



## SUMMER INTERNSHIP EXPERIENCE



Feedback from Oxford University students who took part  
in the 2023 Summer Internship Programme

# SUMMER INTERNSHIP FEEDBACK 2023

This document contains feedback from Oxford students who took part in internships in 2023 through the Summer Internship Programme. Internships are listed by the country in which the employer is based, and the title clarifies whether the internship was remote working, if it took place in person or a mixture of both.

Specific students have given their consent for their name and college to be included. Others remain anonymous and only their course and year of study has been shared.

Most of the amazing images shared here have been provided by Oxford students (past and present) who have undertaken an internship through the programme and by our internship hosts.



[Gold Standard Internship Hosts](#), employers which were officially recognised as top partners in 2023 for the excellent quality of the internships provided, are marked with a gold standard internship partner badge.

If you have any questions about any of the feedback, please email [summer-internships@careers.ox.ac.uk](mailto:summer-internships@careers.ox.ac.uk).

Please click on the links below to browse the feedback entries.

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# AUSTRIA

## INSTITUTE OF SCIENCE AND TECHNOLOGY AUSTRIA

Callum Pemberton, Jesus College, MPhys Physics, Third  
Year Undergraduate, in person



### Work Projects

I was tasked with studying the transition to turbulence for a particular type of fluid flow called a Waleffe flow. How I spent my time in practice was first setting up simulations to run and then analysing the data that these simulations created.

My research had two mostly unrelated goals. Firstly, to try and observe the dynamics of the growth of turbulent stripes as they grew to fill the space. Second, was to gain some data on how the introduction of a magnetic field to the equations of motion affects the transition to turbulence.

For the growth of turbulent stripes, I ended up creating some video timelapses of the stripes growing with different parameters and observed some interesting behaviours. For the magneto-hydrodynamic side of the project, I showed that the transition from laminar to turbulent flow is both delayed and narrowed by the presence of a magnetic field.

Furthermore, there was a poster session, where all the interns on the same programme designed A0 posters to display our projects. Members of the institute were then able to walk around the posters and ask us more questions about our projects.

### Daily Life

For my accommodation, I was placed in a student housing block in the north of Vienna. Virtually every day would begin with me walking from there to the nearby underground metro station, because this was where a regular shuttle bus taking people from Vienna to



the institute would stop. My weekdays were fairly run of the mill (go to work, come back, sort out dinner, relax in my room etc).

On the weekends, I went exploring! It is easy to get around Vienna thanks to the particularly good public transport system, so I spent many weekend days exploring Vienna's many tourist attractions. I also took the opportunity to take day trips to visit other nearby cities in the area, both in Austria (Graz, Salzburg) and in nearby countries (Bratislava, Brno and Gyor).

### **Lasting Impressions**

I absolutely enjoyed the internship! I feel like I gained the most simply from the experience of travelling to a new place - having not been abroad for many years, and never on my own, it was quite intimidating to move to a foreign city with nothing



but a backpack and a suitcase - but the experience of doing so has given me confidence for the future. The actual job was a calm introduction to living in an academic research group, and after doing this I'm still just as set on going down a career path in academia.

### **What practical advice would you give to future interns?**

Do as much as possible outside of work! With work and responsibilities of the future, you may never get an opportunity to explore another part of the world for an entire summer ever again, so this is the time to really see and do as much as possible. While I did really enjoy doing my internship, it's the memories of exploring the new city I was living in and the weekend day trips that will stay with me for the rest of my life.

# BANGLADESH

## BANGLADESH LEGAL SERVICES (BLAST)

BPhil Philosophy, Final Year Postgraduate, in person



### Work Projects

I spent most of my time with BRAC James P Grant School of Public Health (BRAC JPG), but also had the opportunity to spend a small portion of my time at Bangladesh Legal Aid and Services Trust (BLAST). I completed one larger project, working on a journal article documenting an intervention to

BRAC's community health worker programme. Alongside this, I worked on data analysis, public communication, editing, and proofreading tasks.

### Daily Life

Transport was provided by the host organisations to and from our accommodation. I mainly socialised with the other Oxford interns, although we also had an opportunity to meet the MPhil students at BRAC JPG who stayed in the same accommodation as us. Outside of work, we mainly went to restaurants on the weekend and visited a few art galleries.

### Lasting Impressions

I gained a lot of life experience from this internship. I feel that I improved my understanding of public health and social science research, whilst also learning a lot about the legal system and function of non-governmental organisations (NGOs) in Bangladesh.

BA Jurisprudence, Final Year Undergraduate, in person

### Work Projects

I completed tasks of drafting editing and at times ghost writing publications for the non-governmental organisations (NGOS) as well as producing stakeholder reports, and presentations on research completed whilst there.

## Daily Life

I would go to work on the weekdays and usually do 9-5 in the office either working on editing or researching. We had frequent trips to seminars and other areas of Bangladesh amidst these.

## Lasting Impressions

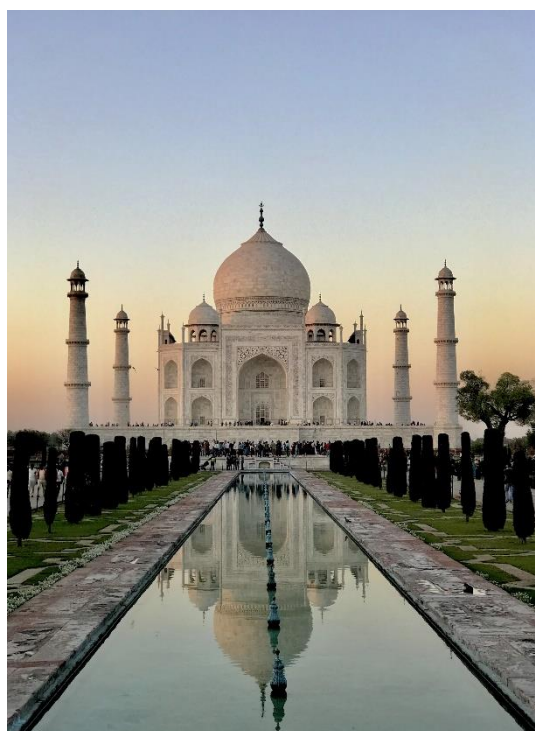
I left understanding the difference in the wealth of the country and facilities both legal and medical. Working with women in the slums and speaking to them about their perceptions of their rights (or lack thereof) put a lot of the work done in the UK into perspective and made me eager to work towards furthering the rights of women internationally.

# ASIAN UNIVERSITY FOR WOMEN

Natasha Maria Treunen, Worcester College, MSc Refugee and Forced Migration Studies, Final Year Postgraduate, in person

## Work Projects

My main role during the internship was being a Maths and Creative Writing Instructor. I taught Maths and Creative Writing to 45-50 Bangladeshi Female students aged between 16 and 20 with 95% coming from underprivileged backgrounds. The girls were divided into three groups and I had to teach each group 6 Maths lessons and 3 Creative Writing classes for the three weeks I was there. Each class was one and a half hours long. For assessment purposes, I gave the students quizzes after each class's content to see their level of understanding on the different topics we covered together.



I had the support of two teaching assistants for each of the classes to help with language barrier and to also make sure all the students felt well-supported during class. From arrival till departure, the Asian University For Women (AUW) team were very supportive, making

sure I had all I needed for a smooth transition into teaching and navigating Chittagong, Bangladesh.

### **Daily Life**

I didn't have much time to settle in because I arrived the evening before the opening ceremony due to some visa delays. However, I had enough support to just settle in that evening and attend the opening ceremony the next day. I was a bit nervous about classes starting immediately the following day after the open ceremony, but the AUW team were responsive to emails and they approved my lesson plans on time.

As for the living situation, the internship accommodation was very close to the university grounds where I had to teach as part of the summer course program. It would take me about 3 minutes to get to the classrooms from my accommodation. Most of the international interns and staff lived in the same apartment complex, which made it easier to become closer to the other instructors who were also teaching in the summer school.

I got close to two other instructors, one from Dhaka, Bangladesh and the other one from California, USA. This made adjusting to the new place and the demands of teaching more bearable. Outside of work, we mostly explored the nearby green spaces that were accessible and tried local cuisine from restaurants, and cafes. On weekends, we got invited to some of the students homes, which was a great way to learn more about Chittagong culture and to try the local cuisines made at home. We also got a chance to wear the tradition dress, saree, thanks to our fellow instructor who was from a different city in Bangladesh. I also managed to attend a Bangladeshi wedding which was definitely a new and interesting experience.

### **Lasting Impressions**

The experience was life-changing in a way for me. Having never taught Maths before, it was a great experience to learn and grow, challenging myself by taking on a role I had never done before. The students were remarkable and their eagerness for learning made teaching very memorable. It was the first time for many of my students to meet someone from Africa, so it was also a chance for them to learn more about my home countries Kenya and Uganda.

The hospitality and kindness I experienced from AUW, from my students, fellow instructors, student's families and the different people I interacted with, was very humbling and heart warming. Chittagong was nothing like I expected, there was a level of organisation in the chaos, particularly in the streets with the rickshaws and cng's. It took some time to adjust to the hooting and the traffic, but overall it was a very new and exciting experience. I am so happy I got to visit Bangladesh and learn so much about the country, the people and their culture from an immersive experience all thanks to the internship opportunity.

### **What practical advice would you give to future interns?**

I would highly encourage most students to apply and go for the opportunities available. I have learnt that visiting new places comes with excitement but also challenges. The challenges can seem scary and off putting but trust me in hindsight the adventures, connections and experiences you will have made, will far outweigh the challenges.



Another takeaway for me, was that no country is ever exactly like another and keeping this in mind might help to just approach each new context with a level of openness and curiosity. I had no idea how much of a positive impact the three weeks working with the students was going to have on my life, not only in the three weeks but also beyond my time there. I received so much love, so much hospitality, kindness and compassion that I will always cherish.

I hope more students apply for internship opportunities through the career service and get to travel not just as tourists, but for a positive impact where you get to really be immersed in a different culture, and context. It is not only a chance for you to learn but to also share your experiences and skills with others in a different context from the one you're more familiar with.

# BELGIUM

## FLARE GOVERNANCE

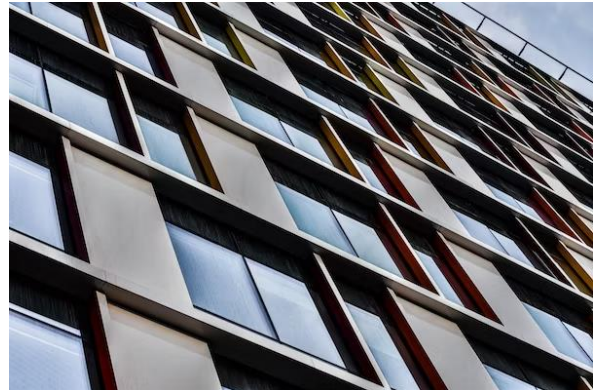
BA Philosophy, Politics and Economics, Final Year

Undergraduate, in person



### Work Projects

Over the summer, I worked on two key areas. Firstly, a research task on the development of the culture war narrative in the UK. This was incredibly interesting as someone concerned about the rise of exclusionary and divisive rhetoric around the world, and as someone



keen to learn from the success of these dominant narratives to create something more fundamentally human, and kind. This research also allowed me to take some self-direction, exploring the impacts of neoliberalism on identity, sexuality and interpersonal relationships.

Secondly, preparing for and promoting Deep Thought discussion events. These took place in Brussels and were opportunities to bring groups of people together to discuss our society, and the future we would like to see. One, for example, focussed on 'Good Work', considering our society's relationship with work, who we work for and what work we reward. As someone just starting out on my career, this was particularly insightful and thought-provoking.

For these events, I worked on promotion online and for the second event, helped to develop the thematic scope of the event. Throughout, I received an incredible amount of support from Andreea. She was always on hand to answer questions, discuss areas of the work and related topics, and to generally be an unbelievably fantastic person to work with. I feel so incredibly lucky to have met and to have had the opportunity to spend the summer working at flare.

## Daily Life

Andreea was incredibly flexible with the hours we spent at work. This allowed me to develop my own routine and to find a balance of work, and socialising which worked for me from the outset. I would commute daily and spent the evenings at events, meeting other interns, and trainees from the European institutions (especially towards the very beginning and end of the internship).

The work environment was relaxed and friendly. I always felt that I could have a strong input into what I wanted to do and could express where my interests lay. I felt that Andreea was keen for me to have a balanced and holistic experience in Brussels, and was an excellent person to ask for advice. At the weekends, I travelled around Belgium and nearby countries, visiting Gent, Bruges, Amsterdam and Paris to name a few.



## Lasting Impressions

I gained an extraordinary amount from this internship, professionally, with new skills, experience and exposure to the European environment, but also personally. I feel that I've gained confidence and a stronger understanding of myself, becoming more comfortable with being uncertain about what the future holds. This internship has reaffirmed my desire to work in the political sphere, but has reshaped my understanding of life and work, and how they coexist together.

I feel prepared on a personal level to head into the world of work with a new-found belief that there is more to life than the work we do. I also came away with a profound love for travel and exploring new cultures, and a determination to return to Brussels, a city that I have fallen in love with, in my short time here.

# WITTOCKIANA, MUSEUM OF BOOK ARTS AND BOOKBINDING

Julia Anne Herdegen, Christ Church, BA Philosophy and Linguistics, Final Year Undergraduate, in person

## Work Projects

The Wittockiana is a museum comprised of a few collections of precious book bindings from the 16th century to modern day, as well as spaces for temporary exhibition and events. It is quite a small museum, with a small team. However, the level



of work is diverse and high, which means that as an intern, you are trusted with a number of important tasks that are integral to the museums functioning and not simply the boring administrative tasks that are sometimes associated with internships.

At the Wittockiana, I would say my principal activities involved researching the collections and expositions in order to create events for the museums calendar. The first major project I completed was a thematic guided tour for the current exposition on Camille De Taeye. I chose to focus on literary inspirations in the artists work and gave two tours accompanied with a demonstration of thematically connected books from the Wittockianas permanent collections.

For a city-wide event and Culture Days, I researched, prepared, and gave a guided tour on Art Nouveau in Brussels, specifically it's representation in the world of bookbinding. With my colleagues, I launched a temporary capsule exposition about the evolution of gold tooling in book decoration, which included selecting appropriate books from the collection, researching gold tooling techniques, different styles, and elaborating a pedagogical and informative guide for visitors. As a native English speaker, I offered my services as a translator to the Wittockiana, translating their website, some official documents, and guides

as needed. I also helped with some more technical tasks, updating the website, editing videos, and assisting with visitors at the front desk from time to time.

In general, I would say, most of my work was independent and self-motivated, with group projects often being separated out into defined parts for each person to focus on. As the team was small, I was trusted to advance and complete the work expected autonomously. However, that is not at all to say my colleagues at the museum were not exceedingly helpful and willing to work to catch me up to speed in the areas where I was still learning about the sector, having come from a slightly different (i.e. less art and museum-focused) academic background than most of my colleagues.

This is especially the case with my direct superior who was always available to answer any questions, provide advice and check in with my progress. Except for a few hiccups, which are normal enough in any workplace, I knew I could rely on my colleagues should the need arise and in the inverse scenario, I could and would step up to the plate if needed. Overall, I am happy with the support provided and the workplace ambiance.



### **Daily Life**

On a normal workday, I would try to get up at 7 or 7:30am to have breakfast, get ready for the day and have time to myself, before taking the bus to work at around 9am. My commute wasn't very long, only 20 minutes from door to door, and once

at the Wittockiana, I would always make myself a coffee first thing. I mention that only because it has become a bit of a joke with my colleagues that my coffee consumption is more than conspicuous. Coffee in hand, I would then settle in next to my fellow intern and pick up where I left off with work the day before. As mentioned above, there was a good workplace ambiance and I got on well with my colleagues, which always helps when it comes to making it through from 9:30 to 5:30, and we would occasionally chat or make jokes throughout the day.

Working at the Wittockiana was, in many ways, like working in a slightly livelier library with friends. Depending on when I reached a stopping point, I would leave work around 5:30pm and I typically would head right back to my house in Etterbeek, a quieter, but still central, and pretty quarter of



Brussels. I was lucky to find an incredible house share last minute, which is not certain in Brussels, as there is a lack of affordable housing, like in most places these days. After work, I tended to work on personal projects, though having made friends with my housemates, I would also catch up with them, and join them on outings to parks and concerts on the occasion.

Brussels is a good city, with a lot of things to do, especially for young people. I also found that it was easy to make friends, as people are very friendly and happy to chat with newcomers. I was also surprised, though perhaps I should not have been, by how pretty Brussels was and the quality of the museums, and I often enjoyed just walking around the town. Practically, it's easy to get around and it's easy to travel to nearby cities if you want a change of scenery, or if you have friends nearby. I made a few trips on my weekends to other cities, which was quite enjoyable.

### **Lasting Impressions**

I had high hopes for my internship at the Wittockiana. While I've completed other internships, the programme and opportunities at the Wittockiana seemed, on paper, much more aligned with my interests, both professional, and personal. I was not left disappointed. I am exceptionally happy with the work I did, with the connections I made and the professional experience in a sector where it can be quite hard to get your foot in the door.

Before finishing my degree, I was fairly certain that I wanted to work in the heritage sector in some capacity, but I was also unsure of what the career progression might look like for someone without a degree directly and evidently related to the world of museums, heritage, and books. Interning at the Wittockiana confirmed to me that the heritage sector

and if possible, the world of old books and manuscripts, is where I want to project professionally. Having concrete experience and exposure to what working in museums is like, gave me the opportunity to focus in on exactly what I want to do in that sector and learn about the next steps.



Having sat my exams before starting my internship, my three months at the Wittockiana also provided a nice transition period between the academic world of Oxford and the professional world. In many ways, the work I did at the Wittockiana truly resembled the work I did day-to-day for my degree, with the added step of application outside of a strictly academic setting and interacting with people outside of the academic world. Transitioning from Oxford to the real world is not always easy or obvious and I appreciate the gradual shift granted by the Wittockiana. My experience interning at the Wittockiana has been invaluable on a professional

level. I feel it solidified my plans going forward and I am recognisant to the role that the Wittockiana, and it's employees played in this evolution.

### **What practical advice would you give to future interns?**

In terms of practical advice, I would recommend you start looking for a place to live earlier rather than later. The Wittockiana is a place where any skill you have, can and will be used, so don't be afraid to bring up areas where you have competences, or subject areas that you're interested in. Lastly, I would also encourage you to take advantage of the friendliness of the people around you and invest in the personal relationships as well as the professional ones.

# BRAZIL

## INSTITUTO BUTANTAN

Amelie Harris-Lovett, Worcester College, MBiochem Molecular and Cellular Biochemistry, Second Year Undergraduate, in person



### Work Projects

What I loved about the internship was how varied my different tasks were and how much control I had over what I wished to do, based on my interests, and ideas. I covered everything from coding and wet lab work, to going on field trips to collect, and study snakes, as well as creating my own project on

snake morphologies dependence on diet, and location. Everyone in the lab has been very welcoming and has helped me every step of the way, I feel like I have the perfect balance of support, and independence.

### Daily Life

The other interns from Oxford and I had a group chat, so when I arrived, I got to meet them straight away which was wonderful. It also meant we had previously helped each other with travel plans, flights and injections that were needed for the internship, so it was great to have that support before I had even arrived. We were provided accommodation just a 20-minute walk from the lab which has been great. On our first day we were given a tour of the institute (on a golf buggy!) and a free brunch of many traditional Brazilian foods. For the first week in my lab, I got to chat with everyone and observe the work, and different projects they were doing, I could then use this to decide what I wanted to do as a project, which I think was such a good way to learn.

My lab is extremely social, on my first day they took me to the mall to watch barbie, (which thankfully was in English with Portuguese subtitles!) they go to the bar about twice a week and have shown me some amazing parts of Sao Paulo on the weekends. The other students

in our accommodation are also super social, we have had BBQs, day trips and have gone to some university parties. Sport is a big part of my life, so I've joined a gym and have been going there daily, I also hope to do some Brazilian dance lessons with the other interns. To wind down I have been reading my book every night on the terrace at our accommodation.

### **Lasting Impressions**

I have absolutely loved the experience. Obviously it is exhausting working in a lab where not many people speak English and in a completely different culture, but it has been very rewarding. Everyone has made such an effort to make me feel welcome, I feel as if I have learnt many lab skills but more importantly all the skills that come with working in a foreign country. I also got to travel a little bit before the internship which was incredible to see all the beauty and culture Brazil has to offer.

[Emily Jones, Merton College, MBIol Biology, Third Year Undergraduate, in person](#)

### **Work Projects**

I accompanied the educators and staff of the Biological Museum, to understand the dynamic, to get to know the public visiting the Institute and see how they are guided through the exhibits. I participated in activities offered to the public, such as an activity about



indigenous art and culture that involved a talk by an indigenous speaker, and the painting of traditional indigenous body art designs on visitors. I witnessed and participated in the behind-the-scenes operations of the museum. This included visiting the live animal collections and being educated about animal storage, care and research uses. For example, I assisted with feeding the lizards in the museum and witnessed veterinary procedures like the ultrasound scan of a pregnant snake.

I was involved in producing scientific dissemination resources, mainly focused on the integration of the virtual exhibit and the physical museum exhibits through the creation of a virtually led tour for visitors. In researching content for this tour, I got familiarised with the literature about snakes and the composition and evolution of venom, cultural aspects of the

relationship between humans and snakes, the evolution of snakes, museum exhibition design, the production of antivenom and the history of Instituto Butantan.

My main achievement was creating a tour about the evolution of snakes, which led visitors through important exhibits in the museum via the museum's online platform, which featured extra content about the exhibits as well as interactive online activities. The whole project from inception to virtual design was carried out independently, the ideas were then presented to the museum team, then getting passed on to a professional graphic design and IT team to be added to the museum website. It was a very enriching creative and educational exercise that improved my research, writing skills, product design skills (i.e., understanding how to tailor a product like a tour to a specific target audience) and time management.



I worked together with the other (Brazilian) students and staff to develop contents such as movies, text and illustrations for the virtual exhibit. For example, I reviewed English translations of Portuguese educational texts, photographed anatomical features of snakes for a publication and filmed an

interview with an indigenous speaker. I also got familiarised with cultural aspects of the city (So Paulo) where the internship took place, visiting museums, historical landmarks and other research and teaching institutions, as well as interacting with scientists, staff and students at Instituto Butantan. For example, I participated in duck ringing at Guarapiranga, assisted a Masters student with a bat taxidermy project and attended a lecture about snake phylogenies. Throughout all of this, my host organisation was very supportive.

### **Daily Life**

Before arriving in Brazil, the internship host had sent a group of five of us Oxford interns emails confirming various details and travel arrangements. From those emails, we got into contact, creating a group chat to get to know each other so that when we met in person in Brazil, we would be fairly familiar with one another. The student accommodation that the

internship company had arranged for me, was really lovely and helped to ease me in to life in Sao Paulo. They gave me some starting supplies (like tupperware and a water bottle) and contacted my family to get them to send a 'good luck' video which was really sweet. Then, once I started work, the institute arranged an induction day where they toured us interns around the facilities and introduced us to our supervisors.

