting people, and become more fascinated in travelling.

ISRAEL

BEN GURION UNIVERSITY OF THE NEGEV

Emilia Schmid, Corpus Christi College, BA Biomedical Sciences, Second Year

Undergraduate, in-person working



Work Projects

My host lab in Israel was wonderful at allowing me to get the hands-on experience I wanted to gain from my internship already in the first days after arrival. With the Masters and PhD students around the lab all working on slightly different projects, I was able to quickly gain insight into a diverse array of experiments and procedures, as well as help with them. The variety of studies and techniques, including but by far not limited to FACS, PCR and electrophoresis gels and cell culture work, allowed me not only to widen my practical understanding, but also learn a lot about the field of stem cells, get familiar with some literature and think about experimental design for the attainment of study goals to a deeper extent. The academic discussion on a daily basis with researchers and the PI, as well as a weekly lab meeting and the reading of papers allowed me to grasp complex topics and practice critical appraisal, a skill that is incredibly valuable in the scientific domain. Both Ben Gurion University as well as the lab itself were very helpful and supportive to allow me to have the summer internship experience I had hoped to be able to attain.

Daily Life

Ben Gurion University itself made sure to set the other Oxford interns and I up in shared dorms with other internationals, as well as take us on some trips and events organized by the International Students department, which allowed us to meet more summer students of the university and gather culinary and language experiences.



In our free time, some of the others and I went on weekend trips every weekend to explore Israel and the surrounding region as much as we possibly could - the insights into the culture, the life and the people of Israel and the Middle East were incredibly valuable and unforgettable. The Israeli students and professor in the lab were so

supportive of these trips that they always provided us with a diverse range of tips on sights and restaurants, as well as being of great help for our Hebrew language skills. Working closely side by side with Masters and PhD students in the lab, eating lunch with them and chatting every day was an interesting immersion experience, as I truly feel like I have learnt a lot about the local culture and way of life.

Lasting Impressions

This summer internship not only allowed me to practice versatile practical laboratory skills and academic thinking, but also confirmed what I had previously already believed to be my career ambitions. It has confirmed that completing a masters and PhD in an academia environment continues to be a path that I believe I will enjoy in the future, and that working in a social laboratory is a work environment that fits my expectations and hopes. Especially also with the array of cultural experiences I attained, the many places I was able to travel to and see, as well as the insight into Israeli life, this internship not only helped me from a career perspective, but also in terms of my personal development. It broadened my perspective on the world and the overall experience was both much appreciated as well as enjoyed.

Maciej Maciuszek, University College, MBiochem Biochemistry (Molecular and Cellular), Third Year Undergraduate, in-person working



Work Projects

The lab I joined for eight weeks specialises in head and neck cancer. In particular, I assisted a PhD student investigating effects of a therapeutic antibody on carcinoma, not only in established cancer cell lines in vitro, but also in mice. My work had mostly a shadowing character, but after seeing certain procedures being performed a few times, I was progressively being given more opportunities to do parts of or whole experiments myself.

My direct supervisor was fantastic both as a scientific authority, a mentor, and as a person. She was always willing to answer my questions, those related to the scientific matter at hand and more general ones, such as about the field and careers in it, or cuisine and culture. Thanks to joining her in her project I saw, learnt and practised many methods and the surrounding key scientific processes planning, communication, troubleshooting, organising, etc.

Also, the lab as a whole, as a community, was incredibly welcoming, helpful and inspiring from outings and weekly lab meetings that strengthened interpersonal bonds and increased the comfort of being a part of the lab, through the principal investigator always being ready to give advice to anyone who needed it, to the possibility to ask questions and/or assist in experiments of lab members other than my supervisor.

Daily Life

Settling-in was unbelievably easy in my case. The accommodation was provided and paid for by the host university, and from the day of my arrival my flatmates (both Israeli and from the Erasmus programme) gave me a warm welcome, by being friendly, chatting with me, explaining how the dorms worked and even taking me for grocery shopping. Also, soon after, I met other

SIP interns from Oxford and quickly bonded with them, thanks to which our evenings and weekends ended up being very social - hanging out, playing cards, making pancakes, going to free-of-charge outdoor swimming pool, and travelling a lot. During the first month of my time in Beersheba, there were also many other international summer students who we socialised with, mostly during events organised by BGU.

In the lab, I would aim to spend a typical, eight-hour working day to fully appreciate the opportunity, usually from between 8.30 and 9.00 am; however, my supervisor would be physically in the lab only for part of that time, working from home for the rest of it. The location of the dorms was very convenient, making the internship and all activities outside of it easily accessible, even by foot: 15 min to the lab, 5-10 min to medium-sized supermarkets, pharmacy, and bus stops from which one can go directly to the centre of Beersheba (with the central bus station, a cheap grocery market, a shopping mall, and one of the biggest supermarkets in the city), or even to Tel Aviv or Jerusalem. There were also multiple eating-out places close to and within BGU campus offering diverse and relatively cheap meals, including a nice, entirely vegan restaurant.



Lasting Impressions

Overall, the internship was one of the best experiences of my life both in terms of the science I could be a part of, and the social, cultural and travelling aspects. I met great people in the lab and in the dorms, hoping to be able to keep in touch with them. I learnt about the cuisine and the culture of Israel, Jordan and Egypt. The internship also showed me that a career in cancer research would indeed be something for me, while allowing me to meet scientists that converged onto that pathway coming from various backgrounds (nationality, education, subjects, work experience). I believe that the eight weeks spent in Israel might be key for my future.



Practical Advice

There is a lot of variability in the daily practicalities of the internship depending on your supervisor's personality, style of working, experience with mentoring/supervision, especially of short-term interns (as compared to e.g. new masters students), and, importantly, the nature of their project and what stage of it they are in. For example, if the project requires certain techniques being done many times (such as western blotting for assessment of signalling changes after drug treatment), it is more likely that you will be given the autonomy to perform entire protocol on your own because you will be able to see it enough number of times, with the potential trade-off being that you might be exposed to fewer methods overall.

Hence, my advice would be to try to discuss/ask for that sort of details as early in your application or in the internship as possible. Also, be proactive, but in a tactful way, ask questions and for the possibility to perform experiments or parts of them understandably, supervisors might be used to taking care of their projects on their own, so to make the most of your short time in the lab try to show your readiness and willingness to help and practise, instead of relying solely on their initiative to show/teach you something; in a way, it is your job to learn something during an internship.

ITALY

GOTOCO (ALUMNI HOST, PEMBROKE COLLEGE)

Uma Subhash Gurav, Wadham College, BA History and English, Final Year

Undergraduate, in-person working



Work Projects

I spent 3 weeks in Italy working with GOTOCO, an organisation who hosts summer camps which teach English as a foreign language to children in Italy across all age groups. The first week was an orientation course in Sanremo,

where I was based with a group of around 20 students. We completed a course which taught us the essentials of how to teach classes in the summer camps using activities, songs and games to help the students practise their English. The orientation was intensive but effective and I felt very ready to go off to the camps by the end of the week. GOTOCO informed us of our camp location on the final day of orientation, and I travelled out to my camp in Ospitaletto the next day! I was responsible for the students aged 9 to 10 in a wider camp of around 25 students in total. I taught the students for around 3 hours in the morning each day in the classroom, and then in the afternoons the entire camp combined for various afternoon activities led by myself and the other tutors, including water games, scavenger hunts and other English-based games. While I was at the camp, I was staying with the family of one of the students and they introduced me to the local area, food and customs. After the placement, I had to complete a short online course at home which then qualified me for my TEFL certification.

Daily Life

During orientation, we had very intensive hours because there was a lot to learn in the five days. We would begin the course at 8am and sometimes we would not finish until 6:30pm. However, we were given a lunch break in which we were able to go and have a rest by the

beach if we liked, and we were provided lunch by the hotel in which we were staying. In the evenings, we sometimes had material to prepare for the next day, but we also had time to explore the area and get to know the other tutors. We were given Wednesday evening off to go into central Sanremo and have dinner in the area.

While teaching in the camps, the hours were also long and we had to be in school at around 8:30 to prepare for lessons at 9. There was a 15-minute morning and afternoon break, and a one-and-a-half-hour lunch break. Teaching ended at 5pm, and we would then have our debriefing meeting after each day which normally ended at around 6pm. We also had to spend some time after work planning our lessons and the afternoon activities for the next day. In the evenings, my host family tended to organise lots of fun activities for me, such as meeting extended family members or having dinner in local cities. The weekends were free too, and I was lucky enough to visit Lake Garda with my host family!



Lasting Impressions

I had the most wonderful time on this internship. While the teaching aspect of it was tiring, particularly at first, I found it more and more rewarding once I got the hang of it and began to get to know my class. Staying with the host family was probably the best part of the internship because not only did I begin to learn and practise speaking a lot of Italian, but I was also introduced to some amazing Italian food and I was able to get to know the local area and see some beautiful sights.

I gained a lot of confidence from the experience, particularly because teaching younger children really requires you to let go of a lot of inhibitions and become comfortable being 'silly' around students in order to encourage them to participate in activities in the same way. GOTOCO was a great organisation to work with and all the staff that I met were incredible. They have invited me back to work with them again in the future and I fully intend to do so!

JAPAN

YAMANASHI GAKUIN UNIVERSITY

Lucien Jean Lanson Hirigoyenberry, Harris Manchester College, BA Oriental Studies (Chinese with Japanese), Third Year Undergraduate, in-person working



Work Projects

Our internship at Yamanashi Gakuin University focused on the concept of internationalisation and in particular on trying to bring about more curiosity about life abroad within the student body. Our internship was divided in four

chronological phases. First, we familiarised ourselves with the student body, examining data from the International Exchange Centre and participating in school events such as English Funday to try and promote English learning.

The second phase focused on interacting with a local wagashi company called Wanoca. For this, our main task was to submit a PR report on how Wanoca's products may be sold to Western consumers. We received a lot of assistance both from our manager Murakami-san and from Furuya-sensei, a teacher from the management department who took us on tours around the prefecture so that we could better understand Yamanashi.

During the third phase, we had to create an event to promote internationalisation for which we held a 'Click Clack Funtime' event where students met and played with paper click clacks in various languages. The last phase revolved around our final presentation (in Japanese), reflecting on internationalisation and how this internship will contribute to our future. We were also able to attend trips to Mount Fuji and attended language events throughout the internship and I also attended an event with representatives from the university of Lyon. We received support from our manager Murakami-san as well as everyone else in the International

Exchange Centre. The office being quite small and everyone being very friendly, it was easy to get assistance. Most of the work was conducted in Japanese though English was also used. I also worked a little bit in Chinese.

Daily Life

In the first week, we were given a tour of the campus and the office and were introduced to a variety of people such as the head of the school, Aoyama-san and other important figures. Everyone was very friendly and welcoming despite my poor Japanese and settling in was very easy as we shared two seats in the International Exchange Centre. Because we lived in university dorms, getting to school took less than 10 minutes by foot. The accommodation was very comfortable. Because a lot of work involved meeting students, I was able to make many friends and organised some language exchanges with them.

Outside of work, I worked on my language skills and went on walks around the city of Kofu which is full of nature. Having rented a bike, I was also able to enjoy many sights. Some of our colleagues often invited us to lunch and/or for sightseeing on weekends. I also attended Japanese classes with international students from the university.



Lasting Impressions

All in all, it was a very positive experience. The work itself was not very challenging though I did enjoy working with the wagashi company and my Japanese levels definitely improved. I have met many wonderful people through this internship for which I am very grateful. I think the internship has made me realise that I would prefer to work in more challenging environments and feel like my strengths are put to better use. That being said, it has given me hope for future career projects and encounters I have made have motivated me to perhaps engage in entrepreneurship. I am also very glad that I was able to improve my Japanese levels and it has helped me better understand some of the basic dynamics of intercultural communication.

KENYA

NASIO TRUST

MPhil International Relations, in-person working



Work Projects

I spent 2 weeks exploring the Exceptional Students Program through research and interviews with beneficiaries and staff to produce an Exceptional Students Report. At the end of Primary School, all Kenyans complete a national exam. Any vulnerable student within the catchment area of Nasio Trust who receives over 350 marks (out of 500) is eligible to apply for this scholarship. Students are then interviewed and 5 are selected by Nasio. Nasio pays for these students school fees for secondary and university education. Overall, the program is quite successful. However, there are issues in the selection process, in student mentorship and support, linkages to community development, and long-term funding sustainability.

My report discusses these issues at length and provides interventions to be implemented to strengthen the program. While working on this report, I also created a new Exceptional Students Advertising Video, which Nasio can use to secure funding and better advertise the scheme on their website. Currently, there is a strong reliance on poverty and glamorization of poverty to attract funders.

The purpose of this video is to emphasize the achievements of Exceptional Students, with a focus on their worldview and goals for the future. While working on this project, I also learned that there are several other scholarships out there for vulnerable students who score well on the National Exam. I created a document with Alternative Scholarships for Exceptional Students, which lists scholarships and application guidelines. The thought was that Nasio could help support the students it cannot fund to apply to other programs.



I spent 2 weeks exploring the Peer Education Programme, which is aimed at reducing teenage pregnancy, early marriages, and HIV transmission among young people aged between 10-24 years by improving awareness and education on sexual reproductive health. It is also aimed to economically empower vulnerable individuals for sustainable livelihoods at the household level. I produced a Peer Education Report that outlined the way in which the project operates, as well as improvements when it comes to logistics, the programme scope, sustainability, and securing future funding. The funding is going to run out in 3 years, so I proposed 4 different extensions to the programme that would help with renewing funding. I also reviewed grants that had been rejected and offered suggestions for those grants. Finally, I created Peer Education ID Cards for all the student peer educators, as they expressed that they often faced challenges when sensitizing the community, as some elders had issues with men and women talking to each other. These cards can now be given to each Peer Educator to demonstrate that they have been trained by Nasio.

Finally, I spent about a week working on a Mentorship Guide. The idea for the mentorship guide came as I was working on the Exceptional Students Report. Part of the program includes a mentorship scheme, where each student is paired with a mentor. However, at the moment this is rather informal. I created a Mentorship Guide that could be used to train staff mentors. However, while working on this, I was also working on an Organizational Capacity Assessment for HR and Management. There are big challenges when it comes to staff retention, efficiency, effective communication, and trust in the organization.

I thought that implementing a formal mentoring scheme for the staff could be useful, so I also created a brief document outlining how Nasio could implement such a scheme. Through this HR review, I also provided suggestions on how to better train and empower staff. I created a

Reading List for staff and for interns. Throughout this process, I received support from the CEO, the Project Manager, and the local Staff.

Daily Life

Throughout our 5 weeks in Musanda, we stayed at the Nasio Trust Guesthouse. This is where we slept, ate, and worked. Every day we woke up, ate breakfast, and then worked until lunchtime. Work consisted of discussions with staff members, visiting NGO sites/activities, research, and writing. We then had lunch, and continued working until around 6 PM. We had a debrief every evening. In the evenings we would hang out in the compound reading or chatting. Some days we went on walks. We had a few excursions to visit local sites on the weekends. I socialised with the other interns, as well as with staff members that were living in the Guest House. At some points, it was quite draining to always be in the compound, it felt like we were living and breathing work, so going on walks was always refreshing.



Lasting Impressions

Overall, I enjoyed the experience, despite it being very challenging ethically, emotionally, and physically. I have made incredible friendships, learned a lot about NGO operations and management, and was able to contribute to important projects. This internship has confirmed my desire to want to live and work in Africa but has made me realize that I do not want to work in NGOs and want to work in organizations that focus more on policy and broader structural issues.

Practical Advice

Read about Mumias, Musanda, and Kenya before coming so you are familiar with the area. Have a strong basis in development work. Don't be afraid of asking hard questions. Be a self-starter, if you see areas that need work, just do it.

BA Philosophy, Politics, and Economics, Final Year Undergraduate, In-person working



Work Projects

My work included reviewing the income generating projects such as fishponds, beekeeping, medical centre, tree nursery, spirulina farm, and guesthouse; assessing their viability as income generating mechanisms, and what potential there is for improvement; considering if

it was necessary to shut some projects down. I advised on how to create more effective management and ways to improve the business plans such that there is a successful market for each of the projects. I also surveyed the staff members in order to understand ways in which the agricultural department could be improved, such as by changing the salary structure to reward success. I carried out market research by helping to interview buyers and sellers as well as visiting local small business owners to understand the most profitable ways to sell products.

I also completed broader market research online for many of the projects in order to better understand the local market as well as the possibility of securing bulk buyers. Finally, we also brainstormed ideas to extend the various projects. We explored value addition activities and new ways of marketing the projects. This also included expanding the offering of some of the products, such as making the guesthouse into a more successful venture by marketing it to more students and offering different experiences.

Daily Life

Our home for five weeks was the Nasio guesthouse which is the base for the charity and where all volunteers stay when they visit. The accommodation was in shared rooms with bunk beds with shared toilets and a communal area. We were served food in the common area which was made in the guesthouse. We were made to feel very welcome when we arrived and got to know the rest of the staff very well due to spending almost all our time at the guesthouse! Our work was mainly on laptops in the common room, which at times was tricky when the

guesthouse was busy, it was also sometimes hard to motivate ourselves because our social area, eating area, and work area were all the same. We did have quite a few trips to meet people and visit projects which the charity was running. There were six interns in total so we socialised together and also with some members of the staff who stayed late at the guesthouse. Outside of work, we tried to keep ourselves busy, however, being so rural there wasn't a lot to do in the local area. Some communication issues also created problems which prevented some trips from going ahead on the desired date. Freedom was quite limited due to being told that it wasn't safe for us to go out on our own. Nasio did help us organise some trips which were fun and very enjoyable.



Lasting Impressions

The experience was very challenging at times but on the whole enjoyable and interesting. The main thing I've learnt is how difficult change is to achieve, particularly in the development sector. This was at times frustrating and has made me not want to go into

the development sector straight away as I feel I could only complete useful work in this field once I have acquired specific skills. I did however really enjoy the experience, it felt very special to have the opportunity to live and work in a new country in an environment which is so different to what I'm used to for so many weeks. I made really great friends from spending so much time with the other interns and learnt a lot about myself as well as what I want from my career.

Practical Advice

Bring more than you need - it is very hard to buy anything like mosquito repellent, sun cream, or other specific things so make sure you have enough of anything like that! It is also a very challenging experience at times and things will go wrong - whether this is emotionally related or medically living in a rural area of a developing country means you need to stay resilient and be prepared for problems.

MEXICO

ANAHUAC MERIDA UNIVERSITY

Andrea Barbato, St. Antony's College, MSc Latin American Studies, in-person working



Work Projects

In this sustainable development internship initiated by the University Anahuac in Merida, I worked with a team of university students and experts to tackle a specific set of socio-economic problems in the Maya community of Xcunya (Yucatan). The goal of the project was to design a project that could improve the quality of life in Xcunya by addressing issues that would be identified together with the community, in a bottom-up way. Therefore, and based on the design thinking methodology, the programme began with fieldwork in the community (problem diagnosis). Various visits were dedicated to the detection of the problem, and through semi-structured interviews the group (drawing from the community's answers) could identify alcoholism among teenagers aged 10-22 as the main issue. From this point on, the internship moved to the university classroom (although still maintaining regular check-ins with Xcunya) and the role of the students became to develop a project in different steps.

More in particular, a pretendotype and a prototype were built based on the idea that the best solution to the problem would be the introduction of new cultural and sports activities in the community while upgrading the existing ones. The final prototype, Joventud Kaab (kaab means bee in Maya, and it was chosen both because bees work in groups and because Melipona bees honey is a symbol of the community), revolved exactly around this idea. Divided into three phases, the objective of the programme was to involve as many strategic actors as possible in order to bring different activities to the community. Presented to multiple university members

and local authorities on the final day, the project will be carried out in the future by other students of the Anahuac.



Daily Life

My daily life in Merida has been great. In the morning, I would go to the amazing Anhuac Mayab campus, where I would work on the project for approximately 5 hours. Yet, this was not always the case. In fact, especially during the first 2 weeks, a good part of my working time was spent in the comisara of Xcuny, doing fieldwork and meeting with

community members. This type of activity was very flexible, and once we even visited the community on a Saturday night. Subsequently, once the group was done working, we would all go out together. As a matter of fact, the other intern and I created a very deep bond with the girls from the host university, and we would spend most of our free time together. The same applied for some of the university experts that worked on the project.

More specifically, I connected particularly well with one of them, and we would exchange books and visit Maya ruins together (knowing my passion for pre-Hispanic civilizations). This aspect was perhaps the most important as in Mrida public transport is very complicated to use and most of the time is inexistent. Therefore, having friends that could pick me up and take me to different places was great (I will never be grateful enough). It was also fundamental in terms of settling in. Indeed, thanks to my previous knowledge of the country (I graduated in Latin American Studies) and to the extremely welcoming character of the Anhuac students (as well as the people I would meet in the street), I had no settling in problems at all. The Mexican culture is one of openness, and this was reflected throughout my stay in Mrida.



Lasting Impressions

This internship changed my life forever. It is really difficult to put it into words, but to sum up I will say that applying was the best decision I could ever make. As a Latin American Studies graduate and a [future] Mexicanist, having the chance to study in one of the most beautiful cities of the country was a true blessing. Moreover, ever since I visited Mexico for the first time in 2018, I have become a huge pre-

Colombian cultures enthusiast. Mrida, by being close to Chichn Itz, Uxmal and Mayapn, and by having a significant Maya-speaking population (around which the project revolved), was the perfect location for an internship. Yet, although the premises were already reassuring, the reality greatly surpassed the expectations. In fact, conducting fieldwork in a Maya community really made me understand how life is in a slowly gentrifying indigenous community, and how different it is from all the articles and books I had read about it during my masters.

Living in a different social context and reality can be completely different from the way in which it is portrayed on paper. And so it was in Xcun. I have learnt that the community was not as united as I was expecting, and I have also learnt that the legacy of the caste system is so strong that people prefer not to say that they speak Maya in order to avoid facing bullying and discrimination. Seeing how inequality works first hand in the region I study was really impactful. Finally, this research-based project made me realize that ethnographic research is a field that I want to explore more, especially with regards to my career. As a matter of fact, I am now looking for research-based jobs in Yucatn.

Practical Advice

I believe that all interns should make sure to be fluent in Spanish before going. A great part of the Mexican culture cannot be accessed without true fluency in the language. Therefore, the experience could only be lived partially. Another piece of advice is to try and speak to as many

people as possible. Only by speaking to locals will you learn about the secrets of the city, as well as places to visit and the things to eat. Remember that a great percentage of the Mexican economy is informal, therefore many services will not be greatly advertised and can only be discovered by talking to people.

BA Human Sciences, Second Year Undergraduate, in-person working



Work Projects

I worked on a sustainable development project in Yucatan, Mexico, which is being organised by the Universidad Anahuac Mayab. The goal was to create a project to support and improve a small local community. During the project we carried out interviews and got to know the inhabitants of the community in order to

identify the issues the community faces and problems that could be addressed. Part of my tasks were research, planning and designing interviews and questions, interacting and interviewing people in the community, reframing our questions and approach and again returning to the field to gather further information. We then used all the data we had gathered to identify the most important issues which need to be addressed and then after confirming these again with people from the community, designed a project which can be implemented in the community. The host organization, which was the Universidad Anahuac Mayab, was extremely helpful and supportive regarding all aspects of the project from academics to transportation and cultural and social integration.

Daily Life

Generally, there were broadly two different types of workdays. Some days we would be working at the campus of the Universidad Anahuac Mayab. I would either take the University Bus to the campus (provided for free for me) or be given a ride by one of the organisers. We would then work in the internship group at the university and usually joined by some of the

academic advisors. One of the other students usually gave us a ride back home after we completed the day's work. On field days, we visited the community we were working with to carry out interviews and get to know the community and its inhabitants.

On some days we also visited other communities and important sites in the area to learn more about the local lifestyles and culture and provide us with a better understanding necessary for the project. Outside of work I had plenty of time to explore the city of Mérida as well as go on day trips on the weekend and get to know Mexican culture first hand. I mainly socialized with the students I met via the internship as well as getting to know their friends and families.



Lasting Impressions

I very much enjoyed my internship and the overall experience and would very much suggest everyone who has the chance to go. I gained a lot of insight into academic and field work, how projects are planned and carried out and the difficulties that come with it. As it was a pilot project and the first time the Universidad

Anahuac Mayab has carried out such a project it was not only interesting to see how it developed itself, but also how we could develop the entire structure for such and similar problems further, for the future. Apart from many professional insights I also personally learned a lot about Mexican culture, life, and lifestyle, got to improve my Spanish and met many impressive and interesting individuals.

MOZAMBIQUE

POLO WOMENS POWERED STORIES (ALUMNI HOST, WOLFSON COLLEGE)

Ariana Rubio, Lady Margaret Hall, BA English Language & Literature, Lady Margaret Hall, Second Year Undergraduate, remote working



Work Projects

I completed a five-week internship at POLO Stories, which is a non-profit organisation that produces and disseminates inspiring stories (articles and documentaries) about women. Throughout the course of the internship, I researched and wrote eight c.1,500 word articles

and produced almost fifty social media posts with graphics and captions for Instagram and LinkedIn. Typically, research for the articles took a day and a half, and writing took a day and a half.

I used Canva Pro to produce the graphics. This was very interesting as I'd never done any sort of graphic design work before, and I really enjoyed it! Another highlight was contacting Oluyemi Adetiba-Orija, a lawyer who established a non-profit (the Headfort Foundation) which works to free innocent people awaiting trial in the Nigerian prison system, and conducting an interview with her. I then wrote an article about this, and the CEO might do a documentary about Adetiba-Orija's work. There were two other interns and we checked each other's work. The internship was remote.

Daily Life

Typically, I started work at 9am, and did research for articles for a few hours before Zooming with the other interns at 11am to discuss our progress. I then had a break for lunch. After that, I

either did more research or wrote a good chunk of an article. I ended the day with making some graphics and captions. I made sure to incorporate breaks to exercise and socialise. After work, I saw friends and family.



Lasting Impressions

I really enjoyed the experience. It was very nice working with the other interns, and the CEO was amazing. When writing articles I used a different style of writing to my usual academic essays, and that was an interesting intellectual exercise. I also really liked the graphic design element of the internship. I will say that it probably

confirmed that journalism is not the career for me, as I'd like to do something with a bit more structure and reliability.

Practical Advice

I would advise them to not be afraid of trying out new things in their writing, and that graphic design isn't as hard as it seems and can be really fun!

PERU

ALLIANCE FOR A SUSTAINABLE AMAZON

Sean Baldock, Hertford College, MBiol Biological Sciences, First Year

Undergraduate, in-person working



Work Projects

I undertook an internship in the Madre De Dios region of the Peruvian Amazon Rainforest with the NGO the Alliance for a Sustainable Amazon, to work as a member of the Lepidoptera Team in the field station. This long-term research project has 3 main goals: Creating a comprehensive list of butterfly and moth species at Finca Las Piedras; Generate a region-wide database of species' distribution records; Identify butterfly host plants. To accomplish these goals, the Lepidoptera team would work daily in the forest,

collecting host plant tissue to feed the caterpillars we were rearing in the lab; with sometimes over 60 caterpillars at once making locating their specific host plant a certain challenge.

The caterpillars are subsequently photographed daily at a dorsal and lateral angle to identify any changes day to day, and we would document their condition, including how much they had defecated and their exact position on the leaf. These undeniably laborious, and sometimes tediously repetitive tasks, generate a wide range of data that becomes useful over a longer period of time where trends can be identified.

As the Organisation's President, Geoff Gallice would say, this basic research is certainly boring, but nobody else is doing it! This part of the work taught me many soft and hard skills, from how to use a DCLR Camera for macro photography, to efficient data entry using a variety of data

collection software. For the first 5 days of every month, the Lepidoptera team, in a certain sense, 'harvest' the butterfly fauna from the forest using 20 canopy and ground fruit traps.

This work involved daily killing of up to a hundred butterflies a day, which lead me to question the ethics of the study, however I learnt that in science, to have any proof of findings we need the physical evidence that that organism occurred in that time and place, making it necessary to take the individuals from the forest (for science!). These specimens would then be appropriately documented, subsequently stored in the growing museum collection the organisation is building.

The host organisation worked with Spanish as the primary language, a language of which I didn't speak a word before travelling to Peru. However, this was certainly not a barrier to work due to the kindness of the people I met here, and their never-ending patience with my attempts to communicate as I slowly learnt more and more.



The experience was mutually beneficial, as I was able to help teach English to some of the Peruvian workers whilst simultaneously learning Spanish to a working proficiency in only 3 months. The organisation provided the environment for my personal development, allowing me through the course of the internship to identify what I do and don't like about working in ecology; an experience which I will always be grateful for.