My team at the museum had also given me their contact details in advance, adding me to a WhatsApp group chat so I could get to know them before I arrived and ask any questions I had. Once I met them in person, the leaders of the museum team then introduced me to the wider staff, who were all super welcoming and offered to get lunch with me or take me around Sao Paulo. Every day I got to walk by walking for 20 minutes. My work schedule was quite flexible as the project I was working on was quite independent and self-driven, but I usually tried to keep a regular schedule and worked from 09:00-16:00 Monday-Friday. I would usually



arrive at work, make myself a coffee, do some online research for my project, go to lunch at the canteen on site with whichever colleagues or research students were in the office, then sometimes get taken to see some behind-the-scenes parts of the museum or do other interesting activities around the museum. I would then leave and go to the gym on my walk home.

Outside of work, I hung out in the communal areas of my accommodation and met lots of University of Sao Paulo students there. We went to various USP parties and sometimes put on barbecues. I would also meet with work friends, on weekday evenings we would go to cool local bars and on weekends we visited various museums, and landmarks together. Sometimes, I just rested and read my book on the terrace of the accommodation. On a holiday weekend in the middle of my internship I also visited Rio and Ilha Grande with the other Oxford interns and managed to have some days off approved by my supervisor so I could explore Ilha Grande for a bit longer.

## Lasting Impressions

I have absolutely loved my time in Brazil working for Instituto Butantan. It has been an incredible experience that I will hold close to my heart forever. It has helped me to develop greater self-confidence while travelling, encouraged me to meet new people and explore new places. It has also improved my self-assurance in the workplace; I feel like I have really proved I can develop interesting concepts, execute projects independently and communicate them effectively to various audiences. Experiencing Brazilian culture has been amazing.

The people are friendly and open, even in a short eight-week period, I feel I have developed a huge support network, and some deep friendships with both colleagues, and other students who I met in my accommodation or at social events. The experience has really proved to me that I can not only live and work in another country, but I can thrive there. Even with a language barrier cropping up sometimes, I have learnt how to find common ground with others very quickly and be confident enough to ask new friends to meet again. I now know I have a really strong connection with Brazil and can comfortably be welcomed back, and hosted by multiple people any time. Essentially, I have made important international connections both in a professional and friend capacity.



In terms of the internship work, the experience has consolidated some of the content I have learnt on my MBiol Biology degree so far and has also taught me so many new things through the hands-on work I have been able to do with various animals in the museum. This has included handling, feeding and observing various amphibians, and reptiles, which I would also have very little chance of interacting with in the UK.

I have also learnt about the behind-the-scenes work that goes on in a museum as well as in one of the largest science research institutes in the world. The experience has taught me that I really enjoy exercising my research, analytical and creative skills to produce fun

educational content. It has confirmed to me that I would like to pursue a career in science communications in the future, possibly in a museum context or even on a more formal policy-level scale and that I enjoy working with academics but probably don't think I want to go down the academia route, myself.

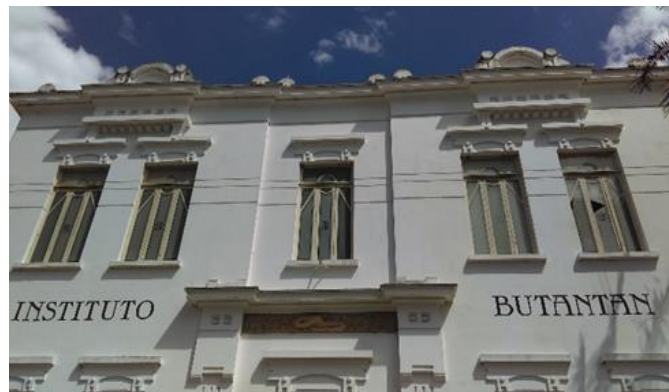
### **What practical advice would you give to future interns?**

Try to contact students who have previously gone on your internship for advice and information about what their internship was like. Try to find as many informational resources about your internship as possible before you go so you know what to expect, especially in terms of work culture and living conditions. Also, be sure to check if there are other Oxford interns who will be participating in the same internship and get in touch beforehand, so you have a small starting support network.

[Bushra Naz, Trinity College, MSc in International Health and Tropical Medicine, Final Year Postgraduate, in person](#)

### **Work Projects**

My internship placement involved working in the Department of Clinical Trials and Pharmacovigilance, where I participated in meetings, and discussions with various researchers, and stakeholders from government,



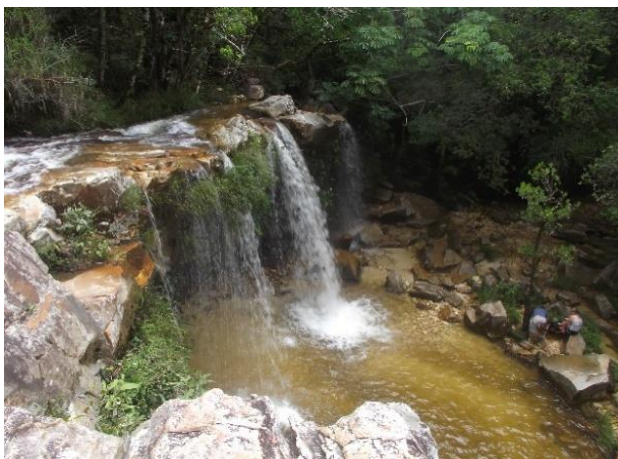
and non-governmental organisations. To develop a prediction model for the Chikungunya outbreak in Brazil, we conducted a thorough survey and literature review of the available prediction models for arboviral disease outbreaks. After conducting the survey and finishing the literature review, my duties as an intern included, presenting my survey findings to the relevant stakeholders, and researcher groups, in order to provide more information regarding the approach to be taken in conducting a phase IV trial of the Chikungunya vaccine.

### **Daily Life**

The process of settling into my internship placement was notably smooth, largely attributed to the exceptional support extended by my supervisors and the institute where I was

stationed. Their unwavering assistance and guidance significantly eased my transition into this new professional environment. One of the key factors that facilitated my integration was the amiable nature of my colleagues. Their friendly demeanour fostered a harmonious working atmosphere, allowing me to seamlessly become part of the team. This camaraderie not only made the workplace more inviting but also encouraged productive collaboration.

A noteworthy aspect of my internship experience was the opportunity to immerse myself in learning a new language, Portuguese. This endeavour was undertaken with the aim of enhancing communication with the local community. As a result, I was able to engage with the residents more effectively, bridging language barriers and forging meaningful connections. Beyond the confines of the workplace, I had the privilege of forming bonds with local students and employees. This enabled me to gain a deeper understanding of the region's culture and traditions. Exploring the city with these newfound friends enriched my experience, offering unique insights into the local way of life.



Furthermore, my time in this overseas placement afforded me the chance to embark on journeys throughout the country. The natural beauty I encountered during my travels was nothing short of extraordinary, leaving a lasting impression on me. Additionally, the cultural richness, diverse cuisine and the warmth of the

people I encountered along the way contributed to an immensely gratifying, and eye-opening experience. In summary, my overseas internship experience was marked not only by professional growth but also by the incredible personal enrichment that came from embracing a new culture, language and forging meaningful connections within the local community. This multifaceted experience left an indelible mark on both my personal and professional journey.

### **Lasting Impressions**

The lasting impression from the above experience is one of profound personal and professional growth. It's a testament to the power of immersion in a new environment, the

importance of supportive colleagues and mentors, and the richness of embracing a new culture, and language. As I had taken "Mathematical Modelling of Infectious Diseases" as one of my elective modules in my master's course, this opportunity of working on the research and development of Chikungunya vaccine in a tropical country like Brazil has given a significant amount of insight into the field of epidemiology.

Apart from the academic aspect of the internship, the memories of forming friendships, exploring natural beauty and savouring local cuisine serve as a constant reminder of the transformative impact of this overseas internship. This experience has left an indelible mark on my life, shaping not only my career but also my perspective of the world and the value of cross-cultural interactions.

**What practical advice would you give to future interns?**

For future interns I would like to say, be proactive. Take initiative in your work. Don't wait for tasks to be assigned; seek out opportunities to contribute and learn. Effective communication is key. Approach your internship as a learning opportunity. Be open to acquiring new skills and knowledge that can benefit your future career. Build professional relationships within your organisation. Networking can open doors to future opportunities and provide valuable insights. Be flexible and adaptable. You may encounter unexpected challenges or changes in your responsibilities, so remain open to adjustments.

# EARTH SYSTEM SCIENCE CENTRE - NATIONAL INSTITUTE FOR SPACE RESEARCH (INPE)

Khalil Perter Ahmed-Dobson, New College, MBIol Biology,  
Third Year Undergraduate, in person



## Work Projects

During my internship with the Earth System Science Centre (CCST) at the National Institute for Space Research (INPE), I worked independently on a project investigating the impacts of climate change on the distribution of maned wolves, *Chrysocyon brachyurus*, in

the Cerrado biome. This was a data analysis task which involved extracting occurrence records from the Cerrado biome from the Global Biodiversity Information Facility database and environmental predictors from the WorldClim database. I then used a package in R to produce a probability distribution of predicted suitability for the *C. brachyurus* using the occurrence records and environmental predictors to train the model. This project enabled me to expand on programming skills in R and provided an insight into the practical challenges that you are faced with when modelling species distributions.

Regarding the working environment, I had a supervisor at INPE who I met once a week over the course of my four-week project. He was very friendly and always willing to help whenever I needed support. The office I worked in was almost empty, which I was told was a consequence of COVID and people working from home. So other than meetings with my supervisor I was working alone for most of the week.



### **Daily Life**

I completed my internship in person, in Sao Jose. I lived in an Airbnb, which also hosted two other young professionals who were working in the city. For travel I either used Uber or the bus which are both very cheap. The canteen on the campus provided lunches which were cheap and tasty as well. I spent about a month before travelling to Brazil learning Portuguese which gave me a very basic grasp of the language. Many of the researchers at INPE, including my supervisor, were able to communicate with me in

English so a lack of proficiency in Portuguese was not an obstacle when it came to completing my project. However, outside of INPE very few people spoke English, so I'd highly recommend learning at least a little bit of Portuguese before going as it was extremely helpful.

Outside of work, I took the opportunity to travel to nearby cities like Sao Paulo, Santos and Ubatuba. These trips were extremely fun and a great way to see other places in Brazil, particularly because there isn't much to do in Sao Jose. I was able to meet up with a few students who were on a different internship in Sao Paulo which I would also highly recommend.

### **Lasting Impressions**

My experience at INPE was mostly positive. The project allowed me to build on skills I had acquired during my degree and allowed me to make good connections. Particularly, the confidence I've gained in coding and statistical analysis will hugely benefit me when I take on my masters project next year. However, working mostly solo in an office can be isolating at times, so it's worth bearing that in mind if you are considering applying for this internship.

### **What practical advice would you give to future interns?**

Learning as much Portuguese as possible will really add to how enjoyable the internship is, allowing you to chat to locals and navigate airports, bus stations and metro stations with far less stress. Pimsleur, Italki, Busuu and Duolingo are all good resources to help with this.

Booking flights and accommodation as early as possible is also a good idea, as prices can rise super quickly. If possible, reaching out to the other interns to organise your dates at the same time is also a good idea. Lastly, purchasing an e-sim to ensure you have data in Brazil is a must and easy to do.

## SOS MATA ATLÂNTICA FOUNDATION

Kevin Amedick, Christ Church, BA Geography, Second Year Undergraduate, in person



### Work Projects

During my internship I worked primarily with the communications team, who are seeking to raise the profile of the Atlantic Forest biome internationally. Covering 15% of Brazil, the biome hosts over 70% of the Brazilian population (145 million

people). The Atlantic Forest is a biodiversity hotspot, having one of the highest diversity of trees per hectare in the world (400+ found in one survey) and with diversity in many organism groups similar to that of the much larger Amazon biome. While 24% of its original forest cover remains, the biome does not receive as much attention internationally compared to the Amazon, for example.

My work initially involved creating a text to provide an overview of the organisation, it's areas of work and achievements for international audiences not familiar with the Brazilian context. Other tasks included translating and adapting communication materials and researching the social media and website profiles of international environmental organisations. I also analysed and wrote-up a short text on visitor numbers to protected areas in other countries compared to Brazil.

Towards the end of the internship, the focus of my work was more on using databases like Factiva to analyse how major international news outlets cover Brazilian environmental news

and the extent to which the Atlantic Forest is covered. In addition, it involved thinking about which content would be most appropriate to add to the future English version of SOS Mata Atlantica's website and which news outlets might be interested in writing about their work, and research outputs.



Outside of my individual work, I was invited on various occasions to join colleagues from different teams on their activities. I accompanied colleagues to launch a drone flight to photograph and map one of their ongoing forest restoration projects near Limeira. On a similar trip I was

able to see the reality of pollution in the Tiet River, which in a section downstream of So Paulo is covered in a layer of toxic foam. I also had the opportunity to join a workshop and seminar on protecting water springs in Vale da Gramma, a coffee-producing area, where I also learnt about opportunities for forest restoration work on these landscapes. These experiences provided invaluable opportunities to understand how environmental NGOs like SOS Mata Atlantica operate on a day-to-day basis, the different roles that exist in such an organisation, and the challenges encountered when carrying out conservation and forest restoration work in practice with multiple stakeholders.

### **Daily Life**

My internship was in-person and so I lived on-site at the Forest Experiment Center in Itu, So Paulo. The other Oxford intern and I stayed in the beautiful, newly refurbished accommodation block. I would usually walk across to the office at around 08:00/08:30, have lunch with colleagues around 12:00 and then work until around 17:00. It was great to learn more about Brazil from colleagues who were in the office daily.

Once a week (Tuesdays) everybody would come into the office including staff who usually work remotely (many of whom live in So Paulo), so this is when most in-person meetings / seminars would take place. I would usually have dinner with the other intern or colleagues who were spending the night in the accommodation block. We were provided with a great

lunch and dinner on weekdays, and on weekends we could use the kitchen facilities to prepare meals.

Everyone in the office was so friendly, going out of their way to help us in the first week with practical matters, and with settling in quickly. I am very grateful to colleagues for including us in various social and cultural activities, whether that was taking us to experience a Brazilian churrasco and rodizio, introducing us to Brazilian football and music, or even introducing me (a geographer) to the work of some of Brazil's most influential geographers. Outside of work, highlights were joining the staff on an amazing trip to Itatiaia National Park and the Festa Junina held on our last day, a Brazilian winter celebration featuring various traditional foods.

### **Lasting Impressions**

The internship was an incredible experience and went by too quickly. It allowed me to gain a much better appreciation for what it is like to work for an international environmental/conservation NGO and the different types of roles that exist, giving me much food for thought as I consider what I would like to do post-graduation. It also provided ample opportunities for personal growth and enabled me to meet some amazing people. I really valued the cultural element of the internship experience and being able to work on improving my very limited Portuguese, something which would not have been the same had this internship been remote.

### **What practical advice would you give to future interns?**

I would highly recommend taking some time to learn as much basic Portuguese as you can before you arrive. I found that learning even just some basic Portuguese greatly enriched the experience for me and although there are staff who speak English you will probably find that few people you encounter outside the foundation speak English. You can take the bus or an Uber into Itu from the farm where you will find supermarkets, banks, pharmacies, restaurants, etc. From here you can also catch a 90-minute bus to So Paulo, which I visited a few times during my free-time on the weekends.

Marta Stangierska, Jesus College, MEng Engineering Science, Final Year

Undergraduate, in person



### **Work Projects**

Over my 6 week internship, I worked on 2 main projects. The first was a visualisation of SOS Mata Atlantica report data in a form of PowerBI dashboard. The second was collection and analysis of data using information on federally protected areas and Quantum Geographic Information

Systems (QGIS). This was to support both the official report publication in August and the in-house data analysis for further work. I also participated in a few workshops that the foundation prepared with their partners, an open day and even the foundation hiking just after I arrived!

My supervisor, Diego, was extremely accommodating and passionate about getting the insights into the extent to which the Atlantic Forest is protected. I was a part of his team and we had weekly discussions on progress, and possible improvements, as well as the knowledge transfer session at the end. I was extremely happy to see how authentic the enthusiasm is towards the biodiversity restoration and protection within the foundation, and learned a lot about the forest protection in Brazil, including the financial context.

### **Daily Life**

On my airport arrival, I was greeted by the foundations driver and travelled to the foundations farm, a 500 ha property where the office, visitants' accommodation, watch tower and tree nursery is located. The area is owned by Heineken and leased to the foundation. There are even capybaras in the lake located within the property. My supervisor & HR manager were there to welcome me to Brazil and ensure I had everything I needed for a smooth stay. The building that me and the other intern were staying in was freshly renovated and included a well supplied kitchen.

Over the first week, we had a variety of food in the kitchen so that we would have time to comfortably settle in. The foundation also provided restaurant-delivered lunches and dinners throughout our stay. The first weekend we were shown around the neighbouring



town, Itu, a tranquil and safe town 1.5h away from Sao Paulo. The other intern at the foundation spoke Spanish and was extremely helpful with translating during my stay (only about half of the people at the foundation spoke English). I signed up to the gym on my first week, which was a fantastic cultural exchange opportunity. I also used many opportunities to travel to Sao Paulo on the weekends using the bus.

The foundation has their own transport bus that goes from Sao Paulo on Tuesday, which enabled me to work remotely on Monday and use a direct commute to the farm on Tuesday, whenever I needed. My stay at SOS Mata Atlantica was fantastic. Starting with an extremely warm welcome, thoughtful reception and organised activities, and impactful work that I really enjoyed. I feel like this opportunity is unique, even within the highly curated selection of careers service summer internships!

### **Lasting Impressions**

My career ambitions were solidified in the environmental sector. I am moving to work in Switzerland soon and am confident I will promote the foundations actions abroad, and continue to support them in the future. Thank you again for the fantastic experience!

### **What practical advice would you give to future interns?**

Participating in the internship is possible without knowledge of Portuguese/Spanish, but it does certainly make the process easier. I have learned the basics of Portuguese from Duolingo (which was minimum effort!) but I do know other interns who would hire a local tutor, which is certainly a better option if you are considering learning the language! Be open to new opportunities, as this experience is also focused on the culture, and be

prepared for some spontaneous drone-flying trips, and workshops in forest protection, as the foundation does their best at immersing you in a day-to-day life here!

Do consider joining the gym in the neighbouring town or work remotely from a coffee shop, to develop your own routine. Or perhaps working from Sao Paulo or travelling. With excellent buses and plane connections on hand, you will have a fantastic time if you allow yourself to explore! Also, do not worry, I have not seen any spiders!

# CHINA

## HUAZHONG UNIVERSITY OF SCIENCE AND TECHNOLOGY



MEng Engineering Science, Second Year Undergraduate, in person



### Work Projects

I worked as a research intern in Huazhong University of Science and Technology and my research project focused on the machine learning prediction of energy consumption in the industrial buildings cooling systems. Joining in the research group of Prof. Huanxin Chen, I received academic guidance from the professor and his DPhil students on the application of machine learning. For

example, they provided the dataset for my research and helped me plan out the research direction step by step.

There were regular group meetings each week allowing me to present my work progress and introduce my Oxford life to local university students. Apart from the academic support, the University also organised some cultural exchange activities on Chinese culture to help Oxford students join the local community and learn about the city. For example, we went to the Clean Energy Building of the city to learn about different categories of new energy that the city is working on. In these activities, there were also volunteers doing translations and helping us take photos.

### Daily Life

I travelled to Wuhan by taking a flight then a train. With the help from volunteers of the university, I settled in an international student apartment in the campus. We were provided with good accommodation for two people in a room, where volunteers and university staff helped us sort out water supply, and room facilities. The workplace was about 2 kilometres from the apartment, so I cycled to the workplace. I worked in the clean energy building,

which provides a range of facilities including coffee shop, common rooms, and gym. Usually I dined in university canteens, which offered a wide range of food categories at a cheap price.

Outside of work, I socialised with other interns and students in the university. For example, I joined the music festival organised by the university, where we enjoyed different types of band music. On the occasion, I also got to know students from different Chinese universities coming there for summer camps. At the weekend, we toured around Wuhan and tried some local food. For example, we went to cycle around the East Lake in the city and enjoyed some barbeque nearby. The great view helped us to relax from work and learn more about the city.

### **Lasting Impressions**

Overall, I enjoyed the internship experience. Through the internship, I learned about the applications of machine learning in engineering. This is a relatively new and specific branch of engineering, and involved some cross-



discipline research. Studying some basic theories of machine learning in my major, I was able to apply them to this research project. The valuable experience of doing this research project helped me academically prepare for the tech career path and I can add this experience to my CV. In addition, in the third-year engineering science major, we need to choose some specific branches of engineering in the next two years.

This internship confirmed my choice of doing further study into information engineering and machine learning. Apart from the academic research, I learned about how this kind of research could be applied to the industry, including the power prediction and trouble shootings in factories. Along with other interns, we also promoted the cultural exchange and shared our different university experience with local students.

Yiming Yang, St. Anne's College, MEng Engineering Science, Second Year  
Undergraduate, in person



### Work Projects

CO<sub>2</sub> emission is believed to be the main contributor to global warming. China government has recently set its "carbon neutral" goal in 2050, aiming to reduce its net CO<sub>2</sub> emission from China's rapid industrialisation. The environmental engineering lab that I interned at, researched on potential catalysts for CO<sub>2</sub> hydrogenation. CO<sub>2</sub>

hydrogenation is visioned to provide an economical way to utilise the CO<sub>2</sub> inside flue gas and turn it into methanol, a chemical with great commercial value. However, the existing catalysts either have high cost, low conversion efficiency, or low conversion selective. This project researches new indium-cobalt catalyst for CO<sub>2</sub> hydrogenation.

My main tasks included reading published literature to look for latest development in the area, preparing catalysts following instructions from literature or researchers in the lab, characterising catalysts, and testing the performance of the catalysts. I have completed this research cycle for several designs of catalysts and achieved reasonable results. During this internship, the graduate and postgraduate students in the lab have offered me support along the way. They have taught me the basic ideas behind this project, the general flow of how scientific research is conducted, and how to operate various instruments in the lab. They have also helped me with different technical issues that I have faced when conducting my own experiments.

### Daily Life

The University organised student volunteers to pick us up from the main gate of the campus when we first arrived and guided us to student registration and to check into our accomodation. The volunteers also helped us top up our canteen card and university WiFi account. One of the graduate students in my lab lent me an electrical bike, which I rode to work. There is also campus bus available if it rains. The university organised different extra-curricular activities, such as dragon dancing and handcrafting, for us to experience Chinese

cultures. I also hung out with other interns from Oxford or with people from my lab outside of work.

### **Lasting Impressions**

I did enjoy the internship. This internship has given me deeper insight into graduate studies or a career in scientific research. It has taught me how research is systematically conducted, and relevant technical skills such as where to find useful resources and how to conduct certain laboratory operations. I have also gained improvement on various soft skills such as communication and working in a team. This experience has also improved my understanding on relevant subject knowledge, such as chemical engineering contents.