Daily Life

When I arrived at the airport, I was collected by my taxi, which, was a jolly man in his family car, complete with his whole family, including 3 children jumping around the vehicle without seatbelts, a practice I have learnt to be commonplace within the rainforest! Not only did I try to enter the taxi on the drivers seat, solidifying their impression of me as a foreigner who didn't speak a word of English, but my failed attempts to communicate in Spanish set for an awkward

car ride full of laughs as we headed into the forest camp. All it took was patience, as within a few days the leaders of the organisation arrived back at camp after the weekend away and gave me a thorough introduction to the work they do at the organisation and how my internship would be fitting into this work.



Essentially, I was to become a full member of staff for 3 months, working as a member of the Lepidoptera Research team, which included staff perks like limited laptop Wi-Fi connection, and the responsibilities of maintaining order in camp and cooking dinner for everyone on Saturdays. By this point, I had become accustomed to the pace of life, waking up at 6:30 for breakfast, working by 8am, and working until all the work for the day was completed, which could vary from 1pm to 9pm if we were doing light trapping for moths that day! I found this daily work arduous and repetitive, with limited academic development provided, however I gained immense experience in living and working in a rainforest field camp and how a long-term study like this is carried out. It was also amazing to be working with almost exclusively Spanish speaking coworkers, which allowed me to teach English and to learn Spanish rapidly.

After 3 months, I am able to understand 90% of everything said and speak back enough to get my point across, even if it is with awful grammar! Outside of work, we would often play volleyball in a forest clearing, or, during my time off on the weekends or extended time off from work I took, I was able to travel with other interns around Peru, which was a wonderful experience I hadn't planned on before coming to the country. I went to Lago Titicaca, staying on the floating reed islands, before travelling to Cusco, to explore the city and hike the Rainbow Mountain, Red Valley and a glacial lake.

When back in camp, we would also often play table football, which I became incredibly competitive at due to our intense tournaments! It was amazing to socialise with people from all over the world, from Harvard-going Icelandic Members of Parliament to extremely conservative Americans who shared different political opinions to me but yet was able to live and work together more than happily for 3 months. Whilst I inevitably missed my home friends, I was provided with respite by managing to meet up with university friends who were travelling in Peru during my internship, giving me a nice piece of home to keep me inspired to complete my internship.



Lasting Impressions

I will certainly remember my experiences in Peru for the rest of my life, and I feel incredibly lucky that I was selected for this internship and was able to live across the world for 3 months.

Academically, I don't feel like I gained heaps, and whilst I probably learnt more than I think just

from living immersed in the forests in which I had been studying for a year, I feel that this programme was definitely more a programme which taught me work skills, such as time management, data entry and team working skills rather than detailed biological knowledge.

I was then able to meet some of the kindest and funniest people from all over the world, and learn about their work and why they were also committed to living in an isolated jungle camp for the summer! Whilst I have stated I didn't particularly find the work academically rigorous, this isn't to say I didn't enjoy it, as after an academically arduous year at Oxford I was more than happy to just peacefully work on butterflies and moths for 3 months!

I certainly gained a different perspective on life, however cliché, I learnt not to take for granted many things I had become accustomed to in the western world, from something as simple as a



flushing toilet! I have learnt that for the rest of my life, I probably do not want to work in the rainforest, and I certainly don't want to work in entomology, as I found myself much more drawn to other types of work being done in the site, leading me to consider that I might actually like to study medicine, or a PhD in cancer science. For me, this is just as useful as a finding as if I had confirmed I wanted to be an entomologist, as now I can focus my energy on what I really enjoy and start to move away from what I thought I should enjoy as a biologist.

UNIVERSIDAD DE PIURA

BA Philosophy, Politics, and Economics, Second Year Undergraduate, in-person working



Work Projects

I was working for one of the professors at Universidad de Piura - campus Lima, as their research assistant. The project I was working on focused on deforestation in Peru. It was still in the early stages and thus vast majority of the tasks I was assigned went towards exploring the

area and informing the research question and focus for the research proposal. This included conducting a thorough literature review of deforestation related literature and various other literatures relevant to the specific project. Subsequently I created presentation summarising the information found as well as highlighting potential under-researched areas and outstanding questions that could be examined within the project.

Further I was tasked with creating datasets that will be later used for the quantitative part of the projects. This part included me discovering reliable data sources, understanding the methodology and limitations of the data and then subsequently web scraping and cleaning them as well as creating summary statistics that would further inform the future path of the research. All throughout this process I felt very supported as I worked in a physical office with other research assistants that would be very helpful in helping me if I got stuck on a task. Furthermore, my interaction with the professor I was working for was frequent and they were able to guide me through the process in a very professional way.

Daily Life

My internship was in person, in the city of Lima, Peru. I was assisted by the university I worked for to find a nice accommodation for the entire two months prior to my arrival so I wasn't

worried about anything. My university also provided me with a buddy - a student of the same age studying a subject similar to mine to help me settle. This was very useful as my knowledge of Spanish before coming here was extremely limited and the cultural shock was significant. However, due to my buddy I managed to settle in quite quickly and got into the rhythm of things within my first week being here.

My accommodation (an en suite room in a student house) was roughly a 20-minute bus ride from the university which was very convenient. Outside of work I mainly explored Lima and during the holidays and after my internship, the broader Peru as well. I also socialised with other people at my accommodation (exchange students from mostly Europe) and my coworkers as they were all in their early 20s. In general, I would say that the social and cultural aspect of the internship was as enriching as the academic one.



Lasting Impressions

I enjoyed the internship very much mostly because of 2 things. Firstly, I managed to experience economic research first-hand myself - something which I haven't been able to do much until this point. This is very important for me as my career aspiration would be to pursue

economic research myself. This internship confirmed to me that I would indeed want to do that. A particular highlight in this area would be when I got a chance to participate in a two-day conference for young economists where a number of aspiring job market candidates presented their new papers for the first time and I had a great opportunity to talk to a number of them.

Overall, academically it was a very exciting summer. And secondly, another lasting positive experience comes from the fact that I managed to immerse myself into a new culture for 2 months at a level deeper than I could achieve by simply just visiting Peru as a tourist.

Experiencing a daily life in a country quite different to those I've lived in before provided me with many new insights and perspectives and definitely broadened my horizons.

MSc in Evidence-Based Social Intervention and Policy Evaluation, a mixture of in-person and remote working

Work Projects

I worked on a project exploring the role of family networks in determining credit access in rural Peru. My tasks involved literature review and secondary data analysis. I received complete support from the host organization - in terms of onboarding and training. Everyone at the University was very friendly and welcoming.

Daily Life

On the weekdays, I worked at the University and socialised with the research team there. On the weekend, I had the opportunity to travel to Cusco and see Machu Pichu, one of the wonders of the world - which was one of the highlights of my internship.



Lasting Impressions

I am certain that the lessons learnt from this internship, coupled with the perspectives gained on credit access and resource ownership will pivotally equip me on my journey forward. Further, this experience of working in Peru has provided me with keen insights on the development context of Latin America, and I hope to return soon to work in partnership with academic and policy institutions in Peru on policy-focused assignments.

SAUDI ARABIA

KING ABDULLAH UNIVERSITY OF SCIENCE AND TECHNOLOGY (KAUST)

Alexander Rodway, Jesus College, MA Biology, Final Year Undergraduate, in-person working



Work Projects

I completed an internship looking at the use of probiotics to mitigate coral bleaching. My main tasks have been diving to conduct field work (application

of media) and preparation of media in the lab. Supervisors in my lab in KAUST supervised me and instructed me on how to conduct this research.

Daily Life

I lived in a house, funded by KAUST, and so met people living with me and in my lab very quickly. A typical day would consist of going to the lab for most of the day, having lunch with colleagues and friends. After work, I would often play sports or go to the beach. At weekends, we often go on road trips such as snorkeling or diving.

Lasting Impressions

I loved this experience and plan to stay in academia - quite possibly in marine research. I've never dived before, but I absolutely love it and plan to continue throughout my life regardless of what I do as a career.



SPAIN

GOTOCO (ALUMNI HOST, PEMBROKE COLLEGE)

BA Mathematics, Final Year Undergraduate, in-person working



Work Projects

I worked as an English language teacher in a remote location in Spain for four weeks. I taught English teachers who worked in Spanish schools and were not fluent in the language. The Spanish department of education recently announced that a certain proportion of classroom lessons

must be delivered in English, and so many of the teachers needed to practice speaking and delivering lessons in English. They typically all had brilliant grammar but were not used to speaking the language, so for an entire week they could only speak in English to improve their abilities. All of the teachers left with a far higher level of fluency than they arrived with.

Our main tasks were to lead group activities that were both useful for encouraging the teachers to speak more English, and could also then be used in classrooms with the children that they taught. We often completed activities in small groups, where we would 'create a country', or write and rehearse a small musical, and then present to all the other groups later on. The Spanish teachers were encouraged to take on main roles, come up with their own ideas and speak lots during presentations, whilst the English interns were present to help them brainstorm and monitor the activities.

Daily Life

Before the first group of Spanish teachers arrived, we had 24 hours to get to know each other, settle in and do some team bonding exercises. We all lived in apartments together, with 2 English volunteers and between 1 and 4 Spanish teachers. The apartment complex was

attached to the other facilities we used, including the dining room and recreational areas, and also had its own pool where we could spend our free time. During mealtimes, everyone would eat together, with some English volunteers and some Spanish teachers on each table, where informal talking was encouraged. We had an hour for each mealtime.



We then spend the first 4 hours of the day on the more intensive activities of the day, e.g., spending 2.5 hours planning something such as 'create a country', or inventing something for dragons den, preparing posters and writing our presentations, then spending 1.5 hours presenting to everyone. After lunch, we had 2

hours of free time during the hottest part of the day. We were free to do anything during this time. In the late afternoon, we would then take part in less intensive activities and focus on games that encouraged the Spanish teachers to speak and write more in English. We then had an hour of break, our evening meal, and played a game such as 'mafia' for one hour after eating. In the evening we were free to do anything and often went to the bar to spend time with the Spanish teachers.

Lasting Impressions

I think that the internship was a great programme and the Spanish teachers were all really enthusiastic. I definitely developed a lot of skills in motivating people and making things exciting, as well as team-leading, working with larger groups and often having to come up with many activities on the spot. I enjoyed the experience as a whole.

UNIVERSIDAD OF MURCIA

Emma Mao, Christ Church, Medicine, First Year Undergraduate, in-person working



Work Projects

At the hospital, I was assigned a doctor or researcher to shadow for the day. It allowed me to eventually see the whole hospital which was large; there were 10

Floors with two underground layers that spanned greater than the building. I was given insight into many aspects of cardiology. There was a day spent on treatment of patients with heart failure; I could relate the theory we learnt in the year on the treatment plans of patients. I discussed with the doctor the variables in treatment for each patient and how they were specialised. Having not had any clinical contact in the first year, I also saw presentations of symptoms in patients. There was a patient with severe heart failure where I could observe all the features; liver enlargement, peripheral oedema, visible jugular vein, the vena cava not collapsing on the echocardiogram showing congestion and vertical B lines on echocardiogram showing interstitial lung fluid. The heart failure specialist showed me how to perform each diagnostic test.

There was a day with a cardiomyopathy specialist which branched into genetics and applying ECGs. With this doctor, I met a patient with Costello Syndrome, a rare condition that is estimated to affect ~300 people worldwide and got to listen to their heart murmurs using a stethoscope which was a unique experience. I also got to spend time in a congenital heart disease clinic which allowed me to get an in-depth introduction to echocardiograms. I could transfer the new skills I learnt and apply them in a research setting. I observed medical research on mice on the topic of myocardial infarctions. Echocardiograms were done on mice and the procedure and measurements were extremely similar.

In the research building, I was also shown the genomics lab which was linked to the hospital to help do testing for the patients with cardiomyopathies. I also got to get a close-up view on catheterisation procedures; there were both femoral and radial catheterisations. I observed in the CATH lab, where they are replaced an aortic valve going through the femoral artery. We were wearing lead aprons to protect from X-rays used to visualise the arteries. Accessing the heart through an artery meant lower risk of infection and no broken bones.



I learnt how to ensure sterility for surgery when I was allowed to stand next to the surgery table. The use of intervascular echocardiography fascinated me as it provided so much information on the 3D structure on coronary vessels that would give the doctor a clear idea of how to proceed with treatment. There were so many

different types of catheters for different uses; ones that were balloons that could be inflated to dilate the artery, ones that were stents to maintain the artery, ones with micro knives on to break the calcium plaque. In the arrhythmia ward, I was shown the procedure of putting in a pacemaker and ICDs and the testing required to qualify patients for a device. Lots of ideas linked together after seeing so many wards, with arrhythmia drug testing linking to genetics. For example, a son was found to have Brugada syndrome which meant that his parents must be induced to see if they also have this syndrome which then needed to be further confirmed using genetic testing to figure out what the mutation is.

At the lab, I was assigned to proofread a protocol report that was in its final draft. I would research science to help myself gain a deeper understanding of the hypothesis and correct the grammar. It helped that I had read protocol reports from my day spent in the hospital's clinical research office where I learnt about ongoing clinical trials that were in the recruitment phase. A highlight of the experience was watching a heart transplant. It was a privilege to be able to watch a heart being removed and have a donor one put in its place. Samples of the original ischaemic heart were taken for genetic testing as a control in a cardiomyopathy study. I felt the

stents inside the removed heart that were previously placed to prevent further ischaemia and got to see the ischaemic part of the heart that was previously visualised on an echocardiogram.



Daily Life

In the morning, I would get up usually around 7am and get ready for the day before heading down for breakfast. I learned to have a big breakfast as Spanish people have a late lunch. I would catch the bus to the hospital to arrive around 8am. There was a meeting every morning to discuss interesting cases of the day before and to get more perspectives on each patient. I would then meet with the internship organiser who would assign me a person to shadow for the day; I would follow them on their day whether it was seeing patients or performing experiments. It was a bit hard to understand what was going on sometimes due to the language barrier, but I soon settled in as everyone at the hospital was very welcoming and accommodating. I got into a schedule of things to do which made each part of the day make more sense. I would end my day at the hospital at 3pm when I would get the bus back to my hotel. I would then have free time to grab something to eat.

I usually went to Mercadona (Spanish supermarket) and visited the bakery section and tried Spanish pastries e.g. empanadas and ensaimadas. I explored different regions of the city where I picked up the hobby of sketching buildings; the cathedral and old town are a must see in Murcia. There was a gym in the hotel where I could exercise out of the heat. In the evenings, I would have dinner in the hotel's restaurant across the street which served Spanish dishes that were interesting, particularly ajo blanco – garlic soup with watermelon and salted fish. At the hospital, I met some ERASMUS medical students who I could socialise with as they could also speak English. I had discovered very soon that most people in Murcia did not speak English as it is not a tourist location. All the people at the hospital were very friendly. In their breaks, snacks would be brought in to share and one thing I discovered from this was horchata, a cold frozen drink that was very refreshing.

At the weekends, I would travel to the nearby beaches by train or bus. I visited Alicante, Torrevieja and Cartagena which had the Mediterranean Sea where I swam and did other tourist-y things. I also visited the outskirts of Murcia which included Carrascoy and the Valley, which is a mountainous regional park where I did some hiking and got the tram to the university campus and IKEA etc. to explore.



Lasting Impressions

This was an amazing experience. I got such an in-depth view into life in a hospital as well as a laboratory which was facilitated by the doctors and researchers showing me their work. I gained so much insight that would not be possible without experiencing everything first-hand. This

internship has also taught me life skills of independence and many others. Not being able to speak Spanish, I managed to figure out the public transport system, navigate daily life and travel on my own in a foreign country. I am much more confident in my organisational and decision-making skills. I got to experience Spanish culture, people and sun which have formed fun memories of this summer. I found application in the topics we had learned in first year in treatment and new research and this has consolidated these ideas for me. This experience has shown the wide range of routes available to take and made me want to explore more areas.

SWITZERLAND

JOHN ADAMS INSTITUTE FOR ACCELERATOR SCIENCE – CERN (ALUMNI HOST, ORIEL COLLEGE)

Ryan Alexander Ghent, Christ Church, MEng, Integrated Masters in Engineering Science, Final Year Undergraduate, in-person working



Work Projects

The CLIC (Compact Linear Collider) project is one of the proposed accelerators for the future, designed to supersede the LHC. The final stage would be 50 km long, and it is built in 2 m segments called modules. My project was a structural analysis on this module, to find out how it deforms under its own weight. I

made various simulations to see how the beam pipe is deformed by the weight of all of the necessary auxiliary systems. The beam pipe needs to be aligned to within 10 μm , less than the width of a human hair. Then I made modifications to the design to reduce this deformation. I was working on a daily basis with many members of the CLIC project, including Matthew Capstick, a Senior Fellow at CERN. I got to see the test facilities for the old prototypes, and how the design has improved over the last ten years. I gave two presentations to the group, and made a report on my findings.

Daily Life

For the first half of the internship, there were lectures for the summer students. These encompassed everything that happens at CERN, from the theoretical physics of the models the accelerators are trying to validate, to the computer science challenges of dealing with the enormous amount of data these experiments produce. They covered a huge range of topics: statistics, engineering, computer science, and physics. The lectures ran from 9 until 1. Almost

everyone has lunch at the cafeteria, it has a good range of food, at a good price (for Switzerland), and it's great to meet all the other summer students. There were about three hundred interns, and it was a very international bunch. Only about ten of us were from the UK, the rest were from all over the world! In the afternoons I mostly worked on my project, getting my simulations to run, and interpreting the results. Some days they ran workshops, bringing to life what we had lectures on in the mornings. Getting to work was very easy, a short five minute in the CERN campus.

On the weekends we made various trips in and around Switzerland. A couple of weekends, I went hiking in the Swiss Alps. Interlaken is a must see, but I really liked Kandersteg as well. The other direction, into France, Chamonix is a short train ride away, and another beautiful place to hike. On other weekends we explored the beautiful cities on Lake Geneva and made the most of the music festivals. I loved Montreux, with stunning vistas of mountains across the lake, and the jazz festival there was incredible.

Lasting Impressions

The internship was brilliant. It was so refreshing to meet people from so many different cultures, the lectures were interesting. An amazing place to be, Geneva in the summer is a fantastic city with loads going on. There were free concerts in the parks, and lots of celebrations.

Jake Rule, New College, Third Year Undergraduate (of a four-year course), MPhys



Physics, in-person working

Work Projects

I was working as a part of the Oxford Accelerator Physics group at CERN in Geneva. I was tasked with developing a physical theory for the transmission and reflection characteristics of a pickup for a novel beam position monitor that is being developed for a new type of particle

accelerator at CERN called AWAKE. To begin with, my main focus was on learning the background theory that was new to me, originally from textbooks recommended by my supervisor and then from research papers in the field. I was then introduced to an electromagnetic simulation package called CST Suite, which I used extensively throughout the internship to investigate the characteristics of the pickup. I then attempted to describe these simulated results using a physical theory that I developed with the help of my supervisor and with reference to the textbooks and papers. In addition, I was also helping to process measured results from a physical pickup in the lab at CERN.

Once I had made some progress, I began to write up my results into an academic paper. I then continued to finish the paper whilst at home, in correspondence with my supervisor. In addition to the paper, I am due to present my work to the group at Oxford and at CERN in early Michaelmas term. Whilst at CERN, I was also invited to take part in the summer lecture series for all CERN interns, where I was taught a wide variety of topics from particle physics to accelerator science. Generally, I was supported very well by my supervisor and the Oxford group, despite some initial difficulties getting setup on the CERN system. They were always happy to answer any questions I had about my work and even offered me tours of the CERN campus, which was fantastic.



Daily Life

For the duration of my stay, I was staying onsite at CERN in the CERN hostel, so I was situated very close to the office where I was working. For the first part of the internship, there was a morning lecture course which was online as a COVID precaution. I tended to watch these

lectures on my laptop, either in my room at the hostel or outside next to the restaurant at CERN. In the afternoons, I would go into the office and work on my project, or occasionally my supervisor would show me elements of their work around the CERN campus.

Since CERN has an extensive internship program, I was lucky enough to meet a wide variety of people from all over Europe and the world also working on research projects at CERN. Mainly, I would socialise with them, both after work and on the weekends, with the CERN hostel full of interns. In addition, there were two other interns from Oxford, making settling in much less of a daunting prospect. I greatly enjoyed travelling around Switzerland and the neighbouring countries on my weekends along with the other interns both from Oxford and CERN. Everyone I spoke to was very friendly and the atmosphere was fantastic.



Lasting Impressions

In the future, I hope to pursue a PhD and potentially an academic career in Physics. CERN is one of the most prestigious institutes in the world for particle physics and so naturally, I am deeply grateful for the experience. My experiences at CERN have reinforced my ambitions to pursue a PhD, which I will be applying for this academic year. I greatly enjoyed having my own academic research project, and am looking forward to a similar experience during my masters project. It is my hope that this internship will greatly help during the application process for PhDs, since it is desirable to have a portfolio of academic research behind you.

I feel that I've also learned important lessons that will greatly help during a PhD, such as learning not to despair when the work reaches what seems to be an impassable roadblock. There were certainly elements that I found quite challenging about the internship. For example, the theory I was working with was almost completely new to me and so I had to teach myself quite quickly. This, however, was also a useful experience going forwards, and I hope that I have become a better independent learner. I also had an amazing summer, from visiting new places to making new friends that I hope to keep in touch with into the future. Once again, I am deeply grateful for this.

UNITED NATIONS HIGH COMMISSIONER FOR REFUGEES - UNHCR (ALUMNI HOST, ST ANTONY'S COLLEGE)

Noam Rosenbaum, St John's College, BA Philosophy, Politics and Economics, Final Year Undergraduate, in-person working



Work Projects

My principal portfolio covered UNHCR partnerships with the UNDP and ILO. In each case, we finalised key joint policy documents for the coming 3 years. My role was often as penholder on these documents, soliciting input from senior partners, drafting, editing and

proofing material. Collaborating with the team, I supported a regional consultation, and participated in numerous coordination meetings and planning processes. Assigned also to a second team, working on a new partnership with the IFC, I had the opportunity to facilitate high level coordination meetings and develop the newly adopted joint action plan for the ensuing 18 months. I assisted the execution of a side event on this partnership at the 2022 Executive Committee, and was also lucky to volunteer at the 2022 Nansen Award Ceremony, stumbling (literally) into meeting Angela Merkel in a particularly entertaining highlight.

The team gave me ample space and material for onboarding (the position requires significant preparation to engage usefully with the breadth and complexity of issues) and were enthusiastically supportive in answering my many questions and taking my queries seriously. It was a pleasure to work with them.

Daily Life

Having previously lived in Geneva, settling in was simple —although finding accommodation in the city is never easy. Public transport is affordable and extensive; I lived in three places through the summer, and never had a troublesome commute. The work rhythm was healthy,

arriving at the office a bit before nine in the morning, and leaving around six in the afternoon on average. I had my fair share of late nights, but only to take on optional work to further our projects. Through the months I got to know the intern and staff community at the UN, with a thriving, mixed social life there, and co-organized a local basketball community with folks I met at pickup games (it's evolved into a great group persisting long since I left).

Through busking and playing at a local pub, I met plenty of others from varied backgrounds. It's a quiet, safe, and beautiful city, with a lot going on if you figure out where to look, and go out and meet people. Sunrise concerts on the lake, outdoors cinema, (free) evening salsa classes in the park... Despite all this, day to day I'll admit spending most of my out-of-work time chilling by the lake, gazing at the mountains, and noodling on the guitar.

Lasting Impressions

This internship was an excellent opportunity to experience global governance and policy-making from the top down. Building on my background (through another Summer Internship Programme place last year) in humanitarian aid, these months were an inspiring look into the work at the central HQ of an organisation to which I am only more committed to joining at some point in the future. The staff are incredible, welcoming, and with such a range of wisdom and experience to share that it can be overwhelming at times to even share a room with them all. I gained practical skills in policy and some understanding of the humanitarian system at the global level, and an introduction into partnerships, collaboration, and cooperation which will only aid me in my step into diplomacy at the FCDO this autumn.

I am deeply grateful to the Careers Service and those at the UN for allowing me this immense opportunity to contribute to their work just a little, and learn from them so much. My career ambitions have been cemented further: if you have an inkling of interest in the humanitarian-development-peacebuilding nexus, I highly recommend looking into the vital work of the UNHCR.

THAILAND

GOTOCO (ALUMNI HOST, PEMBROKE COLLEGE)

BA Spanish and Linguistics, First Year Undergraduate, in-person working



Work Projects

The host organisation funded a big chunk of my flights, as well as initial costs like immunisation, e-visa and DBS checks to be able to teach. They also covered all accommodation and cost for food (partially).

Daily Life

I had to teach 3 hours a day in the morning in a school in the north of Thailand with bank holidays, afternoons and weekends off, it meant I would explore the nearby city afterwards. The facilities of the school were better than expected and everyone was very accommodating! I really recommend you give this a go!

Lasting Impressions

I really enjoyed my experience; I think it had a good balance between work and travel, which allowed me to explore sites in Thailand whilst gaining teaching experience. I think it was a unique experience that I definitely recommend trying at least once, even if they are not interested in teaching. I met people from various UK universities doing various degrees, so you will end up learning something about each one of them by the end of the internship.

Practical advice

Be as open minded as possible when applying - not all things in your CV will need to directly relate to a career you aspire to be in, even an experience that you did not enjoy is still valuable,

because it allows you to boil down to things that you expect in your career and the sector that you are truly interested in.

Coyla Vuki, Lady Margaret Hall, BA History, Lady Margaret Hall, First Year
Undergraduate, In-person working



Work Projects

Throughout my internship I was responsible for planning and carrying out lessons in teaching English to primary school students in Thailand. Before the programme had started, the host organisation sufficiently provided us with resources and examples of activities that we

could use in our teaching. This teaching was a requirement as one of the four sections that needed completion in order to gain the TEFL or TESOL qualification with Trinity College London.

Another section of the qualification was the 'Unknown Language' section, in which Gotoco provided us with Thai lessons in order to help us to understand what it will be like teaching English to students who possess extremely limited knowledge of the language beforehand. I found teaching an enjoyable and incredibly rewarding experience, as the children were respectful, and able to grow in confidence throughout the internship. Even our host and other Thai teachers were able to pick up some English which I found really fulfilling.

While it was not possible to carry out all the work needed for gaining the TEFL in the five weeks we had in Thailand, Gotoco has provided us with a further opportunity to teach English to Chilean students online, which should allow us to record and describe in detail our lessons, which was not possible to do while the TEFL office was closed during August.

Daily Life

A typical day at the school would normally begin with a meeting with the head of the English department, Nim, in the library. After having a quick meeting with her in which we discussed the general layout of the lesson, and she would relay to me specific vocabulary she wanted to be taught and activities she expected to be carried out, I would head off to teach. Lessons would typically be 50 minutes, and I would take the lead, with Nim observing for the most part, but translating instructions for activities into Thai when needed. I would have three lessons in a row, teaching classes ranging from Kindergarten to Year 6.



Following a short lunch break, I would head back to the Director's Office and try and complete some of the work required for the TEFL qualification. This work included a range of things, such as attending Thai lessons via Zoom, filling out a logbook, and more. After dinner, I would use that time to plan my lessons for the following day. I spent my free time throughout the day socialising with the three other girls on the Gotoco programme who I was teaching at the school with. Our host would often arrange evening activities for us which allowed us to truly immerse ourselves in the culture, this could range from visiting markets, or attending a Thai cooking class.

Lasting Impressions

I did really enjoy the experience and I feel that it helped me a lot in terms of personal growth. Working abroad gave me greater insight into what it is like navigating life in a foreign country, and I was able to grow in confidence and independence. Despite having an enjoyable summer, this opportunity definitely confirmed for me that I would not like to go into teaching in the future. While I will continue to work towards gaining my TEFL qualification, this is more of a safety net for me that will allow me to travel and work abroad. This experience has taught me

that I am still looking to make the most of the opportunities available to me as I continue looking for internships or careers that better cater to my skills and personality.

Rosenwyn Petherick-Davies, St. Hugh's College, MBIol Biology, First Year

Undergraduate, in-person working



Work Projects

I taught English as a second language for a month in an assigned school in rural northern Thailand. I taught from ages 3 to 16, often working with other interns and volunteers to gain a TESOL qualification. During this time, I also had the opportunity to travel and experience Thai culture.

Daily Life

Every weekday I would teach three to four English classes to a range of ages, often in collaboration with other teachers in small groups. At least two of these classes would be for 3 to 6 year olds, where the classes themselves would be very energetic and constantly changing. Occasionally I would have a plan, resource and deliver an hour-long lesson on a selected topic or create resources for topics I am passionate about that the school would use once I had left.