Before this experience, I had no idea about such a career path in academia. This internship has made me more informed about its pros and cons. I feel that I may not be best suitable in such a career in scientific research for its extra demand for dedication and creativity in a long run. I would explore more about this in my next internship starting in a week. For the upcoming year, I may look for internship in other industries to explore more opportunities.

### **What practical advice would you give to future interns?**

Learning some basic Mandarin would be helpful.

[Yujie Wang, Lady Margaret Hall, MPhys Physics, Second Year Undergraduate, in person](#)

### **Work Project**

The project I did is the pressure cell system for polarization measurements under pulsed high magnetic field. Some of the multiferroic materials exhibit the magnetoelectric (ME) coupling effect, which is characterized by the appearance of an electric polarization (P)

tempered by a magnetic field (H) or vice-versa, and my main task is to observe the ME coupling effect under high pressure ( $\sim 0.7\text{GPa}$ ), pulsed high magnetic field (up to  $60\text{T}$ ) and low temperature ( $\sim 1.7\text{K}$ ). I firstly measured the polarization inside the pressure cell at  $4.2\text{K}$  and  $1.6\text{K}$  under room pressure.



During the measurement, Hb, Pa is chosen due to the most significant polarization in this direction. Moreover, a biased voltage of 100V ( $E \sim 500 \text{ kV/m}$ ) was applied to the sample and maintained during the pulse to fully polarize the sample. At 0 GPa, two polarization peaks were observed at both temperatures, while at 4.2K the first peak drops and the second appears at lower field. Finally, for the polarization at 0.7 GPa, the sample demonstrates spontaneous polarization at 0T, and the pattern of polarization with respect to the change in temperature was maintained under 0.7 GPa. Moreover, we observed that the presence of high pressure leads to the earlier drop of first polarization peak, and the later appearance of the second. In conclusion, the pressure can be used as a control parameter in the same way as electric and magnetic fields and can drive systems through phase transitions.



### **Daily Life**

I arrived on a Sunday, just before the first Internship week began. The university had kindly arranged accommodation for me, making the transition to this new experience smooth. The anticipation of the upcoming weeks filled me with excitement and curiosity. Our typical workdays started

early, with the usual working hours spanning from 8:30 AM to 5:00 PM. Mornings usually began with a quick breakfast and a short commute to the lab. The atmosphere in the lab was always fulfilling. We engaged in brainstorming sessions, conducted experiments, analysed data and discussed findings.

One unique aspect of this internship was the weekly cultural experiencing activity. Every week, we had the opportunity to immerse ourselves in various cultures and activities. These experiences were not only enjoyable but also enlightening, helping us gain insights into the diverse backgrounds of our colleagues and enhancing our understanding of the country, and its traditions. Moreover, these activities provided a chance to learn more about the university itself and the advanced technologies being utilised in the University labs.

On weekends, recreational activities were organised to help us unwind and explore the local surroundings. For example, cycling around the East Lake offered a refreshing break from our

busy workweek. We also went to the provincial museum and tourist attractions around the city. Additionally, socialising with students from the same program and those attending Huazhong University of Science and Technology expanded our network, and exposed us to different perspectives.

### **Lasting Impressions**

My internship was a highly enriching experience, mixing academic pursuit with a deep appreciation for diverse cultures. The early mornings spent in the lab, engaging in collaborative research and conducting intricate experiments, illuminated the captivating world of scientific exploration. Beyond the boundaries of academia, the weekly cultural activities broadened my perspective and nurtured a global mindset. As I move forward, the lasting impressions of this internship will serve as a compass, guiding me with clarity and purpose on my path to making meaningful contributions to the scientific community.

[Xintian Wang, Exeter College, MChem Chemistry, Second Year Undergraduate, in person](#)

### **Work Projects**

During my internship, I was involved in a research project focused on addressing the challenges related to the Oxygen Reduction Reaction (ORR) in proton exchange membrane fuel cells (PEMFCs). This project was under the guidance of



Prof. Chen Rong and Prof. Xiao Liu. The ORR is a critical process in PEMFCs, but traditional Pt-based catalysts suffer from decreased activity and poor stability. To tackle these issues, the concept of Pt-based intermetallic nanoparticles (INPs) was explored.

My main task during the internship was to design small intermetallic nanoparticles and assess their electrochemical performance. The first step involved investigating the validity of various INPs synthesis methods. I also contributed to testing the consistency of the most promising synthesis method and explored the synthesis of different intermetallic compounds, both involving transition metals, and main group elements.

I achieved several significant outcomes during the internship. Firstly, I improved the Incipient Wetness Impregnation (IWI) method by playing a crucial role in enhancing the method, which led to better adhesion of Pt and other metals onto carbon substrates. This improved catalyst adhesion was vital for optimizing electrochemical performance. Secondly, I enhanced electrochemical properties by incorporating 3d transition metals into PtC, I contributed to enhancing the catalyst's electrochemical properties. The formation of a relatively ordered intermetallic structure was responsible for this improvement. Finally, I investigated the electrochemical properties of Pt and alloy metals with varying proportions.

This exploration revealed that different combinations of Pt and alloy metals exhibited distinct electrochemical behaviours, which is valuable for tailoring catalysts for specific applications. Throughout the project, I received substantial support from the host organisation. I was closely guided by a postgraduate student who not only explained the practical aspects but also demonstrated various experimental and analytical techniques. Their assistance was instrumental in understanding the significance of the project and effectively executing complex experiments.

### **Daily Life**

My daily life during the internship was a well-structured blend of work, exploration and socialisation. Settling into the internship was made easy by the university's well-organised support. Volunteers greeted us upon arrival, ensuring a smooth transition into the provided apartment on campus. A typical workday began with a morning session from 9:00 AM to 11:30 AM, followed by a rejuvenating lunch break. I resumed work from 1:30 PM to 5:30 PM, but due to the demanding nature of my experiments, I often extended my hours until 9-10 PM and occasionally worked during the weekends.

Within the office, my tasks were distributed among different activities. Roughly 60% of my time was dedicated to hands-on lab work, allowing me to engage in the practical aspects of my research. Around 20% was focused on theoretical study, where I delved into literature to better understand the concepts underlying my project. The remaining 20% was allocated to data analysis, where I derived meaningful insights from my experiments. Living on campus was convenient. I only needed a short 7-minute bike ride to reach the office, making my

daily commute convenient and efficient. The proximity of various canteens nearby made lunch and dinner easily accessible.

Outside of work, the university fostered a vibrant community. Weekly events like cycling around the lake, lab visits and sporting events were opportunities to explore, and engage. Socialising was a cherished aspect of my experience, primarily with fellow interns from Oxford and Huazhong University of Science and Technology (HUST), as well as international students. These interactions broadened my horizons and created lasting memories.

### **Lasting Impressions**

My internship left me with the lasting impression that I thoroughly enjoyed the experience. One significant aspect was the realisation that the analytical techniques I employed



during the internship were taught in this year's lectures. This bridged a valuable connection between theory and practice, enhancing my understanding through well-explained lectures, and tutorial sheets.

The experience greatly enriched my knowledge base, equipping me with skills that I believe will prove indispensable in my future studies. The internship affirmed my passion for academic research, solidifying my desire to pursue further research endeavours. Ultimately, this experience has reaffirmed my career ambitions, motivating me to delve deeper into the world of academic exploration and contribute meaningfully to the field.

## **MPhys Physics, Third Year Undergraduate, in person**

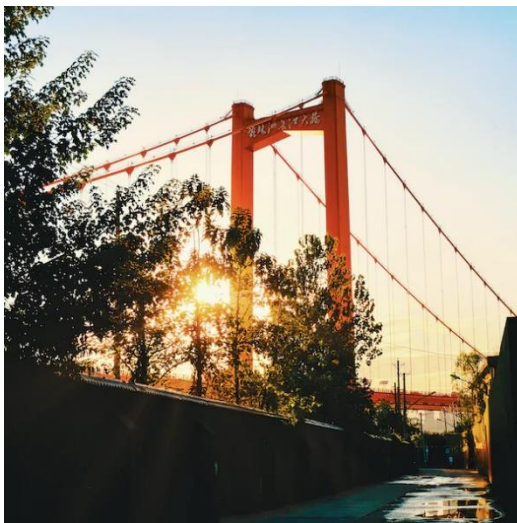
### **Work Projects**

My project was about atto-second lasers and the generation of high harmonic waves. The project was based at the Huazhong University of Science and Technology (HUST), a leading scientific research university in China. It was led by professor He Lixin with help from his students. HUST offered multiple internship projects which I reviewed on the Careers Service

website before selecting this one. My main task was to learn about the generation of high harmonic waves, their creation in the lab, their use and potential.

At the beginning of the internship, I met with my new colleagues to discuss what shape the internship would take. We formulated a plan which started with me independently researching the subject using materials sent to me by the professor and contacting the team with my questions. I then visited the lab to see the experimental setup in person. In this way, I worked both independently and as part of a team, making use of HUST's facilities to deepen my learning.

Outside of the bounds of the project, I attended talks given by HUST students on diverse physics topics, broadening my knowledge into unfamiliar areas. I used data collected by the team to check experimental results against what is expected in theory and found a high degree of correspondence. As the internship was ending, I prepared a presentation of what I had learned and accomplished in the past weeks and gave it in front of the other interns, and organising staff.



### **Daily Life**

My internship was in-person on the HUST campus.

The host organisation was welcoming from the start, providing a driver to pick me up from the airport and take me to the campus. Once there, I stayed in a dormitory with other interns. Within the first few days, I was provided with an identity card allowing me to leave and return to campus, and I was also given internet access. The campus

was well-equipped to meet my daily needs. As well as nearby convenience stores, I made use of the university dining halls where a large selection of food and drink was offered at a reasonable price.

Travelling around the campus was pleasant as it housed scenic views of lakes and monuments. What's more, it's size was counteracted by the ready availability of electric scooters by the sides of road which could be rented. Places such as the lab and my team's office were therefore within reach. The organising staff were hands-on, answering all of my

questions in-person or over messages. They ran a programme of social activities for the interns giving a taste of Chinese culture and the local area. These included practising a dragon dance and cycling around a nearby lake.

### **Lasting Impressions**

I learned a lot from my internship at HUST. For starters, the subject of my project was one with which I was not previously familiar. Attophysics, the field of physics concerned with attosecond phenomena, is a relatively recent development and one which holds promise for future research. My internship therefore increased the scope of my knowledge to fields beyond the physics taught on my course at Oxford. The internship also provided me with opportunities outside of academic development.

I was given a tour of the lab my team were working in and visited their office. This gave me insight into postgraduate life and what scientific research looked like. This information will be relevant when I decide whether to continue my study to a doctoral level.

[Wanghua Feng, Exeter College, MPhys Physics, Second Year Undergraduate, in person](#)

### **Work Projects**

The background of my internship project was to build a digital twin model for a nuclear reactor in the School of Energy and Power Engineering at Huazhong University of Science and Technology (HUST). A digital twin is a virtual model of a physical system that can simulate it's behaviour and



performance under various conditions. The aim of the project was to use this technique to optimise the design, operation and maintenance of nuclear reactors, and to improve their safety, efficiency, and sustainability.

My main tasks and achievements in the project were as follows, conducting a literature review on the state-of-the-art methods, and applications of digital twin technology in nuclear engineering. I collaborated with a team of students and researchers from HUST and

other institutions to develop a digital twin model for a third-generation pressurised water reactor (ESBWR) using professional simulation software (NUMAP and RELAP) for this particular field. I evaluated the performance and accuracy of the digital twin model by comparing it with the actual reactor data, and other models available. Finally, I made a video introducing our project to the public based on stop-motion animation and 3D modeling, which got the first prize in the Nuclear +X contest of Hubei Province.

The support I received from the host organisation was excellent. My supervisor, Professor Yang, was very helpful and supportive throughout the project. He gave me clear guidance and feedback on my work, encouraging me to explore new ideas, and challenges. He also arranged regular meetings with me and other team members to discuss our progress, and problems. The staff and faculty at HUST were very friendly, and professional. They provided me with all the necessary resources and facilities for my project, such as a workplace, computers, software, data, etc. They also organised various academic and cultural events for me and other international students, such as seminars, workshops, tours, etc.



### **Daily Life**

I am writing to share my feedback on the daily life I experienced during the summer internship at Huazhong University of Science and Technology (HUST) in China. The internship was not only an academic opportunity, but also a cultural and social one. I enjoyed living and working in Wuhan, and exploring its attractions and activities. I settled in smoothly, thanks to the help of a group of volunteers who introduced me to the dormitory provided by the university. I lived with my roommate, who was also a friend of mine from Oxford. We shared a spacious and comfortable room, equipped with air conditioning, Wi-Fi, and other facilities.

The dormitory was also close to shops, cafes and public transport. I got to work by bike every day, which was a convenient and healthy way to commute. The department where I worked was not very close to the dormitory, but the ride was scenic and pleasant. I passed by parks, lakes, bridges and buildings that showcased the modern and traditional aspects of

Wuhan. Outside of work, I had plenty of fun and leisure activities to choose from. I hung out with other interns on the weekends, visiting local malls and karaoke places. We also enjoyed the local food in both the canteen and restaurants. Wuhan is famous for its hot and spicy cuisine. I tried them all and loved them.

I socialised with local students and other interns from various cultures. I made friends with people from different backgrounds and perspectives, who enriched my worldview, and broadened my horizons. We shared our stories, opinions and dreams with each other, and learned from our differences, and similarities. We supported each other in our studies and research projects, and had fun exploring the city, and its surroundings together. The daily life at the



internship was an integral part of my learning experience. It helped me develop my personal and interpersonal skills, as well as my cultural awareness, and global perspective. I am grateful for the opportunity to live and work in Wuhan, and to immerse myself in its vibrant, and diverse culture.

### **Lasting Impressions**

The internship at Huazhong University of Science and Technology (HUST) in China was one of the best experiences of my life. I enjoyed every moment of it and I feel that I gained a lot. The internship not only enhanced my academic and professional skills, but also my personal, and interpersonal ones. It also changed and confirmed my career ambitions in several ways.

Firstly, the internship gave me the opportunity to work on a cutting-edge project that combined digital modelling and nuclear engineering. I learned new methods and techniques to build a digital twin model for a nuclear reactor, which can improve its design, operation, and maintenance. I also learned how to collaborate with a team of students and researchers from different disciplines and institutions, and how to communicate my work effectively to different audiences. The project was challenging but rewarding, as I contributed to a meaningful problem that has implications for the energy sector and the environment.

Another important aspect of the internship was the teamwork skills I learned during the research experience. I worked with a team of students and researchers from different disciplines, and institutions, who had different expertise, and perspectives on the project. We had to communicate effectively, coordinate our tasks, share our ideas and resolve our conflicts. We also had to respect each other's opinions, support each other's strengths and help with each other's weaknesses. Working in a team was challenging but rewarding, as we learned from each other and improved our work.

The internship at HUST had a lasting impression on me. It helped me develop my personal and professional skills, as well as my cultural awareness, and global perspective. It also changed and confirmed my career ambitions. It made me rethink the potential and impact of nuclear energy in sustainable development, and the future of humanity. I am more interested now in pursuing a career in the energy industry. It also made me more open-minded and curious about other cultures, and environments, as I saw the value and diversity of them. I am very grateful for the opportunity to do this internship at HUST. It was an unforgettable experience that had a profound impact on my life.



#### **What practical advice would you give to future interns?**

Apply for the Fung Foundation scholarship, as it can cover the costs of your travel, accommodation, tuition and living expenses. This can make your internship more affordable and enjoyable. Try to consult the host

organisation beforehand and choose a project that matches your interests, and skills, also one that will challenge you, helping you to grow. You will have the opportunity to work on cutting-edge topics and problems, and to learn from experts, and peers in the field.

Remember to be open-minded and curious about the culture, and environment of China. You will experience the rich and diverse culture of China, which will fascinate you with its history, legends, arts, and crafts. You will also enjoy the local cuisine, which is hot and spicy, but delicious.

Make friends with local students and other interns from different backgrounds and perspectives. You will enrich your worldview and broaden your horizons by sharing your stories, opinions, and dreams with each other. You will also support each other in your studies and research projects. Communicate effectively and respectfully with your supervisor, and team members. You will work with a team of students and researchers from different disciplines, and institutions, who have different expertise, and perspectives on the project. You will have to coordinate your tasks, share your ideas, resolve your conflicts, respect each other's opinions, support each other's strengths and help each other's weaknesses.

Ziying Han, University College, MChem Chemistry, First Year Undergraduate, in person

### Work Projects

This summer, I participated in the summer research programme hosted by Huazhong University of Science and Technology (HUST) in China. The project lasted 8 weeks and my project was about investigating bifunctional materials for carbon dioxide capture,



and in-situ conversion. During the internship, I was paired with a PhD candidate and we synthesised a wide range of bifunctional materials using different methods.

I designed the whole experimental procedures from literature reading and taking consideration of the existing equipment in the lab. In the project, the CO<sub>2</sub> absorption and conversion ability of the materials were tested on a fixed bed reactor, and the gas components were measured by a gas analyser. Eventually, I compared the results of different materials and identified the most efficient material, and suitable preparation methods.

During each run, I had some free time to talk with my mentor, learning the current breakthroughs in this field. From this 6-week research programme, I experienced research life for the first time. I learnt how to design an experiment and how to allocate daily tasks

effectively. More importantly, I learnt how to think as a researcher and how to solve problems independently. These all strengthened my passion to enter academia.

### **Daily Life**

There were volunteers at HUST to help us with the settling-in process. My volunteer helped me to find my accommodation, showed me around the campus and helped me to collect, and top up my student card. The summer research programme also involves meaningful activities where we can learn Chinese culture. We tried to make Zongzi (traditional Chinese food) during the Dragon Boat Festival. There were also Kong Fu practice and Dragon Boat racing during this programme. Additionally, we also took trips to the New Energy Institute and the Hankou Business Museum. These activities enriched the programme and allowed me to take some breaks from research.

### **Lasting Impressions**

I really enjoyed the research experience, from which I have gained a taster of what the research life was like. This experience confirmed my future career ambition as a researcher.

[Tobias Andrew Thomas Evans, Magdalen College, MEng Engineering Science, Second Year Undergraduate, in person](#)

### **Work Projects**

During my time in China, I was a member of a research group working on an artificial olfactory system at Huazhong University of Science and Technology (HUST) in Wuhan. There were three parts to the research group, focusing on material selection, material implementation and data analysis respectively. Whilst most of my work was aimed towards the data analysis side using machine learning, the team and lead professor were very welcoming and introduced me to each design element of the sensor. This included, the fascinating details about specific semi-conductor choice, from materials to ligand exchanging techniques refined for high sensitivity, to the specific gases expected within the sensor, high material durability, and the application of these materials in low dimensional forms such as colloidal quantum dots using specifically designed printers.

The whole team was very welcoming and I was invited to an introductory dinner with my professor, and some of the lab members, during which we visited a restaurant serving the

local delicacy of crayfish. I was also introduced to the area, local traditions and culture which was a perfect way to start the experience. My work was split into two main areas, classification and regression. The classification task was taking sensor outputs and using them to identify 5 unique gases, and the regression task was to take the sensor outputs and predict the concentration of a specific alcohol in the gas. I spent the first few weeks working on classification and then moved on to regression to get a sense of the entire work undertaken in the lab amongst a variety of models including some simple forest, and boost algorithms. My final models which were most successful were a CNN for classification and a LSTM, and RNN combination for regression.

During the experience, I developed my skill in multiple machine learning techniques and learnt many more including, feature selection, dimensionality reduction, and the use of attention layers, which was greatly rewarding, and useful. This helped me to decide that I would like to pursue a machine learning path in my further studies and possibly onwards into my career.

Since I only had 6 weeks working on the project, the research wasn't as in depth as possible, however I plan on continuing to refine my models to produce more successful results. In addition to the work in the lab, the team at HUST organising the internship were massively helpful and welcoming, helping us to learn about the local culture, and activities to make the experience massively rewarding. We participated in many greatly enjoyable activities from dragon dancing to hand crafting traditional food and bracelets related to the Dragon Boat festival, to visiting local attractions, and learning more about the city of Wuhan.

HUST was a very enjoyable place to stay, with everything we needed easily accessible on site but also easy access to the city when we wanted to explore, hence why the trip was a perfect way to explore my options for future study whilst also learning and experiencing the Chinese culture. I would love to return.



## Daily Life

Whilst in China, I was staying in student accommodation with the rest of the Oxford students (about 15) and so it was very easy to socialise, especially at weekends since the hours were sometimes quite long whilst working during the week. We visited many restaurants, which was great for trying the local cuisine. We also took part in some other fun activities such as karaoke.

Settling in and meeting the other students was greatly facilitated by the university staff who organised other activities outside of the internship, such as dragon dancing, hand crafting traditional food and bracelets related to the Dragon Boat festival. They also organised visits to local attractions and taught us more about the city of Wuhan.

Everything on campus was very close together, within approximately a three square kilometre region and so I often walked to work or used a hire bike which were easily accessible if I was running late. There were a few canteens within around 500m of the apartment block so food was also easily accessible.



## Lasting Impressions

I greatly enjoyed the experience. The work I undertook really helped me to develop an understanding of what working in a lab is like and has encouraged me to pursue the possibility of further study such as a PhD, since I am already on an

integrated masters course. It has also convinced me that I would like to continue my work on the computational side of the course and so I have taken the software engineering, and machine learning modules for next year.

## What practical advice would you give to future interns?

I would apply for a visa early, especially if you have upcoming exams as it can take a while to go through/get an appointment (when I checked they were booked for about 4 weeks in advance). I would try to get an early appointment (around 9am) since I think they get more

delayed as the day goes on. Also check which facilities are available as well as dress code, since I packed a lot of stuff that I didn't need.

## MPhys Physics, First Year Undergraduate, in person

### Work Projects

Research into quantum oscillations in metals (specifically the de Haas van Alphen experiment) by measuring the induced EMF in a copper pick-up coil when placed in a high pulsed magnetic field in cryogenic conditions. I was mentored by various professors at Huazhong University of Science and Technology (HUST) to build the pick-up coil and measure for oscillations using LabGIS software.



### Daily Life

We were staying at the international student accommodation in HUST university and were taken around by students of the university, who were very accomodating. Meals were in the cafeterias around campus. I worked in a group of about 5-10 PhD students, masters students and professors who were all very kind, and accomodating (especially as I didn't speak Mandarin).

### Lasting Impressions

I gained a lot academically from this internship, it touched on extensions of topics that I will encounter in third year. I found the research interesting and I'm hoping to get more experience in future.

### What practical advice would you give to future interns?

Be very prepared and read up on what you will need before going to the country of your placement.

## MChem Chemistry, Second Year Undergraduate, in person

### Work Projects

I worked at the Huanzhong University of Science and Technology (HUST) in Wuhan, China, in a research group focused on new materials for solar cells. A lot of my time consisted of

reading academic papers on different areas of improvement of our solar cell devices and it was very helpful to have graduate students working with me who I could ask questions to. Masters and doctorate students helped show me how to use the highly technical equipment required to make thin film solar cells. Most of our work was concentrated on engineering new materials (composition, additives, etc.) and techniques which would increase efficiency of perovskite solar cells.