We also undertook weekly meetings in which we started our TESOL course which I later carried on once back in the UK. Settling into life in Thailand was very easy as we were well supported by Gotoco and were encouraged to meet the other interns/volunteers before travelling to our placement. All of my travel in Thailand relating to the programme was planned and paid for by the company so I felt very safe and supported.

Outside of work I mainly spent time with other interns/volunteers doing cultural and tourist type activities, some of these were funded and organised by Gotoco or my placement school. I

was also allowed the opportunity to solo travel at the end of the internship and was offered to extend my teaching in other countries in Southeast Asia.

Lasting Impressions

The internship has allowed me to integrate into Thai culture for over seven weeks where I could explore and experience the daily lives of people in rural Thailand. This has had a lasting impact on me in my everyday life. Furthermore, the ability to be able to teach English anywhere in the world is valuable to me and is something I hope I will be able to do in the future. This experience also confirmed to me that teaching (although not necessarily English) is a serious career option for me.

Douglas Leung, St.Hilda's College, MSt Greek and/or Latin Languages and Literature, in-person working



Work Projects

My internship, organised by Gotoco, took place at a school in rural Thailand. Gotoco gave us a brief teacher training session during the orientation week but, for the most part, we learned how to teach on the job and quickly figured out how to plan and run lessons through practice. I was responsible for teaching five different classes three times each week, so fifteen lessons per week in total. My classes had children aged 6/7, 9/10 and 14/15 years old.

There was usually a Thai teacher who would sit at the back of the classroom but they would not usually intervene unless we asked for their help to explain something to the children in Thai. There was no set curriculum for us - the Thai teachers very much gave us free rein to teach whatever we wanted. I felt that, given the extremely basic level of English (including the older children) and the limited time, it was most productive to teach phonics as the pronunciation of English words was something that we could show the children in a way that the Thai teachers

would not be able to. The teachers also gave us the responsibility of organising and leading our own English Camp at our school, which involved coming up with fun activities to engage the children in their English learning.



Daily Life

Our rooms were on the school site, so we would often wake up to the sound of children outside already at school. We would need to be at the flag-raising ceremony every day at 8am. One day each week, it would be our turn to be on 'greeting duty' at 7am, when we would greet the students as they came into the school.

There were seven periods each day, with us teaching in three of those seven. In the free periods, we would usually plan lessons. Lunch happened at 11:30am and was given to us by the school. They always gave us so much food that we would keep the leftovers to reheat for dinner. Sometimes, the teachers would take us out for lunch/dinner too. In the afternoon, there would also be a period where we would have other things scheduled e.g., Thai language lessons, Thai art lessons, Thai cooking lessons and Scouts.

After school, we would usually play football/volleyball with the children from the village, and then in the evenings, we would relax in the library, as it was the one place that was big enough to socialise with air-con and away from the mosquitoes. On the weekends, the teachers would take turns to take us on trips, which were some of my most memorable moments. On one long weekend due to a national holiday, we went on a trip to a place quite far away on the overnight train, and the teachers helped us to book the train tickets and gave us lifts to the train station. Before the 4 weeks at the school, we had orientation, and we had a cultural tour after it, which was really nice to come back together with all the other volunteer teachers and share our experiences at different schools across Thailand.

Lasting Impressions

I loved every minute of my experience in Thailand. There were of course challenges, especially being in a school in the middle of nowhere, but the teachers were so kind and generous, which helped immensely. I relished being in a part of Thailand that I would never otherwise visit, never mind live and work for 4 weeks, and getting to know the Thai people and culture. I would say, though, that not everyone had such a positive experience with their schools, so I think your experience depends a lot on the school and teachers you end up with, since they form such an



essential part of it, as do the other volunteer teachers you end up with. I feel that I am much more confident to travel to different countries by myself now and it has definitely inspired me to do so. I do not think I see teaching as long-term career, but it has made me realise that teaching English can be quite a good way to travel the world and I very much enjoyed working with children.

BA History, Final Year Undergraduate, in-person working

Work Projects

I worked as a Kindergarten teacher in Phuket, Thailand. I was tasked with planning lessons related to phonics and the English language. I received lots of support from the host organisation, including flights, transportation, accommodation, insurance and a stipend for food etc. I spent 4 weeks teaching and had a week for cultural exploration in Thailand. This experience was preparation for completing our TESOL certificate upon return to the U.K, and required us to make detailed lesson plans and observe other teachers.

Daily Life

We arrived in Bangkok and had a few days to meet other people on the programme before going to Phuket. We were supported in Bangkok with activities and some support on how to teach English. Arriving in Phuket we were provided with very good accommodation. We stayed

in a modern condominium less than 5 minutes' walk from the school with aircon, modern toilets, access to a pool and gym. It was very nice. We were supervised by two English teachers at the school and were able to watch them teach before doing our own classes. Once we had witnessed them teach, we were allowed to start teaching our own classes. We taught maximum 4 classes a day if in pairs or 2 if doing alone.

We were provided ample resources to lesson plan with such as games, flash cards, workbooks etc. School days were 8.30-3, though sometimes we came in at 7.45 to greet school children in the morning. After finishing at 3, we had lots of time to explore Thailand. This included going to the beach nearby, the pool at our accommodation, the markets etc. We had access to a kitchen but as food is so cheap, we ate out a lot with the stipend we were provided (50 a week).



Lasting Impressions

I absolutely loved my internship. Living with strangers (I didn't know anyone else doing the programme) and making new friends pushed me out of my comfort zone. Living in a new country was also an incredible experience - on my weekends I was able to go island hopping and see lots of natural wonders. It has made me consider travelling more or even moving abroad entirely. I would never have considered this without completing the internship. I also thoroughly enjoyed the work I did. I learnt lots on how to teach and the complexities of learning a foreign language. It

consolidated my interest in working with children and has provided me with a good basis to start preparing for my TESOL exams. The support I received from Gotoco and my school was top notch - I felt safe and looked after the entire time.

Practical Advice

Be honest and specific in your application about what kind of location you want to be in. The difference between rural/coastal/city Thailand is huge, especially in the educational system.

You might also want to specify what age group you want to work with and if you want to be in a government or private school - the latter can mean you are given better accommodation. You might not get your requests met but it's best to be honest with the hosts (and yourself!) so they can offer something you'd enjoy.

Isabelle Proctor, Oriel College, BA Classics and English, Second Year

Undergraduate, in-person working



Work Projects

My internship was a 4-week volunteer placement in a school in rural Thailand. Alumnus Richard Lloyd's TEFL company Gotoco organised my placement, an orientation week at the beginning and a cultural tour at the end. The experience is funded by the Turing Scheme and so our flights, accommodation, food and health insurance were all provided. As part of the internship, we began the Trinity CertTESOL qualification during our time in Thailand and upon our return to the UK complete the course, which is also fully funded. Gotoco run webinars in the lead up to the trip: introducing (in my case) Thai culture and answering FAQs on booking flights, packing, getting vaccinations etc.

Upon arrival, the company provided transport from the airport to the hotel in Bangkok, they organised dinners and transported us to Hua Hin where we had our orientation week. During this week, there were several intro sessions to TEFL, Thai lessons (fulfilling the L2 requirement of the qualification) and cultural trips to temples and markets as well as free time to explore. Gotoco compensated us for our taxi from Bangkok to Sri Racha, where our school was. For the first two weeks, I was acting as a teacher's assistant: reading with the children, helping them in their activities and completing TESOL modules online. We then had a video call with one of the Gotoco directors, evaluating our experience and just having a check in. We expressed a desire to teach our own lessons and to have designated hours for planning as we felt the school was

not fully making use of us as native English speakers. This was diplomatically communicated to the headmistress via the host organisation, and we were very happy with the result.

The second two weeks, I was given my own classes, taught on average 3-hour long lessons a day as well as half an hour sessions helping one of the teaching assistants with her English and planned and created resources for other lessons. During the internship, I developed much more confidence in myself as an orator and communicator. By the end, my class management, rapport with students, lesson planning and time management skills had vastly improved and I really enjoyed the teaching experience. Our accommodation was on the school site, quite rustic and provided us with a real insight into Thai culture and customs, I really valued that aspect of the placement because it was true cultural immersion.

Daily Life

Every day, we woke up at 07:15, went downstairs to the cafeteria for breakfast and began the school day at 08:00. Our accommodation was actually above one of the classrooms so we didn't have much of a commute. Depending on how far into the month we were, we would either act as teaching assistants: reading with the children, helping them in their activities, or we would be teaching our own classes (usually 3 hours in total each day). Lunchtime was at 12:00 and we ate with the other teachers in the staffroom. We returned to class or lesson planning at 13:30 and the school day ended at 16:00. In the evenings, sometimes we walked 15 minutes down the road to the market and bought dishes such as milk tea, papaya salad, pad Thai and mango sticky rice.



Other times, we would eat dinner at 18:00 in the cafeteria which the school chef would make for us - there was always rice and mostly he prepared traditional Thai food though a few times he made pasta or Indian cuisine. Every evening during the first week, we were so exhausted that we basically went to bed straight after dinner but after we got used to the routine and the

high energy of the school we stayed up later and went out during the week. Several times we took Grabs to Sri Racha which was the local city and explored the malls and international food options, we would meet up with some of the teachers and office staff now and again for dinner or drinks. At the weekends, we went to the beach, to the market, to nearby Pattaya when the Queen's Birthday meant there was a bank holiday or relaxed in an air-conditioned room in the school - that the littlest children would use for naps in the afternoon - and watched Netflix.

Lasting Impressions

It was an amazing internship. I can't believe how much I got to experience and travel in Thailand, facilitated by the Turing Scheme and the University of Oxford. I can now say I've been to: Bangkok, Hua Hin, Sri Racha and Pattaya - having never been to SE Asia before! I loved the assault on one's sense that Thailand is, the buzz and chaos of Bangkok and every market, the constant heat and the crazy traffic! I feel I gained so much confidence, life experience and a proper introduction to another culture. The experience has confirmed that I would like to teach English as a foreign language after leaving university as a means of travelling and learning about other cultures. However, I am much more informed about being a TEFL teacher and would know which questions to ask concerning the location of the school, the age of the other teachers, accessibility, ethos of the school and expected working hours.



Practical advice

Take every opportunity you're given in the internship because even if you mess up, the experience is so fast-moving that you'll recover pretty quickly and realistically you're the only one analysing your every move. Also, talk to every other intern you meet and take every chance to go out because you are allowed to enjoy your internship and it's a good way to get a feel for whether you'd actually like to live in the country you're visiting.

UGANDA

ASHINAGA (ALUMNI HOST, ST CATHERINE'S COLLEGE)

Luke Patrick Dorman, Regent's Park College, BA Philosophy and Theology, First Year Undergraduate, in-person working



Work Projects

I was tasked with teaching SAT English and Maths to Ashinaga students. These are academically excellent students from across Sub Saharan Africa, who have lost or do not have contact with at least one parent. Once selected for the AAI program these students are enrolled in a leadership program for a year that will

prepare them to apply to university, after which their university fees are entirely covered by the organisation. I worked as a small part of teaching these students in their year of preparation, and it was a pleasure and a privilege to be involved in this.

Daily Life

It took a while to settle in, and culture shock was certainly a very real experience for me as I got used to an entirely new normal. We lived in a compound of 4 houses with the rest of the interns, which was great because support and socialising were only a few steps away. Over time I think we got to be quite a tight community, because everyone's obviously in the same boat of being in an alien environment. At 9 every morning we were expected to be at the office, and we would work there till 5 on most days. Different staff and interns would often run sessions after 5 such as karate, and so it was great to engage with these as a way to get to know students better, and have some fun! I ended up going on a lot of runs in the local area, which was a great way to get out of the intern compound, which could feel quite small and limiting if you didn't leave much. We also often took bus rides into Kampala to meet friends and for nights out, which was again a great way to explore the city more.

Lasting Impressions

It's hard to put into words the impact this has made on me, and I think I'll be working through it and discovering new changes in me long into the future. It's challenged me and brought me face to face with both an alien culture, and some of the big ethical problems of the world and my place in it. But more than that it's brought me into contact with an incredible group of people, who have taught me so much. Being surrounded by people who are older and have done so much more in their life is just an amazing experience, which has informed my vision for my future loads.

Practical Advice

Take risks, apply for terrifying challenges, genuinely what's the worst that could happen? You definitely don't have to be thinking about your career to apply to these things, if you just find something that interests you as a person, that fascinates you in its existence, then engage with it and everything will come later! And then once you've got one of these opportunities, which many people could only dream of having, work at it with your entire effort, and engage with every facet of the experience. Just make the most of what you're given.

BRASS FOR AFRICA (ALUMNI HOST, QUEEN'S COLLEGE)

Charlotte Grayson, Wadham College, BA Philosophy, Politics and Economics, Final Year Undergraduate, in-person working

Work Projects

My project was to work on improving the methods used by the charity to monitor and assess the life skills of its beneficiaries (children and young people). Brass for Africa's life skills curriculum focuses on eight key attributes: self-confidence, resilience, communication, leadership, teamwork skills, problem-solving,



concentration, and grit and perseverance. I looked at previously used surveys and considered their strengths and weaknesses. During my first couple of weeks in Uganda, I visited many of the outreaches so that I got a feel for the different types of places where Brass for Africa operates. This was very useful – I recognised that there were many challenges with designing good tools for my project. I then spent most of my time in the office researching tools that I might be able to adapt for use by the organisation. At the end of my time in Uganda, I gave a presentation to all the staff with my recommendations – I had selected some existing tools and created some of my own; focusing on only some of the key attributes. The host organisation ensured I was able to visit many of the outreaches and provided me with a desk. I was able to talk to the staff to ask about questions.



Daily Life

Everyone was very welcoming and tried to be as helpful as possible – I had a huge welcome party at the airport! I had a very good-sized apartment to myself. This was in a gated compound, a 5-minute walk from the office which was convenient.

Unsurprisingly the local diet is very different to what I'm used to. Eventually I settled into a good routine of having a 'rolex' in the morning (chapati with fried egg on top and then rolled – rolled eggs) and a rotation of lunch options at the restaurant we all ate at. Indeed, my lunch order ended up being my only regular use of Luganda (the most widely spoken language in this region of Uganda). I often had quite quiet evenings to myself after work and tended to listen to podcasts and call my family. I socialised with other staff – especially with another intern who was from Uganda who worked in the same office as me. She took me to the city centre (roughly a 20 minute motorbike ride away) to see the markets and was really helpful with explaining and translating things for me.

At the weekends, I took the opportunity to do some sightseeing. I visited the Uganda National Mosque, the Kabaka's Palace and the zoo. Visiting these places made me very familiar with the

local modes of transport – motorbikes taking passengers known as boda-bodas for smaller journeys and passenger-carrying minibuses (taxis) for longer journeys. My longest taxi journey was to Uganda’s second largest city Jinja. It is a far calmer, smaller city than Kampala and is near the source of the Nile. With some of my colleagues I also visited restaurants, the cinema and a bar with live music.

Lasting Impressions

I really enjoyed the experience. It was a very different place to anywhere I have been before and I am glad that I was there for enough time to get a bit used to the way of life. I gained a lot and learned a great deal about NGOs. It was really special to be surrounded by people from such diverse backgrounds all passionate about making the lives of children and young people better. Seeing first hand the difference Brass for Africa is making to communities and individuals was really great. The experience has informed the direction of my studied – I am now taking courses in development and global health as a result. I am also more inclined to consider working for an NGO in the future, this has been really helpful in showing me what I am interested in. It has also given me a lot to think about with regard to where I want to work in the future/where I want the organisations I work for in the future to be active. I am still very much considering the options on this front.



Practical Advice

I wholeheartedly recommend undertaking an internship in Brass for Africa. Go in with an open mind and be ready to try new things. Certain things will likely take a bit of getting used to but don’t be afraid to ask people for help or explanations. If you can, try to learn some phrases in Luganda before you go (I didn’t and wish I’d been a bit more proactive on this front). Even if you aren’t there for a music-based internship, ask some of the teachers to help you try out a brass instrument!

UNITED KINGDOM

3KEEL

Mbiol biological sciences, Final Year Undergraduate, a mixture of in-person and remote working

Work Projects

I worked as a sustainability consultant, primarily focussing on resilient agriculture and sustainable commodities. Main projects: Working with a food company to understand their impact on food waste and develop recommendations for greater impact; Working with palm oil traders to monitor their deforestation and exploitation policies; Working to develop a monitoring and verification system for regenerative agriculture to see if the projects had benefits for biodiversity, carbon and water. Main tasks: Research, data collection and analysis, making slides. Support: I had a manager who helped me get settled in, and each project had a team lead who would support me in the project day-to-day. I also had a “buddy” to help me settle down. I was part of a team, and we had weekly team meetings.



Daily Life

Around 4 days a week I would go into one of the offices in London. There were a few different offices that I could go to, and these were shared offices called Work.Life. I would mainly commute in by train. I settled in easily as there were often only 4/5 people from my organisation in the office, so I got to

know them quickly, and they were extremely friendly. We would sometimes go for drinks after work but this was not that frequent. I mainly socialised with my friends. At work, I would usually work on a few different projects each day, as well as having a couple of internal meetings. My main tasks were collecting data from suppliers, analysing data, writing summaries, doing research and making PowerPoint slides.

Lasting Impressions

I have been left with a positive impression of my internship. I really enjoyed meeting the team and I felt like I got to know them well by going to the office and also we went on an away day where I met everyone. I think I developed a lot of skills such as Excel skills, communication and research skills. I learnt a lot about the industry, especially surrounding palm oil and resilient agriculture. I gained a lot from the internship. I think this experience has confirmed my career ambitions to work in this sector, and I would like to stay on with this company.

AMBESSA PLAY (ALUMNI HOST, KELLOGG COLLEGE)

BA Physics, Final year undergraduate, a mixture of in-person and remote working

Work Projects

The task I spent the most time doing was writing blog posts about science and scientists aimed at children (around the age of 10). There was a lot of scope and flexibility in this, I could choose from suggested topics and also suggest my own topics which meant I got to write about some of my science idols. I also worked on a plan for a workshop in London, which I then presented to 5-10 year olds. This was based on one of my blog posts.

Daily Life

The working hours were very flexible, so I aimed to start as early as I reasonably could in the morning so I could have more time to myself in the evenings. I spent the days writing on a laptop and occasionally having meetings to ask questions or report on my progress. As the timings were so flexible (I just had to tell them when I was working) I could fit in going to festivals and travelling around the country a bit. Although remote work can get a bit lonely sometimes it was great to be able to work and hang out with my dogs!



Lasting Impressions

I really enjoyed this internship; the company seemed very worthwhile. It has made me consider going into education, especially workshops aimed at kids who might not otherwise get a good and fun introduction to science. I also liked the writing aspect; I may try a little more science writing!

ARCHANGEL AEROSPACE GROUP

MEng Engineering, Third Year Undergraduate (of a four-year course), a mixture of in-person and remote working

Work Projects

When I was working for Archangel, I was mainly focused on a research project related to few shot learning for object detection in images. Specifically, I was testing the possibility of using few shot learning techniques to develop a method of identifying key landmarks in aerial images from drones, that could then be used for navigation and localisation of the drone. This was an area that Archangel had not previously explored much, so I was mainly able to work on my own with minimal need for outside help. However, I certainly felt that when I did need assistance, I was easily able to get it as I had regular one-on-one meetings with a member of the company to ensure I had access to everything I needed.

The purpose of the research task was not primarily to get a working prototype of the navigation system working, but rather to assess the viability of the system, which could then be developed more formally if the techniques were found to be suitable. I was able to produce a reasonably promising method for landmark identification using only a few images, and I was able to test these out successfully on a number of datasets. With the research I was able to do, few shot object detection for this specific case seems to be very viable, and a more comprehensive test bench would be capable of optimising the process for deployment.



Daily Life

My internship at Archangel was a mix of in person and remote. I would generally go into the office once or twice a week, but then be able to work remotely for the rest. As my project was largely solo research, I was able to work remotely without feeling like I was limited by being unable to interact with other members of the company in person. I felt that I was able to work effectively from home, especially when, later in my project, a lot of my time was spent waiting for experiments to run.

However, I found going into the office regularly to be very beneficial, as I got a much better sense of what the company was about, and I was also able to chat with people about projects entirely unrelated to what I was doing, which was very interesting. I was able to commute to the office, which was at the Harwell Campus, quite easily by bus, and it generally was only a 40-minute commute from Oxford. I found it very easy to settle in as the other members of the company were very friendly, and willing to talk. Outside of work, I had a number of friends who were also working/interning in Oxford over the summer so was able to regularly socialise with them throughout the vacation.



Lasting Impressions

Overall, I found my internship at Archangel to be extremely enjoyable, and I felt I gained a large amount of experience in areas I had not previously explored. I had not previously had much experience working with neural networks, so I found it very informative to have the opportunity to develop and train convolution neural network solutions to a real-world problem. I really enjoyed the format of the internship as it consisted mostly of research I could carry out independently. This meant I was not heavily reliant on other members of the company and so I felt I was able to make efficient use of my time throughout the duration of the internship, and was not regularly held up. I enjoyed working in a smaller company, as I felt I had a great opportunity to talk to other people doing a variety of different research/development. I really enjoyed the internship because I was able to tackle unique problems and was provided with sufficient resources to be able to produce what I felt were viable and useful solutions for Archangel.

Practical Advice

I think the main thing I took from my internship was to make sure to get stuck in as quickly as possible. I was undertaking a research project, so I was definitely tempted to spend much more time reading up on the area I was looking at, but I ended up finding that it was much more beneficial to start conducting my own tests and developing my own solutions as quickly as possible. I found I learnt a lot more from implementation actual neural network solutions to various problems than I was able to learn from reading up about these areas.

AUCHINDRAIN TRUST (ALUMNI HOST, MAGDALEN COLLEGE)

Harmanpreet Randhawa, St.Catherine's College, BFA Fine Art, Second Year
Undergraduate, in-person working

Work Projects

During my placement at Auchindrain Trust, I wrote an experimental research piece and made a short film focusing on the ruinous arrangements on the site. The project speculated on reading practices that can allow us to view the ruins on the site through a non-anthropocentric optic.



Daily Life

I lived with two other interns in a caravan located in the car park of the heritage site. Auchindrain is surrounded by a very scenic landscape and we spent a lot of our evening exploring the surrounding forests and hills.

Lasting Impressions

Overall, the internship was very challenging as the site is located in the middle of nowhere. But regardless I believe it was a somewhat enriching experience; I made my first ever film at the site which was very enjoyable and it is definitely something that would want to continue in my artistic practice too.

BODLEIAN LIBRARIES, SPECIAL COLLECTIONS (ALUMNI HOST-WADHAM COLLEGE)

Kelly Frost, Lincoln College, MSt English and American Studies, in-person working
Work Projects

I was working on two projects while at the Bodleian, both of which I enjoyed and both of which I completed before the end of my internship. The first was creating a thorough online catalogue of the John Masefield archive. This is the bread and butter of archiving, and with some really wonderful step-by-step inductions and explanations on how to use the Bodleian's online cataloguing programmes, their internal systems and an introduction to the various terminologies and ways to write metadata, I was set up and independently working my way through Masefield's catalogue. When I encountered a problem, an unfamiliar artefact, I was still close enough to a supervisor to pick their brain - after I had failed to figure it out myself.



In the end, I managed to complete the archival collection, a long overdue task that the Bodleian are happy to have completed. The second project, however, was more intriguing and unusual. I was scouring the Rhodes House Library colonial records for instances of 'African poetry' - a task which has so far been left incomplete, and only through a new global initiative is this important work being done. It was rewarding to be doing work that really mattered, that really made a difference. And it was also incredibly fascinating. I was trawling through records of colonial officers from the 1900s and finding, surprisingly, authentic samples of African poetry that I then recorded with their own archival entries for easier access by scholars of the African poetic arts in the future.

The project was a huge success and we found many more examples than we originally intended. The support I received was perfectly balanced - a supervisor who was on call for issues, but once I was set up on a project, was happy to leave me to it. We developed a strong

working relationship, and our interests in the African poetry initiative overlapped often into discussions of the findings.

Daily Life

Every day starts with a quick catch-up with my supervisor - what am I going to achieve today? What is my plan? What did I get up to yesterday? Did I find anything interesting? After that, I get on with what I'm most keen to get done, whether that's a nitty-gritty task that's a little repetitive or more boring than other tasks, or something that I was putting off yesterday because it's difficult or I'm maybe a little stuck - the chat with my supervisor can help with this. At roughly 11am, I join my colleagues downstairs in Blackwell Hall for a tea break. They work in various other departments and have had varying routes into this career, plus they're all lovely and interesting people - our talk ranges from career advice to CV building to the Great British Sewing Bee and of course, what archival discoveries we are all making.

Throughout the internship, I was very lucky to have tours and talks with all the different departments - Conservation, Rare Books, Digital Hub - and the day might continue with one of these. It's fascinating to talk to staff in other departments and how their work relates to mine, and to explore the other potential careers there are in this sector, as well as pick their brains about the projects they are working on. After lunch, if I'm not shadowing my supervisor on an exciting task like a 'show and tell' of our special collections, or supervising a manuscript for the filming of a documentary, then I'll then spend the rest of the day independently working on my own projects. I might listen to some music as I continue cataloguing, researching, sifting, sorting, and finding out surprising and exciting things.

At 5 pm, I walk home, and to wind down, I might go for a run, grab dinner with a friend, or spend the lovely summer evening reading in the park. With many of my College friends still completing their dissertations, there were plenty of people around to socialise with - and still plenty going on in Oxford, even outside of term time.



Lasting Impressions

This internship was really vital to me. I gained such hands-on experience with the heritage sector that has informed my career decisions - and it has helped me navigate through this difficult time of finishing my university career. I have enjoyed the sector's freedom and it's allowed me to be curious, engaged, and satisfied. While I did enjoy it immensely, it has also given me a look into the parts of this work I might not enjoy, that I might not wish to pursue - and that has been so useful.

Aside from these personal discoveries, I have built a huge array of skills. Some of these are skills specific to my sector - using ArchivesSpace and other digital resources, visiting the Special Collections, getting to grips with an archival system, with the handling and terminology of archives. But at the same time, I've also developed a lot of communication, interpersonal and independence skills. I have successfully completed two challenging projects, which has boosted my confidence. I have built important relationships with colleagues, and become familiarised with a professional working environment. I will use the experience going forward when applying for jobs, which may very well be in this sector, and I'm very glad that I sent in that first application.



Practical Advice

Do not be afraid to apply for internships that you think may be out of reach, or that are very competitive. I almost didn't apply to this one, but completing the interview successfully and gaining the position was a brilliant way to begin overcoming my imposter

syndrome and low self-confidence, and I am very glad I applied in the end. Also, booking a one-on-one Careers Service appointment was the best decision I could have made, as not only did I get a boost of confidence and the encouragement to apply but I received a fantastically snappy, useful and tailored session on how to improve my personal statement that I'm convinced helped me to get the position.

[Lara Garrett, Worcester College, MSt Women's, Gender, and Sexuality Studies, in-person working](#)

Work Projects

I was cataloguing the personal and family papers of Sir Edward Heath, Conservative Prime Minister between 1970 and 1974. The Heath archive is massive: c.4,500 boxes, of which 328 boxes are personal and family papers. During my four-week internship, I focussed on cataloguing boxes relating to Heaths childhood, parents, education, and non-political employment. I reorganised the boxes so that material was grouped thematically, and for preservation purposes placed loose papers in acid-free folders. I recorded the date range, language, and content of each box in Archive Space, the cataloguing software used by the Bodleian, and assigned new shelf marks. My colleagues were incredibly supportive throughout my internship, making it a really welcoming and friendly place to work. I was sorry to leave at the end!



Daily Life

I got to the Weston Library by 9:30am each day, leaving at 5:30pm. One of the senior archivists, Lucy McCann, arranged a number of sessions for the interns to gain insight into other departments of the library. I particularly enjoyed the tour of the conservation studio - it was fascinating to see manuscripts being repaired and prepared for digitisation. Each day was slightly different because I never knew what I'd find on opening a box. I came across some fascinating items, for example, a charter issued in 1853 under Queen Victoria. I was constantly surprised when going through the boxes, and this variety was my favourite part of the internship.

Lasting Impressions

I applied for the internship because I've been considering working as an archivist, and I wanted to see whether this was indeed the career for me. My academic interest lies in social and cultural history, especially the history of gender and sexuality, so coming into the internship I was a bit nervous about working on a political archive. That I still enjoyed and gained a lot from the experience has confirmed my desire to work with archives in the future. For anyone else considering a career as an archivist, I'd highly recommend this internship!