My main contribution to the group was through computer modelling of special kinds of molecules to have the desired properties which would boost solar cell performance. Slight variations of more heavily researched molecules are less known and might be harder to synthesize, but it is important to determine which ones would be beneficial to help guide further research to be more efficient. Through my modelling, I was able to determine a few molecules which showed good promise to be utilized in the future. Additionally, I participated in group meetings, where it was helpful to get the guidance of professors on the direction I should take with my project and in the future.



### **Daily Life**

We were provided accommodation on the university campus and I had a roommate who was also doing the internship but in a different research group. There are a lot of shared bikes everywhere, which is what I used to get to the lab most days and was also helpful when going around the campus. There are lots of dining halls and restaurants around campus, and everything is super affordable. There were lots of other Oxford interns there as well, which made it feel like there were people to hang out with. The city had lots of things to do and a very good public transport system, so it was common for us to go out, and explore, especially on the weekends.

We went to bars, shops, restaurants, karaoke, etc. I also spent a lot of time socialising with the Chinese students I worked with, and it was super interesting to get to learn about their culture and the differences between us. They were super friendly and welcomed me right away. They even took me to a history museum to show me more of the local culture and

took me to a lot of good local restaurants. Working with them, I did not ever feel excluded. Additionally, the main organiser planned a few events and activities for us to learn more about the local culture.



### **Lasting Impressions**

I feel like it was much more enriching than I had anticipated, to be able to work in another country and learn about the way of life there. It has made me want to continue exploring opportunities in other countries while looking for my future career. Before, I

had not really considered working and settling in another country, but this experience has made me a lot more open minded about it. In terms of the work, I had always been unsure whether I wanted to stay in academia once I graduated and so it was a good chance for me to experience what it was like.

I feel like it has made me more inclined to stay in academia and continue my studies just based on the work environment, and the types of things that one can do. While I still want to go into the field, it has made me reconsider where I want to work, whether an industry or at a university. Ultimately, the part that I feel I gained most from the internship was the knowledge in the field, just from working with others who knew so much. I think it will definitely help me to find employment opportunities, as well as help me in my studies.

### **What practical advice would you give to future interns?**

Make sure to find any visa requirements that you may need and get started on the application process as soon as possible. Also, research how to pay (such as payment apps, what cards are accepted, etc.).

# GOTOCO

David Cowen, Jesus College, MMath Mathematics, Third Year  
Undergraduate, in person



## Work Projects

The internship project involved teaching English to students in China and was split into two main parts. In the first part, I was working at a summer camp teaching students about science in the context of space exploration, with all lessons entirely in English. Over the 12-day camp, I worked



with the students to plan a space mission, design a space base and build a model of the base to present to the rest of the camp. In addition to the teaching, the other mentors on the programme and I provided afternoon, and evening activities for the students, with activities ranging from chess to a water fight.

The host organisation for the summer camp provided a great deal of support, both with the teaching and activities, as well as ensuring our wellbeing as mentors was maintained, since the camp could be very intense on work at times. In the second part, I spent a month working in a school in rural China teaching English. This part was more about teaching a basic level of English to much younger students. The host school organised afternoon activities most days, such as rock climbing and fish catching, that the students, and teachers could all go to, and have a lot of fun.

## Daily Life

Daily life was very different in the 2 parts of the programme. In the first part, we spent most of the day from 8am to 9pm with the students, teaching in the mornings and then having activities in the evenings. We would socialise at break time as a group of mentors and rarely left the school in the evenings, due to the intense schedule. In the second part, daily life was much more relaxed, as we were working only on weekdays and would usually only be teaching for 3 hours each day. As a result, we spent a lot more time as a group of teachers,

relaxing in the village or visiting the local town and going on further excursions at the weekend.



### **Lasting Impressions**

Overall, I would say this summer programme has been one of the best experiences of my life! The programme really allowed me to deepen my understanding of Chinese culture, make great friends and has also developed my skills as an English

teacher. The experience has encouraged me to look for future internships and jobs in foreign countries. I would highly recommend to anyone that if they were given the opportunity to travel somewhere new for a post, that they take it and experience life in another place!

## **MSci Psychology and Linguistics, Second Year Undergraduate, in person**

### **Work Projects**

I was given a placement in a summer camp in Beijing, where I worked as an English teacher. I had to prepare teaching resources and teach lessons, as well as lead evening activities like movie nights, and talent shows. Gotoco organised the placement for me, but I had a boss who was the founder and manager of the summer camp.

### **Daily Life**

We lived in the same accommodation as the children in the dorms of Beijing Normal University Changing Campus, which was a short walk from the classrooms. I shared a room with another Gotoco internship participant and we interns ate meals together, taught some classes together, and socialised together in the evenings.

### **Lasting Impressions**

I really enjoyed my internship experience. It was an amazing opportunity to travel and become immersed in another culture, especially as the programme involved organised cultural trips.

# CYPRUS

## HARRY KYRIAKIDES

Caitlin Gillett, Keble College, BA Jurisprudence, Second Year

Undergraduate, in person



### Work Projects

My Internship at Harris Kyriakides was centred around the daily tasks undertaken at a commercial law firm, but also featured much procedural law research, under the supervision of members of the Nicosia Procedural Law Unit. I undertook a variety of tasks during my Internship; I researched and wrote a paper on civil procedure reforms, read and edited a book review to be published in the Cyprus Review of Books, edited submissions for the Legal 500, researched live cases of banking and insolvency, and watched trials at both the Larnaca Court House, and the Supreme Court of Cyprus.



I received support from the senior staff at the firm; particular guidance from the head partners made my experience feel worthwhile and made the feedback that I received feel considered. However, as much work was completed alongside other interns, the main support system I relied upon was the contact of those friends that I had made during my time at the firm, as well as HR representatives and members of the IT department who made my transition to Cyprus more comfortable.

### Daily Life

As my internship was in-person at Harris Kyriakides' Larnaca offices, daily life involved arriving to work in the early morning and leaving in the early afternoon, which was much appreciated during the intense European heatwave. I was lucky to have accommodation only a six-minute walk away from my office, so my walk to work became a pleasant way to start and end my day.

Outside of work, I aimed to experience as much of Cyprus as possible; owing to the small size of the island, I was able to travel to Nicosia, Limassol and Paphos during my weekends. After work, I would spend the afternoons and evenings often at nearby beaches, and sometimes socialising with the other interns at my firm. Highlights included the firm's annual rooftop summer party, which gave us a valuable opportunity to congregate, drink and watch the sun set over the Cypriot mountains.

I had a hard time settling in, initially. As the internship was advertised in English, with Greek listed as a helpful asset, I was surprised by how little I could communicate with some members of the firm and as all seven of the other interns spoke fluent Greek, how little I could participate in preliminary conversations, and small talk. However, this was all a chance for me to adapt to my circumstances and luckily everyone I met was accommodating of my ignorance; my fellow interns were willing to translate court proceedings into English for me, and to chat in English at any time, which taught me to be forward in forming relationships, and initiating conversations.



### **Lasting Impressions**

This internship will certainly leave a lasting impression; whilst the transition from living in university halls to travelling alone to another country was rough to begin with, I have grown to love working with people from different backgrounds to me and to living in

Cyprus, especially so close to a local beach! I have enjoyed gaining a range of practical legal experience. Although some of my tasks I have completed will not actively prepare me for my future career, I believe that the feedback I have received on my research projects will remain applicable to any career path and indeed applicable to my coming final year.

Furthermore, undertaking tasks in other practice areas of law, especially insolvency, gave me an insight into commercial law that will undoubtedly help to inform my future career choices. I went into my internship knowing that I did not necessarily want to practice law from an office, favouring a career at the Bar more than becoming a solicitor, but knowing

that I had always wanted to practice law abroad and likely would not be able to do so with ease once I obtained a degree in English law.

Luckily, Cypriot law derives much from the English jurisdiction and therefore I feel very privileged to have been able to experience legal practice abroad.

Furthermore, this experience has confirmed for me the seemingly obvious notion that, whilst I may want to practice law abroad in the future, I



would not like to live in a country without learning to speak the language! Nevertheless, the experience has been personally fulfilling in the above sense and practically fulfilling, as I have been able to witness trials in Greek. This has helped me learn that some advocacy skills, such as body language and tone, transcend the language spoken, and such knowledge will serve as inspiration for my future career.

# CZECH REPUBLIC

## CASTLE BLATNA ESTATE

BA Literae Humaniores, Final Year Undergraduate, in person



### Work Projects

During my time at Castle Blatna I created social media post plans for Facebook and Instagram, proofread Czech translations into English, brainstormed ideas for potential future projects for the castle, and researched plans for large-scale

events such as a medieval tourney. These projects meant we had to analyse the marketing strategies of rival historic sites both in Czechia and further afield to see how Castle Blatna could further grow their media presence.

Creating detailed post plans provided me with the opportunity for insight into how an organisation must carefully craft their social media campaigns months in advance and the importance of combining beautiful aesthetics with informative content. My co-intern and I also collaborated on some original graphics, which the castle could use for their website. This was a tool I had not used before and it was fun to play around with the designs, balancing both Czech, and English content to see how we could create beautiful, engaging content that the castle could display around the grounds.

Writing in different tones was another key aspect of my learning here at Castle Blatna - the team naturally used very different styles of communication on its different platforms and crafting memorable Instagram captions with emojis was very different to the more formal style I adopted when writing my first ever press release! We also devised plans for a scavenger hunt, which the castle is planning to trial in the children's area.

## Daily Life

Life here at Castle Blatna is fun. The lodgings provided by the team are comfortable and it's great living with your fellow interns! Work is very flexible and there's always something charming about having to cross a moat in order to get to the 'office' (by which I mean the caf!) The team are very friendly and they're happy to spend time with you after work and show you the sights of Blatna - we learned some pretty intense Czech card games while we were hanging out with them!

Settling in is a quick process - the castle's self-contained and getting to work is an easy process, but it's also really nice to go exploring every once in a while. Prague is a relatively quick train journey and it's nice to see something new every once in a while. What's more, with the train journey passing through some really beautiful Czech countryside it's worth the journey just to see a little more of the country! There are also lots of smaller towns nearby and some lovely spots here in Blatna. After a ramble through the castle's deer-filled English Park there's nothing better than a pizza at the local Italian!

## Lasting Impressions

I thoroughly enjoyed my time here at Castle Blatna. It's a worthwhile experience to take some time in a new country to learn some new skills (although, I would strongly recommend learning a little more Czech than I managed). I really enjoyed working alongside my fellow



intern and it's a great opportunity to learn a little more about the heritage industry, and how historic sites can work to build local engagement.

Previously, one of my internships had been at another historic house and working here has heightened my appreciation of the industry. It's also been a very eye-opening experience to see how carefully the castle must create its social media strategies, in addition to looking through some of the presentations which the managing teams deliver at conferences. I

would definitely like to work at a heritage site in the future and to see how such places can be promoted in the age of social media.

## BA Modern Languages (French and German), Third Year Undergraduate, in person

### Work Projects

In terms of event management and coordination, my fellow intern and I planned, and coordinated an event to be held in the castle park. While we were not able to stage it this year due to the brevity of our stay, we created a viable structure to be used in the future. We collaborated with the events team to plan the logistics, including scheduling, venue preparation and contractor management. We planned out all areas including decor, food and drink, live music and entertainment, ensuring smooth operations whilst addressing any issues that may arise. I also served as a liaison between the band and the Castle Blatna events team, negotiating a suitable quote, and ensuring all needs were met.

I also worked within tourism promotion and visitor services. In order to enhance visitor experience at the castle, I helped develop and implement new strategies. I also facilitated the incorporation of other new materials in the childrens area, such as a scavenger hunt, an archery game, new dress-up costumes and decoration of the area, to attract more visitors. I also designed exclusive experience packages for German/Austrian tourist agencies to expand outreach to international visitors. I drafted a letter in German offering said packages and supplemented it with a self-designed leaflet, providing a suggested program for each package.

During my time at Castle Blatna, I also learned about the historical significance of the castle and its architectural elements. I assisted in various research tasks related to the castle's heritage to develop visitor experience. Specifically, my fellow intern and I looked into the staging of a medieval re-enactment in the castle park, creating a detailed, and extensive document of various groups, and services.

Social media management was another area that I worked in, supporting the in-house marketing team in developing promotional materials, including content creation, proofreading and scheduling. I collaborated with the other intern to develop social media

campaigns and write website texts to advertise events and increase Castle Blatna's online presence. I also brainstormed new and creative ideas for the caf Instagram account in order to change-up the post topics. More broadly, my fellow intern and I developed an outline for a newsletter. We drafted two sample publications and brainstormed potential titles for the newsletter as well as other considerations such as how often it will be published, where people can access it, and what will it cover.

In regards to host institution support, we had a group chat which we used if we needed anything and the hosts were very responsive to our needs. The hosts did tell us the work we did was very useful and they were grateful for us, which I greatly appreciated.



### **Daily Life**

I lived in the beautiful in-grounds residence in an old, high-ceilinged room - I truly felt like a princess. The accommodation was about a five-minute walk to the castle and I got to walk through the castle park to get to work every day, saying hello to the

peacocks, and alpacas on my way there. I often went on morning runs in the park which were fantastic as it was always so peaceful! My fellow intern and I would work from around 10am to 5pm every day with a lunch break around 1pm. In the evenings we cooked dinner and chilled in the accommodation.

Sometimes I went out to the pub with the other younger workers from the caf and they were very friendly, and welcoming! On the weekends I got the chance to travel around a bit exploring cities such as Cesky Krumlov and Prague. Living in the castle grounds was extraordinary.

### **Lasting Impressions**

Every day at Castle Blatna and in the natural beauty of the castle park was such a surreal experience. Looking back, I did enjoy my time here, though it was different from what I expected. I still wish I had more of a chance to explore the event management sector as that was what I was most looking forward to.

## DEUTSCHES LITERATURARCHIV MARBACH

MPhil Modern Languages (German), First Year Postgraduate, in person



### Work Projects

I interned at the German Literature Archive in Marbach as a 'Hospitant'. My placement here was 50% work for the research department and 50% time allocated to my own personal research. I assisted primarily with the 'transatlantische Pinthus Forschung',

which required me to find and read letter exchanges between Kurt Pinthus and his contemporaries, in search of useful information pertaining to his library at Marbach. As well as assisting in this project, I have carried out various office tasks for colleagues within the department, assisting with their research. I was given induction sessions upon arrival and have been able to work closely with different members of the research department.

### Daily Life

During my placement, I lived in staff accommodation, located conveniently next to the archives. The apartment was furnished and had a kitchen, which made it easy to settle in when I first arrived. I walked to work every day and socialised primarily with other interns at the archive during my stay. Outside of work, I visited surrounding towns and cities, as well as making use of the library in the archive.

### Lasting Impressions

I have enjoyed my time at DLA Marbach. Everyone has been very friendly towards me and the placement has given me a valuable insight into the academic projects undertaken after university study. It was also a good experience to practise my German speaking skills, having had my year abroad in 2020/21 curtailed by covid.

# GOTOCO

Bryony Fishpool, The Queen's College, BA English and Modern Languages (Spanish), First Year Undergraduate, in person



## Work Projects

This summer, I took part in Gotoco's Europe programme in Germany and Spain. As part of a group of other UK university students, I spent 7 weeks on the continent; 5 of these weeks were teaching English in two locations and the other 2 weeks were



the cultural tour organised by Gotoco, and my own interrail trip. Before the weeks of teaching, we spent a few days in Munich and Granada, which Gotoco organises. Whilst we are encouraged to interrail and travel to these locations independently, it was great to meet some of the other participants once we arrived.

For both trips, there was a Gotoco representative who organised any activities and spent time with us. All the staff were lovely. Gotoco matches up all the participants with a teaching programme in their chosen countries (Germany and Spain, for me). I worked for Kids Camp America in Germany and Interway in Spain. Both organisations were very professional and I enjoyed my time there a lot. Gotoco also funds a TESOL qualification for all participants, which will be a useful thing to have in the future. The travel (up to 300) is funded, as well as the hostels during the cultural tour.

When you are working with the teaching organisations, food and accommodation is covered by them, too. This meant that the only costs I covered myself were 5 days of solo interrail, including hostels, food and activities. The Gotoco staff are all very friendly and approachable, and reachable by WhatsApp and email during the programme.

## Daily Life

Over the 7 weeks, our daily lives varied a lot depending on which country we were in and the stage of the programme we were at. In Germany, working for KCA, the hours were long.

We would teach 3 hours of formal English lessons in the morning and run activities (e.g. canoeing, swimming, football, tie-dye, movies) with the children in the afternoons, and until the late evening. In Spain, however, since we were working with adults (Spanish adults on the English immersion course), the schedule was more relaxed. We would run activities and one-to-one conversations in the morning, but have a 4 hour siesta and lunch break in the middle of the day!



### **Lasting Impressions**

My overwhelming impression has been positive. Spending 7 weeks abroad and not entirely knowing what to expect has massively improved my confidence, especially in preparation for the year abroad as part of my Spanish degree. The Gotoco

programme allows for a great mix of work experience (as well as doing a TESOL qualification), and travel, as you are encouraged to interrail before/after/between programmes.

Overall, I interrailed from London to Crdoba, staying overnight in places like Nmes, Aachen, and Barcelona, as well as seeing Munich, Salzburg, and Granada as part of the programme. The best part, however, was the other people I met on the programme, especially in Spain (there were 8 of us from Gotoco), who I will stay in touch with. In terms of contribution to a career, the experience of teaching English has certainly given me more to think about, as well as highlighting skills I possess, and ones that I could work on.

### **What practical advice would you give to future interns?**

My main advice would just be to apply and see what happens, because the experience was certainly worth it.

# KLASSIK STIFTUNG WEIMAR

Anna Maeve Brennan O'Connor, The Queen's College, MPhil  
Modern Languages (German), First Year Postgraduate, in  
person



## Work Projects

During my time at the Klassik Stiftung Weimar, I was encouraged to essentially do whatever research I pleased. The research I proposed to do in my application was on the relationship between two German authors: Johann Peter Eckermann and Johann Wolfgang von Goethe. This is an idea I developed further once I got to Weimar, looking at how Eckermann may have used his relationship with the older poet to his advantage. My mentors at the Stiftung were helpful whenever I had questions, but I was largely left on my own and

spent many days not seeing my colleagues as some were remote working.

I spent my days largely working on my own research using the holdings at their library, the Anna Amalia Bibliothek. I was also encouraged to make use of my staff card which allowed me free access to all 31 museums and cultural sites belonging to the organisation. This I was free to do during the working day. By the end of my internship, I had learned lots more about the two authors I had focused my research on and also produced an article entitled Johann Peter Eckermann: Goethes Phoenix.

## Daily Life

Beginning my internship at the Klassik Stiftung Weimar, I was shown a few locations which would be essential to my stay: the library, IT department and my own desk at the study centre. Everyone I met in the first few days was friendly and interested to hear about the work I planned to undertake. The atmosphere at the Stiftung was very relaxed. I had no set working hours or even working days, but still aimed to come in from about 10.00am to

4.00pm every day. I would spend most of the morning between the office and the library, and the afternoons sometimes doing more work or other times checking out one of the museums.

I lived a short fifteen-minute walk from the centre of the city, where the buildings relevant to my stay were, which made everything very easy. I sublet a room in a shared flat and was thankfully met with a lot of kindness there too. On the weekends I travelled to other nearby parts of Germany such as Erfurt, Leipzig and Berlin. At other points I woke up early to avoid the heat and humidity to go for runs along the River Ilm.

### **Lasting Impressions**

This internship is certainly one which I feel has been of benefit to me. I wanted to go to Weimar for several reasons. The first of these was that I knew it would be a great opportunity to practice my German and hopefully improve it. I was pleased to get many opportunities to speak to colleagues, flatmates and strangers in German throughout my stay. No one spoke to me in English as it was a working environment so focused on German literature, arts and culture. Secondly, I wanted the opportunity to learn more about Goethe and Eckermann. Little is spoken about Eckermann in the English-speaking world and Weimar was for many years his home. It was wonderful to be able to gain so much more information about him than I otherwise would have been able to and to speak to some real experts in the field.



As someone who must write their masters dissertation next year and has ambitions to go on to further studies, this opportunity was valuable. I worked on my article, researching, editing and essentially keeping my academic muscles active over what would otherwise have been a reasonably long summer break. It certainly has helped confirm to me that continuing with my academic education is still very much what I desire. Thirdly, it was nice to spend more time in Germany. My Erasmus in nearby Gttingen was cut incredibly short by

the pandemic in 2020, so getting to spend close to five weeks in Weimar felt like a nice opportunity to gain back a bit of what I had lost then.

Overall, it was an enjoyable experience at the Klassik Stiftung Weimar. I would perhaps have liked to be made a little bit busier or to have someone checking in with me a little more often to check my progress. However, being able to research entirely independently made things quite easy for me, as I could work to my own schedule and see where my ideas took me without any pressure.

**What practical advice would you give to future interns?**

For any future interns heading to Weimar, I would tell them of course not to be nervous. Everyone I met in Weimar was kind and willing to help me with any questions I had. I would also encourage them to have patience: it took two weeks for my staff card to be fully set up and occasionally a couple of days for my emails to be answered. However, everything worked out perfectly well in the end and the slower pace has its merits too. I would finally encourage future interns to get exploring and not just to stay inside the library or office. Weimar and its surrounding cities, and towns have a lot to offer, take advantage of where you are!

# HUNGARY

## COLD WAR HISTORY RESEARCH CENTER

BA History, Final Year Undergraduate, in person



### Work Projects

I interned at the Cold War History Research Centre at Corvinus University of Budapest in August and September, as a researcher, and archivist in the Blinken Open Society Archives. The work was very interesting, it coincided almost entirely with what I had studied at Undergrad, so I had just the right amount of familiarity with the type of work coming in (which wasn't much, but it was enough to not be daunted by it all). Our task was to comb through a treasure trove of primary documents (many in English, many not) and write short summaries of

their contents which would then be published in an upcoming chronology of the Cold War focusing on the years 1969-1980.

We could choose which countries to focus on based both on interest and language ability. I could read Romanian, so I chose that, but documents concerning all eastern bloc nations were available. We received instruction and an adequate amount of guidance as to how to do this at the start of the internship in August but most of the work was done independently by each intern.

We had to confer and decide which documents we looked at to avoid needless overlap, so coordination among the interns as well as independent, and disciplined research were encouraged. We got to periodically meet with Professor Bekes, the director of the Cold War Centre, to discuss our experience and progress towards the end of the internship. The workload itself was not suffocating and Budapest, especially in August, and early

September, is a wonderful place, so the internship experience was very positive for me both in an academic, and social sense.

### **Daily Life**

I rented a little room in the Jozsefvaros district of Budapest and met the interns, and the program coordinator online first, and then in person a few days later. Before the internship started, we had already received instructions on what was expected of us. The archives that we had to write entries for, existed both physically as well as digitally, as many of the documents (though by all means, not all of them) had been digitised.

For the first 3 weeks of the internship, we had to work online through the digitised archive because the Blinken Open Society Archives had been shut for the summer break, it being August and all. When they opened, the average day consisted of booking my daily 2 hour slot (which almost always exceeded the 2 hour limit with no issue) and going into the physical archive where I would either write entries there or take pictures of documents which I would read later at home (though I preferred writing them there).