Isaac Lok Wang Wong, St. Hugh's College, Bachelor of Civil Law, in-person working



Work Projects

I was given three projects during this four-week internship. The first one is to convert a physical catalogue into an online searchable catalogue. I was given a manual of the software Archivespace, which the Bodleian Library uses to create online catalogues, and was given a quick walk through of the software by an archivist. During which I was allowed to access the actual contents in the archive, and I added information that was not included in the physical catalogue to the online catalogue by going through the contents.

The second project required me to catalogue a previously unarranged archive. The contents in the archive were in random order, and I grouped the relevant ones together, and arranged them in a sensible and logical order, which can facilitate researchers' use. I was given a list of all the items in the archive, which contained brief descriptions of each file/item. After rearranging the files, I put them in acid-free folders (folders which archivists use for long-term storage), and created an online searchable catalogue using Archivespace. The third project also required me to catalogue a previously unarranged archive. However, this one contained much more folders than my second project, and there was no box list (the list which contained a description for each item). I needed to first make a box list myself, rearrange the items, group them together and order them, and create an online catalogue. This final project is the hardest and involved the most work.



Daily Life

This is an in-person internship. The working hours is 9am to 5pm, at the Weston Library. On the first day, I was given a tour of the building, and brief introductions to the different departments and their work. During the four weeks, the employer organised occasional sessions where the interns were taken to a particular department, and the staff members who worked there introduced their work to us. For example, we were taken to the Rare Books department, where we learnt how rare books were kept and described in a catalogue, the challenges faced with dealing with rare books, etc. Another example is the digital archives session, where a team of two archivists were responsible for archiving websites that contained information on the changing situation in Ukraine, and COVID-19 response taken by the University, its colleges and its departments.

We were given opportunities to ask questions as well. We also attended show and tells and exhibitions, e.g., the manuscripts of Jane Austen, the illustrations by J. R. R. Tolkien, etc. The presenters were very informative, and I really enjoyed these sessions. As for my main work,

each intern was assigned a supervisor. Although my supervisor was absent for most of the first two weeks, I was told where I could get help if I encountered problems. The Senior Archivist also checked on us regularly, providing help and guidance on our projects. We were also given manuals on using Archivespace and general cataloguing, which contained useful information about the principles and practices of cataloguing and archiving.

Lasting Impressions

Unlike the other interns who were considering a career as an archivist, I undertook this internship primarily because I intended to do a DPhil which may require me to consult archived materials. I thought this would be a good opportunity to familiarise myself with how archivists work, how they described and stored materials, and the physical and online catalogues. This internship provided me with all these opportunities. As a Law student who previously worked only in law firms and barristers' chambers, this internship is a new experience for me.



The work pattern and nature were very different from my previous jobs, but I was given guidance at the start about how to use the Archivespace software, and how to deal with archive materials. This is not a fast-paced job, and the aim is not to get through the materials as efficiently as possible. I was given sufficient time to go through

each item one-by-one, reading the correspondence and understanding the author's thoughts and circumstances. The work may seem tedious at times, but the occasional interesting document (be it an invitation to the Queen's coronation, a back of the envelope doodle, or even a racist poem written by a politician) does cheer you up and keep you going.

Practical Advice

Efficiency is not the most important thing: take the time to go through the documents, read them carefully, and you will find interesting and funny bits! The job will be much more

enjoyable if you take your time. You are only given another project if you have finished one, so don't worry about not being able to finish everything. The employer understands that interns have little experience in archiving, and are willing to give time, resources, and guidance to help you.

BODLEIAN LIBRARY, SPECIAL COLLECTIONS, MEDIEVAL MANUSCRIPTS

Nia Catrin Moseley-Roberts, Jesus College, MSt in Medieval Studies, a mixture of in-person and remote working

Work Projects

I completed my internship with the Medieval Manuscripts department of the Bodleian Library, and was given a lot of freedom over what I pursued. Before the internship, I had several discussions with the Bodleian curator (and my college advisor) Andrew Dunning; he suggested the sort of activities I should pursue in order to make the most of the internship and was really useful in his questions about what I wanted to get out of it. We decided that to advance my academic career, I needed to get some work published, and so my aim for the internship was to work bringing several pieces up to an acceptable standard.



I had revisions to do on one article which involved looking at Alfredian manuscripts held in the Bodleian, and so spent the first two weeks of the four-week internship completing those. I brought the article up to an acceptable standard and it has now been accepted for publication. I spent the next two weeks tying up another project, working on the early English text *Ancrene*

Wisse. This was to be the topic of my PhD thesis, and had won several awards, so I wanted to get it out there, which I did.

Daily Life

I spent about a third of the internship in Oxford (it should have been more, but I was unable to make it to the city in the third week due to the heatwave's disrupting public transport). Whilst I was there, I spent most of my time in libraries, collecting the references and information I needed to complete my work. I also went into the Weston Library in order to take out and examine some of Oxford's greatest treasures. I stayed with someone I knew through my church, but the stipend allowed me to eat out in Oxford and to be in the city through the day. I was also able to see friends who were still at Oxford, which was really nice, as my departure at the end of the academic year had been quite rushed. Whilst at home, I wrote. I organised my time at the start of the week, setting myself tasks and targets for each day to make sure I could complete my work. My work routine was quite similar to the one I had as a student; I tend to work in bursts, so I'd work into the night for a few days before taking time off, going for long walks to relax. Being at home for work was good both because I could set myself up at a desk which I then did not have to vacate, and I was close to the countryside.



Lasting Impressions

I feel really satisfied with what I achieved over the course of my internship. Just before the internship began, I had had to make a decision about my future career; I held a funded PhD place at Cambridge, but had also been offered the opportunity to study law. I decided to take the law place, and this turned the internship into something of a swan-song for me. I treated it as an opportunity to tie up loose ends and get the work I will now not have the opportunity to pursue further out into the world. I was also grateful for its being a job, as this also gave me

permission to relax a bit and enjoy myself; take breaks and see friends before I left Oxford for good.

I was really glad to have this time, and feel proud of what I achieved with it. In many ways, it was a funny internship (not like the ones I have completed before, which were in offices and very structured), and felt like an extension of my academic work. However, it was what I needed I think, and I am really grateful to Andrew for all his help and support. Whilst I am not yet sure how this has helped my future career, I really enjoyed the internship.

Charlotte Ross, St. Cross College, MPhil English Studies (Medieval), in-person working

Work Projects

Over the course of my one-month internship in the Archives and Modern Manuscripts department at the Bodleian Library, I worked on two separate projects in two teams. The first was based with the University Archives team, and involved transcribing matriculation forms from the early 1900's. My role involved creating a database preserving the information given by students in these matriculation records (name, date of birth, address, place of birth, schools attended, father's name, occupation, and place of residence). The team at the University Archives were incredibly supportive, and involved me in various research projects throughout my time with them. At the end of my month with them, I wrote a report summarising my work and suggesting improvements to the database to streamline the process.



The second project was based with the Archives team, and involved organising and cataloguing small-scale collections to be added to the digital Bodleian Archives & Manuscripts catalogue using Archive Space. In my time here, I catalogued the archives of Patricia Bronwen Loder, a female scientific administrator who

worked on the Human Genome Project, and Sir Clement Pleass, a British diplomat who acted as Governor of the Eastern Region of Nigeria whilst Nigeria became independent. This involved organising a variety of materials - from paper to film and photograph - into an order which was accessible to researchers and in keeping with the contents of the collection, uploading this order onto ArchiveSpace, and packing the collection into conservation boxes. I was lucky to work in an office with many wonderful and welcoming Archivists who provided excellent support and helped me when I was unsure how to handle a particular object.



Daily Life

My internship was helpfully divided into two projects which I worked on in the mornings and afternoons. Every morning, I climbed through the Old Bodleian and up a spiral staircase to the University Archives at the top of the Tower of Five Orders. I joined a small close-knit team of three people, who welcomed me into their office and quickly had me working on all sorts of interesting projects. After lunch, I moved over to the Weston library, where I worked in an office with other Archivists, each working on their own projects, which was an excellent environment. Someone was always working on something interesting, and there were always people to ask whenever I needed help. The social environment of the Bodleian was wonderful, and I was lucky enough to be introduced to lots of people across various departments. The Friday coffee mornings were especially useful to hear about the exciting work going on in the Weston and meet researchers and academics outside of my department.

Lasting Impressions

I thoroughly enjoyed my experience as an intern at the Bodleian Library. The opportunity to work hands on with collections, in such a historic setting and with such talented and knowledgeable archivists, has confirmed to me that my career aspirations lie in Special Collections and Archive Management. I did not expect to be allowed to work with such

important materials, or to be given the freedom to create entire catalogues of my own, and although there was much I had to learn I have come away from this internship with a greater understanding of the realities of working in the archival sector. I have gained skills in collection handling and cataloguing, and learned how to use software such as ArchiveSpace. Across the past month, I have met some fantastic people who have encouraged me in my ambitions to enter the field, and have gained a better understanding of the skills and training necessary to specialise in archival studies.

BRILLIANT CLUB (THE)

Lucy Louisa King, Worcester College, MEarthSci Earth Sciences, remote working



The
Brilliant
Club

Work Projects

I completed an internship with The Brilliant Club under the supervision of a Programme Officer for the Brilliant Tutoring Programme, which enables PhD students to provide tutorials on core subjects to pupils in schools

from disadvantaged backgrounds to help them catch up and rebuild their confidence after disruption to their education due to COVID-19. I was drawn to the Brilliant Club because my time at Oxford increased my awareness of education inequality, and I know that I was very lucky to be accepted whilst many other students from disadvantaged backgrounds miss out on such a life-changing opportunity.

During my internship I helped with the creation of school impact reports, made amendments to course resources, and created resources for new tutors. I also got to learn about the new Join the Dots programme, which aims to provide support to students from disadvantaged backgrounds in transitioning from school to university, which interested me because I found the transition from a non-selective state school to a competitive university very difficult. From the start I received clear instructions for all tasks, kind and supportive supervision, and was welcomed warmly by all team members.

Daily Life

My internship was completed entirely remotely because this was easier for me. I was allowed to work flexible hours, so I often started work at 8:00 or 8:30 and either took a long lunch break or finished at 4:30 which gave me plenty of time to relax. My supervisor was very helpful; she scheduled regular catch-up meetings to check in with how I was doing, and there was a lot of flexibility as to what time and how often I wanted to have these meetings, so I never ended up feeling overwhelmed with too many meetings in one day.

On any one day, I had two or three tasks I could work on, and I could choose how to organise my time in regard to these tasks, which was very helpful as when I was feeling a bit tired I could choose to work on simpler, more repetitive tasks, whereas when I was feeling more energetic I could work on more creative tasks. I took 5/10 minute-breaks regularly to stretch my legs and give my eyes a break from the screen and taking these regular breaks was encouraged.

Lasting Impressions

Having a variety of tasks and getting to meet lots of different (and friendly!) team members made my short time at the Brilliant Club very enjoyable. My confidence in a working environment has definitely improved, and I've learned a lot more about education inequality and ways that we can begin to address it. I felt that my input was highly valued and that I was viewed as part of the team. I am soon to be starting a job as an Earth Observation foundation scientist at the Met Office, where the communication and organisational skills I have developed during my time at the Brilliant Club will undoubtedly serve me well. I also intend to volunteer as a tutor at the start of the next academic year as I've learned a lot about what makes tutoring effective during my internship and think I'd enjoy helping pupils to reach their full potential.

BA English Language and Literature, Second Year Undergraduate, Remote working
Work Projects

I worked with the University Partnerships Team of The Brilliant Club. I worked mostly remotely but also travelled to in-person events as support. Since it was summer graduation season for The



Scholars Programme, I created ceremony PowerPoints and acted as tech lead for online graduations. At in-person events, I supported the Delivery Lead and delivered a student ambassador Q&A. I also wrote a blog post detailing my time with the organisation, and I created a briefing document on the Tech Lead role.

Daily Life

I worked mostly remotely, and was given flexible hours. I would usually log on at 9 am and finish around 4 pm-5 pm. I gave myself a 30 min lunch. I usually had two or three Teams meetings a day, and I was able to talk to a range of people across the organisation. After work, I'd take a long walk to stretch out my legs.

Lasting Impressions

The internship was an enriching experience and the team I worked with were so welcoming and constructive. I feel like I've gained skills in communication and leadership. My line manager helped me understand how exactly the skills I gained working there would appear on my CV. It has cemented my ambition to work for a non-profit.

CELESTIA UK

Irem Kaki, Brasenose College, MEng Engineering Science, Third Year

Undergraduate, a mixture of in-person and remote working



Work Projects

My project was to research and develop different methods of cross-correlation for the digital project team at CelestiaUK. This involved reading, reviewing and summarizing published literature on different cross-correlation

algorithms, and then implementing these in software using MATLAB. The initial task was to aim for a breadth of research, meaning reviewing many different methods of cross-correlation without worrying too much about the implementation. However, due to my capabilities and the state of the academic research on this, it became apparent that depth of research (understanding and implementing fewer approaches properly) was more desirable. This is what I achieved in the end.

My supervisor was incredibly helpful. He never hesitated to take time out of his own tasks to help answer my questions about the theory or help me debug the code. The engineers I worked with in the office were always very inclusive when it came to describing what they were working on, and they did their absolute best to make sure I understood what was going on with the project. They also took time to show me how to work with the lab equipment, which was a very useful and enjoyable experience.

Daily Life

The internship was a hybrid of in-person and remote, with flexibility of which days to be in the office. The usual was 3 days in the office (Monday, Tuesday and Friday) and 2 days remote (Wednesday and Thursday.) I felt that this was a very balanced model that gave us a good, social start and end to the week to get things going/wrap things up, while also allowing for days to focus at home. I was allowed to change things around according to my own schedule as long as I let the office know in advance, and as long as no one was alone in the office (for safety reasons).

The days were 9-5 with about half an hour to an hour for lunch. I usually brought my own lunch but there is also a cafe. I usually ate with the other intern which was lovely, but we also did some office lunches when everyone had time / to mark the beginning & end of our internships. I was staying in Oxford and travelling to Harwell



via bus. There is a direct line from the city centre and it is about 40 minutes, but it's a really easy travel so it was never a problem for me. The office was small and had only a handful of people but for that reason, it was a very friendly and warm environment!

Lasting Impressions

I enjoyed the experience very much. It was very valuable in terms of professional development, experiencing the industry and work life in general. I met great people I intend to keep in touch with, and I received great career advice from very successful and smart people. I think the highlight was how lovely everyone I met was - no one was condescending or belittling just because I was an intern and did not have any experience. Everyone was very receptive to all of my questions, and I got great constructive feedback from my supervisor at every step. In contrast to some internship experiences I have had / heard of, the project I was given was not just busywork - it was a project that had the potential to be actually impactful and helpful to the larger project, which made the experience so much better and more valuable.

CHAWTON HOUSE (ALUMNI HOST, ST ANNE'S COLLEGE)

Jess Dunmore, Pembroke College, BA English Language and Literature, Second Year Undergraduate, a mixture of in-person and remote working



Work Projects

I completed my internship with Chawton House, which is an organisation that promotes and celebrates the work of early women writers. They hold a unique collection of written works by and about

early women writers, and function as both a research centre for academics, and as a museum for visitors to share with them some of the histories of these women. My role was helping with Chawton House's Collections and Curation manager, and over the course of the internship I was involved in a wide range of tasks that introduced me to the variety of work involved in maintaining heritage organisations. I started the internship with archiving material and creating catalogue records for newly acquired collection materials. I then worked on improving Chawton's cataloguing system by error checking and standardising the records held there to make it easier for researchers to find the resources they require. Similarly, I investigated different collection management softwares that Chawton could use in the future as they look to consolidate their collection records, and conducted a photo audit of collection items throughout the house for this new software.

Through working with Chawton's trained volunteers and staff, I learnt about rare book conservation and was trained in book handling, retrieving, and re-shelving procedures. I visited a nearby exhibition (which was due to move to Chawton) to report on its main features and reflect on how best it could be installed in the house. Finally, I contributed towards the research, writing, and installation of two new displays in the house, the first of which highlighted a collaboration between Chawton and the jewellery maker, Tatty Devine, who was inspired by some of the most famous female writers in Chawton's collection.



I co-curated the second exhibition, 'Women Writing Race', with my fellow intern which focussed on the intersection of race and gender in women's writing in the late eighteenth and early nineteenth centuries. Here, we were responsible for conducting the research, deciding on the angle we would take in the display, writing the exhibition materials, and arranging this semi-permanent display. The support I received whilst at Chawton was amazing - the Curation and Collections manager made sure we knew exactly what we were doing, and was always happy to help if we encountered any difficulties. She worked really hard to ensure we had a stimulating range of tasks to complete, and gave us the freedom to create our own display in the last week, which was a really rewarding process.

Daily Life

The other intern from Oxford working at Chawton at the same time as me was in fact one of my closest friends (we actually didn't realise that we were both doing the internship until very close to the starting date!), so most of the time we socialised together at work and sometimes in the evening. We were both staying at the University of Winchester's accommodation, and whilst there were other students in our flat, I did not socialise much with them as we rarely in the building at the same time due to work.

Prior to starting my internship, and before I knew that my friend was also doing the internship, I had bought a bus pass for the area, so on days when I commuted into Chawton House, I took



the bus, which took around 40-50 minutes. However, in the evenings, I usually got a lift home with my friend, who was driving to work. All the staff at Chawton were very friendly, and I didn't find it difficult to settle in as everyone was happy to have a chat. We decided to work remotely for some of the internship, in part due to the extreme heat (which would have made commuting and working in a small office unpleasant), and in part due to my manager's illness. On these days, I usually worked in the University of Winchester's library. The working days were very manageable, and I felt I had enough time to get out and see the city, or do my own things (eg. going to the gym, doing university work) outside of these hours.

Lasting Impressions

I really enjoyed my internship at Chawton House, and I am incredibly grateful for the experience. Not only were the staff really welcoming and helpful, but they also offered me a great opportunity to see the range of work within heritage organisations. There were times when I felt as though I didn't have enough work to do, but the work I did do, particularly the curation of the two displays, was useful experience. In terms of my career ambitions, however, I think my experience with Chawton has confirmed to me that I do not want to pursue a career in the heritage sector, but instead want to remain in academia.

The parts of the internship I enjoyed the most were the researching parts, and, though it was a good experience in writing concisely, clearly, and for a public audience, I often felt frustrated when writing short exhibition labels that I felt flattened the nuance that I love finding when conducting research. Despite the fact that the internship at Chawton has not made me want to pursue a career in heritage, I still really appreciate having had the opportunity to do the internship; I was previously concerned that I might be considering academia as a career only because it seems the 'easy' and familiar choice, and I wanted to explore what a career in

heritage might look like as a potential alternative. Having had the opportunity to do so with Chawton House, I now feel more secure in my instinct to pursue academia.

BA English Language and Literature, Second Year Undergraduate, in-person working

Work Projects

I shadowed the Curation and Collections Manager at Chawton House. I started with sorting through hundreds of books that had been donated to the collection, cataloguing them and deciding which should be taken on and which should not (if they fell outside the role of the collection or weren't of research interest). I then sorted through the research papers of a recently deceased academic to figure out where they had got to in their research. I labelled different folders so other researchers could find and use this material, and flagged things that were particularly important.



I then went through the online catalogue, doing 50 pages of error checking and standardising using controlled terms of the catalogue, which I was properly trained in. I was also trained in the book location system and retrieving and re-shelving - book handling. I then used this to get books that were requested by academics from the store, and properly shelve them afterwards. I did a photo audit of collection items throughout the house - recording the artefacts. I also researched and evaluated different collections management systems. I then put on two displays, selecting my own themes and artefacts, and writing all the labels and interpretations!

Daily Life

My supervisor was amazing! She was so friendly and chatty. We got lunch together and talked through the history of the organisation and got to know each other on the first day, and it really made us feel at ease right away. She also made she offered to teach us any skills we thought would be useful or important for applying for jobs in the future. I collaborated with the other intern on a number of projects (and lived with her during the internship), and we are good friends. Our combined work was really fun and efficient. To get to work I would drive - it was a half hour commute each way. They were really flexible with when our hours were, and happy to let us work virtually on some days. Lots of the staff were really friendly. Some showed me their unique skills - such as how to do book conservation, and how to handle rare books without damaging the spines or causing other damage. It is a really beautiful place to work, and has lovely gardens to explore on your lunch break. There is a great view from the office. Outside of work I mostly cooked and exercised and did uni work.



Lasting Impressions

I really enjoyed the experience. The last day was quite sad. I'll miss the place, which is so beautiful, and working with my manager who was genuinely wonderful. On the last day she got out all the particular historic books that we wanted to see from the collection just to show us. I learnt a lot about working in a heritage setting and working with collections. I am definitely considering a career in this field. The experience of making displays is particularly valuable, as I am especially interested in curation. This will all provide valuable material for my CV.

There are also things that will be useful for my academia, as I am studying English literature. Some of the work I didn't enjoy as much, as it was quite tedious, and more valuable to the organisation than us, but I appreciate that they need to get something out of it to, and I was happy to help. I liked the organisation, and my manager. It was fun to see behind the scenes. I

also understand a lot more about museums now and will look at them differently. I'm glad I'm able to test out career options, and this field really requires experience.

CLASSLIST

MPhysPhil Physics and Philosophy, Third Year Undergraduate, a mixture of in-person and remote working



Work Projects

Classlist is a small company that provides an alternative online communications platform for school parents. The Classlist Social Media and Communications Internship was a flexible position, where the tasks are tailored to the expertise of the specific candidate. I had shown interest and prior experience in video editing and production, so my primary role was to create short-medium-length videos for the company. These videos covered a range of purposes, from marketing and advertising videos to guided walkthroughs of new app features. As well as creating videos, I wrote blog articles, bug-tested app updates and provided valuable research and analysis into the company's potential competitors and partners.

Aside from one week of in-person work at the start of the internship, I worked from home. This was suitable since my work was mostly independent (recording and editing videos, writing articles, etc). Classlist is a small company (~20 employees), so while I was only really in frequent direct contact with the few people involved in marketing and competition, I was able to get a good feel for how the entire company operated and what everyone else's job involved. This also meant that job roles were more open, as fewer people were available to cover the wide variety of tasks than in a large corporation with dedicated departments. This enabled me to experience the breadth of different tasks and projects that the internship offered.

Daily Life

My internship was conducted remotely, which meant a relatively quiet day-to-day experience. My work was very independent, and the nature of working on individual video projects for several days at a time meant that person-person contact was less frequent than expected, with typically 1-2 online calls a day to discuss project status and provide feedback, as well as detailing new projects and general housekeeping. This independence meant self-motivation played a large role in productivity, since the absence of other people and the familiarity of your surroundings when working from home can sometimes make it hard to slip into work mode.

Having a work project that I found interesting and enjoyed definitely played a significant role in that self-motivation. To combat the threat that remote-working poses towards the blurring of



the work/home line, I would simulate the things I would normally do if I were working in person: dress up smartly, don't work in the same rooms I use for leisure, follow the standard 9-5 schedule, etc. However, some homely things did help make the hours a lot more pleasant and enjoyable too, such as a cup of tea and listening to music.

Lasting Impressions

The lasting impression I got from my internship is that of a brief insight into the inner workings of a small business. My tasks were enjoyable and I was definitely able to improve my video editing skillset, however, the most memorable lesson I got from experience as a whole was simply a peek into the life of a small company.

CITIZENS' ADVICE WEST OXFORDSHIRE

BA Philosophy, Politics, and Economics, Second Year Undergraduate, a mixture of in-person and remote working



Work Projects

My main task throughout my internship was compiling a local profile for the West Oxford district. This meant researching a large amount of information about the characteristics of the district from a range of sources including

censuses and council plans. I then drew out key findings from this research about the ways in which the district was in line with the national picture, and where the district departed from this national picture. I also then considered how the picture I had developed on the demographics of the district would impact on the work of Citizens' Advice in the district.

I found the opportunity to research national and contemporary trends, such as the cost of living crisis and the impact of the pandemic, in a more localised and detailed environment. The placement then allowed me to place knowledge I have developed in my degree and more broadly into context, and enabled me to gain a greater understanding of the practical uses of research skills I have developed in my degree. Citizens' Advice West Oxfordshire supported me in completing this project well. I was able to go back for clarification about data sets and specific aspects of the local profile when I needed, and the brief I got at the start of the project provided plenty of resources to use as I completed the project.

Daily Life

I undertook the internship remotely, with the opportunity to go into the office for my first and last day. Working remotely worked well for the project I was undertaking, as it was research in which I could be mostly self-directed. Support was available on Teams when I needed it, and I checked in with Citizen's Advice on the progress of the project throughout the three weeks. Citizens' Advice also organised for me to shadow some of their practical work on the last day which was incredibly valuable. This enabled me to put the research work I had been doing into a more practical context, and develop a more in-depth knowledge of the practical workings of the organization.

Similarly, being able to go into the office on the first day allowed me to establish the work I would be doing immediately, and made the subsequent remote working much easier to manage. In this way, the hybrid nature of the work worked well, and I was able to develop a routine that worked for me while also feeling like I was able to develop an understanding of the organization and feeling like I was a part of its work.



Lasting Impressions

I really enjoyed my experience at Citizens' Advice West Oxfordshire. I was able to develop my understanding of the practical applications of the research skills I have developed in my degree and consider how they could apply to a future career path. Undertaking the internship has confirmed my career ambitions to work in the non-profit sector and to work in a role which involves research. While I'm still considering what career path I would like to pursue, the internship allowed me to consider my options in more detail. Being able to shadow work at the organisation was

especially valuable to this as I believe I was able to gain some practical insight into at least one structure a career in this sector could take. I was also able to develop my research skills which I will be able to transfer into my degree as I enter my last year. Everyone at Citizens' Advice was very welcoming and made sure I could ask questions and discuss the work I was doing and the work of the organization more broadly.

COCOA RUNNERS (ALUMNI HOST, MAGDALEN COLLEGE)

MSt English (1900-present), a mixture of in-person and remote working

Work Projects

The internship project I completed related to a section of the Cocoa Runners website called Chocopedia. Chocopedia is a series of pages providing educational resources about the production of chocolate. Areas covered include science, health, diet, taste and flavour, the processes of chocolate production, geography, ethics, industry news, chocolate's impact on the environment, and chocolate's history and relation to culture. The task for my internship was to help update Chocopedia and complete search engine optimisation (SEO). This involved editing the copy on articles and aligning it with popular search terms, as well as editing it to improve its readability score. I learned how to manipulate texts to make them more easily findable via search engines and to make readable, effective copy. My work also involved finding and deleting duplicate content and amalgamating articles on similar topics into masterposts. I began my internship by playing around with different sections of Chocopedia, writing about chocolate moulds and white chocolate.

After this, I chose to focus on the history and culture section. I overhauled the landing page for the history and culture section. I also edited articles on many topics, including on the history of festivals such as Halloween and Lent, and on the history of chocolate in the Aztec Empire



and pre-Columbian Meosamerica. I was able to explore my own topics and wrote new articles on topics such as chocolate and the history of medicine, chocolate and religion, and an industrial history of chocolate. During my time doing this I also undertook other work, such as putting together gift boxes for particular campaigns, and tasting chocolate at the office. I also made social media content, and did research on emerging areas in the chocolate industry such as ceremonial cacao. Cocoa Runners is a small company (3-4 people), so I met and worked closely with the whole team. We had two meetings a day where we discussed our work all together, as well as other meetings to work on particular projects. I was well supported in my work - I had a lot of freedom to pursue my own ideas, but there was help when I needed it!

Daily Life

My internship was mostly remote. My day began at 9:30 with a morning meeting, which the whole team attended. These meetings gave me insight into what was going on in the company and what sort of work everyone else was doing. It was really helpful as it enabled me to set a standard for my productivity that matched with everyone else's: I had clear tasks to get done before the afternoon meeting at 4:30 and by the end of the day, but it also meant I didn't feel bad when tasks took longer than expected, because I soon realised that happens to everybody! I tended to use the morning to work on whatever had come up in the morning meeting, as well as tying up any loose ends from the day before, before getting on to whatever else I had to do that day. I'm best at focusing in the morning, so I usually worked very hard then and took a relatively late lunchbreak. During lunch I often went for a walk or ran some errands, making sure to get some fresh air and stretch my legs.



After lunch, I'd usually put the finishing touches on what I'd done in the morning, ready for the afternoon meeting. My ability to concentrate tends to wane in the afternoon, so I made sure to take small breaks (e.g. five minutes of yoga, or popping downstairs to make a cup of tea), to keep my energy up. We then had another team meeting at 4:30, after which I'd finish my daily tasks before clocking off at around 6:30. I really loved having weekends and evenings free, as it was a big contrast from full days of work. At university, you don't tend to have 'time off' and are just working all the time, albeit at a different pace. When you take time off there's always pressure and the thought that you should be working. I'll be going back to academic work in October, when I begin my PhD, so it was really great to be able to experience a different rhythm of life.