Many of the documents were part of Radio Free Europe research projects from the 1969-1980 period so they were in English, however, some were not, which is where our language skills were used. We could read the documents we had knowledge of, as well as documents concerning countries and regions which interested us personally. I was interested in the role of China as an ideological leader in the Communist world and although I (regrettably) do not read any Chinese language, there were still plenty of English language documents to sink my teeth into, which I found highly rewarding.

The staff at the archive were very helpful and friendly, as was the program coordinator, Leonardo, though I did not see much of him in person. Professor Bekes, the director of the Cold War Centre, was also very attentive to our needs and met with us once per week to discuss issues. We even got to review his new book as he was looking for opinions from students (which, as he told us, are sometimes more valuable than those of scholars, what with their foreknowledge burdening their judgement).

There were only 3 Oxford interns, myself included and so besides Leonardo, and Professor Bekes, I did not really meet many people as part of the internship itself. We did our own

work in our own time, so discipline and independence characterised the internship experience.

### **Lasting Impressions**

The overall experience was positive. The job of an archivist isn't for everyone, but the work itself dovetailed nicely with what I had studied in my History degree, so I got to put my skills, such as they are, to use. I am considering Further Study and though I have not yet applied anywhere, I am positive that this internship will help in whatever I decide to do, even if it isn't directly related to archive work.

Additionally, my own interest in the history itself was engaged by the work I was doing and the documents I was reading. When it came to deciding what topic to write my undergraduate dissertation on, I deliberately chose a topic where I did not have to rely on a physical archive, because the threat of Covid was still around and I didn't want that to affect my plans. Having the chance to be in an archive and work there even after writing my dissertation was certainly welcome. I would recommend this internship to anyone interested in the field. Oh, and did I mention Budapest is gorgeous?



## **MSt Modern European History, Final Year Postgraduate, hybrid**

### **Work Projects**

The Cold War Research project aims to build out a comprehensive timeline of primary source documents for Cold War researchers. As interns, our task was to look up documents, in both physical and digital archives, and compile them into the timeline, providing a brief description for each. We worked largely with the Blinken Open Society Archives, which have vast online and physical collections of Radio Free Europe documents from the Cold War era. Additionally, we were introduced to a secondary project whose aim was to create a database of journals that are open to scholars publishing on the Cold War. The host organisation supported us with regular check-ins, meetings and by providing us with all the material necessary to complete our tasks effectively.

## Daily Life

Living in Budapest for this internship was an incredible experience and provided plenty of opportunities for both work, and socialisation. Our internship was split between hybrid and in-person work, while we waited for the archives to open after the summer holiday. While working



online, I did my best to find cafes and public libraries to work from, as that makes it easier for me to concentrate. However, once the Open Society Archives reopened, taking the tram to the archives was a great way of starting the workday.

Budapest is a very well-connected city, making it cheap and easy to get around using public transportation. I mostly socialised with the two other interns doing the internship with me and was also very lucky to have had some friends visiting Budapest while I was there. But I also loved exploring the city and its rich cultural, and artistic heritage on my own, going to galleries, museums, parks, and restaurants.

## Lasting Impressions

I found the project to be very interesting and although it is ambitious in its scope, it provides an invaluable tool for scholars of the Cold War. It was a privilege to contribute to such a project. Although I enjoyed the experience, I do wish we could have spent more time in the physical archives, as that work was far more interesting and diverse than the digitised documents available.

I felt like the work was very rewarding and it certainly deepened my understanding of my own research interests. Having the opportunity to speak with the archivists at OSA also opened my eyes to future opportunities within the archive and as such, the internship has provided me with opportunities, and experience that will benefit a future academic career.

## What practical advice would you give to future interns?

I would advise future interns to research flights and accommodation well in advance, and to not be shy about asking for help from both the host organisation, and fellow interns.

# TERRE DES HOMMES FOUNDATION

Lowri Anne Woollard, Somerville College, BA Ancient and Modern History, Final Year Undergraduate, in person



## Work Projects

The main purpose of my internship was to undertake a capitalisation study evaluating the efficiency of the organisations work on Childrens participation and empowerment within European justice systems. I was responsible for analysing child advisory boards, the organisations



model of child participation and identifying any challenges encountered, gaps in guidance provided, and the efficiency of the model since 2018. Conducting a desk review allowed me to evaluate the sustainability of this model of child participation and suggest considerations for future projects.

I ended my internship by compiling a report on my findings. The Terre des Hommes office was incredibly welcoming and the Access to Justice team provided me with an informative introduction to their work, and what my main tasks would be during my time there. They were also on hand through my time in Budapest to answer any questions, support my work and involve me in the organisations work.

## Daily Life

I had rented a small studio through Airbnb so when I arrived in Budapest I first settled in, then spent the first weekend exploring the city and getting my bearings. My first day at the Terre des Hommes office involved an introduction to the organisation and those working there in the morning, and in the afternoon an introduction to the Access to Justice programme, and the project that I would be undertaking.

My daily life during this internship generally involved working in the office 9-5, then relaxing and making the most of being in a new city in the evenings. Budapest's brilliant public

transport meant that from where I was staying to the office was just a short tram ride with lovely views of the Danube River. Similarly, outside of work everything that I wanted to explore was easily reachable either by walking or using the network of trams, buses and the metro.

In the evenings and on the weekends, I made the most of all that Budapest had to offer, exploring the various museums, Buda Castle, the Hungarian Parliament Building, and galleries. I also found that there was a variety of markets around the city selling everything you can think of on the weekends and a great nightlife with something for everyone (my favourite part being the ruin bars!).

### **Lasting Impressions**

This experience provided me with a practical means to utilise the knowledge that I already had of Childrens rights and allowed me to develop important practical, and theoretical knowledge for further study, as I am undertaking an MSc programme in Human Rights in September. This internship provided me with an opportunity to gain an insight into the NGO sector and furthered my intention to undertake a career in the field. I was able to develop important skills both professional and personal.

The study that I was expected to complete allowed me to work in a professional environment and produce a piece of research, and analysis that was unfamiliar to me before this but necessitated quick learning, and new skills. As well as this, working in an office environment was a new experience to me as a recent graduate and one that was incredibly useful. On a personal level, the experience of living in a new city was great! I was able to explore a new culture, try to learn a new language (and fail) and enjoy the independence that came with this experience of the real world beyond being a student.

# INDIA

## AKSHAR FOUNDATION

MEng Materials Science, First Year Undergraduate, in person



### Work Projects

I worked as a Junior Teacher for Sustainable Development at the Akshar Forum and assisted with their implementation of the National Education Policy of 2020. My tasks involved teaching small group classes in subjects being: English

(professional and spoken), Maths, Social Studies and Science. Alongside teaching at the Forum, we also visited Government schools and interacted with the students, and teachers there. I also undertook a personal project, which involved teaching a group of students the National Anthem, as well as other national songs. I worked with them over the course of six weeks and also helped them understand the history behind national symbols, and their significance to struggles for independence across the globe.

I have been extremely lucky to also work on a one-on-one coaching session with a student as part of my day at school. He's asked me the most amazing questions, ranging from quantum chemistry, to why there are many white night blooming flowers. The host organisation provided us with accommodation, meals and healthcare amenities, as well as transport to, and from school every day.

### Daily Life

All 11 of us settled into our accommodation on a Sunday with work starting on a Monday. Each room was shared with one other roommate and the rooms were cleaned regularly. We had breakfast served in the accommodation and were driven to work by the internship

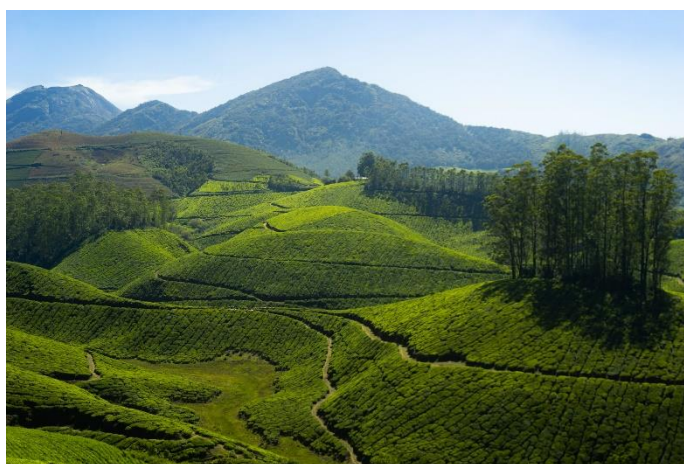
hosts. Lunch was served at the accommodation as well, although we would sometimes choose to order in local specialties.

Outside of work, we shared our knowledge of card games, visited a lot of local monuments and took the weekends to go around the state- visiting tea plantations, a riverbank, and historical sites with a colonial history. We also saw a lot of local wildlife, including monkeys, elephants and attempted to see Rhinos- but to no yield, because much to our dismay, the national parks in the region were closed due to the monsoons.

We mostly socialised amongst each other, watched movies and worked on the projects assigned to us. Everyone on the internship was friendly and we've grown quite fond of each other towards the end of the internship. It was an enriching experience, both socially and culturally, especially learning to navigate living closely to people I'd never met before in a new cultural situation.

### **Lasting Impressions**

I feel like I've gained a lot from the internship. I have learnt to navigate myself in an entirely new cultural and social situation to one that I have been living in. I have also learnt to teach students and how to do it in a language of instruction which is not



native to the students. It has helped me accept responsibility for other people as well, as I've planned trips to different sites of tourism and made sure everyone on the trip has been safe. While I have enjoyed the internship, it has also made me understand that teaching is a very rewarding, yet strenuous undertaking and is not for me in the future.

My career path will now be more catered to moving towards a job that does not involve much teaching. I would however still love to work as a tutor, as I enjoy working with students on science, maths and things that they enjoy or are passionate about. I have gained much respect for all my tutors and teachers I have had growing up. I have also gained a sense of responsibility and capability in doing unfamiliar tasks, and making the best out of new, and challenging environments.

## BA English Language and Literature, Final Year Undergraduate, in person



### Work Projects

During my internship I taught at the Akshar forum in Guwahati, India. My main tasks were conducting lessons with the students in a variety of subjects and directing my own individual project. My biggest accomplishment was being able to explain complicated topics to the students as levels of English ability varied throughout the classes and so communicating with the students was often challenging. We received an induction from the host organisation at the beginning of the internship and

were guided through our teaching experience by the organisation; however, this internship involved a lot of independent work.

### Daily Life

We would wake up at 7am on weekdays, have breakfast and then take two cars to the school where we were working. The journey to school was approximately 30 minutes. The first two hours of the day would be spent supervising children while they completed worksheets in subjects ranging from Maths and English, to Science, and Sociology. We then had a 30 minute break, followed by work on our individual projects.

For my project, I worked on designing and creating sustainable jewellery. When we got back to the accommodation, we would often rest for a few hours and then explore the city in which we were living. On the weekends, we would travel further afield to places such as Kolkata and the mountains. I mainly socialised with the other 10 interns on the internship.

### Lasting Impressions

I did really enjoy this experience. It has allowed me to explore a country that I have really wanted to visit, whilst immersing myself in a new culture. While I enjoyed the internship, it has confirmed for me that I do not want to pursue a career in education.

# BRITISH SCHOOL, NEW DELHI

Eve Alexandra Boulos, St. John's College, BA Music, First Year  
Undergraduate, in person



## Work Projects

At the British School, New Delhi, my main tasks were to teach music to 6-13 year olds and help with personal statements for pupils applying to British Universities.

## Daily Life

Daily life was exciting, I got to explore a new country (India), where on weekends I



travelled around Delhi and one weekend went to Jaipur. During the week, we were picked up at 7:30 for school and dropped off at around 4pm, where we then had the evening to chill out or do more exploring of the city. The food was provided at the hotel for breakfast and dinner (which was amazing), and at school for lunch -also great!

## Lasting Impressions

The internship was an incredible experience, it couldn't have been better. I loved the country, the food and the school that I was working at. I gained experience working with pupils of all ages and abilities in Music. My employers were extremely welcoming and made all the interns feel very comfortable when we were all so far from home. The internship gave me a positive perspective of international teaching careers and it is absolutely something I will consider when I am thinking about job ambitions.

## What practical advice would you give to future interns?

Get your Visa sorted soon!

# INTERNATIONAL SCHOOL BANGALORE

BA English Language and Literature, First Year

Undergraduate, in person



## Work Projects

I worked at The International School Bangalore for six weeks, living on the school campus with other boarding staff. As well as my daily hours I had boarding duty, which is supervising students for two hours, two evenings weekly while they study. The

school has two Oxford interns every year and it was nice to know that the internship was established with similar tasks completed year on year. The school day runs from 7:30 to 2:30. My tasks included processing alumni data, processing university contact details, helping at university fairs, researching, finding resources for and designing notice boards, and researching scholarships.

I was actively involved in lessons, planning a College Counselling lesson to help students think about their hobbies and subsequently what they want to study at university, as well as teaching Grade 6 English Literature classes for four weeks. This was my greatest achievement because I'd never taught or had to plan a lesson before and as I taught more lessons it was rewarding to see the students learn, and apply information in new ways. The school was extremely kind to me, giving me a thorough induction to meet all the staff and with helping me to settle in.

Mrs Priya the Head College Counsellor invited me to stay at her house and Mr Sherwin invited me for dinner. I found working with Oxbridge applicants on their personal statements most enjoyable because I could give them personalised feedback and I enjoy editing. I feel many are strong candidates. Also, I liked giving a presentation on why studying in the UK is much different from studying in the US. I also enjoyed learning about the completely different school system in India.

## Daily Life

It took me a while to settle in because I had never been so far away from home for so long. It was very useful living on the school campus because all the facilities were available, such as laundry, food and accommodation, as well as a taxi service. The staff helped me greatly by helping me plan trips to explore the area. After work I sometimes swam in the school swimming pool (which was open to staff), read, rang home, or wrote columns.

For a while I had a flatmate, Gayathrie, who was interning in Primary Years, but her internship was shorter than mine and started earlier. However, she took me so kindly under her wing and we went on weekend trips together, to Mysore and Kerala. She invited me to stay and introduced me to her wider



family, whose homes we also stayed at. I enjoyed attending the staff Book Club and the school Newspaper Club infrequently, which provided a nice sense of community as well as allowing me to talk about my views in a non-school context.

I spent time with other expat teachers - one weekend there was an English expat brunch at a very fancy hotel which was so nice because I could spend time with people with similar experiences to mine. On a normal day I would wake up, eat breakfast with staff, work, talk with students wanting to study in the UK during break, maybe teach a lesson, more admin work, eat with colleagues then have a short walk, continue work maybe with a student meeting on their personal statement, then go home. After boarding duty or calling home I would go to dinner with other staff before going to sleep.

At the weekends I travelled, exploring Nandi hills, hiking in Tumkur, boating in Kerala, going to Bandipur National Park and visiting Mysore Palace. I would find I was very tired afterwards but pleased to be using my free time to explore because that's the main reason I came on the internship.

## **Lasting Impressions**

I did enjoy the experience. Overall, I am very glad I came, as the internship allowed me to experience South Indian culture which I could never have done if travelling normally.

Meeting people here has been so lovely and I've felt very welcome, they have shared their lives with me so kindly. It's been so nice to talk to people about cultural things I don't understand and particularly see the education system from another perspective. I think I gained the most from getting and being here than the actual internship.

It's taught me to manage stress better, understand my needs and emotions more, and communicate more effectively. Speaking to teachers here like Rachael, who went to UCL, teaches History and EAL here and has taught in South Korea, Japan, and China has shown me what sort of lives are available, and how I could travel. It's confirmed that I don't want to go into College Counselling and confirmed that I want to work closely with words in some way, and that I value seeing improvement over time. There are so many things to think about here. It is making me think about how I want to live.



### **What practical advice would you give to future interns?**

If possible, speak to an intern who's done it before and find out what they found difficult. Speaking to an intern from last year meant I got a SIM at the airport which saved me loads of hassle. Work out your visa

early. If you're going somewhere completely unknown, ask around the people you know and see if they know a single person there. I knew one lady who'd been to Bangalore and I also found out that a family friend had studied in Bangalore. Book appointments with the Careers service.

## RELIANCE FOUNDATION

Isatou Bokum, Jesus College, MSt Women's, Gender and Sexuality Studies, Final Year Postgraduate, hybrid



### Work Projects

During my internship, I had the privilege of working on three significant projects under the guidance of my host organisation, the Reliance Foundation. The first project was centred around writing the Stoke Park Annual Report, the second required me to provide information and design for a Stoke Park brochure while the third involved writing content for the Reliance Foundation's new website.

The initial project revolved around crafting the Stoke Park Annual Report. My primary responsibility entailed distilling the content of three extensive PowerPoint presentations into a concise and impactful annual report. This endeavour demanded a meticulous approach to summarising intricate details while preserving their relevance and impact. My notable achievement here was the successful transformation of these presentations into a compelling annual report, effectively conveying Stoke Park's commendable contributions across various domains in Buckinghamshire and Berkshire. Additionally, I highlighted the Stoke Park in The Community fund launch, shedding light on the supported charities and the consequential impact.

The second project required me to utilise the information gleaned from the annual report to conceptualise and propose ideas for a Stoke Park brochure. After distilling the report's information, I authored a comprehensive document outlining the content that should be included in the brochure. Additionally, I provided insightful design recommendations to enhance the brochure's visual appeal and effectiveness.

The later phase of my internship was dedicated to curating content for the Reliance Foundation's new website. My role encompassed revising the existing website content by incorporating up-to-date statistics and the latest information about ongoing projects. This

task went beyond mere writing, as I had to ensure that the content seamlessly integrated into the digital platform. I tackled content creation for all the foundation's focus areas, including Education, Health, Sports and Development, Women Empowerment, Urban Renewal, Arts, Culture and Heritage. I am proud to highlight that all submissions were delivered within the specified deadlines and were subsequently shared with the communications team for their invaluable review, and feedback.

Throughout the course of my internship, the Reliance Foundation extended unwavering support that played a pivotal role in the successful completion of these projects. The organisation facilitated my travel arrangements, ensuring a seamless transition to the project location. Thoughtful accommodation arrangements were made to provide me with a comfortable and convenient stay during my internship. I also received catering support, ensuring that my daily nutritional needs were met, thus allowing me to maintain focus and productivity.

The organisation provided a stipend, which not only aided in covering personal expenses but also served as a token of appreciation for my dedicated contributions.

Throughout my internship, I had the privilege of benefiting from professional supervision. This guidance was instrumental in navigating the complexities of the projects, offering invaluable insights and ensuring that my work aligned seamlessly with the organisation's overarching goals, and standards. This comprehensive support from the Reliance Foundation not only fostered a conducive working environment but also underscored their unwavering commitment to my professional growth and the triumphant execution of the projects.

### **Daily Life**

During my internship experience, I had the unique opportunity to undergo a hybrid arrangement, with the initial month conducted online. This initial virtual phase, while challenging in terms of adapting to remote work dynamics, proved invaluable in preparing me for the in-person segment of the internship. Upon my arrival in India, I found myself settling in comfortably thanks to the thoughtful accommodation provided by the Reliance Foundation. This accommodation not only met my basic needs but also fostered a sense of security and homeliness, which significantly eased my transition into this new environment.

One of the key aspects that contributed to my successful integration was the interaction with fellow interns. Meeting and socialising with other interns played a vital role in helping me acclimate to both the workplace culture, and the local surroundings. These interactions were instrumental in building a supportive network of peers, sharing experiences and gaining valuable insights into navigating both work-related, and extracurricular aspects of life in India. In terms of transportation to and from work, the Reliance Foundation thoughtfully provided us with cars. This not only ensured our safety during commutes but also made the transition to in-person work seamless and convenient. The provision of transportation allowed us to focus on our roles without the added stress of navigating unfamiliar transportation systems.

Outside of work, I seized the opportunity to explore the rich and diverse culture of India. Weekends became a canvas for exciting adventures as I joined fellow interns in sightseeing and traveling to various destinations within the country. These experiences were not only enjoyable but also incredibly enriching, allowing me to immerse myself in India's vibrant culture, history, and landscapes.



### **Lasting Impressions**

My internship with the Reliance Foundation left a profound and positive impact. I thoroughly enjoyed the experience, especially the people I worked with and the diverse, supportive team that challenged, and inspired me. In terms of personal growth, the internship was transformative. It honed my communication and content creation skills as I distilled complex information into compelling narratives. Additionally, witnessing the tangible impact of the foundation's initiatives reinforced my passion for social impact work.

Regarding my career ambitions, the internship confirmed my commitment to a career in communications, particularly in the context of social impact and philanthropy. I'm now more motivated than ever to contribute my skills to projects that make a positive difference

in society. In summary, my internship was enriching and enjoyable, contributing significantly to my personal, and professional growth while affirming my career aspirations.

**What practical advice would you give to future interns?**

To future interns embarking on a similar journey, here's some practical advice based on my own experiences. First and foremost, embrace every opportunity that comes your way during your internship. Approach your tasks with an open mind, regardless of their scale, as each one presents a chance for learning and growth. Secondly, actively network within your organisation. Take the time to build relationships with colleagues, seek mentorship, and ask questions. These connections can provide invaluable guidance and support throughout your internship, and beyond.

Additionally, remember to stay organised by managing your time effectively and prioritising tasks. Clear and proactive communication is essential; don't hesitate to seek clarification or address challenges with your supervisor or colleagues. Be adaptable and open to change, as unexpected assignments or developments may arise.

# ISRAEL

## BEN-GURION UNIVERSITY OF THE NEGEV

Liubou Samson, Lady Margaret Hall, MBiochem Molecular and Cellular Biochemistry, First Year Undergraduate, in person



### Work Projects

During my internship at the Ben-Gurion University of Negev, I worked in the Hematopoietic Stem Cells (HSCs) lab where the research was mostly based on the investigation of the leukemia development and stem cell differentiation. During the first week of my internship, I was mostly

shadowing others learning about their research projects. However, during that time, I read articles on these topics and found something that I would want to investigate myself. After talking to the head of the laboratory, I decided to pursue my own project.

In general, I am very happy I decided to attend the internship programme despite many potential difficulties. I was able to learn a lot during the weeks that I spent working in the laboratory and traveling around the country. I managed to get the animal handling certificate that is recognised worldwide, which might be very helpful for me in my future research career.

I also learnt how to use the basic laboratory equipment, such as the FACS machine, that beforehand I only saw in the books. People in the laboratory where I worked were extremely helpful in every single aspect of my internship. They not only taught us, interns, useful techniques and tricks, but also gave us advice on which places to visit, where to buy groceries, and how to behave in certain circumstances in a different country.

### Daily Life

As soon as I arrived in Israel, I was impressed to see how different this culture is from what I am used to. I was shocked to see soldiers on the train during the trip from the airport to the

city, where the internship was conducted, but I very quickly got used to the fact that seeing soldiers on the street in the middle of the day is not something unique. There was not a single moment during my stay there when I felt unsafe. Every day that I spent there was very different. I used to come to the lab at around 9 am, reading the articles early in the morning, spending time performing the experiments in the afternoon and analysing the data in the evening.