Lasting Impressions

I did enjoy the experience of my internship. I'd been involved with freelance copyediting and search engine optimisation work before my time at Cocoa Runners, but that always felt very disconnected. You appeared and wrote something without really having any context or knowing how your work was contributing to the bigger picture of what was going on in the companies who hired you. During my internship I was able to see

how my work in communications and editing contributed to the overall plan and work of the company as a whole. It really made me see that my skills in writing and editing are valuable, and helped me understand how they could be used.

I think the internship has confirmed to me that I enjoy creating content and writing and editing copy. However, I also found myself becoming slightly bored because I was always focusing on the same topic: chocolate. It made me realise that I am probably more suited to work in a marketing, advertising or PR agency, where I could put the same skills to work for a variety of different companies and with a high turn-over of topic. I think that would help me stay more interested and focused on my work. It also made me realise that the 9-5 schedule does work for me (or even better 9-2 and then finishing things up in the evening, which was how I often ended up working in the internship). That's really useful knowledge as I can put it into practice over the next several years, during which time I'll be studying for a PhD and setting my own schedule.

COMPTON VERNEY

BFA Fine Art, Second Year Undergraduate, a mixture of in-person and remote working

Work Projects

Whilst completing my internship at Compton Verney, I was tasked with organising and collating information into an excel sheet from previous exhibitions held, which was sorted into various files located close to my desk. Although this took a bit longer than expected, the process was very rewarding and gave me a clear insight into how Curators and Registrars operate behind the



scenes at galleries or museums. With a flexible timetable, the option to explore the grounds and collections of Compton Verney was highly encouraged, which was great to expand my knowledge in areas such as the 'Northern Renaissance' and the 'Folk Art collection'. I was also tasked with watching over the Folk Art collection one afternoon, which included helping people around the gallery space and giving out any knowledge that was wanted.

The team also set me up with tasks to do from home, which included collating information off of the Compton Verney main website, Bloomberg, and ART UK; this information was then condensed into an excel spreadsheet for future reference. The support I received from the entire body of staff whilst completing my internship was incredible, everybody was extremely friendly and always around to help.

Daily Life

As this internship was split into working from home and being onsite, I had a mixture of great experiences which came from being within the varied environments. Whilst being in the office located just behind the main gallery, it was very easy to settle in as everyone was extremely helpful and friendly, and genuinely interested in what I'd been studying at university so far. Working from home was completed with ease as email communication was very helpful, and clarified what tasks I needed to complete. The internship has been great to do alongside

deciding what to write about for my upcoming dissertation and has provided me with plenty of inspiration that I could potentially include.



Lasting Impressions

Overall, this internship has truly been indispensable, and has really opened my eyes to plenty of other career opportunities that I didn't even realise existed. Previous to the internship I had only considered doing a Master's in Art History, but now I am contemplating doing other

various Masters in Curation or Museum management. The experience was thoroughly enjoyable as everyone was incredibly kind and welcoming, and the tasks I was set with completing were interesting and thought-provoking.

CONNECTION SUPPORT

Daniel Russel, Harris Manchester College, BA Philosophy, Politics and Economics, Second Year Undergraduate, a mixture of in-person and remote working

Work Projects

Connection Support is a regional charity based in Oxford dealing with many different aspects of homelessness. My primary task has been to conduct a review of how client feedback is currently collected, processed and used across the 40 projects run by the organisation. I conducted focus groups and meetings with over 30 employees ranging from senior management through to team managers and frontline workers.

I came to understand the priorities and challenges of the various projects when it comes to collecting feedback, and initiated and cultivated discussion within project teams about how feedback could be collected and used in future. There has been no uniform method or

guidelines for collecting or using feedback within the organisation, while its activities of have ballooned, in just a few years, from roughly 7 to 40 projects.

The internship will conclude with a report and presentation to senior management where I will set out my findings and recommendations on how feedback can be gathered across the organisation in future. My work feeds into the development of a Client Involvement and Volunteering Strategy which is currently under development and will inform the future direction of client involvement within the organisation, as part of their strategic business plan.

Daily Life

I have worked a mixture of remote and in-person days during the internship. The in-person time has been particularly useful for the opportunity to take advantage of ad hoc meetings with staff to get a sense for the organisation, how it works and how it is structured. This is, after all, a significant part of my remit. The downside of in-person working has been that there was no private space in which to conduct the many online focus groups and meetings that I needed to collect systematic data. Remote working allowed me to conduct these meetings from a more suitable venue but was also less stimulating. My supervisor ensured we had regular meetings to keep each other in the loop, which helped with the feeling of remoteness. People were friendly, helpful and welcoming, but there is only so much you can do when many of the full-time staff don't know each other due to years of remote working, with consequent impacts on work environment.



Lasting Impressions

I pursued this internship largely because it built and expanded on previous work, I have done in a way that might allow me to leverage these experiences in other sectors. I think I

learned/developed quite a bit during the internship: I got measurably better at managing focus groups in a way that both extracted useful systematic information and also started creative conversations among participants, hopefully to their own benefit. I have had to design and execute my own program of work in order to achieve goals set by the employer. I will see in my final week what I have learned in terms of presentation and report writing skills.

Practical Advice

Be aware that managers may have drafted the job spec in part as a list of aspirations or taken elements of it from internal strategy documents that may or may not reflect their personal priorities. Ask questions of and listen to your interviewer about what the real priorities of the internship will be this can be especially useful if you are being interviewed by the person who would be your line manager. Once on the job, check in regularly with your manager to make sure what you are doing aligns with their goals; be prepared to be flexible.

Cara Addleman, Wadham College, BA Philosophy, Politics and Economics, Second Year Undergraduate, a mixture of in-person and remote working



Work Projects

My internship was with Oxford-based charity Connection Support, researching best practice

for nurturing Equality, Diversity and Inclusion (EDI) among their volunteers. My main task was to produce a written report, and give an accompanying presentation, with recommendations on how Connection could improve EDI among volunteers through recruitment and retention. My research for this report took place through conversations with a wide range of employees at Connection Support, as well as with volunteers, employees of different charities, diversity consultants, and HR professionals, to seek their advice on recruiting and supporting a diverse workforce. I also attended some events, such as Volunteer Meet-Ups and LEAF (Lived Experience Advisory Forum) coffee mornings.

I was supervised and directed in my work by the Client Involvement and Volunteering Manager; since she used to work for the Uni of Oxford's Careers Service, in her words, 'I should be able to run a good internship!' (she could). I found both my supervisor, and everyone else – primarily the volunteering team – who I worked alongside at Connection Support to be friendly, supportive and keen to help, so whilst a lot of my work was self-directed and independent, I felt I could ask questions whenever I needed to. After completing my internship, I was offered a part-time position as Volunteer Coordinator for the rest of the Summer; I have also been asked to participate in an organisation-wide presentation about EDI work taking place at Connection Support later this month. Connection has been really flexible in allowing me to perform this role remotely, since I no longer had accommodation in Oxford, and has continued to be a supportive and friendly workplace.



Daily Life

My internship was based in Cowley, Oxford, so I lived in Oxford for a month from July to August. I lived for two weeks at a friend's house, and then for two weeks in college accommodation, and cycled to and from work. On a couple of occasions where I had to travel for work to

Volunteer Meet Ups, I took public transport and Connection Support reimbursed this cost. My working day would generally consist of some meetings, many of which were organised for me to ask questions relating to my research project, independent research, and occasional travel to in-person events.

Everyone was very friendly at Connection Support, and so I came to know a circle of other employees who were regularly working from the office, who I would chat to whilst at work. However, because much of Connection's work (e.g. meetings) is still taking place virtually, and the volunteer team is spread across Oxfordshire, Buckinghamshire, and Milton Keynes, those I worked alongside mostly did not align with those I got to know in-person from being in the

office together. Therefore, most of the socialising I did outside of work hours was with friends who came to visit me, rather than colleagues; most weekends I spent with people coming to visit.

Lasting Impressions

My lasting impressions from my internship with Connection Support are really positive. I enjoyed the project I worked on, and feel I learned a huge amount about the charity sector, EDI, and HR/ recruitment more generally. For example, I knew very little about charities that are funded by local authority tenders (I was more familiar with big-name charities that are primarily funded by donations), and so it was really interesting working with such a charity and learning about how being funded in this way shapes their work. Connection Support is also a really interesting organisation to work for because its services span such a large breadth of support, including housing and homelessness, mental health, ex-offenders, and refugee services. Working for four weeks on a research project was also a really valuable experience, since my degree is structured such that I write two essays a week, so have never spent more than 3-4 days on a piece of work; it was rewarding to be able to produce something longer that was the culmination of a greater amount of time and thought.



Additionally, the internship gave me opportunity to develop my presentation skills, which is also something I don't do in my degree. I think my time at Connection Support did confirm that I would be interested in working in the charity sector, although I remain unsure about what more specific work I would like to seek; since my internship centred on a specific project, it couldn't really be extrapolated into a full-time job, and is very different from the work I am doing now as a Volunteer Coordinator, for example. Overall, I definitely feel I gained from this experience, and would highly recommend the internship programme.

COPLEY POINT CAPITAL (ALUMNI HOST, NEW COLLEGE)

Ella Lord, Brasenose College, MEng Engineering Science, Second Year

Undergraduate, in-person working

Work Projects

The support from Copley was excellent and I was instantly made to feel part of the team. It was clear if there were any questions I had the team were available and willing to help. My main tasks included research, updating pipelines, carrying out modelling and assisting creating information materials for live deals. The main achievement was getting to grips with the modelling which underpins the company's decision making.



Daily Life

Arrive at 8:30/9am and check up on e-mails and tasks completed from the day before. Often ad hoc task will be assigned to you throughout the day to help with work the associates and analysts are doing on live deals. If not, I would continue with my more long-term research/ modelling projects. The interns would sit in on important team meetings or meetings related

to deals they have been assisting with for learning and information purposes. Leave at 7pm (time varies depending on work flow and business).

Lasting Impressions

I thoroughly enjoyed the experience. I gained a lot from this internship - it has confirmed I would like to pursue a career in finance. Mike and the team organised social time after work and even a team day out. It was such an excellent balance of hard work and team bonding. I cannot speak more highly of this company's team atmosphere.

Practical Advice

Firstly, be prepared to learn on the job and not know everything initially (and that's ok!) - there is a lot of information to take in. Secondly, I got the most out of the internship by also being inquisitive about the work the team was doing. Be prepared to ask questions (obviously at appropriate times), or even ask to schedule in time with a team member to ask questions/go through a task. This requires you to be pro-active. Thirdly, you must be able to manage your tasks and deadlines as there will be multiple things going on at the same time. I would be happy to give any future interns advice.

DITCHLEY FOUNDATION (THE)

Ana-Diamond Aaba Atach, Balliol College, MPhil in Modern Middle Eastern Studies, remote working



Work Projects

Ditchley Foundation offered three different tracks for incoming interns. Interns, many of whom were from Oxbridge and Russell group universities, were then allocated to these three tracks, which included 1) Networks, 2) Archives, and 3) Heritage.

Each track was different to the other, although at times there were some overlaps. I was assigned to work in the Archives team, alongside four other interns.

My internship project entailed going through the extensive and historic Ditchley archives, all the way from 1962, and reading through the Conference notes and Director's notes. I conducted an archival analysis of the dominant themes/issues brought up in these conferences, such as climate change or the role of technology in our daily lives, and study the evolution of thought and approach toward these themes at Ditchley. For example, Ditchley hosted many conferences on the topic of Urban Development. However, their approach and priorities were different in 1970s than they perhaps are now. The interns' duty was to review this change and

analyse how the problems were address, what solutions were offered, and what has been different since then.



As a graduate student researching the Middle East, I chose to focus on the topic of Modern Middle East. The Middle East is unquestionably the most discussed region in the history of the Ditchley conferences, with well over 100 discussions held since 1962 that either directly address issues of the region or topics that broadly concern the region. I reviewed over 20 conferences, many more scholarly papers, did background research on all the conference participants (many of whom are renowned politicians, diplomats, business professionals and

academics), and then wrote a comprehensive report on my findings (5,000 word report). This internship required the interns to be very independent and initiate their project within their own timelines, interest, and ability. The support team, however, were always there if needed. They were also very accommodating if you needed extra guidance or time, and our point of contact was always available upon email or call.

Daily Life

This was a part-time role, which meant that I worked from 9 until 2pm from Mon-Thur. It worked out well while I was still in Oxford, but during my travels this got a bit complicated. I would occasionally work more than 20 hours per week, but the beauty of it was that I could work at any time that was convenient for me.



Lasting Impressions

I enjoyed the experience very much, although I hope there would have been more opportunities to meet the other interns, our seniors, as well as the important people that make Ditchley what it is - a global hub where connections are made, problems are addressed,

ideas are born and solutions presented. One of the more memorable days of this internship was when I was able to listen to Sir Tony Blair talk in person, and I briefly met diplomat Richard Moore in passing. For someone at the beginning of their career in politics and diplomacy, this was very exciting and motivating.

Practical Advice

This is an excellent internship if you are interested in history, archival research, and have an eye for small details when going through vast number of dense documents. I certainly felt like the internship improved my critical thinking and analytical skills, and it also kept me sharp during the summer holiday with the intensive levels of reading and writing that was required.

Noah Hudson, Worcester College, BA Philosophy, Politics and Economics, Second Year Undergraduate, remote working

Work Projects

My internship with The Ditchley Foundation consisted of two main streams of work. The first was their 'Existing Networks' programme in which I was tasked with researching a range of influential people who may be of interest when planning Ditchley's future conferences. This area of work was all about formulating networks between people who may not otherwise collaborate to tackle some of the world's most pressing issues. It consisted of open-source research, gathering qualitative information about individual's careers, areas of expertise and any relevant organisations they had worked for. Categorising these individuals into their areas of expertise allowed us to formulate a database of the networks that are so fundamental to the work that Ditchley does.

The second strand of work was the 'Quants' programme. This involved an evaluation of Ditchley's current network database, attempting to highlight any areas for improvement and exploring the ways in which the database could be utilised most effectively. A large proportion of this work involved using Cypher code to investigate the database. Little experience with coding was required and plenty of support and induction material was available in the first few weeks whilst we became familiar with the system.

The two strands of work complimented each other nicely with a good balance of qualitative and quantitative skills being applied to analyse, expand, and ultimately improve the networks that Ditchley has created. There was also a blend of individual and group tasks as we were responsible for our own research on the Networks programme but were often tasked with presenting group findings in relation to the work on the Quants programme. I found this to provide a nice variety of roles and responsibilities.

Daily Life

Given that the internship was completely remote, I was slightly concerned before-hand that I would struggle to feel fully immersed in the experience and thought it might be hard to get to know other interns on the programme. However, shortly before the internship, we were invited to Ditchley to have a look around



the grounds and this provided the perfect opportunity to meet those who we would be working with for the next six weeks and get a feel for the organisation. This ensured an easy transition into remote working as we were familiar with each other and didn't have to introduce ourselves for the first time on zoom!

The internship was part-time so on the days I was working I would have 1-2 45-minute zoom calls to attend where we would be presenting our research for the week, raising any concerns

or questions that we might have found. Aside from the calls the research tasks were largely independent so I would fit these around any other plans I had throughout the week. I found the flexibility was really good as it allowed me the opportunity to create a good work-life balance, meeting my friends and spending time outside away from my computer.

Lasting Impressions

Overall, I found the internship really rewarding. I have developed my quantitative skills as well as my knowledge of networks and open-source research. It was a great way to connect with other interns who have similar interests to myself and I am sure that we will stay in touch (there is an internship alumni programme at Ditchley to facilitate this). I have acquired plenty of transferable skills and have been exposed to many people and organisations that Ditchley is in contact with that are aiming to bridge divides and tackle some of the most important issues faced by the world. I am unsure of the exact career path that I will take but feel as though this internship has given me great exposure to what is out there and would encourage others who aren't sure what they will do after university to consider this programme as well. There are many things to like about this opportunity but those that stand out to me is the supportive environment, the flexibility, and the opportunity to broaden your horizons across many different fields.

ENTERPRISING OXFORD

[MSt Women's, Gender and Sexuality Studies, a mixture of in-person and remote working](#)

Work Projects

As part of my internship with Enterprising Oxford, I conducted an overview of the enterprising activities currently ongoing across the 22 universities that are part of the Russell Group in order to compare the University of Oxford's entrepreneurship ecosystem. I also consulted on how Enterprising Oxford can actively incorporate



equity, diversity, and inclusion into its programming through the IDEA (Increasing Diversity in Enterprising Activities) project that supports women entrepreneurs. One of our main projects was changing the social media and communications strategy for Enterprising Oxford, and I provided feedback on how to improve the website structure and content and boosted the organisation's social media presence on Twitter and LinkedIn.

I am particularly interested in advancing equity, diversity, and inclusion at Oxford and therefore also created a resource list for entrepreneurs looking to embed EDI into their business and offered new ideas on how to run an inclusive competition and workshop for start-ups and other early-stage business ventures. We also completed data collection for a future analysis on the state of gender equity in inventions and start-ups emerging from researchers and students at the University of Oxford. As interns, we were exposed to numerous projects throughout the Innovation & Engagement division and was well supported by other colleagues in the office working on different portfolios.



Daily Life

The internship was in-person for the first two weeks as we got settled in and learned the layout of the office, as there is a current office reconfiguration ongoing for the team as well. Since the internship took place at the Robert Hooke Building beside the Natural History Museum, I was able to walk to work every day on the days I was working in-person which made for an easy commute. The other interns and I would take our lunch break together and we socialised with the other members in the office who introduced

their work to us in accessible ways. I much prefer remote working and thus when I worked at home, I was able to regulate myself better and complete my assignments in time and attend any necessary meetings online. This also allowed me to focus on my work as it did not have the distractions that are present in an office environment. The internship at Enterprising Oxford was very flexible and therefore I was able to complete my work without an excessive amount of

supervision, which as a postgraduate student I appreciated, and the 6-week timeline allows me to enjoy the remainder of my long vacation before I begin my studies again.

Lasting Impressions

Although I enjoyed my internship at Enterprising Oxford, it did not directly contribute to my academic aspirations as a researcher in the humanities and social sciences but did give me the chance to apply my knowledge of equity, diversity, and inclusion practices in the workplace to a growing organisation. As of now, I would like to continue my career in academia as a researcher and academic but knowing that the research, innovation, and engagement structure exists at large universities like the University of Oxford, I could see myself working as part of the university in a non-academic role as well. I have learned that I prefer remote working compared to in-person working, as I have had previous experiences that are both fully remotely and fully in-person, and this was my first time in a hybrid role. If given the option, I would choose remote working as I feel I have a more flexible schedule as a remote worker, and it would benefit my mental health and energy were I to control my own work schedule while at home but nonetheless completing all my tasks.



GLOBAL CENTRE ON HEALTHCARE AND URBANISATION, UNIVERSITY OF OXFORD (ALUMNI HOST, KELLOGG COLLEGE)

[Qingyang Zhang, Mansfield College, MPhys Physics, First Year Undergraduate, remote working](#)

Work Projects

I worked as a programmer analyst for the Preventable Deaths Tracker website. I looked at prevention of future deaths reports from the UK judiciary website, scraped the data, analysed

them, produced figures, and updated them onto the website. I also developed a questionnaire to digitise the data collection of the preventable deaths reports, as well as producing a report detailing the mistakes on the judiciary website. I am writing a commentary showcasing my findings in the hope of publishing it in a medical-legal journal.

Daily Life

I set myself strict working hours and stuck to it, promising myself to not work outside of these hours. I would take long walks between work sessions to wind down and be close to nature.

Lasting Impressions

I learnt more about academia and developed python and website-development skills. It made me a more resilient person and taught me how to interact with my supervisor in a professional way. I am still in the early stages of considering my career, so I still don't have a definite career aspiration.



[MPhil, Evidence-Based Social Intervention and Policy Evaluation, a mixture of in-person and remote working](#)

Work Projects

I worked on several social media-related projects and helped edit research reports. For social media, I developed a strategy for an event which I then posted on Twitter on the day of the event. I also conducted research on how to come up with a social media strategy. In terms of report editing, I got to read through and provide edits for two different research reports

Daily Life

I mostly worked remotely because I had a better work set-up (dual monitors mainly) in my room compared to my internship site. Because I was doing a lot of reporting editing, the dual

monitor was necessary and luckily my internship host was very flexible and allowed me to do this.

Lasting Impressions

I really enjoyed the internship. I don't think I gained much in terms of new skills because my projects were not very challenging, but I enjoyed them regardless.

GREEN SALON

Kirsten Fletcher, Hertford College, BA Geography, Second Year Undergraduate, in-person working

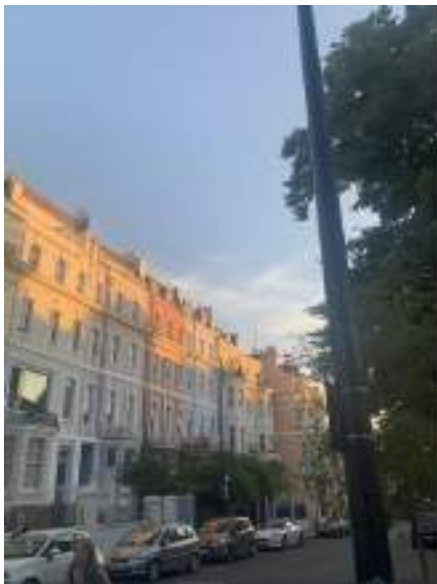


Work Projects

I completed the Summer Internship Programme at Green Salon Sustainable Lifestyle Consultancy. Green Salon researches and analyses the policies and practices of clothing and lifestyle brands according to its own sustainability criteria, and those who fit the criteria are promoted on the Green Salon shopping directory and social media. It also offers a coaching service to those who want to transform their home and lifestyle consumption to become more sustainable. For the first half of my three-week internship, my job was to analyse as many companies as possible and reach out to those who passed the criteria for affiliation.

The criteria I was researching involved carbon and offsetting, raw materials, agricultural policies, labour rights, circular practices, investments and more. I was given a list of companies to look at, which had been seen in advertising by my colleagues or heard about through social media/word of mouth, but I was also invited to find my own or analyse companies I knew myself as long as they fit the Green Salon ethos and branding. I then wrote a couple of posts for Green Salon's blog about some of the companies I had approved.

I spent my last week with the Social Media Assistant creating content for Green Salon's Instagram and TikTok. I was working with two colleagues - the founder and Social Media Assistant, and my first two days also overlapped with another intern. They were both incredibly welcoming and supportive. The work was mostly independent, so the three of us would sit together but each working on something separate, but could call on each other for suggestions, help and discussion. Lucy was incredibly flexible with my dates and hours, and with any days I had to work remotely, which I really appreciated.



Daily Life

I was staying in Notting Hill for the duration and working in Parsons Green, so I took a short tube to the Green Salon 'office' for 9am (which was the kitchen table in the founder's home, but works very nicely for a small team!). The tube was always nice and quiet because I was going in the opposite direction to most commuters. My colleague Charlotte would always offer to make me a coffee and let me know what she wanted me to start with on that day. I'd usually spend the morning analysing a couple of companies and sending their PR team an email if they were approved (which usually didn't happen, as the criteria is rigorous). The work was mostly independent, so the three of us would sit together but each working on something separate, but could call on each other for suggestions, help and discussion.

The founder, Lucy, would always make lunch for the three of us and we'd eat together. (For the second half of my internship, her children were home for the summer holidays and would eat with us, I loved having them around). I'd continue working from around 1-4pm and then take the tube back. I'd spend the evenings either socialising with other friends who were in the city (mostly also for internships) or working on my dissertation.

Lasting Impressions

I definitely enjoyed the experience and valued the opportunity to apply some of my academic knowledge and context to a more 'real-world' cause. I learned a fair amount of practical knowledge, mostly about REGO schemes and carbon reporting loopholes, and always value the opportunity experience a new workplace and understand its standards and culture. I also loved the opportunity to spend the month in London, which I wouldn't have been able to do otherwise and was an interesting insight when considering whether to live work in London post-graduation, as many grad schemes are based there.

HERITAGE ALLIANCE (THE)

MPhil Traditional East Asia, a mixture of in-person and remote working



Work Projects

This internship was in the Policy and Communications department of The Heritage Alliance (THA). This was a small team of two permanent workers and another intern. I would have a meeting with them weekly and a meeting with the whole permanent staff (approx. 10 people) weekly. I was also invited to sit in other meetings to learn about other projects and how the organisation is structured. I further had two or three meetings a week with my direct manager, to discuss work done and ask any questions. I met the Policy and Comms team twice in person over the internship, for an in-person working day. The team were very warm and welcoming, and I immediately felt quite comfortable in my position. My main tasks were researching Ministerial backgrounds and heritage attractions in their areas, going through two months of parliamentary business to look for heritage projects, doing research and analysis on heritage stakeholders, building a contact list, and working on a heritage newsletter. I also did assorted research and other minor tasks, such as choosing the Christmas card image!

Daily Life

I only met THA staff in person twice; one on the first week and once on the last. This was due to an unexpected problem with the offices. When we met, everyone was supportive and generous, particularly my manager and the Policy and Comms team. I stayed in London and travelled to work by

tube on those occasions. I visited home on the weekends. I socialised with friends and family. I found working from home to be occasionally difficult, and certainly not my preference; it could get somewhat lonely on days that there were no meetings, although I enjoyed not having to travel far to work! This was alleviated by visiting local cafes and working there for a period when I felt a little low. I would generally work 9-5, so as to have more time in the evening, the majority of colleagues worked 9:30-5:30. Outside of work, I usually took an hour or so to wind down and visited friends when possible. I also spent time with my family in London when I had the energy.

Lasting Impressions

I very much enjoyed the internship. The only downside was being at home much of the time, which could be stifling. This was not THA's choice or preference, just bad luck with the office contracts. I went into this internship with experience of a different aspect of the heritage sector, and my goal was to try to understand a more business, policy and commercial aspect to heritage. This was definitely achieved. I learned a lot about how organisations work with the government to form policy objectives, as well as what is of concern to different bodies within the sector. I already wanted to work within the heritage sector, but I didn't really know enough about it to know where. I now know that I would enjoy a communications role, or a policy forming role within a heritage organisation. I also have discussed going into the civil service with some colleagues who themselves went in first and were interested in that.

INNOVATION GATEWAY

[BA Economics and Management, First Year Undergraduate, a mixture of in-person and remote working](#)

Work Projects

I was introduced to a variety of work such as helping manage press releases, research tasks around growing sectors, competitor analysis, helping with operations and strategy, marketing tasks or writing different blogs on topics in the sustainability sector. I received a lot of support especially from my supervisor,



who would always accommodate me if I wanted to try a new or different task, and the team was very welcoming and interesting, very passionate about the work they were doing and happy to talk about anything sustainability related.

I also helped with the launch of an HGVzero group as well as the closure of an EVzero action group, which gave me great insight into movements in the sustainability sector and the space which different organisations are occupying to come together to work and address issues ranging from building EV charging points together, or choosing what technologies to further explore. I also gained insight into the world of sustainability innovations, whether it was additives to radiators to make them more effective, or the use of HVOs as fuel in vehicles. Completing competitor analysis and helping lay out a strategy for a HEATzero action group also gave me an idea of how change can be organised in a practical business setting.

Daily Life

Whilst I was working in person, I would enjoy getting to work at 9am, settling into a collaborative working space, often meeting with my supervisor to organise my tasks for the day and then get to work. This included a variety of tasks such as helping manage press releases, research tasks around growing sectors, competitor analysis, helping with operations and strategy, marketing tasks or writing different blogs on topics in the sustainability sector. These



tasks would vary every day depending on the needs of the organisation - as they had quite a flat, start-up structure and therefore needs differed each day. I then had lunch with the team which included another Oxford intern. I would then work until 5:30 and cycle back to a house I was sharing with other Oxford students.

During my remote work, I would manage my time by taking short coffee breaks between zoom meetings or tasks in order not to spend too long expanses of time stuck on a screen, and also

take an hour for lunch to have lunch with my family. I would generally switch off from work at 5:30, or earlier if I finished my tasks but ensured I stayed reachable until 5:30.

Lasting Impressions

I very much enjoyed the internship, and it gave me a good appreciation of a growing sector and one which relates to my subject and areas of interest. Studying economics and management I am very interested in the policy aspects of the sustainability sector, and this internship placed me at the forefront of how this affects organisations and what they are enabled to/ incentivised to do- whether this was how innovators were helped and propelled forward, or whether it was regulations pushing organisations to reach more ambitious sustainability goals and therefore join the action groups which Innovationgateway had set up. The internship has incentivised me to pursue a career in this sector due to its importance in the world and the fact that it is greatly growing.