The atmosphere in our lab was very friendly. We all had lunch altogether at the same time every day. I also managed to visit cultural and historical places around Israel with other Oxford interns. We went to Jerusalem for two days and walked around the old city, exploring the origin of all religions; we also visited Tel Aviv to experience the vitality of the city, and Mediterranean Sea. We travelled to find out what it is like to "float" in the Dead Sea and were amazed to see the David Waterfall in the Ein Gedi Nature Reserve in the middle of the desert.

### **Lasting Impressions**

One of the main takeaways from my experience in Israel is that I want to continue working in a research-related career in the future. I enjoyed learning new techniques in the lab, following others, getting to know their research



projects and helping them with data analysis. However, doing my own project and learning what it is like to plan your own research, and do the analysis was a very useful experience.

In addition, I managed to get the animal handling certificate, travelled and learned about the new culture. I gained a lot of knowledge from the fellow interns as well. We had a chance to chat a lot, cook a lot, gain knowledge about each other's culture and became good friends that will keep in touch for a long time.

## MBiochem Molecular and Cellular Biochemistry, First Year Undergraduate, in person

### **Work Projects**

Shadowed and learnt various scientific techniques from the researchers working in the lab. Collected and analysed data, with help, for my project: Comparing the time-dependence of activation of bone marrow HSC differentiation between young, and old mice with LPS simulating bacterial infections.

### **Daily Life**

Thankfully we were given accommodation in the University dorms a short walk from the entrance to the campus, so we (the students on the same internship programme from Oxford) walked everyday around 9 and got back around 5:30 pm. After work we would talk to family, cook food, and talk to each other, often planning our weekend trips around the country (Israel). We made some other international friends because we were staying in the international dorms and would often invite them out with us/be invited by them.

### **Lasting Impressions**

I enjoyed the experience very much and felt I learnt a lot about how science works, as well as learning to perform several routine laboratory, and data analysis methods. It mostly confirmed my career ambitions because I could narrow down which topics I like to read about and which laboratory methods interest me.

### **What practical advice would you give to future interns?**

To reach out to people who have done the internship previously and ask them how to make the most of it.

# ITALY

## UWC ADRIATIC

Maanvi Dhillon, St. Antony's College, MPhil Politics (Political Theory), First Year Postgraduate, in person



### Work Projects

I had several projects during my internship, broadly related to event planning, communications and fundraising. One major task was to plan and supervise the childcare activities for the reunion events. I had to design and plan logistics for the children's activities, and also supervise a team of volunteers that were running the events. I created documents including plans and instructions for activities, shopping lists for equipment, and volunteer schedules.



Another task was to conduct fundraising research for the events. I had to research attendees and information like their occupations, to prepare a list of contacts, and targeted donors for the staff. Other tasks included writing blog posts about the reunion events, drafting emails for important contacts and assisting with tasks throughout the reunion events, such as selling merchandise to attendees, assisting with an auction, and solving various problems that arose during the events.

### Daily Life

My internship was in person. I lived in accommodation provided by the college, which was very comfortable and well-equipped for my stay. The college was located in a small village, so I had a short walk to work every day. The village was half an hour away from a large city, Trieste. I could buy groceries and some items at local shops, but would have to travel to the city for more specific items. I socialised with some staff from the college and some student volunteers from the college. Beyond that, there were not many English speakers to socialise with.

Outside of work, I had a really great time. The village has a nice public area at the port to swim. The nearby city, Trieste, was beautiful and had lots to explore. Local travel was accessible: there were lots of fascinating nearby destinations to travel to and my manager at the college was incredibly kind, and willing to help me plan my travels.



### **Lasting Impressions**

I greatly enjoyed the experience of my internship. I loved having the opportunity to live in a new country, meet people living there and learn so much about their culture during my stay. I also gained immensely in terms of my professional skills; it was rewarding to develop my

communications, fundraising and project management abilities. I felt that I could build on and hone my professional skillset in ways that are difficult to accomplish during academic study, so I greatly appreciated this aspect of the learning.

I had full responsibility over my projects and while my managers were always there to provide guidance, and support, I was given the space to lead these elements of the event-planning, which was so educative. The experience has affected my career ambitions in that it has made me more confident in my ability to work in related and adjacent fields, like non-profit or finance workplaces. While I still do not know the exact career I want to pursue, it was clarifying to experience this field and develop a better sense of what day-to-day work looks like in a small, non-profit organisation, and educational work setting.

# JAPAN

## YGU INTERNATIONAL EXCHANGE CENTER

Rina Mitsutsuka, Corpus Christi College, BA English Language and Literature,  
Final Year Undergraduate, in person

### Work Projects

I received weekly research tasks that were related to the running of the International Exchange Center of Yamanashi Gakuin University. Me and my internship partner compiled reports on various aspects of the institution, such as SWOT analysis,



study abroad opportunities for students, and social media presence. Apart from this, we also organised and hosted various international exchange, and English language events for the students at the University. The staff at the host organisation were extremely kind and approachable, providing us with valuable feedback on our work each week.

### Daily Life

Worked in office from 9am to 3:30 on weekdays, with time in the afternoon for independent activities. Sometimes worked in student study areas to get to know the student body for the benefit of our internship research. Spent free time exploring the area and socialising with the students at Yamanashi Gakuin University. Also attended office events with teaching and administrative staff.

### Lasting Impressions

I had a very positive experience overall and gained valuable experience with conducting research, compiling reports, public speaking, and organising events. It was also my first time working in an office environment for a Japanese organisation. It made me realise that I enjoy working in the education sector.

# KENYA

## NASIO TRUST

Ruby Shaya Cooper, Somerville College, BA Philosophy,  
Politics and Economics, Final Year Undergraduate, in person



### Work Projects

I was one of 4 interns working with The Nasio Trust at their centre of operations in Western Kenya. Our overall task was to write 4 theme-based reports, covering most of the Charity's projects. These reports were to contextualise the projects within the bigger picture, including how the projects link to the SDGs. Furthermore, we were tasked with creating and communicating a Theory of Change which encompassed, and explained the projects. Lastly, the reports were to include standardised impact

parameters to communicate Nasio's impact.

To produce the report, we undertook the following tasks. First, gaining an understanding of the projects through talking to staff, attending meetings, and reading previous reports. Second, we analysed their current impact communication strategy, including data collection methods. Third, we visited projects and interviewed beneficiaries, to enhance our understanding of the mechanisms, and impacts of the projects through primary sources. Fourth, we produced the 4 reports in groups of two. Lastly, at the end of our 4th week we gave a presentation to the charity's Board, to explain the work we had been doing, communicate our findings, and answer any questions.

My main achievements within this timeline were my engagement and completion of every stage. Having produced 2 reports, I experienced my strongest sense of achievement following the Board presentation where our feedback was very positive. Our projects were supervised by 2 of Nasio's UK staff who were working and staying with us in Kenya. We were

able to ask them any questions we had and we had a debrief at the end of most days, to update them on our work, to communicate any problems, and to discuss any important moments throughout the day. All the staff in Kenya were extremely welcoming and helpful in educating us on the projects, and answering any questions we had.

### **Daily Life**

I started my day with breakfast in the dining room at around 8am, when we would start getting ready for the workday. I started work around 8:30-9am, which would often start with talking to my colleagues about the day ahead, what aspects of the project we wanted to work on, and any meetings or visits we had planned for that day.

The morning often involved working on the reports on my laptop, doing online research, writing, and talking to my colleagues about next steps. At around 1-1:30pm, we would break for lunch, where I would eat and make sure to relax. I resumed work at about 2-2:30pm, which could include a visit to some of the charity's projects and beneficiaries, continuing to work on the report, or interviewing, and talking to Nasio staff.



The guest house was where we lived and worked, so it was easy to get to work. Some found it a bit difficult to work in their living spaces, but for me it was ok. We would finish work around 5-6pm and have a debrief about how the day went, and how our work was progressing, including any problems or difficulties that arose. After work, I would normally do some exercise - either in my room, or outside playing garden cricket with my colleagues. This was important for me as we weren't able to leave the guest house without Kenyan staff, so I needed to have some time to expend my energy. After having a shower, I would come to the dining room for dinner, which was 8-8:30pm. In the evenings I would journal, read, and spend time with the other interns, Nasio staff, or other volunteers that were visiting the guest house. We would often play cards in the evening, watch some sport, or a film.

## **Lasting Impressions**

I really enjoyed my experience working with The Nasio Trust. I feel that I gained a lot of skills in this internship. It wasn't too outside of my comfort zone, as I am familiar with research and analysis, including quantitative methods. However, I grew my ability to take in information, conceptualise it and communicate it clearly, and usefully. Working in teams of 2 was a new experience for me and grew my teamwork skills. From writing and presenting the reports, I grew both my written, and oral communication skills.

Furthermore, it was extremely beneficial for my professional development to see how the charity works and has its impact, including how all the staff work together to further the charity's aims. In this way, the experience has confirmed my desire to work in sustainable development or in the charity sector. Seeing the impact that the Nasio Trust has, how they do it, and how I might fit into similar processes, was invaluable. On a personal level, I felt so welcomed and at home at the guest house, made some new friends, and had a great time spending time with them. Additionally, the knowledge that I can settle far from home, is useful for expanding my career horizons beyond the UK.

## **What practical advice would you give to future interns?**

Check with the organisation that you have everything you need before you go!

## **PAMELA STEELE ASSOCIATES**

Eva van Soerland, St. Antony's College, MSc Economics for Development, Final Year Postgraduate, in person

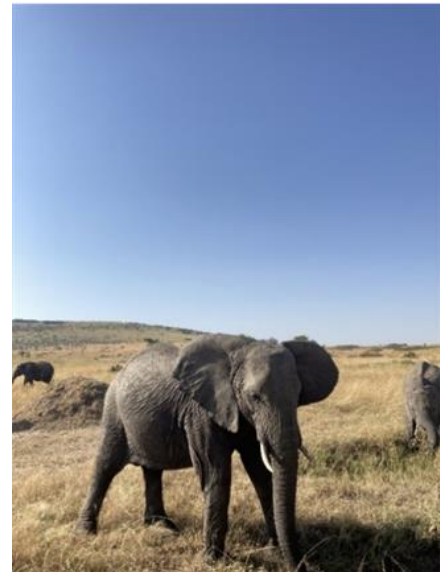
### **Work Projects**

At PSA, I worked mostly on the research side of the company. This included mostly doing research for background information for proposals that we aimed to send out to different stakeholders and donors. This strongly involved projects that revolve around problems that face the local communities, e.g. youth employment and teenage pregnancy. Next to that, I worked on a small presentation for a group of local youth on how to do research. Pamela Steele was my main supervisor during the work, but I worked together in different teams with different colleagues.

### **Daily Life**

Pamela and David were great hosts in Kisumu, Kenya. They were extremely hospitable in letting me stay and live with them. It was helpful and comforting to live with people that are from or familiar with the area, and the culture. This helped with a smooth settling in process.

Day to day life included going to the office in the morning together (often with Pamela), which was a 10 minute walk and leaving for home around 5:30pm. At work, I mostly socialised with colleagues and we often explored the city during lunchtime. Other activities included going to the gym and taking walks around the area. There are also various tour organisations that do day tours around the area so I often made use of that to, as it was both a great way to explore the area and meet other people that work, and live in Kisumu.



### **Lasting Impressions**

I have had an amazing time at PSA. I loved living in Kenya, being involved with the amazing work PSA does daily, and seeing the passion Pamela as well as the rest of the team has for the work, and community there. The experience of living in an area that was both rural and urban, and being in a context that was completely different was amazing. Especially the community and people in Kisumu, and the nature will make a lasting impression. The experience has only further strengthened my desire to work more in the field of development.

### **What practical advice would you give to future interns?**

Be prepared for your internship but also do not be afraid to explore and just 'let it happen'. Be open to meet new people and try new things. Make sure to check out the surrounding areas of Kisumu. Regarding the work, make your interests and what you want to work on clear, and PSA is super helpful to think with you in what is possible!

# PERU

## ALLIANCE FOR A SUSTAINABLE AMAZON

Joel Alfred Tester, Magdalen College, MBIol Biology, Final Year Undergraduate,  
in person



### Work Projects

My work on the Naturalist Team was a mixture of several different work projects. Once a week we would spend most of the day collecting phenology data on the fruiting/flowering times of economically important tree species, to contribute to long-term monitoring efforts. Once a

week, we would also conduct a visual and auditory bird survey, which involved walking a transect for 1hr at 5.30am, and recording all the species of birds which we heard or saw, similarly, to contribute to long term monitoring efforts (this involved learning the calls of many common bird species).

Once a week we would also spend the morning working in the tree nursery, planting and transferring seeds, and seedlings of certain tree species to contribute to the organisation's reforestation efforts. The rest of the time was spent working on the organisation's annual environmental education and outreach campaign. This year, the education project involved planning a variety of activities for students of diverse ages ranging from primary education all the way up to university students. This included the design and planning of field experiments for them to carry out, and the creation of social media content, visual content, and education materials.

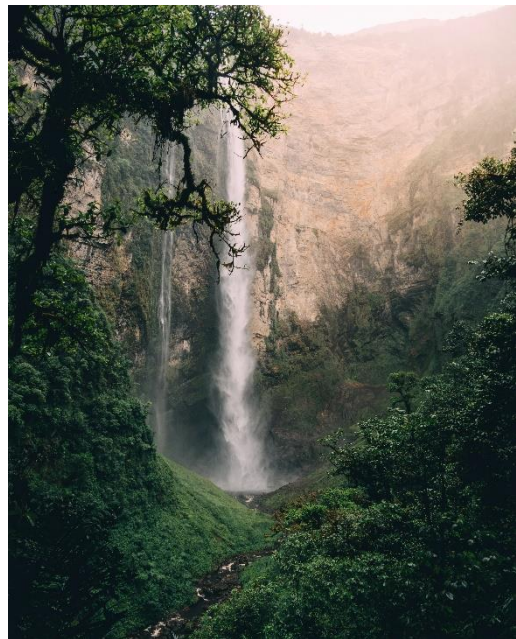
### Daily Life

I really enjoyed the living situation at the organisation's site, Finca las Piedras. There was a group of around 10 interns there of similar university age to us who were carrying out independent research projects and then a mixture of staff (we were classed as staff, not

interns, whilst there) working in the Naturalist team, and Lepidoptera team, most of whom were there on a 6-month basis, and some of whom were there on a permanent basis.

It is worth noting that since the staff's tasks (like watering the tree nursery) needs to be carried out seven days a week (and since staff are also responsible for cooking on Sat-Sun, when the chef has her days off), the staff weekends are staggered, with half getting Fri-Sat off, and the other half getting Sun-Mon off. This meant that we mostly socialised with the other staff, since our days off didn't overlap with the interns whose weekends were Sat-Sun. We lived in shared dorms with other staff and all staff, and interns ate, and socialised together in the dining area (comedor) which had a nice communal atmosphere.

On our days off, we could walk 30 mins to the nearest highway and catch a 1hr bus to the nearby city of Puerto Maldonado, which I did on 3 out of the 5 weekends I was there. It was nice to head into Puerto to stay in a nice hostel and relax, but I would also recommend making sure to spend at least a couple of weekends on site, making the most of the forest trails that you have access to, since it's also possible to do some amazing hikes in the jungle in your free time and spot incredible wildlife. In terms of the workday, breakfast would always be served at 7am (8am on Sat-Sun), then the workday would start at 8.30, (except on Wednesdays when we would do an 1hr) with bird survey starting at 5.30am.



We would work until 1pm when lunch was served, then have downtime until 2.30 when we would work until approx. 5.30pm and then stop for the day. The evenings were mostly spent resting/socialising in the communal area since in the time of year we were there (July-Aug) it got dark by roughly 6pm every day.

### **Lasting Impressions**

The internship was an amazing experience overall that I would 100% recommend. I felt like I gained lots from it, not only in terms of getting a taste of what a wide variety of different research areas would each be like as a full-time job, but I also gained a huge amount of

personal development from it in terms of adjusting to life in a new situation, making friends with new people (and overcoming language barriers).

I also arrived with fairly basic/intermediate Spanish, but if you try to talk lots with the Peruvian staff there, it is possible to get much better and I left with a much more advanced grasp of speaking, and listening in Spanish which I was very grateful for as a general life skill. Everyone on site was lovely and I made some great friendships which are going to last beyond the time period of the internship itself. For me, the internship confirmed that I would like to live and research in the tropics for at least part of my career.



**What practical advice would you give to future interns?**

It would be worth investing in proper clothing/gear for working in the jungle. I mostly just assumed that I'd be fine just taking trousers and shirts that I already had, in order to save money, but I really wished I had bought a couple of

breathable, and insect-resistant long-sleeved shirts specifically for outdoor fieldwork. I also wished I bought a couple pairs of lightweight and quick-dry trousers in addition to the workwear trousers that the organisation recommends.

If money is an issue, it would be worth applying for college funding to make these purchases, or even looking for cheap second-hand stuff online. Whilst it was the dry season when we were there (July-Aug) it barely rained, meaning moisture wasn't an issue. It was the heat, which meant that clothes of normal thickness for UK weather got extremely hot and sweaty quickly, especially with respect to trousers (since most of the practical work involves wearing rubber wellies, so the trousers you're wearing underneath get hot very quickly).

Ruth Elizabeth Tamblyn Arnold, Pembroke College, MBiol Biology, Third Year  
Undergraduate, in person



### Work Projects

I worked for 6 weeks with ASA - focussed within the Amazon rainforest in the Madre de Dios region of Peru. Each week brought its own set of tasks related to ASA's education and research projects, for which I was trained to complete. On Tuesdays, we completed tree phenology

monitoring, alternating weeks between two commercially important species: Aguajal and Castana (Brazil nut tree). This project is very important in understanding how annual climatic events influence flowering, fruiting, and development, in turn impacting local livelihoods. Wednesdays involved early bird monitoring (5am starts!). I was taught how to recognise >30 species by sounds alone and many more by sight (with the help of the Merlin app). This work contributed to the long-term species dataset for the region. On Thursdays we worked in the vivero (plant nursery), raising Castana saplings as part of a wider reforestation initiative for local farmers.

On days in between, we worked on ASA's NatGeo funded education initiatives, which involved contributing to a travelling science library as well as designing week-long courses for primary, secondary, and university level students on the topic of scientific method, and conducting experiments in the rainforest. Throughout the week we also worked on wild seed identification and planting in the vivero to help boost the reforestation of the secondary forest in the area. Each day, we rotated temperature and rainfall data gathering in the forest, which contributed to the long-term data log of climatic variables in the forest. ASA provided training and support throughout. There were also longer-term resident naturalists there who assisted with questions and the data gathering process.

### Daily Life

I completed the internship with two other Oxford interns. Johana, the head of ASA, gave us a comprehensive welcome and introduction. We lived in male and female-separated shared

dormitories, and I got on very well with the other staff. Each day we ate together and socialised in the evenings by playing table football, cards, and went into town at the weekends. Each day was busy, starting with breakfast at 7am and finishing at 5pm. The limited Wi-Fi access worked wonders for building strong relationships with each other. The food was nutritious and we all adjusted well to taking cold showers (due to limited electricity). You definitely have to be prepared to rough it a bit on this internship!

Our first week was an introduction to the weekly tasks listed in the section above and from there we gained autonomy on the tasks as training progressed. I socialised with the other staff and interns a great deal, and I was sad to leave the internship at the end, and say goodbye to everyone. The environment at ASA is like a big scientific family, so in our downtime we would play volleyball, or I would read to recharge my social batteries. Overall, a wonderful experience.



### **Lasting Impressions**

I loved the experience! I gained a lot from working on a weekly rotation of projects, ranging from tree phenology to bird monitoring. I was even able to help on the Lepidoptera team from time to time (such as moth trapping at night). The experience with ASA has solidified the fact that I would like to work in an environment that has a good element of fieldwork, as well as having a community aspect. My love for tropical ecology has only deepened and I learnt about how organisations like ASA can work in harmony with

local stakeholders to improve the conservation status of the area. We also witnessed a lot of local burning of rainforest for agriculture in neighbouring land and that only strengthened my desire to find alternatives for farmers that don't involve destroying biodiversity.

### **What practical advice would you give to future interns?**

Apply, apply, apply! Don't be afraid to apply for things and reach out for help with applications from the careers service. The team are brilliant and friendly! Also, don't let one

or two rejections turn you away - I have been rejected many times for internships and that's okay!

Ayla Webb, St. John's College, MBiol Biology, Final Year Undergraduate, in person

### Work Projects

I spent nearly three months working on the Lepidoptera Project at Finca Las Piedras, the main research site of the Alliance for a Sustainable Amazon NGO, located in the Madre de Dios region of Peru. The main goal of the Lepidoptera Project is to broaden our understanding of the diversity of butterflies and moths, and their life histories in the tropics, as current limitations in our knowledge prevent effective conservation of species in these groups. The main way in which we tackle this via the Lepidoptera Project is by rearing larvae collected from the field and recording information including the host plants, and the appearance of each larval instar using written descriptions, and photos. While this felt like the main body of the research done here, we also conducted daily counts of the migratory species *Panacea prola*, collected adult butterflies from the field using baited traps or sweep nets and in the evenings would sometimes collect moths drawn to a light trap.



Interns on the Lepidoptera Project are adopted as full-time members of staff on the team and as such I quickly learnt how to do all the tasks required of me, primarily from other interns in the lab who had arrived before me. The team was small, consisting of just me, two other interns on a 6 month programme that ASA also runs, and our supervisors, Zuni, and Liz.

### Daily Life

Daily life at Finca Las Piedras begins with a 7am breakfast for everyone in the dining space: the comedor. The working day would then officially start at 8:30am so there was time in the mornings to relax, socialise, practice your foosball skills (despite the length of my stay, I was consistently not good at foosball unfortunately) or get ahead on work if there was a lot to

do that day. In the Lepidoptera team, there was both a routine but also a lot of diversity to our working days.

In the morning, we would first check all the pupae and larvae, and record details about their health, and habits, as well as any changes that had occurred in their appearance. The larvae would all be photographed, but these jobs were divided across the lepidoptera team. We would then complete an hour-long survey of the migratory butterfly species *Panacea prola*, before heading to lunch. The hour-and-a-half lunch break was a perfect opportunity to explore the forest with friends, call home or, again, practice your foosball game (very important).



In terms of work, the afternoons were more varied, but included a mix of searching for host plants when they needed replacing, looking for new larvae and eggs, or sometimes butterfly trapping: all of which involved venturing into the forest. Some evenings, we would work until late; up until dinner sometimes and

even afterwards if we were nothing. Most evenings however, there would be some free time, maybe for a game of volleyball if you felt like socialising, or for showering/resting/going on dusk walks if not! We would eat dinner together at 6:30pm and then have a couple of hours free to play cards, and relax with others in the comedor before the electricity (and wifi) was turned off. On other evenings, we might organise film nights or night walks and these were the best evenings!

You additionally get two days off a week at Finca (either Friday and Saturday or Sunday and Monday). These days can be used to explore the forest trails, or you can venture into the nearest town, Puerto Maldonado, if you feel like taking a break/maybe seeing some sloths. While our chef, Berta, would cook meals on weekdays for us, on the weekend days that we were working, we would be required to ransack the kitchen in search of the limited ingredients remaining from the week, which we would then use to construct some form of

abstract 'meal' that would be forced upon others in camp. Though we tried to make the food nice, cases including the infamous 'rice pudding for dinner' were never forgotten.

### **Lasting Impressions**

Working at Finca Las Piedras has been the most incredible experience and such a rare opportunity to experience the rainforest as your home. I had never previously experienced the tropics before and was not sure how I would find the heat, and humidity.

However, this internship has confirmed that the tropics are an environment I am comfortable working in and that I would be interested in completing more research in the tropics. It has also confirmed a desire to do my own research as opposed to assisting with others research. Having just completed a master's project where all the decisions were my own, one of the more challenging aspects for me was the lack of control I had over decisions made about the project that I was a part of.



There was initially a steep learning curve with regards to the work, but this quickly plateaued and I'd be lying if I said that the work did not become highly repetitive, or that it was not sometimes draining to be working in the heat and humidity. However, for me, being able to experience such high levels of insect biodiversity during and outside of work, as well as getting to share this with people who loved it as much as me, made any occasional tedium at work well worth it.

### **What practical advice would you give to future interns?**

With regards to advice for future interns, the first advice I would offer is in terms of what to take. Long trousers should be thick enough to prevent thorn scratches and insect bites in the field, but bear in mind that it is also hot (the temperature was usually mid to high 30s). I used thin walking trousers which were fine, but also wished I'd taken a pair of more normal trousers. Bring a couple of pairs of shorts for in the lab/around camp; the biting insects aren't that bad and most evenings will likely be spent in the comedor, which is enclosed by a mosquito net.

In terms of tops, you will mostly want to wear short sleeves due to the heat (bring a few because you will be sweaty), but I would recommend taking a couple of loose linen-type button-up long-sleeved shirts to wear over the top of these in the forest. I primarily took long sleeved t-shirts but these were too hot and too easily bitten through, so I ended up relying heavily on the one linen shirt I took!

The internship takes place during the dry season and it didn't rain at all in the initial 6 weeks that I was there. I took a raincoat but was also advised to buy a poncho when I arrived, I would suggest you only need one of these (the poncho will keep you drier and can be bought very cheaply upon arrival). Also, at the time I applied, I was very truthful about my complete lack of Spanish. While I was assured that this was fine, I definitely felt very out of my depth at times and would have struggled without the help of friends in the lab (who luckily were bilingual). While I wouldn't therefore let a lack of Spanish put you off applying, I would definitely recommend trying to attain some conversational Spanish before arriving if at all possible, even if it is very basic. It is definitely a good place to practice Spanish that you have already, but not so much to learn it if you have no basis to build upon.

## UNIVERSIDAD DE PIURA

Yayun Chen, St. Anne's College, MPhil Economics, First Year  
Postgraduate, in person



### Work Projects

The research I have been engaged in is in the Peruvian credit market. It is a very interesting realm in which I do not have previous knowledge. My tasks involved doing literature reviews and making editions of academic papers. The massive reading enables me to indulge myself in exploring an unknown world and building up the inner connections between knowledge.

This project opens the door to the structure of the banking system and the Peruvian finance sector. I also had the chance to get to know some novel insights as we focused on the family network as soft information to evaluate credit access for first-time borrowers. My supervisor here is very helpful, patient and passionate about what he is doing. This job is a great demonstration of my work in academia as a professional economist.

## Daily Life

Settling down in a new place is never easy. To make it harder, there's never enough time in life as always for a proper adaption. I flew to Lima one day before my internship started, which left me half of the day to settle in. It is very important to do some research before arrival, such as planning transportation from the airport, getting familiar with the directions and contacting the hosts.

My accommodation is half an hour away from my office, located in one of the safer neighbourhoods and close to some other districts with archaeological sites, and museums. It was a great opportunity to learn the history of Inca and pre-Inca. I was also very lucky to stay for the 27th Film Festival of Lima, 10-18 August 2023. As I am not a fluent Spanish speaker, I chose to watch short films and documentaries instead of mainstream fiction focusing on dialogues. It was very appealing to learn about the Independence War from Spain, the Revolutionary Government of the Armed Forces, the agrarian reforms in Cusco, the terrorism in Ayacucho, and a lot more. The festival was also partnered with the French Embassy and has invited the French new-wave director Leos Carax.

I have got to know some other students from the host university Pontificia Universidad Catlica del Per after the master class. In addition, I have also joined a weekly film screening of the Japanese film Hana-Bi held by a lawyer friend whom I met on the trip to Cusco. It was also worth mentioning the vibraphone festival held every summer at my host university UDEP. During this year, they invited Ted Piltzecker, a composer and professor from New York. This incredible jazz scene made my life in Lima so much richer than I expected.





### **Lasting Impressions**

I have learned a lot from this internship. My supervisor was very kind and patient in explaining his ideas and guiding me through all the work he has focused on. He showed me the dataset the department has from the government

and the local banks, and how he wanted to classify, and use them at different levels to find possible explanations for social phenomena. In our case, how family network affects the credit access and loan conditions of the first-time borrowers in Peru. It was a very vivid way to witness how econometric methods are put into practice and how statistics can describe our daily lives.

This internship helped me to understand how a research project is developed. It is very useful as a reference for the research project that I must run for my dissertation next year and has inspired me to continue pursuing my interest in academia.

# POLAND

## GOTOCO

MChem Chemistry, Second Year Undergraduate, hybrid



### Work Projects

I taught English as a foreign language in Poland with Gotoco. I had to lead activities and have conversations with the children to improve their English. I mentored 2-5 children a week, helping them to prepare for a presentation in English that they had to give at the end of the week. Gotoco gave lots of support before arriving in Poland by sending emails and hosting teams meetings to ensure we felt prepared, and comfortable.



### Daily Life

The days ran from 9am - 10pm everyday which included free time and mealtimes. Everyone was very welcoming and most people were of a similar age to me who were also completing the internship. In our free time all the interns socialised with each other, in which we used the hotel facilities, for example, we went swimming in the lake and went for food. The days were very long but it was rewarding and we were allowed to take time off if we felt like we needed it.

### Lasting Impressions

I really enjoyed the experience of doing an internship abroad as it gave me a lot more confidence and improved my independence. It was really rewarding and lovely to meet a range of different people from all over the world. I have made lots of great friends during my internship. It has also made me realise that I do really love teaching and want to go into education in the future.

Matilda Lambert, Brasenose College, MSci Experimental Psychology, First Year  
Undergraduate, in person



### **Work Projects**

I completed an internship for teaching English as a second language. My project was working on summer camps in Poland called Angloville, where the focus was on conversational skills and how to use English in the real world whilst interacting with native speakers.

Alongside this, there is an online course to complete to gain a TESOL qualification.

### **Daily Life**

Each day we had several conversation sessions with different children who were attending the program. We discussed a range of topics to help them gain confidence speaking in English. Aside from these sessions, there were also game sessions and presentation sessions, where we mentored the children to prepare to give a presentation in English at the end of the week. The days were quite long but we had time to socialise with the other native speakers in the evenings and I enjoyed getting to know them. I found I settled in quite quickly as you are sort of thrown in at the deep end but it got better as the weeks went on.

### **Lasting Impressions**

I massively enjoyed my experience of this internship! I feel it helped me progress personally, as well as in an academic or professional context. I have gained so much confidence in my ability to socialise with new people and adapt to a new environment, dealing with issues as they arose. I think I will be able to take this experience forward in my personal and professional life. While this internship has not changed my career ambitions, it has confirmed my passion for working with young people as a mentor and has created an interest in the opportunity to work abroad in the future, as I hugely enjoyed getting to travel as part of this internship.

# SAUDI ARABIA

## KING ABDULLAH UNIVERSITY OF SCIENCE AND TECHNOLOGY (KAUST)



Andrei Stuart Longley, Harris Manchester College, BA Experimental Psychology,  
Second Year Undergraduate, in person



### Work Projects

During my internship, I had the unique opportunity to work with an interdisciplinary team of neuroscientists, bioengineers and computer scientists in Saudi Arabia. Our primary goal was to develop mathematical and biological models of the brain. One of my main tasks involved setting up and operating high-grade electroencephalogram (EEG) devices to measure brain activity. I also participated in data analysis and contributed to the

development of computational models.

We used cutting-edge tools like supercomputers and lasers, exploring innovative methods to understand brain function. I was particularly intrigued by the real-time display of brainwaves, which were transmitted from the EEG headsets to our workstations. The host organisation was incredibly supportive, providing me with valuable mentorship and access to advanced resources. This enriched my understanding of the broader scientific landscape and provided a diverse, intellectually stimulating environment.

### Daily Life

My daily life in Saudi Arabia was a fascinating blend of cutting-edge research and deep-rooted cultural experiences. I made my way to work by bus, sometimes in tandem with a system of underground tunnels that connect the campus' main buildings. During work, I enjoyed access to a range of computational resources, a network of support DPhil students

and constant support from my supervising professor. I surveyed literature on an upcoming project and gained hands-on experience with research-grade neuroscientific tools. Outside of work, I explored the local area and socialised with students from many other countries, and academic disciplines. I learned just as much from our late night conversations as I did working in the office.

### **Lasting Impressions**

The internship was an immensely enriching experience that I thoroughly enjoyed. I gained invaluable hands-on experience in brain research, which has fortified my career ambitions in computational neuroscience. The internship also exposed me to a



plethora of other scientific projects through my office-sharing arrangement and the interdisciplinary team I was fortunate to be a part of. The chance to work and socialise in a place that melds ancient traditions with cutting-edge technology was eye-opening. The sound of the call to prayer in the evenings, even though I don't speak Arabic, resonated deeply and served as a beautiful end to my days. I feel as though I not only advanced scientifically but also grew personally, embracing a global perspective that I will carry into my future endeavours.

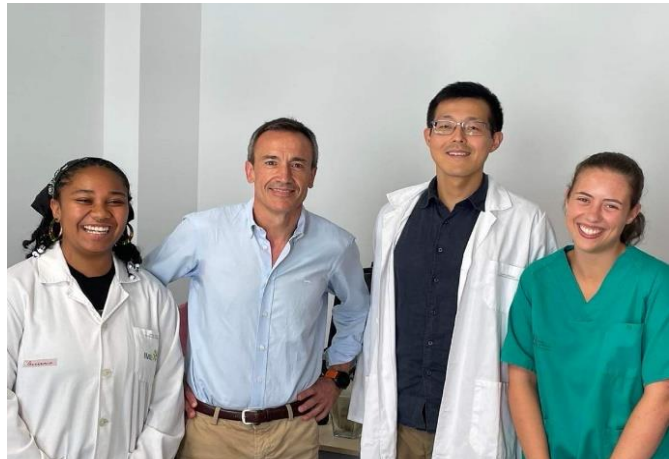
# SPAIN

## UNIVERSITY OF MURCIA

Valentina Balanta Nieva, Magdalen College, MBiochem Molecular and Cellular Biochemistry, Third Year Undergraduate, in person

### Work Projects

My main role was to observe the rest of the lab team and carry out my own experimental protocols following close guidelines. This was all with the aim of developing my own skills of understanding scientific concepts and research, applying what has been



taught, and how to appropriately take on, and carry out common yet very important lab-based techniques. I learned and carried out various lab protocols such as: Protein extraction and isolation Tissue and Cell cultures Protein quantification Western Blot assembly and procedure. The support received has been like no other.

Right from the beginning when we first got into contact, everyone from the host organisation has been extremely welcoming and helpful. Within the lab, the team has approached my learning with patience and have inspired me to look at scientific research with a new light. Outside of the lab, the organisers and supervisor (Domingo Pascual) have helped at every turn. They have kept clear and constant contact with me, and the other interns, have strived to make this as comfortable, and welcoming as possible, whilst also pushing us to get the most out of the unique internship experience.

### Daily Life

We got to work using public transport, lifts from colleagues and a rented car. Outside of work we explored the area going to the city, adventuring on public transport and visiting surrounding cities. We also made the most of the nearby beaches, natural pools, rivers and waterfalls. There has been an amazing opportunity to immerse ourselves in the local nature

as well as the local culture and life of the city. By living a 15-minute tram journey away from the city centre, we had the chance to come and go as we pleased. The efficiency of public transport also meant we could go further out of the city to learn more about the region of Murcia.

I have made a lot of good friends in my time here and have done a lot of fun socialising. For one, the other two students who came on the internship have been great support and the other students living in the Student Accommodation we are staying at, and work colleagues have all been very welcoming. We go to breakfast together, spend breaks in the office together and have gone out for dinner a couple times as a whole group.



### **Lasting Impressions**

Overall, the lasting impressions of this internship have been that, for one, there can be a lot of fun and excitement in scientific research. Lab-based work is an important step in research and requires a lot of hard work, and dedication. Nevertheless, it can be entertaining and allows you to see your own growth, and progress at every step. It is a very rewarding field and the people I have been around have consolidated my want to go into this field. Additionally, I found that this internship has helped me step out of my shell. It

has helped me develop my confidence as a scientist, but also as an individual. It forced me to take on risks, put myself out there to talk to people I normally wouldn't get the chance to and enjoy things, and opportunities as they come.

Moreover, it has been a great way of immersing myself back into Spanish which I always enjoy and wish I could get more of. It has been a very gratifying experience that has solidified my career ambitions and reignited a desire for knowledge, and education. The internship has opened many doors for me already and I can safely say that I have left with some very dear, close friends.

Mariana Gee Olmedilla, Merton College, BA Medicine, Third Year

Undergraduate, in person

### Work Projects

I completed a four-week internship in clinical cardiology at the Virgen of Arrixaca University Hospital in Murcia, Spain. I primarily shadowed doctors on the heart failure ward while learning about the clinical presentation, diagnosis, treatment



and management of complications associated with this condition in both pre- and post-heart transplant patients. I was able to apply my knowledge of cardiovascular physiology and practice taking medical histories, and performing physical examinations on patients, which was a great opportunity to develop these skills before starting clinical school. Additionally, I was lucky to be able to rotate around various other departments, which gave me an insight into different specialties including haemodynamics and interventional cardiology, arrhythmias, and heart surgery, where I observed a mitral valve repair, and coronary artery bypass graft operation.

Overall, the internship was well organised and the support I received from the host organisation was excellent, both before arrival from the project coordinator, and in person from members of the cardiology department, who were all very accommodating, kind, and welcoming. I am hugely grateful for the day-to-day teaching, guidance and support I received from the doctors, and residents in cardiology, which allowed me to make the most of this experience.

### Daily Life

I was extremely lucky to stay in catered student accommodation during my internship, which allowed me to settle in quickly. I would get to and from work every day using a mixture of public transport and lifts from colleagues. The mornings started at 8am with a meeting to discuss interesting cases of the previous day and fill in the team on new hospital

admissions, and overnight emergencies, after which I would be assigned a doctor to shadow for the day, tasks to undertake, or procedures to observe until around 2pm.



Being fluent in Spanish, I was able to fully engage and communicate with both the doctors, and patients to make the most of the internship. In the afternoons, I had time to explore the city of Murcia and its surroundings, including the cathedral and old town. I also enjoyed the local cuisine in the

form of tapas, as well as the Spanish culture and climate (except during the 46oC heatwaves!). During the weekends, I would take buses to nearby cities and beaches on the Costa Clida of the Mediterranean Sea such as Alicante, Cartagena, and La Manga. I would go with the two other Oxford students who came on the internship as well as the Erasmus students.

### **Lasting Impressions**

I thoroughly enjoyed the experience, which reminded me how rewarding clinical medicine is as a profession and solidified my career ambitions. This internship has left many lasting impressions on me, particularly as it gave me an invaluable insight into the Spanish healthcare system and working conditions. It has also opened doors to possible career pathways in cardiology. I feel more prepared for starting clinical school in September and have gained many friends, and colleagues who I hope to keep in touch with, and possibly cross paths with again in the future. Overall, I am extremely grateful to have had this opportunity and I would encourage other medicine students to make the most of summer internships!

# SWITZERLAND

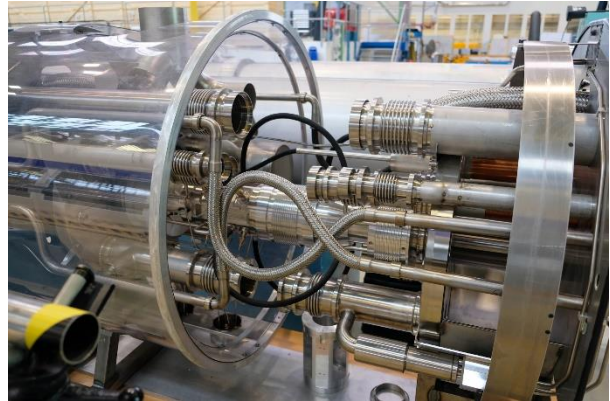
## JOHN ADAMS INSTITUTE FOR ACCELERATOR SCIENCE (CERN)



MPhys Physics, Third Year Undergraduate, in person

### Work Projects

I aided in the development and construction of a robot used to handle samples which are to be irradiated by an electron accelerator. The work was very practical, and I was taught many new skills by my supervisors for the various stages of building the robot.



### Daily Life

I worked in a metal workshop for the first 4 weeks of the internship, building the main frame and assembling the physical aspect of the robot. Then for the remainder I worked in an electronics workshop to finish the cabling. Then finally, the robot was brought back to the metal workshop for testing.

Outside of work, I had many opportunities to travel around Switzerland with many of the other summer students at the John Adams Institute For Accelerator Science (CERN). I socialised with them, as well as the members of the European Organisation for Nuclear Research (CLEAR) group during the working days.

### Lasting Impressions

I enjoyed the experience and found the environment most inspiring. I am grateful to be introduced to the many things a physicist does at CLEAR and to explore the breadth of skills which I hope to improve upon further in the future. I am more settled on the choice to pursue a PhD in this field.

# THAILAND

## GOTOCO



MPhil European Politics and Society, First Year Postgraduate, in person



### Work Projects

I was teaching English as a second language. I taught children from 3 to 13 years old. I was provided with the online material for beginner teachers. I mostly taught vocabulary, but I have tried to teach speaking, grammar and listening. The teaching material

provided by the host organisation was very helpful. I will receive my TESOL certificate in a month or so, which will allow me to become a professional student in the future.

### Daily Life

I stayed in rural Thailand, in the school where I did my internship, which meant I did not have to have transport to get to the workplace. I mostly socialised with local Thai people who were very friendly and nice to me. We played basketball and I had a great time in the markets where the food was super delicious. After the teaching experience, the cohort of teachers travelled together in Thailand, which the host organisation arranged.

### Lasting Impressions

Yes, I did enjoy my experience. It inspired me to reconsider what I want to do in the future. I started thinking about choosing the teaching pathway. I have learnt a lot not only about teaching but also about the spiritual side. The experience has brought me more calmness and has grown me as a person. It has prepared me mentally for the last academic year at Oxford.

Ayla Hughes, Pembroke College, MSci Experimental Psychology, First Year

Undergraduate, in person



### **Work Projects**

I completed a 6-week internship with Gotoco, where I travelled to Thailand to teach English as a second language.

Throughout my internship, I have also completed my TESOL qualification. Our internship began in Hua Hin, where we had a one-week orientation. During

orientation, we had sessions on Thai culture, history and Thai language lessons, as well as an introduction to teaching English as a second language.

We were then moved to our placement schools, where I taught English in a kindergarten for 4 weeks. At the end of the programme, we returned to Bangkok, where we had cultural excursions. I strongly believe that Gotoco prepared us well and that the experiences I have gained will enrich both my academic studies, and future career.

### **Daily Life**

When on placement, our working hours were 7:30am-4pm, 5 days a week. I was in a classroom of 16 2-3 year old children, where I would teach phonics and story time. I also took part in the care of the children, including feeding, changing and settling them for nap time. I found the staff at our school to be extremely welcoming. The headteacher took us out for breakfast when we first arrived and we spent lots of time outside of school socialising with the other teachers.

### **Lasting Impressions**

My experience with Gotoco has been incredible and I would highly recommend it to everyone. It's an excellent opportunity to enhance your professional development, whilst travelling and being immersed in a different culture.

**What practical advice would you give to future interns?**

When travelling, I would highly recommend travelling light! We travelled around Thailand during our placement, moving from Bangkok to Hua Hin, Hua Hin to Udon Thani and then Udon Thani to Bangkok. You don't need as much as you think, so packing half of what you were planning to is the best way to go!

# UNITED KINGDOM

## AMBESSA PLAY

Meghna Mohanty, St. John's College, MEng Engineering Science, First Year Undergraduate, hybrid

### Work Projects

I worked as an Electrical Engineering intern at Ambessa Play, a start-up that designs educational STEM (Science, Technology, Engineering and Mathematics) kits. For every kit that will be purchased, a displaced



child will receive one for free. Currently, they're working on a DIY kinetic torch kit for children to assemble and learn from. As a part of this, I worked on drafting manuals explaining and simplifying circuits, and difficult electrical concepts. This not only bettered my understanding of these concepts but played a keen role in improving my communication skills. Figuring out the best way to explain the complex circuit behind the torch also taught me to think in a systematic way.

Apart from this, I was fortunate enough to be exposed to the workings of the other branches of a start-up, like finance and marketing. Specifically, I learnt about the roadmap of taking an idea and building it from the ground up- from prototyping, to generating capital, and successfully establishing a company. I received amazing guidance and support from Sara, the founder of the company. We had meetings a few times a week to monitor and discuss progress on the manuals. This was beneficial as I got a tangible sense of the progress we were making each week.

### Daily Life

The internship involved hybrid working, so it was a mix of primarily online and some in-person meetings. The timings were very flexible, so I aimed to start early in the day so that I would have the evening to myself. I would generally work on drafting the manuals in the

morning. After taking a break for lunch, I read supplementary material given to me by the company to understand more about how the start-up worked and other business documents. I took short breaks throughout the day to exercise or talk to my friends and finished work by 5pm. I got a chance to meet the other members of the company when I worked in-person at the London office. Attending meetings and handling the prototype physically was very rewarding. This was a nice change of pace from just remote work as it gave me a chance to better socialise with people working at Ambessa Play.

### **Lasting Impressions**

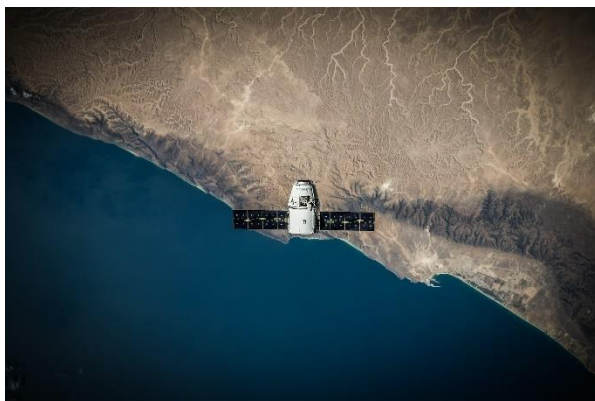
I really enjoyed my internship at Ambessa Play and would recommend others to apply there. It gave me great insight into what it would be like to work at a start-up and the challenges involved. Though I'm still keen on engineering, I gained an appreciation for sectors that I was not exposed to beforehand like finance and marketing. I am very keen on learning more about them. I am proud that I worked on something that will have a positive impact on the world and will strive to do similar work in the future.