INSPIRITUS HEALTH

Alec Berry, Balliol College, MEng Engineering Science, Third Year Undergraduate
(of a four-year course), a mixture of in-person and remote working



Work Projects

My internship project was with Inspiritus Health, a medical engineering start-up that aims to reduce the amount of time that patients in intensive care wards spend on mechanical ventilation. Within a week of being placed on mechanical ventilation, patients can lose over a third of their respiratory muscle mass. This leads to 40% of their time on ventilation being used to gradually rebuild the muscle tissue by weaning off the ventilator. At Inspiritus Health, we are designing a non-invasive medical device that will prevent muscle atrophy while on a ventilator, thereby significantly reducing the time spent on a ventilator. My tasks revolved around designing a system that can determine the strength and fatigue of the respiratory muscles. This will provide live data to clinicians that they can use to make a more educated decision for when to remove a patient from ventilation.

First, I identified possible methods of determining the strength of the respiratory muscles, and found research papers that supported my hypothesized method, and confirmed its viability. After this I successfully created a prototype to record the relevant biomedical signals and had moved on to processing the signal to extract the useful data that clinicians could use. Mihir Sheth, CEO of Inspiritus Health, helped and guided me throughout the process. I was provided with any prototyping equipment that I required for my portion of the project, and Mihir gave me great direction to ensure I tackled problems sequentially, so we were able to clearly track the progress of the prototype.

Daily Life

My internship began with a meeting in the Thom building where the team met and got to know each other. There, we were introduced to the project, and discussed what we wanted to achieve from the internship. The internship was a hybrid of online and in-person working. We had a weekly meeting on Wednesdays in the Royal Academy of Engineering in London, where we discussed problems we were facing and worked together to solve them. The rest of the time was spent working from home, with morning and afternoon calls where we could give update on our progress and help each other.



I enjoyed this experience, as it gave me the flexibility I have during my University studies while maintaining good contact with the team through the frequent online meetings, and we developed good relationships through the weekly meetings. While working remotely, I would work through the morning from 9:00, when we had our morning meeting, until 12:30, when I stopped for lunch. I then worked more before our 'power hour' meeting from 14:30 until 15:30.

After this, I continued to work until the end of the day at 17:30. To relax afterwards I would either go cycling or row.

Lasting Impressions

I really enjoyed my experience at Inspiritus Health, and would highly recommend working there. I gained a great insight into how a start-up works, and the difficulties that they face. In particular, I learnt about the roadmap of taking an idea through prototyping to generate investment, and to iteratively improve

the product until the final design is reached. This was a great real-life application of the product development strategies, such as the Lean Start Up Cycle, that were taught in the B2 Engineering in Society course this year. Initially, it was easy to get caught up in trying to jump towards making a fully functioning product before establishing the groundwork. However, I quickly learnt just how important it is to produce Minimal Viable Products in order to verify functionality, before trying to make a higher-level design.

My experience has encouraged me to work in the start-up industry, as I enjoyed the varying challenges that are involved, from creating a Business Plan to holding meetings with practicing clinicians. I have a particular interest in Biomedical Engineering, which has only been reaffirmed by this experience. I plan to continue to work in this field in the future, having chosen my 4th year C paper options to reflect this.

Practical Advice

I'd advise any future interns to make sure they keep a good work life balance when working from home.

INSTITUTE FOR JEWISH POLICY RESEARCH

Ruby Shaya Cooper, Somerville College, BA Philosophy, Politics and Economics,
Second Year Undergraduate, a mixture of in-person and remote working



Work Projects

Prior to my internship, I was invited to an in-house training session on survey methods, which was very useful and also allowed me to meet the team before starting. I was primarily working on a dataset with Charity Commission data. Prior to me starting my internship, JPR

researchers had worked on identifying a list of key words to pick out Jewish charities, as well as a list of words that are 'flags', and pick out charities to be manually assessed. In my first week, I worked on cleaning the data. This included selecting random samples to manually check the reliability of the automatic keyword selection, as well as a count check to manually check the

largest charities. I also completed a small literature review on the work that has been done so far on the Jewish charity sector.

Aside from this, my first week included taking part in a team meeting, and doing a short introduction for others to learning R. In my second week, I had to start by finishing preparing the sample. This included finishing manual checks. Alongside this I prepared a list from the literature review of possible tables, graphs, and analyses that I could do with the data. By the middle of the week, the sample was finalised and I began to start making tables from the data. I used pivot tables to start the process of data visualisation. Further to this, I joined a meeting with a researcher from the Jewish Leadership Council, in which we discussed the survey that they had done of large Jewish charities. I communicated the purpose and scope of the JPR Project's data, and talked over the prospects for data analysis on the survey sample. In the middle of my second week Carli, who I had been working with, offered me an opportunity to be a JPR Research Student, which entails up to 40 days of paid work for JPR throughout the 22-23 year.

Throughout the following week, I thought about and communicated that I would love to take up the work but would only be able to commit to 20 days before my final university exams. This was then agreed, and included a few extra days directly following the end of my internship to finalise parts of the project. In my third week, I began with preparing data visualisation and analysis from the JLC survey data. I prepared a presentation for the next meeting with the JLC researcher. I then led that 2-hour meeting in which we discussed the data we could see, and improvements. Throughout the meeting I altered the graphs and identified data in order to respond to requests from my colleague and the JLC researcher. The meeting went extremely well.

Later that week I discussed with my colleague that the best way to wrap up my work (for now) would be to create manipulatable pivot tables that could be changed in response to the table/graph that was needed. I set to work on creating those pivot tables, towards the end of

my third week as well as the two/three additional days the following week. My final week also included a day's training on cognitive interviewing which was very interesting.



Daily Life

I live in Brighton, and moved to London for the three weeks to live with my grandma. The commute to JPR was 20 minutes on the tube, which was very convenient (if expensive). Outside of work I spent time with my grandma and also arranged to see friends and family on some evenings. My activities included going to comedy clubs and going swimming at Hampstead ponds. The office environment was extremely welcoming and I loved being around people all of the time. Everyone was very supportive of each other, and I liked finding out about the

different projects going on for JPR. I would normally arrive to work around 9:30, and work until 12:30 or 1pm. I would then have lunch, and work until 5, when I would normally have a meeting with Carli to catch up. Aside from working on my project, I would also get involved in some group tasks (calling people from survey samples, for example), team meetings, as well as some days of training. I normally left the office around 5:30 most days.

Lasting Impressions

I loved this internship. I felt that I was really doing valuable work, that was appreciated, and gaining lots of skills and experience for myself. On the largest scale, it solidified my career ambition of being a researcher in a think tank. Shorter term, I was offered more work with JPR for the coming year, and I am very glad that my work can continue throughout the year. The workspace was casual and very welcoming, and so I felt that I was able to work hard and not feel too exhausted, which is really valuable.

IQVIA (ALUMNI HOST, UNIVERSITY COLLEGE)

Mbiochem in molecular and cellular biochemistry, Third Year Undergraduate (of a four-year course), a mixture of in-person and remote working



Work Projects

I joined the EMEA Thought Leadership team, contributing to their work in producing insights and analysis of the pharmaceutical industry, using access to a wide range of exclusive databases. Over the 10 weeks I have gained a strong understanding of the

complex workings of the pharmaceutical industry, and this has been paired with technical data analysis skills, as well as useful training in how to look at data trends in a strategic way in order to produce meaningful insights. I am very pleased with the high level of value I have gained from this experience, and this will enable me to progress my ambitions within the life sciences and consulting industries.

My projects included a study into the changes in Return on Innovation over the course of evolution of the pharmaceutical market, during which I learnt how the industry has developed and changed over time, and gained an understanding into how product launches perform within specific therapy area markets. I also completed a project aiming to characterise the ESG impact of the pharmaceutical industry globally, analysing different country's health system emissions data. I learnt how these health systems were structured, and how the industry's carbon footprint is composed. The rest of the team were welcoming and very helpful with any queries on the projects, and I was encouraged to share my ideas and become part of the team.

Daily Life

I worked a mix of in-person and remote; for in-person work I settled in well - I got along with the other members of my team and had coffee breaks and chats with them. I took the tube to the office which was relatively easy for me as the office is right next to Paddington station. Outside of working, the team would sometimes go for lunch together and we would have interesting discussions on a variety of topics. I mainly socialised with the younger members of my team, as well as the other interns in my team and in the other departments.

For remote working, it was initially harder to distinguish between working and relaxing time, but designing and keeping to a schedule helped with this. I ensured that I had regular breaks where I would get up from my desk and get some fresh air. To relax and wind down I would read or listen to music, and also go out and socialise with friends.

Lasting Impressions

Over the 10 weeks I have gained a strong understanding of the complex workings of the pharmaceutical industry, and this has been paired with technical data analysis skills, as well as useful training in how to look at data trends in a strategic way in order to produce meaningful insights. I am very pleased with the high level of value I have



gained from this experience, and this will enable me to progress my ambitions within the life sciences and consulting industries. What I found particularly valuable were the weekly team meetings in which I could learn what each member of the team was working on, and in which one member would present their work each week, allowing me to gain a deeper insight into the multitude of sectors of the life sciences industry.

I also relished the opportunity to meet people from the many different departments within IQVIA, showing me the impressive range of different functionalities within the company. The experience showed me I enjoyed both being involved in the life sciences industry, and the actual technical data analysis work, and made me realise that I wanted to pursue a career in consultancy. This also made me want to explore consulting across many other industries, to learn about them in equal depth.

MANUFACTURE 2030

BA Geography, Final Year Undergraduate, a mixture of in-person and remote working

Work Projects

I mainly took part in customer service over the phone and via email as part of the grocery campaign. I was trained to use many programmes such as Salesforce and Power BI for example. I was also given a company laptop and additional resources to use during my internship.



Daily Life

When going into the office I travelled from London to Oxford where I started work at 9. I went into the office once a month and worked between 9-12 and 1-5:30.

When I came into the office, the team I was in also came in meaning we could work best as a team. Most

of my roles involved calling and emailing customers when they had an queries about the Manufacture 2030 platform. I quickly learned that the company was more of an IT consultancy rather than a sustainability consultancy. When working from home, I started from 9 and was able to take regular breaks from my screen. I also had frequent meetings with my team over video call to enable us to work best. For example, every morning I had a meeting at 9am with the Data Team, and a weekly catch-up/check-in with my line manager.

Lasting Impressions

I enjoyed the internship overall and it has played a key role in allowing me to undertake a masters programme next year due to the financial help. This internship has given me an insight into IT consultancy. I have realised that I would prefer to work in a larger organisation, rather than a start-up which this organisation was. I also would like to be able to use my academic knowledge in a job in the future. Whereas, during this internship I was not really given the opportunity to do so.

Practical Advice

I would say that all internships are a good insight into a certain career path - whether you decide to go into that field or not in the future. Internships with the SIP are also a great way of building connections.

MARINETRAFFIC (ALUMNI HOST, KEBLE COLLEGE)

MMathsCompSci, Final Year Undergraduate, a mixture of in-person and remote working

Work Projects

The project was to create an index to indicate congestion and utilisation for container vessel terminals. I first extracted the data using SQL, then created visualisation to aid with exploring the dataset. After manipulating the data and trying out various methods, I created an index that suited the customers' needs while being simple enough to be understood. With the help of my supervisor, I was able to incorporate this into the company's pipeline.



Daily Life

For in-person sessions, I was able to talk to other co-workers, as well as interact with other interns and ask them for help. We also had team lunches, where we talked about the company, industry, as well as had casual chats. When the internship switched to remote, I was able to work from home by keeping note of the tasks to do through slack messages and regular meetings with supervisors. Us interns also created a group and had regular meetings to help each other out. Taking advantage of the remote nature, I was able to travel to other places in the UK: working in the accommodation during the day, exploring the area and relaxing after work.

Lasting Impressions

I enjoyed the internship and experience. It gave me another opportunity to see about how data is used at different companies, as well as the maritime industry. I also learnt more about how to balance between business needs and technical complexity. It also exposed me to the work of pre-processing and managing the data in the first place.

Luke Kennedy, Christ Church, MPhys Physics, Second Year Undergraduate, a mixture of in-person and remote working

Work Projects

The internship consisted of two main projects. The first project was to create a dashboard to display data about the compliance of a marine terminal with sanctions related to the shipping industry to the terminal operator, and the second project was to create an engaging visualisation that demonstrated the proportion of ships who report their ETA at a given port in UTC and the proportion that report their ETA in the local time zone of the port. The main achievements of the first project were successfully calling the relevant API to retrieve the risk and compliance data for a specific set of ships before extracting the relevant information from that call and representing it neatly in a dashboard. The other main achievement of the first project was merging this data with data we had stored locally about the ships to create a holistic representation of the activity at a terminal level to help the operators see if they are complying with global sanctions.



For the second project the main achievements were when we were able to plot the relevant data (actual time of arrival minus estimated time of arrival) in a histogram and see clearly two distinct peaks indicating that there were a proportion of ships reporting in local time and a proportion of ships reporting in UTC. We were then able to fit a model, consisting of several normal distributions, to the data allowing us to extract the percentages of ships reporting ETA in each style. Throughout the internship we were supported with twice weekly meetings with our supervisors and at any point necessary

we were able to contact them via Slack to ask for help. There was also an extensive induction process that enabled us to be familiar with the systems used by company to enable our success.



Daily Life

Since the internship was primarily remote, I often began my days shortly after breakfast where I would check my emails and calendar to see what was scheduled for the day. There would often be updates ready by the time I began as I was in a time zone two

hours behind the majority of the company so I would respond to those first before returning to my work log from the previous day to see what tasks I had to accomplish for the day. I would work on these until lunch and after lunch we often had a catchup with the other interns where we could talk about our projects and discuss any questions we may have.

After this I would continue with my tasks that I had been set, these would often consist of either coding, retrieving data from APIs or the main database, analysing data, creating dashboards, or writing documentation. As I reached the end of the working day, I would write up what I had achieved the previous day in my work log and make a note of any tasks that I needed to complete the following day to help structure my work. To unwind after the day, I would often go for a walk after work to help separate home and work a bit better.

Lasting Impressions

The lasting impressions of the internship were that I would be a good fit for the technology sector and would definitely enjoy working remotely in the future. Prior to this I had very little experience working and applying my skills in a corporate environment, so this opportunity was extremely helpful for my career development and after completing it I am extremely satisfied in what I have been able to achieve. I found the work stimulating and challenging and was able to develop my personal skills and gain a lot of relevant experience in the technology sector.

Working with many new tools and pieces of software broadened my skillset and helped me gain what I consider to be invaluable transferrable experience that can be applied to my future career. I also valued the time saved by not having to commute to an office and was able to consistently motivate myself despite not being in an office environment. I feel that I gained a good representative experience of what working at a technology company would be like and I feel like it has affirmed my career decisions so far and I can see myself pursuing a career in this sector further in the future.

MINISTRY OF DEFENCE - DEVELOPMENT, CONCEPTS AND DOCTRINE CENTRE (DCDC)

[DPhil Population Health, a mixture of in-person and remote working](#)



Work Projects

I worked as a research intern for the DCDC which is the MoD's think tank who conduct and publish research and many different sectors of policy. My main project was to carry out research on the global and regional implications of peak populations on different countries. That is, what happens when populations reach all time highs before beginning to decrease again. I looked at these implications through three main categories: economics, environment and society. Within these I studied a number of topics, including implications for water, energy, pollution, working age populations, urbanisation/rural-depopulation, health, women, investments in infrastructure etc.

I produced a 16-page research report on these issues as well as three infographics pages to be used by the MoD in workshops and seminars on this. I also made a final presentation of my project to the team and other members of the DCDC including a one-star commodore. Overall, the project went very well and the work was incredibly interesting. I was supervised by two desk officers who were both very professional and helpful. I also worked in coordination with

the graphic design team to produce the infographics. They all provided great support in my project. The rest of the team at the DCDC were also friendly and did a great job at helping the interns settle in.

Daily Life

This internship was hybrid and flexible as to when we had to be there. The first week of the internship was all in person and I stayed at the base for the whole week, where we had a number of activities, including: talks and briefs from people in the DCDC, red-teaming exercises, war-gaming exercises, workshops, visits and general work together as a team. By the end of the week, we met our project leads and were introduced to our projects. This first week really enabled us to socialise with other interns and get to know the people working at the DCDC. After this first week most of the work I conducted was remote.



I worked at home although I still had very regular (almost daily) calls with either the DCDC team or my project managers. This provided very good support for the project despite most of it being done remotely. I also returned to the DCDC toward the end of the internship as there was an alumni day event which allowed us to meet people who had previously done the internship and see the team again before the end of the internship. After that I finished the internship online and delivered my final presentation on teams.

Lasting Impressions

I really enjoyed the internship overall and the work was incredibly interesting. It was both close enough to some aspects of my research that I could contribute a lot to it, yet still far enough that I could learn while doing it. I feel like I learnt a great amount during the internship, including on the topics I worked on but also about the DCDC, the MoD, working in government and generally working as a team. I feel much more reassured about finding a job after my DPhil

thanks to this internship. Indeed, the internship gave me insights into working in the career which I want to have and will most likely increase my chances of getting employed in this sector. The internship has therefore confirmed my career aspirations and given me even more motivation to pursue this career route. Overall, it was definitely a plus to do this internship and have no regrets about it as I gained so much from it intellectually and professionally.

MUNCASTER CASTLE

George Rabin, St. Peter's College, MBiol Biology, Second Year Undergraduate, in-person working

Work Projects

Alongside another student, I carried out ecological surveying of the ponds, tarns and other aquatic ecosystems of Muncaster Castle Estate. The Estate has hosted an ecological intern in the past and is looking to expand upon this more research-focused aspect of its connection with the environment and nature. I largely focused my project on the aquatic invertebrates using the Estates aquatic ecosystems, also carrying out incidental surveying of amphibians and fish. This involved designing surveying protocols after having visited key sites, carrying out the surveys, then analysing the data.



A key outcome, alongside plant data collected by the other student intern, was to assess the quality of the aquatic ecosystems; aquatic invertebrates are a classic indicator group for this. Results from a wide variety of sites (both biologically, physically and geographically) were

written up and analysed in a report which has been given to the Castle. This report also included recommendations from us (the two interns) as to how the Estate can improve its aquatic ecosystems (i.e., management suggestions for their ponds, such as removal of invasive

plant species). Key findings were put into posters which will be displayed in the Castles EcoBarn, educating visitors on Muncasters aquatic ecosystems and their importance.

Daily Life

The accommodation was unique, with interns largely staying in an old tower of the castle, and occasionally in the main house area of the castle. Working hours were largely defined by us (the interns), making this quite flexible, but working hours were normally 9-5, six days a week, to take advantage of the unique opportunity. Whilst this would be a socially quite isolated experience if you were to undertake the internship on your own, we were fortunate in that there were two of us doing the same internship, plus other placement students and family members of a similar age with whom to socialise.



There were many very enjoyable extra social opportunities outside of work, such as volunteering with marshalling a race (Race The Tide) and attending a party as part of the race celebrations, as well as other gatherings and social events with the family who own the castle. Although severely nature-depleted, the surroundings of the Lake

District are visually stunning and it was a wonderful experience to be working surrounded by such famous views.

Lasting Impressions

Overall, I enjoyed the experience and learned a great deal about aquatic surveying as this had to be self-taught. Whilst I am not currently aiming for a career in ecological surveying, this internship reaffirmed my ambition to have fieldwork as a component of my career; although the internship has not changed my career ambitions, it has given me valuable experience in designing and carrying out a project. If the Castle implements some of the management suggestions we have made, then this could be a rewarding outcome from the internship, helping to improve habitats in the Estate for wildlife.

BA Geography, First Year Undergraduate, in-person working

Work Projects

My internship focused on researching the aquatic ecosystems on the Muncaster Castle estate, specifically the ponds and tarns here. We conducted scientific surveys of macroinvertebrate, amphibian and plant communities at the different sites ranging from ponds in the main gardens to tarns in the mountains. I focused on identifying the plants present, which is particularly difficult for aquatic plants, as well as recording their structural type and abundance according to ecological metrics and timed pond netting also occurred. In total, 201 plants were identified, 17 of which were Near Threatened and 5 of which were Vulnerable according to the IUCN England Vascular Plant Red List. Structural composition of aquatic plant communities was also further analysed by comparing the data collected to England and Great Britain averages, which showed nearly all the Muncaster sites we surveyed had a greater plant structural diversity than these.



On top of this, chemical testing was conducted to measure oxygen, nitrate and pH measures among other indicators of ecological health or pollution. All the surveying equipment was provided by Muncaster Castle, and they supported us by guiding us on our research aims and providing us with extra resources, such as chemical test kits which we needed to conduct our research. Together all this information helped to evaluate and inform management suggestions to ecologically improve each of the aquatic sites.

There was a particular focus on controlling invasive plant species on Schedule 9 of the Wildlife and Countryside Act, such as Canadian waterweed (*Elodea canadensis*). Engagement resources were also created to improve visitor experiences of the aquatic environments here, such as a proposal for an Aquatics Trail and posters to communicate our research to be featured in the EcoBarn onsite.

Daily Life

Daily life was extremely varied on this internship, and it always kept me on my toes which I really enjoyed! Any day could involve practical surveying of plant communities, macroinvertebrates, amphibians and chemical composition in a range of locations from the ponds in the castle gardens, to sand dunes and even on the mountainside. When we didn't spend our days with fieldwork ecology and data collection, we would write up our findings and research evidence to support or explain our findings. We also spent some days more creatively, designing posters and visitor resources to improve tourist engagement.



Our days were often flexible working, and we determined our agenda, while being guided by the aims provided by Muncaster Castle. In the evenings, or on a day off, I would read in the castle grounds when the visitors had left or explore the local landscape by hiking. I also had some amazing experiences at the castle from learning to play crochet on the lawn, dining in the billiard room to dancing in a ceilidh! There was always something fun to be involved with at the castle on top of working on the internship which was great and made it feel like a home away from home.

Lasting Impressions

Overall, I feel like I gained a lot from the experience on my internship as I got the chance to do an ecological research project and see if this is something I'd like to pursue later as a career. I found that I really enjoyed the practical fieldwork side and being more scientifically focused and it also reaffirmed my interest in communications and public engagement in the environmental sector. My supervisors also organised for me to attend a botany field course based on sand dunes which improved my confidence in botanical identification and has helped motivate me to pursue my interest in botany further and value it greater.

As well as guiding my career ambitions through practical first-hand experience and networking, I also gained a lot more confidence by working on this internship in a remote location where I had little contacts and learnt to be more independent and self-sufficient.

MUSEUM OF NATURAL HISTORY, UNIVERSITY OF OXFORD

Tadhg Cian Goodison, Lincoln College, BA History and Politics, Third Year

Undergraduate (of a four-year course), in-person working

Work Projects

I worked as an archival assistant in the Natural History Museum in Oxford, during which I was cataloguing the Phillips Archive. This is an extensive archive, and I was concentrated on his correspondence, which I took from being in chronological order into alphabetical order before properly storing in acid free containers, building a finding aid for archival use and logging the record on the Emu system which used the ISAG system which a standardised process for archives globally.



During the course of my internship, I fully organised the letters into alphabetical order which also required stripping the entire archive- 126 boxes of any letters which had been filled elsewhere, approximate 4,000 separate letters in total. I also catalogued A-F, which was roughly 2,000 letters, and entered about 300 letters onto the EMu system. I also contributed to conversations on the redisplay occurring at the museum, worked in the botanic gardens and held a 167 million year old dinosaur bone, and piece of the moon, mars, and a rock that form before the Earth did.

Daily Life

A day in the life of an intern, begins with getting up at 6:00 thanks to the construction outside my window, getting ready then working on university work until 8:40 I then walked the 15

minutes to the museum passed the university church, the rad cam, Hertford college, broad street, Wadham college and finally the currently constructing Ruben College. I then used my external keys to access the staff entrance and enter the office from which I got my internal keys which could not leave the Museum. Then I dropped my lunch in the staff fridge before heading upstairs into the Hope Library and Archive.



Here I either worked on the first floor with the librarian and other archivist if I was cataloguing or entering records onto Emu, earlier in

the internship I worked mostly on the second floor on organising the archive as there was more space and the area was less public so could be left in semi-organised states over weekends. The work itself was reading the letters to identify the author of the letter, and then filling those letters written by the same person together.

Lasting Impressions

It was an amazing experience. The people were incredibly friendly and nice, and I felt supported from the moment I walked through the door. I learned a lot about Victorian science and the developments of the GLAM system in oxford as well as the life and role of Librarians and Archivists. This internship has helped inspire me to pursue further exploration of a career in Libraries or archiving.

Practical Advice

Enthusiasm is important. Don't be afraid to speak to new people and develop connections, everyone at the Museum has a cool job and trust me you want to hear all about it.

Chen Chen, St. Hugh's College, BFA Fine Art, Second Year Undergraduate, in-person working

Work Projects

The Oxford University Natural History Museum is in possession of a large quantity of yet to be catalogued material, including a disparate collection of glass magic lantern slides, dating from the 1870s-1950s, when the use of lantern slides became largely obsolete. As an intern my main work involved cataloguing and digitising this collection with another intern, Mary, continuing the work of last year's two interns who began the vital work. The collection is important as, while previously seen as low-value items, the lantern slides are a fascinating repository of scientific and historic information about work carried out in and around the museum at the time they were produced.

Lantern slides were created from photographs, and those in the museum's collection encompass a wide range of disciplines, from those typically associated with the museum; geology, entomology, zoology, palaeontology; to more unexpected areas like physics and chemistry. They were shown either during lectures (much of the university teaching happened, and continues to happen, at the museum) or in a more entertainment-based context, for example at the early 20th century Ashmolean Natural History Society Christmas lectures for children. Lantern slides can be thought of essentially as early PowerPoint slides.

For this reason, they are particularly important objects to understand and include in the archive, as they provide not only an insight into aesthetics, thought and knowledge at the time they were created, but also what of this the creator deemed was important enough to share with a large group of people, either in an academic or recreational context (or both!). It is important that the museum and the general public are able to access this sort of information, so it was really rewarding to both have the opportunity to work on this internship. By the end of the six-week



internship, we managed to digitise over 3000 lantern slides and completed two lunch break lantern slide shows in the museum's lecture theatre. The museum's supervisor for this project, Danielle, provided invaluable support in providing many archival information about the slides we discovered and organising many extra activities within the museum throughout the internship.

Daily Life

I usually get to the museum in the morning by walking from college accommodation. On my first day of work, I met three other summer interns who are starting their six-week internship on the same day, including my project partner Mary. We received a brief tour around the museum and a health and safety introduction in the afternoon from Laura, who is the museum's Events Manager. Mary and I followed a relatively consistent workflow throughout the internship. Earlier in the internship, we focused on cataloguing the slides, removing them from their original storage, labelling them with a unique code for retrieval and entering metadata into a spreadsheet.



Once the camera and equipment for digitisation were set up, we shifted focus towards mass-digitisation, as the rest of the cataloguing work could be completed remotely. We worked together on this, with one person labelling the slides, placing them onto the lightbox and naming/placing in folders/quality-checking the slides when they were uploaded onto the computer. The other person was responsible for checking that the camera settings were appropriate for the slides being photographed, setting the focus, taking the images, and transferring the slides into the drawers for storage, with dividers and labels. Throughout the workday, we have a morning and afternoon tea break and a lunch break when we would often join the library museum staff members and our supervisor in the common

room or sit outside on the lawns. Outside of work I worked on some graphic designs for a university society and enjoyed the time off.

Lasting Impressions

The internship has been a really amazing experience overall. What I find most valuable about this internship experience is the self-led exploration of uncatalogued museum materials and being able to uncover hidden narratives for images shown on the glass slides when cataloguing and digitising them in sequence, combined with the on-site experience of working in the paper conservation attic of a historical museum that gives us a truly immersive experience.

As a student coming from the creative arts, I enjoyed exploring the various themes these glass slides had shown, and we've definitely both learnt more about Geology in the last 6 weeks than ever before! Due to the presentational purpose of magic lantern slides, these objects are invaluable visual representations of the discourse in academic interests of natural history dating from the 1870s to the 1960s as they capture 'moments in time'. The experience has greatly encouraged my career ambition in museum collections and interest in digitisation projects.

Lucy Ella Jackson, University College, MEarthSci Earth Sciences, Second Year
Undergraduate, in-person working



Work Projects

I catalogued a collection of fossils. Some of the fossils were suffering from pyrite decay which I selected and conserved in the museum's conservation lab. I also had a few smaller tasks like answering object enquiries from the general public. At the start of the project I received training on how to use the museum's computer system and how to catalogue the fossils. After that the work was mostly independent but I always had a supervisor I could contact if I needed help or advice on how to proceed.

Daily Life

My hours were 9am-5pm Monday to Friday. I walked to the museum every morning. Every morning I started working on the collection from wherever I left off the night before and completed any tasks I'd noted on my morning to-do-list. I was living with people from my college so spent my evenings with them, or a few nights I went out to the pub with the other interns.

Lasting Impressions

I thoroughly enjoyed my experience and it helped me solidify my career plan for the next few years. I gained a lot of transferable skills and skills directly relevant to what I want to do in the future. I also learnt a lot that will be useful for my degree.

NUFFIELD DEPARTMENT OF POPULATION HEALTH, UNIVERSITY OF OXFORD

Yutong Dai, Wadham College, MMathCompSci Mathematics and Computer Science, First Year Undergraduate, in-person working

Work Projects

I was tasked with improving the rapid reporting tool used by the Clinical Trial Service Unit of the Nuffield Department of Population Health to enable 1) extracting and transforming data from multiple databases; 2) generating reports with graphics; 3) running interactive reports; and 4) incorporating scripts into data transformation.



The old reporting solution was a set of Bash scripts that feeds SQL queries into database engines and dumps the temporary table storing the result of the transformation into a CSV file, which is then converted into XML and styled using custom style sheets. The old solution was an ad-hoc response to the reporting requirements of clinical trial management about 10 years ago

and gradually became inadequate. I determined that it was pointless to reinvent the wheel, so the old solution should be deprecated in favour of modern ETL (Extract-Transform-Load) and reporting software.



I researched a total of 14 ETL and reporting solutions, comparing them according to their operating system support, functionalities, and extensibility, and narrowed down to two candidates. Then I implemented an old report using each of the two tools, finding one of them, KNIME (including BIRT), to be significantly superior, and decided to use it. I created a total of six reports using KNIME. The first one was just mentioned. Among the remaining five, some were demonstrations of functionalities of KNIME, while others were new reports requested by the investigators. The reports incorporated advanced data transformations that were not achievable with SQL such as Python scripting and creating sophisticated charts like bar charts with confidence intervals. I also used some R to draw more advanced graphics such as a bubble chart superimposed on a map of the UK.

To satisfy the requirements of interactive reports, I wrote an R Shiny application that supports simple filtering of a data table by column value. In view of the need to periodically generate the reports on the departmental server, I installed the relevant software on the server and navigated through documentation to figure out how to run everything on the command line. Finally, I wrote a 46-page report documenting my work, especially on how to use the software I recommended, so that future developers can quickly adapt to it.

At the end of my internship, I delivered a 45-minute talk in front of the team. During my internship, my supervisor Sonja helped me understand the old reporting solution and its shortcomings, explained the requests for new reports from the investigators, and pointed out the meanings of and relations between the columns in different database tables. She also

arranged my access to the databases and supported me in my requests to NDPH IT regarding computer configuration and software installation. My other supervisors Karl and Allen introduced me to their work and the data protection practices of the department.

Daily Life

The internship was based at the Richard Doll Building on the Old Road Campus, a 20-minute bike ride from my second-year college accommodation. Since the Old Road Campus is situated on a hill, the bike journey to the workplace was difficult, while the journey back required a lot of braking. Settling in simply meant getting the office keys, being granted access to the buildings, and setting up my office desktop. The internship had flexible working hours, which means that I arrived in the office between 9am and 10:30am; similarly I left the office between 4:30pm and 6pm.

My working time was divided between understanding the requirements through conversation with my supervisors, translating SQL statements to KNIME nodes, designing reports with BIRT Report Designer, writing code in Python



and R, automating everything on the server, and documenting what I did. In the evenings and weekends, I cycled to the Main Site of the college to hang out with friends who were staying in Oxford for various reasons. I also previewed some of my second-year course materials and started learning Linux. I travelled to London on a Monday (utilizing one of the four days of paid leave) and to Bristol on a Sunday. Allen invited the team members to pubs in Headington twice -- once for general socialization, and the other for the final day of my internship.

Lasting Impressions

Overall, I enjoyed my internship. I liked translating SQL into well-organized, well-documented, concise KNIME workflows and designing sophisticated reports in BIRT. I enjoyed contributing to

the management of the clinical trials because of the positive social impact of the advancement of medicine. Aspects of the work that I found unsatisfactory include coping with Java versions, path variables, different path formats on Windows client and Linux server, and database authentication.

I believe that I learned a lot from the internship. I gained insight into the management of clinical trials and related data protection issues, understood Bash and SQL, learned to use prominent ETL and reporting tools, and had experience with R and statistical data analysis. Moreover, I gained valuable communication, analytical, problem-solving, and research skills that will be useful in every occupation. This internship has confirmed my plans to do further study and (hopefully) become a researcher in one of the mathematical sciences.

OXFORD MOLECULAR MEDICINE ACADEMY - OMMAC

Trinity Jean Pate, St. Edmund Hall, BA Neuroscience, Final Year Undergraduate,
remote working



Work Projects

I worked as a strategic advisor for the development of the Oxford Molecular Medicine Academy which is a start-up looking to launch both an educational platform and summer school courses, focused on molecular medicine. I was a team leader of a small group and our main project was to strategise and come up with development ideas for the company to prepare for its soft launch. We created a strategy implementation document for the next steps of development for the start-up. It was split into 3 phases and covered several major areas including product development, marketing and outreach communications, and future outlook. I also spent some time designing promotional content for the company including an informative brochure and sample social media posts. I had daily meetings with my team and then meetings around once a week with the CEO of the company.

Daily Life

I enjoyed working from home as it meant I could structure my time in my own way and didn't have to pay for transport to and from work. I usually got up early and started work around 9 by having a team briefing for the day with my team. We would then lay out a plan of action for the day and regularly check in with one another to see how we were all getting along. Sometimes we worked collaboratively on projects, such as the promotional brochure for the company, on a Zoom call, but we usually had separate tasks which we went off to complete and then reconnected back at the end of the day to update one another. About once a week we would connect with the CEO and fill him in on what we had done and find out if there was anything else that he wanted us to do.



Lasting Impressions

I really enjoyed working in the team and has confirmed my aspirations of wanting to work on strategy consulting as I really enjoyed coming up with solutions to some of the problems facing the company. It also made me more aware of some of the many issues facing start-up firms and some of the ways we can go about fixing them. Overall, it was a good experience to work in a team and learn about strategy development and consider how to scale a small business.

OXFORD COMPUTER CONSULTANTS

Claudia Cilleruelo Pascual, Keble College, MA Mathematics, Second Year

Undergraduate, a mixture of in-person and remote working

Work Projects

During my time I worked on Ami, an online platform that connects those wanting to help in their community with organisations looking for volunteers. I had programmed extensively in Python but had no prior experience in C#, ASP.NET or JavaScript, the 3 principal tools I would be

using in the development of Ami. I was taken aback by OCC's willingness to provide me with the time and resources to do this learning despite only interning for 6 weeks.

The aspects of Ami I was involved with varied from day to day: from adding functionality enabling volunteers to log their hours, developing profile subsections of the volunteer account, developing the messaging system between organisations and volunteers, to making the system accessible for users with screen readers. When I first arrived, I was assigned a mentor, which was hugely beneficial to both my technical growth but also my understanding of the company. Very early on I met the managing director as well as several tech leads – who were all extremely welcoming, and everyone was willing to lend a hand.

Daily Life

I worked in person for the first 4 weeks and online for the majority of the last 2. OCC has fairly flexible working hours, I had to do a total of 37.5 hours a week but beyond being in the office for the core hours (10-12 and 2-4), the rest of the time was completely up to me. I'd get in at around 8:45 and have a meeting with



the ami team at 9:45 and as part of the Innovation Delivery Team, the daily stand-up at 10. This was my opportunity to learn about the different projects the team was working on, as every developer in ID gives an outline of their day.

There is a huge sense of collaboration as most developers are working on several projects at once, so will at some point or other have worked with almost all the developers in the team. I would then spend the rest of the day tackling one or several tasks at hand with scattered calls during the day with my mentor and other developers. The tasks varied significantly as summaries above^ and as well as programming I was able to do some code reviews. Once a week I would attend the weekly OCC lunch, where I was able to meet employees I didn't interact with on a daily basis. It was great to have another intern at the same time at OCC.

Lasting Impressions

I really enjoyed the internship and I felt it provided me with an immersive experience of what it is like to be a developer. I'm very glad to have walked away not only with a real world perspective of what the sector is like, and what working as a developer entails, but also to have come away with proficiency in 3 new languages in the space of 6 weeks. OCC made sure from very early on to treat the 2 interns as contributing members of the team, and this made a huge difference to our experience as we were soon able to see the impact we were making on a technical level, and we were able to work side by side with industry professionals.

MMath Mathematics, Third Year Undergraduate (of a four-year course), in-person working

Work Projects

I did development work on the Ami project, which is a website for volunteering organisations to help match volunteers (who can sign up on the public-facing part of the website) to their volunteering opportunities (which are also listed, in anonymised form, on the public-facing part



of the website). I was integrated fully into the development team, submitting code as pull requests to the central Git repository, and reviewing the code of my fellow intern. I did a good deal of work on the area of the website for logged-in volunteers, adding various pages to the volunteer profile section where they could input preferences and personal details.

I also did a lot of refactoring and maintenance of the code, to make future development work easier. The development work was both frontend and backend - I worked on everything from the styling and presentation of the website to the business logic and database schema. The host organisation provided a good deal of support - I was assigned a mentor, who helped a lot in the initial set up as well as getting me acquainted with the code repository (which was quite large).

Daily Life

The office was fortunately very close to my accommodation, so getting to work was only a ten-minute walk which was very convenient. At the start of each working day there were two "stand-up" meetings - one just for the project I was working on, which only had the four to six (depending on the day, and including me) developers who were working on the project; and one which had everyone in the department. The former was brief, but important as it provided an opportunity to bring up any specific problems we'd run into while working on the project.

The latter was less directly useful as an intern, but it was good to be able to keep track of all the other projects going on in the department, which I'd have never kept up with otherwise. There was one other intern (who also came through the Summer Internship Programme); they were



my main companion for socialisation, and there was a lot of mutual assistance between us on the project. I didn't socialise a huge amount with the other people in the office aside from my mentor and my fellow intern - but this is probably more of a reflection of me than of the internship itself!

Lasting Impressions

I really enjoyed the internship, and feel like I gained a great deal of good experience from it. My main aims in taking the internship were to get a feel for how working in an IT/software-dev type career would feel, and to become more experienced with working on large, mature code bases with a proper task and issue management system; both of which I feel I got a good handle on. As a whole, the internship has confirmed to me that this is a career path that I definitely could take, but I'm still uncertain if it's the one I necessarily want to take, since there are a huge number of other career paths which I have yet to consider.

OXFORD MOLECULAR MEDICINE TECHNOLOGY - OMMTECH

Jack Barker, Christ Church, MPhys Physics, First Year Undergraduate, remote working

Work Projects

We were interested in the interactions between various genes, and how they activate or deactivate one another. To this end, I wrote code in Python to automatically scrape online genetic databases, and cache and parse the received data. I then used this data to build networks of gene interactions for



given target genes, and help to illuminate the most important genes in certain biological processes. The internship culminated in developing a piece of software that generates these networks automatically and provides other information about the interactions present. Throughout the 4 weeks long project, I had regular meetings with my mentor who gave feedback on the software. I also received direction for where to progress with the project, so that I always had something to be working on.

Daily Life

During the internship, I tended to wake up, have breakfast and start work on the project fairly quickly. I aimed to get as much of the work as possible done earlier in the day, which allowed me time in the afternoon and evening to exercise and relax. The work was fully remote, so I did not have to worry about commuting time. Since the hours were flexible, this allowed me to still socialise, since I could fit the work on the project around other activities. I made sure to get exercise every day of the internship to stay healthy and happy.

Lasting Impressions

I enjoyed working on the internship, as I felt that the work I was doing could have a real, tangible future impact on the company. I significantly improved my coding abilities, since I

spent some time learning new techniques and technologies to achieve the aims of the internship. The experience has confirmed an interest in working in the sciences, and also computer programming, that I will try and continue and build upon in future internships.

PITT RIVERS MUSEUM

Devaki Vadakepat Menon, Magdalen College, MPhil in Visual, Material and Museum Anthropology, in-person working

Work Projects

I interned at the Pitt Rivers Museum's Photograph and Manuscript Collection placement, during which I was able to research relevant material for my degree dissertation and personal research. As my guide and supervisor in the placement, Philip Grover was incredibly kind and helpful in allowing me to cater the



experience to explore my own interests. His unwavering support, enthusiasm, and interest in the material I wanted to see made this placement all the more rewarding. He and the various staff at the museum provided an in-depth understanding of the various roles within the institution, departments, their tasks such as design and restoration, and I was provided with opportunities to witness and be involved in events and research-visits.

These opportunities gave me exposure to a wider set of materials (both geographical and typological) that I would otherwise not have access to, or be knowledgeable about. My main task focused on under-examined and undigitised south Indian material—the unearthing and extensive research of which allowed me to contribute material to a detailed blog post. My other task and achievement include the digitisation of over 150 photographs from collections, some of which I will research after my placement and write to the museum about—so that I may contribute another blog post. Overall, this experience has provided me with so much more

information than I had expected to receive—and these have significantly shaped my plans for my own academic research and fieldwork travels in the short and long-term.

Daily Life

I arrived at the museum between 9 and 10 a.m on four days of the week. Philip allowed me to work remotely on Fridays so that I may also have sufficient time to focus on my academic responsibilities outside while working on material from the museum. The days began with a task of my choosing, which was most often spending a few hours digitising material, spending some time going through physical books, records, and accession logs belonging to the founder of the museum (to find information relevant to my research). During break times at the museum, I got to walk around and explore the various departments myself, along with getting to know the various staff members and enjoying lunch and coffee with them. The day ended at 5 pm and I often left the building along with other staff members. Outside of my work, I primarily focused on the completion of my dissertation.

Lasting Impressions

The internship at the Pitt Rivers Photograph and Manuscript Collection department is likely the most memorable experience and most dynamic Summer that I have had yet. It has left a lasting impression on me because of how much of it I did not expect while starting. The breadth of knowledge, opportunities to



part-take in other research, information about event planning, interactions with staff and visitors, and internal-workings of a general museum space that I was given was an overwhelmingly positive experience. I have always wanted to delve into museum research, and working here for the summer has only further strengthened my determination to continue my research in the field. I have also had opportunities to talk to experts in the fields of archaeology and anthropology to consult career advice, which was already opened up scopes for my prospective career in anthropology.

BA History, Second Year Undergraduate, a mixture of in-person and remote working

Work Projects

As an 'Object Collections' intern, I worked closely with the museum's immense collection of objects at many different levels. At the tactile level, I would help to remove objects from display cases for visiting academics and photography. On one occasion I helped a 3D photographer document a series of objects by handling them for him with gloves. I also labelled a collection of musical instruments and visited the museum's stores to retrieve objects for display and research. The conservation department trained me in doing this safely by showing me what to look out for in terms of dangerous substances.



I also received training to use the museum's online database, MuseumPlus, in order to work with the records of these objects. My main task was to catalogue a donation to the museum, a collection of tenugui (Japanese washcloths), which required a combination of these skills, as I photographed, sewed labels on and created records for the cloths. I was also involved in outreach, which ranged from hosting an educational session for disadvantaged children using the museum's objects to welcoming visitors from significant academic and religious institutions who wanted to help imagine a new future for some of the museum's more sensitive objects. My supervisors were very supportive and were always there to help if I needed them.

Daily Life

My internship was mostly in-person, from 9.30-4pm, though I worked a couple of days from home when my task was to research an object or when the museum staff had an all-day meeting planned. It was very easy to settle in because everyone was friendly and there was a communal space for staff to which we were allowed access. As such, I was able to socialise with members of staff working in all of the museum's departments rather than just my supervisors,

and my internship experience was enriched as a consequence. The staff would also welcome visitors to this communal space, which meant that I had many valuable conversations with experts in various fields. We had a daily coffee break during which we would go to the hot drinks stand and my supervisor would very kindly buy me a drink. I also enjoyed several pub trips (again, paid for by my supervisor!) as well as an ice-cream picnic in the park.

Overall, I felt very welcomed and comfortable in the museum space. I had to walk to the museum every day, which took about 20-25 minutes because there were no direct or reliable bus routes close to where I was staying, but I quickly got used to this and would not count it as a disadvantage.



Lasting Impressions

Throughout the 5 weeks of my internship, I learned much in ways that I had not imagined I would. An experience that stood out for me was a session hosted for a delegation of Tibetan academics, religious leaders and community figureheads who lived in exile from Tibet. We discussed the museum's Tibetan objects with a scope that went far beyond the abstract debates over repatriation to which I was accustomed and in a way that has transformed my understanding of a museum's duty to and relationship with the public.

To my surprise, I found that I enjoyed working with the objects at the outreach level, which has had an impact on my career ambitions as I had previously envisioned a career in academia. I received advice that I am sure will guide me in the years to come and made connections that will be very useful in the future. The internship was exactly what it promised - an insight into life working in a museum - and I felt empowered by the level of trust afforded to me by my supervisors, who gave me impactful tasks throughout so that I felt that my presence, though relatively fleeting, was making a difference.

BA History of Art, Second Year Undergraduate, a mixture of in-person and remote working



Work Projects

I researched a group of Jewish amulets in the Museum's collection which had not previously received a huge amount of scholarly attention. I was also lucky enough to enjoy tours of other departments of the Museum, including the Conservation Studios for example. I loved working on my own project, hearing from the other interns about their interests, and equipped with the tools I needed to produce my best research.

Daily Life

My internship was spread over the summer, meaning that there was no regular rhythm or pattern to my work. I really enjoyed the ad-hoc opportunities for meeting other museum staff and getting to learn more about the operations of the Pitt Rivers as a whole, beyond the department I was working with.

Lasting Impressions

I loved every moment of my internship. I was made to feel a valued and appreciated member of the team, and felt that my voice was heard and my input appreciated. Mel, my line manager, played a huge part in this and made sure to continually offer me different training opportunities to further my skills and learn more about.

MPhil Visual, Material, Museum Anthropology, in-person working

Work Projects

I completed the objects collections internship at the Pitt Rivers Museum this summer. I had many different tasks assigned to me which made every day special and exciting. One of my main tasks was working with the museums new online database to organize files. I also participated in research sessions where students, researchers, or community members would

come to the museum to examine objects they were interested in. I would assist in handling objects, answering questions.



On many days, before visitors arrived at the museum, I would assist in object retrievals or put-backs, where objects necessary for research would be taken off display. As part of the internship, I was also responsible for researching and writing a blog post about a topic of my choosing. I learned about object conservation, citations, and general museum practices. I would highly recommend applying to this internship if you are interested in history, arts, culture, museums, and heritage. Based on my interests, my supervisors were really great about providing me opportunities that would best suit them.

Daily Life

Because I had so many different tasks, every day was different and made coming into the museum really exciting. I lived close to the museum, so I was able to walk to and from. On my first day, I was given a tour of the museum and the offices and was introduced to all of the friendly people who work there. My supervisors made it really easy for me to socialise and get to know everybody through our daily tea breaks. These breaks were a nice way to break up the morning and get to chat to everybody about what they were working on.

I was also able to become close friends with the other interns. We spent a lot of our lunches at the museum cafe getting to know one another and talk about what we were working on. There were also many opportunities to socialise outside of work, for example meeting up at the pub! I was really thankful that the internship occurred in person as it was easy to meet people and enriched the experience.

Lasting Impressions

The internship was instrumental for my future career goals. It provided me a very realistic glimpse into what working at a museum would look like and confirmed that this is what I would like to do in the future. The experience was really amazing and I'm very grateful I was able to participate in the internship program.

My supervisors allowed me many opportunities to learn about every sector in the museum, from conservation to education and curation. I gained a lot of knowledge about how museum work and the kinds of jobs you can have within them. I think that the internship perfectly supplemented my studies at Oxford by offering a practical experience to the theoretical knowledge I have been gaining in my course.

PRAGMATIX ADVISORY LTD (ALUMNI HOST, LINCOLN COLLEGE)

Emmanuel Campion-Dye, Wadham College, BA Philosophy Politics and Economics, Final Year Undergraduate, remote working



Work Projects

My internship was with Pragmatix Advisory, an economics and strategy consultancy. I was working on the initial research stages of a project which would eventually become a rural strategy for some local authorities in England. I had two main tasks. One involved organising and taking notes in the interviews for a variety of people from the area – councillors, business leaders, charity heads, representatives conservation bodies and so on. The other was looking at data for local authorities in the UK, as well as at smaller geographies, and using the data to try to build up a picture of the relevant rural areas. I then combined these streams by drafting a Strengths, Weaknesses, Opportunities, Threats analysis.

Although my placement work was continuous with a larger company project, and thus there was no single achievement from it, I felt proud of the smaller tasks I was able to achieve since I felt I was genuinely contributing something useful – which tasks included literature reviews, arranging meetings, and an internal company presentation. I was very well supported all throughout this process. My supervisor facilitated my style of working and allowed me the freedom to talk one-on-one when I felt I needed it and to get on with the task otherwise. I also met periodically with the CEO of the company who discussed professional development with me. Every week, we had an internal training session for some new skill.

Daily Life

My internship was remote, but we used an ‘open office’ arrangement, so we would be on a Teams call for the whole of the working day. This took some adjusting to, but quickly became normal, and allowed work to feel more social than if I hadn’t been able to see the others on camera regularly. Each morning, I would join just before nine, and we would each give the outline of how we planned to spend our day and make any decisions for the allocation of certain tasks. We’d then work to lunch, before leaving the call for the lunch hour, and re-join after.

I did experience some difficulties with technology – when working online with constantly streaming video, any WiFi lapses whatsoever felt quite annoying. However, the online nature of the internship did allow me a lot of flexibility, so I was able to move between home and Oxford periodically depending on where was more convenient at the time. The main difficulty I had with remote working was that the lack of a commute meant it was easy for me to spend all day in the house. If I were to be working longer, I think it would have been beneficial to me to set up a strict schedule which forced me to get outside every day.



Lasting Impressions

The internship has left me with a very positive overall impression – I now have the belief that I could work in the consultancy sector, and the inclination to pursue it. One of the most notable aspects of my experience was the strong feeling that my degree had helped me to do the job better than I could have done it otherwise. This wasn't so much because of specific skills I was using, but rather because the background knowledge gained from PPE allowed me to more quickly get to grips with the context of the work, and because the value placed on clear, logical thinking carried across.

Having really enjoyed my degree, the similarities meant I enjoyed the internship a lot – in fact, much more than I expected to, which was a pleasant surprise! After the internship, I feel I'd be much more likely to go into consultancy. Beforehand, consultancy had always seemed confusing, and I had little idea of what consultants actually did day to day. I think the internship was the best way to demystify working in the sector. I also feel that I gained a lot of transferrable skills that would be useful for many different jobs – skills in presentation, interview technique, Excel, mapping and much more.

REBELLION FILM STUDIOS

[Hannah Nightingale, Lady Margaret Hall, BA Theology and Religion, Second Year Undergraduate, in-person working](#)



Work Projects

I was working within the costume department of Rebellion Film Studios, which specialises in historical costume and military uniforms. My main tasks were preparing costumes to be sent out for theatre and TV productions. This included mending civilian pieces and swapping out details to make military uniforms historically accurate. Some of the pieces I worked on were a Victorian-style bonnet and a Household Cavalry helmet which I had to paint

with careful attention to detail. I got to use my sewing skills particularly when I prepared some hats for a BBC production and learnt how to clean delicate items in a special machine. The people I worked with made sure to keep me in the loop with everything they were working on. They introduced me to clients and took the time to explain things and tell me about the history behind certain pieces, such as a corset made with real whalebone.

Daily Life

I got the train every day from Oxford to Didcot and then cycled from the station to where I was working. I then worked from 9:30-5:30. Everyone was very friendly, and I settled in quickly as we would take breaks together, which also meant I got the chance to ask them more about working in film. I enjoyed how varied my days were; I was sometimes on my feet carrying costumes about and at other times sitting working on a particular piece. I liked how each day was different, working on a different thing and considering solutions for individual cases. I also enjoyed meeting people working in other areas of the company such as audio motion. Outside of work I met friends in Oxford and used the time to explore Oxford further, which included going to the Ashmolean.



Lasting Impressions

I enjoyed my internship experience. I have always had an interest in costume, and it confirmed this. Even though this seems to be a bit away from my degree in Theology, the historical side shone through, and I hope I can pick that up in my degree. We talked a lot about the social side of historical clothing, and it gave me a real insight into how the way we present ourselves through clothing is really important. I hope to pick up on these ideas in my dissertation, which is on clothing in the Bible. In this way the experience confirmed links between my subject and my love of costume, even if they are not at first obvious. I still remain unsure about what I want to do after university, but my experience has allowed me to consider costume as an option. I now

know that I enjoyed the variation of the job, which is giving me a sense of the kind of job I may want to do in the future, so I have more of an idea of what I might enjoy.

Practical Advice

I was unsure whether to apply or not and was convinced it was too competitive to try. It was also such a step away from my subject. It turned out that it suited me and my subject well, so I would say don't be afraid to step out of your degree subject into something else you're interested in. To be able to combine interests that at first don't seem to go together is exciting and you don't know where it might take you. Also keep a list of the key things you've learnt, even if they're just interesting facts.

REFINED SEARCH (ALUMNI HOST, HERTFORD COLLEGE)

BA Philosophy Politics and Economics, Final Year Undergraduate, in-person working



Work Projects

The main project me and the other intern were assigned was to search for a Europe-based renewable energy trading company as an acquisition target of a large commercial bank. To complete this task, we went through the websites and annual reports of energy trading firms and collated useful information such as profit & loss, company size, trading capacity and ownership details into an excel sheet. We shortlisted companies based on their suitabilities and our client's expectations. We drafted reasons for shortlisting these companies. We also conducted three search projects where we headhunt candidates for the roles from the information management system we use and LinkedIn.

We assessed the candidates' suitability based on the job description provided by our clients. We reached out to selected candidates to set up calls with our partner to discuss the roles. We

took notes during the calls and reference them back to our client. There were a lot of opportunities to develop interpersonal skills in communicating with the candidates. Every Wednesday, we sat in the firm's weekly pipeline meetings where everyone updates others in the firm regarding the projects they have at hand, so that everyone can be on the same page. The meetings served as a great chance to absorb information about the headhunting industry and to gain a deeper understanding of the skills required for the job.

Daily Life

I felt really welcomed on my first day at the firm. Our supervisor showed us around the office building and introduced us to eatery places nearby. We were also given an introduction to the projects we were going to work on and given help setting up our computers and work accounts. The firm is conveniently located in Victoria station. The area is surrounded by all types of restaurants, fast-food places and food markets. The firm is a short distance away from St. James's Park and I enjoyed the relaxing walk in the park during lunch breaks.



As a small firm, everyone in the office is friendly and approachable. There were plenty of opportunities to catch up over coffee or during lunch breaks. We also had welcome drinks and farewell drinks with the entire team which gave us the valuable opportunity to chat with everyone. The weekly pipeline meeting allowed us to meet our colleagues based in the Singapore office. Most excitingly, as interns, we were invited to the company's retreat which will take place in October when our colleagues from Singapore visit London. These social events helped to create a strong sense of friendship within the team. I have enjoyed the daily casual chats in the office.

Lasting Impressions

I enjoyed the internship as both commodity trading and executive search are areas that I have no prior experience in. Looking at the commodity trading industry from an executive searcher's

point of view provided me with a new perspective. It revealed to me how recruiters would assess candidates based on their work experiences, their reasons for making career changes and their ways of interacting with recruiters. The understanding of what qualities the recruiters would like to see in a candidate would be useful in informing my future career choices.



The internship programme was also a huge test of my interpersonal skills as communicating with senior professionals over messages and calls was at first a daunting experience. Learning from my colleagues on how they draft their emails and how they strategically steer the conversation during phone calls helped me to

develop my communication skills which I believe is my greatest takeaway from the internship experience. The process of researching for companies' information and looking at the career trajectories of candidates also allowed me a deeper understanding of the key players in the commodities trading and the renewable energy industries. It confirmed my interest in the commodities sector which is a sector I would like to explore more in the future.

Practical Advice

Read up on the different functions within the commodity trading industry. It would help you assess the suitability of candidates' profiles. (And save the one-month free trial of LinkedIn premium as it will be really useful during the internship).

BA English Literature and Language, Second Year Undergraduate, in-person working

Work Projects

I was working in recruitment. I researched the sector, in this case sustainability consulting, and compiled long lists of people who work in that sector. I then contacted those people directly and organised telephone calls with them, scheduling appointments across global time zones. I mostly observed such calls between these candidates and members of the firm, but also learnt

to lead them myself. In these conversations, we would interview the candidate about their career and assess them for available roles. I also dealt with networking and maintaining relationships after the call. I also did a market research project generating a rough picture of the companies producing and trading renewable energy in Europe to support a member of the firm in an upcoming pitch meeting with a client; This involved internet research into various companies and writing summaries about them.

Daily Life

I travelled an hour into central London each day on the London Underground and went to the office. I was working alongside one other intern, whom I met in preparation for the internship in Oxford on the advice and contact provided by the employer.

The people at the company made an effort to make

us feel welcome; We were taken to the local food markets to show us good spots, given welcome placement mats and company merchandise, and multiple work socials were organised for us. The company organised drinks for us after work on the first day to help us meet the entire team and settle in, and they also organised leaving drinks for us on our last day to celebrate the end of the internship. This was all very much appreciated. The atmosphere of the office was friendly and comfortable, with snacks and music.



Lasting Impressions

The internship gave me a real insight into the sector. I gained a thorough understanding of recruitment and the skillset needed for it, and feel confident I could apply for such jobs in the future. I was grateful for the professional experience, and the financial assistance. I think the internship built on soft professional skills such as networking, developing professional relationships, organisation and confident communication and advocacy.

STOCKHOLM ENVIRONMENT INSTITUTE (SEI)

Geena Goodwin, New College, Final Year Undergraduate, MBiol Biology, remote working

Work Projects

I was a knowledge management intern at SEI for 6 weeks between June-August. I started my internship by uploading and editing content related to climate change adaptation for the weADAPT platform, including writing up articles which highlighted the frequently asked questions for three chapters in the latest IPCC 6th assessment report. I found this work really interesting, as I was able to research and read about topics I wasn't hugely familiar with, and it gave me a great insight into the work going globally surrounding climate change adaptation.



I also helped to support planning of the weADAPT/SEI Anniversary event at the end of September, specifically working on making nine posters to showcase work across SEI for the event.

This was a great way to meet lots of people involved in work across SEI Oxford, and to get a broad insight into the kind of work SEI does. Finally, I worked on making network visualizations using historic data from weADAPT. I received excellent support from the staff at SEI throughout my internship - there was always someone available to answer my questions, and everyone was very kind and welcoming.

Daily Life

I worked remotely pretty much entirely through my internship (apart from for a few days in my first week, where I was able to come into the Oxford office). The flexibility of being able to work from home was hugely useful, and enabled me to do the internship, which I wouldn't have been able to participate in had I been made to work in-person throughout. SEI Oxford operates flexible working, which was also really useful as it gave me some choice over when I started and finished work (if you start at 9 you finish at 5, whereas if you start at 10, you finish at 6). This

was brilliant as it meant that I could work around other commitments I had. Working remotely was easy to do, as the SEI team are very active online and responded to any and all queries really quickly, so I never felt that I was alone with my work. I also had regular meetings with different team members, to check in on how my work was going and provide support where needed.



Lasting Impressions

I really enjoyed my internship and would definitely recommend it to anyone considering applying. SEI were great at making me and my ideas feel valued, and in giving me choice over the kind of projects I worked on. I felt continually challenged in my work which was brilliant, and I felt that the skills I already had (in using Inkscape for posters and R for visualizations) were appreciated, and they gave me work that was tailored to my strengths.

Despite completing my internship almost entirely remotely, I was made to feel part of the office community and felt very welcomed and stimulated by those that I worked with. In addition, I felt that I developed lots of skills that will be valuable in future employment, as well as an interesting insight into the work going on surrounding climate change adaptation. The experience has definitely confirmed that I want to work in some aspect of science policy, and it was fascinating to see the breadth topics that SEI works on.

[Angela Liu \(Xin Zhuo Liu\), Oriel College, MSc in Biodiversity, Conservation and Management, A mixture of in-person and remote working](#)

Work Projects

I supported an upcoming SEI publication on a climate services co-production framework. I interviewed different project leads of co-production workshops in Indonesia, Sweden, and Colombia, and compiled notes and qualitatively analyzed the collected data in Atlas TI. I also contributed to the write up of the paper and will be able to be a co-author in the publication.

Daily Life

As a hybrid internship, I had both the benefit of working from home as well as meeting and socializing with my co-workers. I believed I was able to form a strong friendship with many of my co-workers and attending career networking events after work together as well. The day to day life typically includes data analysis, interviews, and meetings.



Lasting Impressions

I greatly enjoyed the experience and I learned transferable and employable skillset in qualitative data analysis. The people at the internship were professional, knowledgeable, and kind, and my supervisor also offered that I can co-author on an upcoming publication,

which is highly beneficial for my resume. While this experience did not change or confirm my career ambitions, I now feel like I have a much wider scope and understanding of the different social science elements in environmental studies.

STORY MUSEUM (THE)

Nikita Jain, Oriel College, BA French and Linguistics, Second Year Undergraduate,
in-person working

Work Projects

I worked as a Collections Intern at The Story Museum, in partnership with Oxford University's TORCH. The project which TSM and TORCH were working on involves collecting and researching Caribbean stories as part of an effort to gather information about the contribution of the Caribbean to Oxford and to Britain more generally. I was tasked with looking through collections of oral stories from the Caribbean and identifying any notable trends, for example countries which appeared more often than others, or general thematic observations. I compiled a research fact file with a large variety of historical, literary, social and political context.

I also compiled a spreadsheet with a list of oral and written stories from the Caribbean, organised by year of publication and author. Following a meeting with TORCH I then worked to start putting together 'family reading resource packs' by pairing together different texts according to the target audience. I also helped facilitate a couple of events which TSM were running as part of their summer programme, directing children to where they needed to be and being a general support for the person running the event.

Daily Life

My role was office based, so I had my own desk and computer which was where I did most of my work from. I got to work at about 9:15 and left at about 5:15. TSM has a hybrid remote working system, so the number of people in the office varied from day to day. On the first day I got a tour of the museum as well as a general IT introduction. Apart from the events I didn't really spend much time in the rest of the museum, where the galleries are and tours take place, so I was somewhat removed from that aspect. I also had the opportunity to go to Brookes' Library a couple of times for my research, which was really valuable. My commute to work was a 10-minute walk, which was ideal. I had the evenings and weekends free: I did not socialise with the others in the office outside of work as they were mostly quite a bit older than me, but we had really nice conversations at lunchtimes and during breaks in the shift.



Lasting Impressions

As my first multi-week internship, I really enjoyed the experience of getting to work in an office environment with people who weren't necessarily doing the same thing as me but shared the overall ambition of making TSM a nice place to visit. My supervisors were both really supportive and happy to let me have freedom with what I was working on, which I really appreciated. The collaboration with TORCH was also something I liked, because it helped me feel like I was doing something which could also benefit other students linked with the university. TSM also

conducted an exit interview with me where they allowed me to give them honest feedback which they took on board. Although I don't see myself working in the museum sector in the future, I am looking forward to keeping in touch with the rest of the team at TSM.

STREATER RESEARCH

Siwei Dou, Keble College, MPhys Physics, Third Year Undergraduate (of a four-year course), in-person working

Work Projects

My role as a summer Utilities analyst at Streater Research involved building a sum-of-the parts valuation model for FTSE 100 Utilities, including National Grid, SSE and water companies. I spent much of my time researching into the energy capacity markets and the regulatory price control frameworks set on these utility monopolies by governmental regulators. To build the valuation model, I used revenue predictions derived from governmental regulations as forecasts feeding into the DCF model.

Daily Life

My commuting journey (bus-train-bus) takes a large chunk of time out of my day, but it does provide me with the opportunity to get up-to-date on my emails in the morning, and to wind down at the end of the day after work. A typical day at work involves reading the FT and other news in the morning, then getting ready for any upcoming external meetings. Apart from



meetings, my work mainly involved research and compiling research findings, and also building models in excel. Although my research and valuation project was independent, I worked closely in a team of 4. All of us work on slightly different projects within the energy sector; communication can massively speed up the research process.

Lasting Impressions

I have a much better understanding of what equity research entails. Streater Research adopts a long-term research approach, which is in line with my career ambitions. The opportunity to work in the energy sector allowed me to utilise my STEM knowledge. I believe, going forward, equity research specialising in the energy sector would be well-suited for me.

UNIVERSITY CLUBS OFFICE

BA Biomedical Sciences, Second Year Undergraduate, remote working

Work Projects

The Clubs Office supports prospective and existing University student non-sport clubs, societies and publications (hereafter referred to as clubs) registered by the Proctors. Through registration, clubs can gain official affiliation with the University and be eligible for certain type of benefits (use of the University name, access to free support services and financial grants). At present, applications from prospective clubs are accepted and processed throughout the year. Some brief research has demonstrated that registration of new student clubs in other Universities within the HE sector tend to receive much more scrutiny to ensure that any new activities can benefit wider student population and/or community and can be appropriately supported and risk managed.



My job was to consult Student Unions of Russell Group Universities and conduct research into the conditions of new registrations and re-registrations of clubs, societies and publications at other Universities in order to develop best practice guidance within this area. I presented my results in a report which will be used to advance a review of the current registration process and recommend changes, as appropriate. I received one to one support from my supervisor having regular Teams meetings to discuss my project and provide guidance on the next steps of my project. I split the project up into the data collection phase (collecting data into excel) and the analysis and report phase where I analysed the results for my report.

Daily Life

I worked remotely which meant I did find it more difficult to stick to a rigid time schedule however it meant that I could be more flexible working 8-4 for example instead of 9-5 if I wanted to. I liked having the meetings in the mornings because it meant I could feel confident about what I needed to do that day (and the following day). I managed by having regular contact with my supervisor in form of teams meeting and emails. I liked to try and finish on time each day and spend time with my friends and be outside to enjoy the weather in the evenings to unwind.



Lasting Impressions

I really enjoyed my time as an intern. I feel that I was given a good amount of responsibility whilst still feeling supported. I have improved my time management skills having to organise my own time in order to meet deadlines and it has helped me realise what I would and would not like to pursue in the future. Whilst this is not a career sector I'm looking to pursue I am still pleased that I got the exposure to a new area and work with different people as it helped improve my confidence and communication skills which will be useful in whatever I choose to do.

Zoe Oldfield, St. Catherine's College, MSc Cognitive and Evolutionary

Anthropology, remote working

Work Projects

I was required to analyse funding data for non-sports societies from the Clubs Office annual reports. I was required to research grant application processes and funding allotments for non-sports societies at Russell Group universities I was required to produce a report/documentation of my findings.

Daily Life

I split the work up into two or three blocks per day (2-3 hours each). I worked both at home and in libraries as I wasn't required to be in meetings. I didn't find the work particularly stressful so had no problems switching off and unwinding after I was finished for the day.

Lasting Impressions

I enjoyed the experience - it was good to get an insight into university administration. This was not in line with my career ambitions and so has not changed my professional outlook, but it was an enjoyable project, nonetheless.

WENTWORTH WOODHOUSE

Megan Burgess, Balliol College, BA English Language and Literature, Second Year Undergraduate, A mixture of in-person and remote working



Work Projects

The in-person aspect of the internship involved scanning letters, manuscripts and documents in Sheffield City Archives, as well as spending a day at Wentworth Woodhouse to see how the team operates. The remote part involved transcribing and/or translating the scanned documents, recording them in a spreadsheet and marking out anything of note to future curatorial practice.

Daily Life

We stayed at a hotel 10 minutes walk from the Archives in the city centre, which we had to arrive at for 9.45am; before that point we sourced our own breakfast. We would work at the archives until lunchtime, where we were taken out to lunch by the team, then returned to the hotel for leisure time/socialising and spent the evening going out to dinner. Remote working

did not affect my daily routine at all as I could transcribe the papers at my own pace and fit other commitments around that. At home I was working a roughly 5-6 hour day.

Lasting Impressions

I loved it and felt it was wonderful experience. I feel so privileged to have been part of Wentworth's renovation, it is such a special heritage site and it deserves all the love & help it can get to return it to its former glory. The work was a mix of challenging and fun and confirmed my aspiration to work within the heritage sector. All of the team at Wentworth were also so lovely and really helpful, I am looking to return in the future for sure!

Practical Advice

General - learn a bit about the history of Wentworth (they have a YouTube channel), especially the family members & their connections so you know who is being referred to in the letters. Also reach out to fellow interns and create a group chat because it is very helpful. Before the in-person part: look up places that you are happy to eat in Sheffield and make a list, so you are not stressed and flustered as to how to find your way around on the first night. Go out to dinner with your fellow interns on the first night too - essential teambuilding. Familiarise yourself with scanning via the apple notes app too.



For transcription - familiarise yourself with the conventions of the eighteenth-century letters/script before-hand, and get used to deciphering difficult handwriting. The most important part of working from home is time management - so spend the first day at home assessing how many scans were made and dividing them equally amongst the intern; leave 2 days at the end of the internship to check your work as, with the experience you have gained by the end of the week, you realise that you made a lot of transcription errors at the beginning.

WSP

Daniel Philip Quinn, Worcester College, BA (HONS) Geography, First Year
Undergraduate, In-person working

Work Projects

I worked on a variety of projects during my time with WSP, but all were focused around the topic of Sustainability and Whole Life Carbon, the main project I worked on was the development of an array of tools used to increase the consistency, reliability, and accuracy of Whole Life Carbon assessments. This was a pretty major project that took up the majority of my internship, but I developed a lot of new skills that are really useful, from Excel to coding I found these tasks really challenging but my line manager was really proactive and helpful in teaching me some of the work, and giving me the skills to teach myself the rest of them.

Other than my main task, I worked on a few internal documents, whether that be guides to certain trends or processes such as Carbon Sequestration or the Circular economy I felt like the work really interested me and was a great excuse to develop my own knowledge in a sector that I am really passionate about. It's really satisfying to see all my files on my computer and seeing just how much I have accomplished during my 8 weeks at the company. It's really helped me figure out what sort of career I want once I graduate so I feel quite grateful for that.



Daily Life

My daily life was really flexible with WSP, the team I worked in was allowed to work in whatever way benefited them personally which was really appreciated. I was told on my first day I could work whatever hours I wanted as long as I attended all my meetings and did enough hours, and I could work flexibly either in the office or at home, furthermore we could finish early some days if we had something we needed to do or wanted to do, again as long as we

made up the hours. I found the company trusting me to do my job really nice and that feeling of trust definitely motivated me and made me appreciate the opportunity even more.



My management team was all really approachable and it made going to work a joy. I personally like to start work early as I am definitely more productive in the mornings, so I usually got to work around 8 in the morning (even though at that time the office is quite quiet). I used my salary to pay my rent and living costs and as I was only in London for a short while I decided to live quite centrally so my commute was only about 15 minutes on the DLR. Once I got to work, I'd sit at my desk, plug my laptop into the monitors and start working. I found that I settled into this routine quite quickly and finishing work at 4:30 was amazing. It was nice to be able to completely switch off which I feel isn't always possible at Oxford so having that work life balance was amazing and will definitely be something I consider for future job roles.

In terms of what did outside of work was mainly a mixture of exercise and socialising (with a lot of Netflix mixed in), when I first arrived in the city I went to a lot of MeetUps to get to know more people and found that really inviting, at one event I met two girls who I really hit it off with and we went rock climbing semi-regularly, it was really nice to see myself building a life for myself in a new city and that did give me a lot more confidence. I also used a lot of my free time to go to the gym, get better at running or just go to cultural events in the Capital. I was living in London and really wanted to make the most of it.

Lasting Impressions

I really enjoyed my internship, although I found the walk to my office quite anxiety inducing on my first day I really quickly was made to feel at ease and I realised most of the fear I felt was in my head, everyone at WSP was lovely and getting to know the other interns was lovely. Although being the only non-engineering student there was at times quite odd, I felt this only

made my experience even more valuable and lots of my knowledge alongside Geography makes me really stand out to employers (or that's at least what my boss said). I feel that I have gained so much from my two months with WSP, not just for my career but in life experience. University I feel is very much like adulting with the training wheels, it protects me from the harshest aspects while I develop my confidence whereas being in London very much does not, flat hunting was not fun, but I got through it and now I know better for next time.

In terms of my career ambitions the internship has only strengthened my desires to work in sustainability, and while I don't know what specific aspect of this broad field I will end up in not only has the internship increased my knowledge that it is the right course, but it has made it more likely that whatever I aspire for I can get.

XANTURA LTD

BA Politics, Philosophy, and Economics, Final Year Undergraduate, remote working

Work Projects

I am a Research Analyst, and so part of my job has been working to build up research behind the value cases my company deals with. I've written a report and blogs on falling in the older population, and created some internal resources to help present the issue to clients and raise awareness. I've also written a white paper on current debt collection processes, explaining why and how they need to change. I've conducted a smaller piece of research into market costs for the technology that the company uses. I've also been working more closely with people on the consulting side of things, doing research to build up a specific project in the special educational needs and disabilities area, and particularly in working out visualisations for different pieces of data.



Xantura has been very accommodating, tailoring the internship to my preferences and giving me support whenever I need it. I am included in meetings that aren't directly related to the work I am doing so I have a more general picture of the organisation, and can upskill outside of my specific areas. I also have weekly calls to check up on my general progress.



Daily Life

I worked remotely for the full extent of my internship, except a day in the office at the beginning, and possibly a day at the end, though I still have 2 weeks left. Working from home has been much easier than I thought it would, largely due to the amount I enjoy the work I have been doing. It is also made easier by a bit of variation in the day

- mixing some meetings and more collaborative work in with longer projects that I have been set to work on by myself. Making sure that you have plans in the evening to relax and switch off helps too, and so does having someone outside of work to keep you accountable so that you don't overwork. My hours are also pretty flexible, so I can take breaks if I really need them to boost my productivity, and make up the time a bit later in the day. I think working from home has made my experience fit in with my life a lot easier, but has made it harder to find my place within the organisation and make connections.

Lasting Impressions

I've really loved my time with Xantura. Everyone at the company has been so accommodating and helpful, and I love the work that they do helping vulnerable people. It's confirmed that working in this sector is exactly what I want to be doing in my career, so has been really affirming. It's given me a lot of drive and a conviction that I've found the role for me. It's also eased any anxiety I had about career work, as I have enjoyed it so much that I'm just excited to see what I'll do. I've upskilled in lots of areas both inside and outside of my role, and have become even more inspired to improve my data analytics skills further. I'm also much more confident in the work I can produce. It's been great!

USA

COOLWATER CAPITAL (ALUMNI HOST, SAID BUSINESS SCHOOL)

MChem Chemistry, Second Year Undergraduate, remote working



Work Projects

Working at Coolwater was a great opportunity for me to understand the world of VC, and as I was given responsibilities and treated like any other employees, I got hands-on experience in the industry. During the first week, I was introduced to the company's operations and guided through the various tasks assigned to me. As an intern, I was also asked to work on a personal project - something which I felt I could contribute to the company in a more lasting sense rather than just work on the day-to-day aspect. I worked in three main areas: data aggregation, company profile development and research, but I found that creating resources for the company would be the best way that I could contribute something permanent that would be useful in the future as well as now.

I enjoyed the opportunities to develop skills I did not have before, such as writing complex formulae in Google Sheets, as well as the softer skills needed in the workplace. I really appreciated the relaxed and welcoming atmosphere at Coolwater as it gave me the confidence to ask for help whenever I needed it, as well as the confidence to put forth my ideas and thoughts regarding a given project. I think the latter was one the best aspects of my internship - the fact that my suggestions were valued despite only being an intern was very rewarding and gave me the aplomb to continue doing so in the future.

Daily Life

As Coolwater is based out of the US, I decided to have my remote "work day" begin in the late afternoon and finish in the late evening so I could easily communicate with colleagues given the

time difference; this gave me the flexibility to go about my day as I wanted without having to worry about not being at my desk. A typical day at work would involve a standing meeting, meetings with colleagues regarding the various projects to which I was assigned, and, of course, working on these projects. I liked the variety that this structure provided as if I was having difficulties with one of the projects, I could ask my colleagues for help and while they responded, I could continue working on something else - monotony was avoided, and time was not wasted either.



Furthermore, not having strict hours meant that I could work on things by giving them the time they needed: if something required a lot of effort and time on my part, I could work on it without having to stop as the "work day" was over, and conversely if something required less effort, I only needed to spend as much time as necessary and carry on with my day! Remote working always seemed cold and distant to me, but this internship changed my view - I found that the freedom that flexibility gave me was far more valuable than I had first thought and allowed me to have a great work/life balance.

Lasting Impressions

I learned a lot from working at Coolwater - about the VC industry, about the various projects my colleagues were working on, but most importantly about myself. This was the first time I had worked for a company for more than a month. I felt that the 8 weeks I interned at Coolwater let me see first hand how I reacted to different situations that arose in working life - dealing with project deadlines, speaking up when I thought I had something to contribute even though I had only been there a few weeks and understanding (and applying) the 80/20 rule in various situations are just a few of the aspects I felt helped prepare me for the future, regardless of where I work.

These are habits and principles which are difficult to develop unless you have done so via experience and Coolwater gave me the opportunity to have this and improve myself beyond the parameters of the projects I worked on. Learning about venture capital has made me keen to work in dynamic industries and the exposure to a multitude of start-ups trying to solve many of the most pressing issues the world is facing today has also given me hope for the future!

DATA ETHICS 4 ALL

Matthew Campbell, Brasenose College, BA Economics and Management,
Brasenose College, First Year Undergraduate, remote working



Work Projects

As part of the project, my main task was to promote the flagship youth program running a college essay writing summer camp, primarily using social media. Beginning with basic market research, I had to write draft messaging, conduct market research, produce and schedule a variety of content, and analyse its performance and impact. I managed to increase core social media traffic across all platforms by 3 times, and the engagement rate by 41%. I had daily meetings with my mentor Sam, who was very helpful and guided me through my tasks and challenges.

Daily Life

With it being online, I was able to plan my day myself. This meant I could start at 9, have a midday break to go the gym, and then get back to work and finish around 6:30/7. I'd begin by analysing previous post performance, then consult this week's to do list and continue going through it. This would normally involve planning and producing content, taking learning points from social media performance, and doing research to explore how to better reach the desired audiences. Every day would end with a 30 minutes (ish) meeting with my supervisor where we'd go over my work for the day and make a plan for the next.

Lasting Impressions

I very much enjoyed the experience and was able to learn a lot about the American college system. I worked on my time management and communication skills, and I always like pursuing new areas. It's certainly given me a lot to think about vis a vis my career.

ILLUMINATE CONSULTING GROUP (ALUMNI HOST, ST JOHN'S COLLEGE)

MMath Mathematics, First Year Undergraduate, remote working

Work Projects

In the first half of my internship, I focused on understanding the methodology behind different rankings and appending 2022 rankings. This required learning how to use certain packages in Python to web scrape, working with thousands of data points in Excel, and learning how to use Microsoft Visual Basic for Applications to create graphs and analysis of said data points. In the second half of my internship, I focused more on creating graphs to enhance presentations which were given to clients. These were mainly graphs of the clients' rankings in certain league tables over time. There were also times where I pulled and scanned through staff lists to add that information to presentations or looked through to find profiles of certain staff members. I was also able to travel to visit a client during this internship.



Over two days I attended multiple meetings in which I shadowed and took notes while my boss presented findings from the client project. The support I received was mainly from my boss. We had daily meetings in which we talked about my progress and questions on the work we were doing, and he also gave a lot of advice regarding career paths and was very open to talking about the industry.

Daily Life

Over the course of my internship, there were daily meetings scheduled with the other interns and our boss to talk about our progress for the day and to discuss any issues. Often our boss also spent some time talking about why our work was important or giving some insight into the industry (including talking about specific cases where something weird had occurred or giving background on the systems and rankings we were working with). We also sent daily emails to the group with our progress and issues we had come across so everyone was on the same page with regards to our work.



For the first three weeks of my internship, I was working with someone else, so I also spent a lot of time on Zoom working with him. After he left, most of the interns were in different time zones, so it would not have been possible to work as collaboratively, but we still sent each other questions and talked about

what we were doing. To keep work-life balance, since I was sitting at my desk for most of the day, I took short breaks in both the morning and afternoon and tried to coordinate my lunches so I wouldn't be eating alone. There wasn't much else I did outside of work to relax and wind down besides keeping it from being on my mind all the time.

Lasting Impressions

I thought that I gained a lot from the internship. I was able to gain a lot of technical skills in terms of working with Excel, programming in VBA (to generate graphs), and programming in Python (and working with classes that involved getting information from the internet). My employer stressed that having standards in presentations and files was important, so I was able to embrace the idea of having everything standardized and realize how much easier that is to work with. I was also able to gain knowledge of the industry that I hadn't had before.

Since the internship dealt with universities, I was able to learn more about these institutions from what I researched and experienced as an undergraduate.

The company was a consulting group, so I was able to experience working as a consultant - both in terms of creating material for clients through presentations and Excel sheets, but also through attending client meetings both online and in person. I was able to realize that I much preferred working with the data and trying to find meaning in it more so than talking to clients about it and trying to manage their expectations.

BA Economics and Management, First Year Undergraduate, remote working

Work Projects

My internship concerned a project pertaining to retrieval, cleaning, and analysis of university rankings data. This was meant to help client universities improve their rankings by seeing the trends of universities that had improved or deteriorated in rankings over time. For example, I had to collect data from the Times Higher Education Impact rankings relating to the UN's Sustainable Development goals, and then manipulate the data, including re-ranking the data, filtering out duplicate rows, recalculating the scores and rankings based on initial raw data from the website, making columns and graphs to analyse trends. The purpose of this was to see how different parameters impacted the likelihood of success (such as the number of sustainable development goals in which the data was submitted by the university, or specific policies reported on campus).



Another example was compiling and organising specific evidence that different universities had submitted to score points in the ranking, in order to later show clients what kind of submissions were helpful.

Throughout the internship, I managed to substantially improve my ability to work with Excel and to find shortcuts and efficient methods that allowed me to accomplish data analysis tasks more effectively. I learned a variety of tools and functions in Excel that I had not previously been familiar with, such as linking different sheets together through double or triple functions.

Daily Life

The internship was remote. I worked on a relatively regular schedule of 10-6, but sometimes I would work more erratically. For example, I would split my hours between the morning and the evening, with a longer break during lunch time. Typically though, I would wake up around 9:30, have breakfast, and get to work, then have lunch, and then have the regular



call with my team at 6 PM (Riga time) after which I would finish the day. Since the internship sometimes required flexibility and sudden new and urgent tasks (such as compiling and analysing new data for a client 2 days before a call with said client), sometimes I would have to work later in the night as well, and other days, when (I'd thought) I'd done everything that was asked of me, I would work less.

To wind down, I'd usually read or exercise in the evening, sometimes exercising during the day (on those days when I split my work into the morning and evening). On the weekends primarily, I also took driving lessons in preparation for receiving my licence, as I enjoyed that and it relaxed me.

Lasting Impressions

I'm glad I learned to work better with data, and to do self-driven work. During the internship itself, I felt gratified because I felt like I was doing work that was meaningful to my self-development both in terms of technical and critical thinking skills.

SOCIAL SCIENCE RESEARCH COUNCIL

MSc Migration Studies, a mixture of in-person and remote working



Work Projects

I worked for the Conflict Peace and Prevention department of the Social Science Research Council which supplies research to the United Nations and brokers a lot of meetings between different countries. I mainly worked for the Latin American division and conducted research on Guatemala and

Nicaragua's state of elections and democracy. I also created a concept note on Migration for the upcoming North Africa migration conference SSRC is holding and conducted research on China-Latin America relations at this moment in time.

Daily Life

I usually had a list of tasks my supervisor left me with via email/slack concerning the research I needed to do and turn in by end of week. I also had a weekly one-on-one supervisor meeting, along with a weekly team meeting, and a weekly Latin American division meeting as well. I also got to socialize quite a bit with the other 2 interns in my department and attended work ice-cream socials on Fridays and went to work in the office twice a week.

Lasting Impressions

I enjoyed the internship a lot because I learned a lot about human rights organizations and was able to carry out meaningful work that I will be able to participate later in (I will be able to attend the North Africa Migration conference to see the fruits of my labour in a way). The experience has definitely confirmed my aspirations to work in the human rights field.

Practical Advice

I would tell future interns to communicate honestly with supervisors and keep track of timelines, do not feel pressured to deliver quickly because in most all cases supervisors will prefer you to take your time on work than rush it and they will understand that you need more time. Working is not like school in the sense that supervisors/peers understand and respect the

fact that you have a life and most often will not expect you to take extra hours of your personal time to do things hence extended timelines if needed.