### **What practical advice would you give to future interns?**

Always try and stay engaged if you're working remotely! It's important to maintain a good work-life balance.

## **ARCHANGEL AEROSPACE GROUP**

MMaths Mathematics and Computer Science, Third Year  
Undergraduate, hybrid



### **Work Projects**

My internship was in the role of Machine Learning Research Engineer. I was assigned a project that would enhance current methods for state estimation used by the company for their drones, using machine learning techniques. My work was mainly researching previous approaches and finding the best one that would suit our systems. I managed to write a literature review and gave a couple of presentations to the whole company,

presenting my findings. I have also learned the tools that are used by the company for implementing such projects, including Docker and ROS. I was supervised by a Machine Learning Engineer, who was helpful throughout the internship.

### **Daily Life**

I settled in well with my team, as they were outgoing and wanted to include me, and the other intern in activities. I spent most of my time with the other intern, as we could help each other from time to time. I went to work by bike/e-scooter, which was a 15-20 minute commute. Outside of work, I managed to travel in the weekends and go out in the weekdays.

### **Lasting Impressions**

Overall, the experience was enjoyable as I got to learn a lot, especially what it's like to work in a start-up environment. It was also my first research internship and I got to see what it's like to delve deep into a field. I would say that the experience solidified my aspirations to become a Research Scientist or Engineer in the field of AI.

## **ARTS AND BUSINESS COLLEGE LONDON**

### **BA Classics and English, First Year Undergraduate, in person**

#### **Work Projects**

During my internship I helped run a Summer School that the Arts and Business College was hosting at Oxford University. This mostly involved teaching and supervising a small group of 16-18 year olds from Shanghai. I planned and delivered lessons to them on Classical mythology, and English Language. I also toured them around the Ashmolean and accompanied them on a trip to Cambridge where we visited the Fitzwilliam Museum, and Newton's apple tree. In these tasks I was supported and guided by the company's founders, Jane, and Paul.



The students had a varied control of English, which provided a challenge and as all teenagers, were not always totally interested in listening, but they were, for the most part,

sweet, and curious about Oxford University. They were interested in its quaint traditions and obscure entry process, all of which I was more than happy to try to elucidate for them. Where I floundered, my boss and supervisor, Ms. Jane, helped me out. I also, along with Paul, co-hosted a talk for a larger summer school of younger, primary school aged children who were visiting Oxford. The theme of this talk was creative thinking and using a power point made by another employee, we discussed how, and when we used creative thinking in our lives, and why it was important. We then took questions from the students, who were wanting to know not only about creativity but also about life in England.

### **Daily Life**

My daily routine at the Summer School had me waking up at around 7:30, in a room in the University College's Goodhart Building, which is practically a hotel. It was a lovely room, with a big window and en-suite. I would get ready and go down to breakfast, which for me involved Danishes every day. Mr Paul was usually there when I arrived, and the students would trickle in. I would then go to the office where Mr. Paul and Ms. Jane, our bosses, would explain to the other interns, employees, and I what the timings were for the day, making sure that we all had our tasks under control. The schedule was quite volatile, so being able to think on my feet and wing the occasional thing was important.

There was a break mid-morning, where both the students and I would get tea, and biscuits. After a couple of hours of teaching, Mr. Paul would buy us lunch. In the afternoon I either taught again or, if the students were on an outing, prepared for the next day. We would eat in halls for dinner, where I was able to make friends with some of the university aged students attending other summer schools. Although we would all sit together at dinner, I would talk mostly to Jane, Paul and two boys also working there--they were both a little younger than me, but both very friendly, and funny. In the evening, I would walk back across Logic Lane to the Goodhart building, make a cup of tea and sit in the window seat with my book. Since I was only there for a few days, every day felt nice and varied, and a particular highlight was the trip to Cambridge for a day of sightseeing.

## **Lasting Impressions**

I enjoyed my experience very much and my lasting impression of the company is one of generosity; Mr. Paul and Ms. Jane were anxious throughout that I was comfortable, and having a good time. It was very fast paced, which was stressful at times but



ensured that there was never a dull moment and it pushed me to do things that I perhaps didn't know I could do. I enjoyed the social aspect particularly and I hope that it has done something for my CV.

I didn't go into the internship wanting to teach and having completed it, don't necessarily think that the teaching side of education is for me. Working with the Arts and Business College, however, really opened my eyes to the fact that, just like any other industry, education businesses need admin, advertising, and entrepreneurship, which is something that I am perhaps interested. Whilst teaching is perhaps not my forte, learning and ensuing that people have opportunities to learn is important to me.

## **What practical advice would you give to future interns?**

This is going to sound glaringly obvious but: answer your phone! I had been so used to academic settings, where phoning people is considered slightly inappropriate and everything important is done over email, and so used to scam calls, that I did not even consider that the phone call I got from an unknown number might be worth picking up.

As it turns out, however, in the real-world people actually phone each other and the call that I had ignored was the Arts and Business College offering me the internship. Whoops. It all turned out alright in the end, although by the time I got in contact with them, the original work I had applied to do had been completed, however they were kind enough to offer me some different work, albeit it was for a shorter period. Lesson learned: answer the telephone. The application forms don't just ask for your number as a formality.

# ASHMOLEAN MUSEUM

Panayotis Telemachus Galatis, Lincoln College, BA Modern Languages (French and German), Final Year Undergraduate, in person



## Work Projects

During the initial stage of my role as summer intern in the Western Art Print Room of the Ashmolean Museum, I received inductions and training. From a security briefing to manual handling training and software introductions, I was soon

equipped with all the basic knowledge I would bring to bear throughout my internship. The IT staff patiently acquainted me with the MuseumPlus database and despite some teething problems with my soon-to-expire SSO account, I became conversant enough with the software to perform advanced searches in a trice. The next stage was liminal, insofar as I had acquired the requisite competencies for the role but was anticipating the two-week closure of the Print Room to the public in August. This time was spent receiving visitors, including summer school students and academics, and archiving prints from the Forrest Reid Collection.

A significant part of my day was spent locating - first on the database, then on shelves - transporting and presenting drawings for display, and research. The period that followed brought with it an altogether different set of responsibilities. The annual two-week closure, which is usually spent on a project otherwise unrealisable during opening hours, saw the movement of rare and precious books from the Mitchell Room to the New Douce Room, directly above the Print Room. From artist's books to seventeenth-century collections of prints, handling these volumes required the utmost care. Having alphabetised them, we created paper flags for each book bearing the accession number and the author's name. Before moving the group upstairs, we reorganised the existing collection and the physical transfer went very smoothly.

The digital move of these objects was rather more arduous, requiring some external technical intervention, but was ultimately completed in good time. Returning to the usual flow of things, I continued photographing, cropping and archiving the Forrest Reid prints, covering three boxes, or around six hundred images, by the end of my internship. Idle moments were spent perusing Ursula Weekes' 'Techniques of Drawing: From the 15th to the 19th Centuries', an invaluable primer recommended to me even before my internship began.

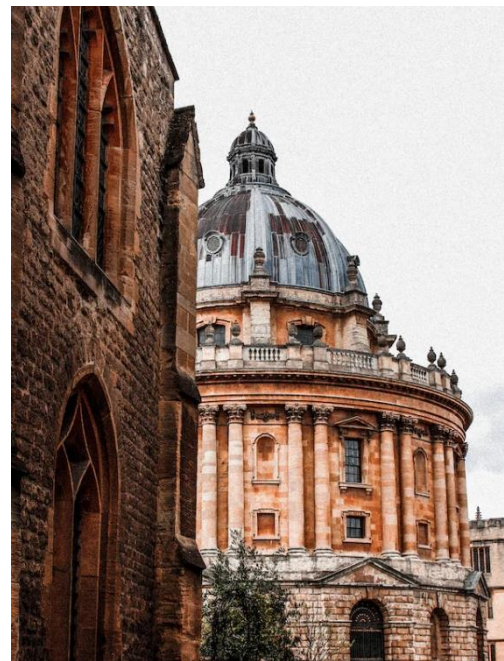
My final days were spent working on a project in line with the Ashmolean's commitment to EDI (Equality, Diversity and Inclusion), for which I compiled a list of works engaging with marginalised communities and wrote brief informative, analytical texts on their subjects. Here and there, I worked with the rest of the team to locate the few works listed as 'not found' on the database. We managed to find several, which was tremendously rewarding.

### **Daily Life**

I was welcomed with great warmth from all corners and the regular coffee breaks provided a unique opportunity to socialise with the department's characterful, and distinguished staff. I travelled to work on foot and occasionally by bus from my accommodation on St Clement's Street. One weekend, I attended my graduation ceremony and spent many of my lunch breaks around the museum or in the sunny forecourt. I was even able to encourage some friends with relevant academic interests to visit the Print Room, which was very well received. Without the generous Innovation Award, for which I am most grateful, I may not have been able to remain in Oxford for the duration of the internship.

### **Lasting Impressions**

I have never participated in a working environment so welcoming and cheerful; I was met with beaming smiles, and warm greetings at every turn, and I remain very grateful for the kindness that was shown to me. I was not only encouraged to ask questions but felt



genuinely comfortable doing so and learned much I would not otherwise have understood by simply giving voice to my curiosity. Throughout, tours of other departments were kindly organised for me, offering invaluable insights into the inner workings of a museum and unparalleled access to many corners of the collection. I especially enjoyed my visit to the Eastern Art Print Room, which was markedly different from the site of my internship.

I acquired valuable technical skills, such as software expertise and manual handling training, as well as further research, and photography practice. I tremendously enjoyed the experience, which has cemented my ambitions to work in the arts and culture sector, whether in a museum or an auction house. I must thank Katherine Wodehouse and Caroline Palmer in particular, to whom I am deeply indebted for their tireless support, and inexhaustible patience.

### **What practical advice would you give to future interns?**

It may help to familiarise yourself with basic drawing and printmaking techniques - there was more of a focus on prints than I was anticipating, though the drawings still take centre stage! It's also a more physical role than you might expect, so be prepared to lift boxes and make sure you stretch regularly. The most helpful thing you could possibly do is arrange a visit to the Print Room via the link on the website - it's not as intimidating as it may seem and will certainly show your interest.

## **CARBON POINT**

[Winfred Mwende Mutinda, St. Hugh's College, Master of Public Policy, Final Year Postgraduate, remote](#)

### **Work Projects**

During the internship, my main tasks included, aligning operations with the dynamic and fast-changing regulatory framework in the UK. Carrying out initial feasibility analyses on potential solar and/or battery storage projects. Developing a portfolio of large-scale grid-connected solar and battery storage. Building a Geographic Information System (ArcGIS) to support the team's work in developing projects and managing operational assets.

My main achievement was developing a feasibility study framework for solar and battery storage projects. The organisation supported my work by offering guidance on the current trends in the grid-scale energy storage space and acquiring a student ArcGIS Pro license.

### **Daily Life**

Since the internship was remote, I managed to be productive by ensuring that I have a properly designed work schedule with a clear prioritisation of tasks. The weekly catch-up meetings with Carbon Point directors were essential towards my effectiveness and timely delivery. To relax, I visited the University Parks for a jog or met friends for coffee.

### **Lasting Impressions**

The internship was highly relevant to my career goals.

I gained an in-depth understanding of the policy and regulatory framework aimed at promoting the achievement of sustainability, net-zero and decarbonisation goals in the UK. I learnt new skills on various aspects of the project lifecycle such as preliminary design, planning, mobilisation of finance, liaising with investors and stakeholder engagement/collaboration. Working under directors with a rich experience in the energy sector was invaluable.

### **What practical advice would you give to future interns?**

We all have a knowledge gap and there is always something new to learn from each opportunity. Be open-minded and make sure you leave a lasting mark on the organisation that you intern with.



# CENTRE FOR TEACHING AND LEARNING (CTL)

MSc Psychology and Philosophy, First Year Undergraduate,  
hybrid



## Work Projects

The main job of my internship in the Centre for Teaching and Learning (CTL) is to write a proposal for an integrated academic skills hub. The project aims to provide stronger academic support to taught students and encourages student-staff

partnerships. Together with my partner, I communicated with staff from the Language Centre and the Digital Education department about their existing academic skills resources, and ways they think an applicable academic skills hub could be developed. Based on our desk top research of academic skills resources within and outside the UK, we produced our own stakeholders' profiles, theory of change, and presentation slides, eventually concluding them with our 8-page-long proposal.

In the proposal, we visualised an online academic skills hub that consisted of an online workspace and a student forum. We designed short-term and long-term strategies for developing the hub, and summarised the guiding principles. We then described the interactions of the two parts and ways to advertise the academic skills hub. CTL, our host organisation, supported us with our background knowledge, CVs, and our communication skills. Despite their broad knowledge on the area of academic skills development, my employers provided detailed guidance on how to write emails to busy people and feedback on the emails I have written.

## Daily Life

The schedule of this internship is a mixture of in-person working days and remote working days. We work four days a week, typically working online on Monday and Thursday, and working in-person on Tuesday, and Wednesday (except on Bank holidays). We have a check-in meeting on the first day of the week and a catch-up meeting on the last day. The

induction week has a planned schedule, while I plan the week with my college for the rest of the internship. When I work in person, I often make myself breakfast and start walking to CTL at 9:30, greeting my colleague Sneha and other interns in the Digital needs program. We then start working on our project in the morning (while meeting staff from different departments in between) and have a one-hour lunch break around 12:30.

I will go out to eat with Sneha during this period and we then rest for a while until the lunch break ends. We then do our afternoon work until 4pm, sometimes working a bit more afterwards. On online working days, I usually start working at 10:00 am, attending 2-4 meetings via teams. I usually socialise with CTL staff (in meetings and on the away day), language centre staff, and other interns.

### **Lasting Impressions**

Overall, the internship experience at CTL is very enjoyable. The content of the work is also very interesting and enriching. From the research we've done, I have not only gathered information needed to produce the report, but also learned a lot about current resources in Oxford which I could use in later stages of my studies. I am very excited to see that some of my ideas could contribute to the student experience in Oxford. From the perspective of a working environment, I met friendly and caring staff (Helen, Chole, Joris, Maria, etc.), and very nice colleagues on this internship.

Co-operating with Sneha is one of my best teamwork experiences. Although we were a bit confused at first about our work (feeling both useless and unproductive), we still gradually adapted to it with the support of staff and colleagues. With the intense schedule in the final stage of our work, we finished our parts successfully while splitting the work according to our unique advantages. I could not gain those skills without the internship. From this internship, I learned more about working in a university and doing consultation. However, I realised that compared to pure desk-top research, I am more attracted by quantitative research and would like to do some work that is related.

Yining Tang, St. Antony's College, MSc Education (Digital and Social Change),  
Final Year Postgraduate, hybrid

### **Work Projects**

In this 10-week summer internship, we (a team of six students from various disciplines) are expected to investigate Oxford taught students' digital needs. To be more specific, we are curious about what kind of digital tools they have been using, how is their user experience, and what they want or do not want in a digitally transformed university. This project lays the foundations for The Digital Transformation Project that started last year. In this project, we managed to do an online survey with 403 responses, 14 semi-structured interviews and 2 focus group discussions. We also had three project advisory group meetings to collect feedback from various parties across the university and adjust the project in time. Throughout the project, we are supported by six staff in the Centre for Teaching and Learning in various aspects (e.g. qualitative analysis and project evaluation). We have two group meetings at the beginning and end of each week.



### **Daily Life**

This internship has both in-person and remote working. Often, Tuesday and Wednesday are in-person, and Monday and Thursday are remote. For the first week/the induction week, we were introduced to the project

context, the current toolkit/guidance and student-staff partnership. These inductions are a bit overwhelming but super helpful - it lays a solid foundation for what we should do in the following nine weeks and leaves some space for us (interns) to decide what we want to focus on within a tight timeframe.

For the rest of the in-person days, our team often discusses to do lists first and then divides the work into pairs/small groups to enhance efficiency. Meanwhile, each group keeps communication within and among groups. We also utilised these physical times to socialise with some team staff from the Centre for Teaching and Learning (CTL), Digital

transformation, IT services and various divisions. In terms of remote internships, we often arrange independent work. But, when necessary, we would make an internal team meeting call or meeting with external staff.

### **Lasting Impressions**

Overall, I really enjoyed this internship experience over the summer. This was my first time stepping into a professional working environment and working in a team. The most important thing that I have gained from this internship is to truly understand what my programme looks like in a practical/real-world project. Before this internship, I always felt like the jargon terms seemed too abstract and difficult to understand. But now I am more confident in explaining the terms like digital skills and digital transformation in a higher education institution.

Throughout this internship, our team has had the most ownership and agency over which topic we want to focus on, which research method we want to use, and how we approach the participants. Unlike some imbalanced power dynamics that I originally expected between staff and students, I feel fully supported, and equally respected throughout the project. This internship has confirmed my career ambitions and led me to find my first full-time job. I will be working in the same sector to further contribute to digital education for University of Oxford.

**Sneha Shiralagi, Wadham College, BA History, Final Year Undergraduate, hybrid**

### **Work Projects**

During the internship, I collaborated with another intern to research academic skills provision at the university and propose (in a written 10-page proposal) the design, structure and format of an online Academic Skills Hub, presenting our



ideas at the Centre for Teaching and Learning (CTL) away day. The project was designed to be a student-staff partnership, so the host organisation (CTL) did not control or monitor too much of what we were doing. Instead, they offered guidance (i.e. meetings with different

sectors of the CTL), personal catch-up meetings and showed an interest in our career development beyond the internship, holding, for example, a CV workshop, which was very helpful.

### **Daily Life**

The internship was a mixture of remote working and in office working. On the days which were work from home, to ensure greatest productivity, me and my partner intern met up together (often in cafes) to work. On other days, if we'd work from our own accommodation, we would remain connected via teams or messenger. Our internship was more of a mixture than normal as the CTL were moving office at the same time; nonetheless they ensured that there were still spaces within the building where we could work.

### **Lasting Impressions**

I enjoyed the internship thoroughly- it gave me a flavour for what goes on behind the scenes in educational development at Oxford and alternatives to teaching. The opportunity also helped me to develop my teamwork, presentation and strategy proposal skills.

## **CHAWTON HOUSE**

Yii-Jen Deng, Brasenose College, BA English Language and Literature, Final Year Undergraduate, in person



### **Work Projects**

I was a Curatorial and Collections intern at Chawton House. My main responsibility was researching early modern cookery writing to create a historical overview that would situate Chawton's recipe book collections in context. I also made case studies of specific recipes that could potentially be useful for future exhibitions, as well as transcribing several from the Knight Family Cookbook. Furthermore, I digitised a 17th-century cookery manuscript from the collection and in the process discovered pages of

riddles that had been added later, which I likewise transcribed. During Chawton's anniversary celebrations, I assisted in setting up for the weekend's events (this ranged from tasks as small as arranging chairs to laying out manuscripts for a library talk).

I enjoyed helping to curate the Godmersham Park display by writing labels and suggesting relevant books. We had a thorough induction in object handling and how to use the library more generally, in addition to learning about the process and factors to consider when curating exhibitions. Both the volunteers and staff at Chawton House went out of their way to guide us interns, making sure that we were always occupied with interesting tasks and imparting their knowledge, and experience from working in the heritage sector.

### **Daily Life**

I stayed at a lovely Airbnb in Alton - a visiting fellow at Chawton House was also staying there, so we generally walked up to the placement together. We had similar research interests, so the 40-minute walk always felt much shorter than it really was! On arrival, I was generally researching in the office or the library, but there would often be other tasks throughout the day. Our supervisor checked in with us regularly and once a week we gave mini presentations as an update on our progress.

Our first day began with a tour of Chawton House, which helped us get to know the volunteers and staff, so we settled in very quickly. Lunch was provided in the Old Kitchen Tea Room (delicious as well as convenient, since Chawton House is fairly remote!). Outside of work, I tried to take part in as many cultural activities as I could. One weekend I travelled up to Winchester, to see the cathedral with its Kings and Scribes exhibition, and Jane Austen's grave - as well as the new 878AD immersive Anglo-Saxon experience, complete with a historical augmented reality tour. On another weekend, I visited the Gilbert White House with my fellow intern and was able to see some Regency dancing - we also met at the Jane Austen House, and saw a Romeo and Juliet production by the Lord Chamberlain's Men. Chawton is very beautiful and there always seemed to be lots of things to do - both at work and outside!

### **Lasting Impressions**

This has been the internship that I have enjoyed the most so far - not least because it was the first time I had the opportunity to undertake a placement in person (object handling in

particular was very exciting) and everyone at Chawton was incredibly helpful, and ready with advice. I feel like I gained a clearer picture of what it means to work in the heritage sector - the necessary skills and values, the range of possible roles, as well as the various academic or career routes that can lead to this.

The internship has contributed to my decision to apply for MA Museum Studies or Digital Humanities, among other courses in the coming year and the curator at Chawton House kindly wrote a reference for me, which has helped to reinforce my confidence. During my time in Chawton, I was also able to expand my network and make new friends. In taking part in cultural activities outside of work, I moreover learnt about the many forms that museum exhibitions can take and the contexts which they depend on. Overall, I believe I was able to gain a great deal from my internship at Chawton House and I am hugely grateful for the opportunity.

**Margaret Amy Maclellan, Balliol College, BA English and Modern Languages (French), First Year Undergraduate, in person**



### **Work Projects**

My internship was with Chawton House as a curation and collections intern. My main project there was collating and cataloguing objects relating to fashion history in their research, and historical collections. I went on to research these objects'

unique relevance, before summarising this in a top-level document to be used by the team for future exhibitions and events. This project was both fascinating to me and useful for Chawton house, and it's future. Building this summary was a satisfying conclusion, but it wasn't the sole product of my months access to the collection. I also created detailed catalogues of objects like fashion plates and etiquette guides, as well as deep dives into the fashion in Chawtons paintings, and its relevance to the history of women's literature.

Alongside creating these various documents and spreadsheets, my role also included learning curatorial, and collections skills. I was lucky to have the chance to shadow

experienced members of staff and volunteers. I helped to curate an exhibition about Godmersham Park, to manage the collection for visiting researchers and to prepare for various events. Together, each of these experiences made for an incredibly fun and insightful month at Chawton House.

### **Daily Life**

Every weekday, I would arrive at the stunning setting of Chawton House research library at 10am to start work. The two of us interns would sign in and lend a hand with whatever was needed that morning, whether it was collecting books for the researchers, presenting objects for an exhibition, or preparing the house for an event. The lovely tearooms then provided us with free lunch every day and we also had plenty of time to explore the grounds. Outside of assisting with events and exhibitions, we generally worked on our own research projects. For me, I would often be researching and cataloguing the collection of fashion plates in the store room, analysing the collection of paintings, or collating my own research on fashion history in the literary collection.

Every day I would learn something new and fascinating from the wonderful people that work there, and from the place itself. Every weekday, I would arrive at the stunning setting of Chawton House research library at 10am to start work. The two of us interns would sign in and lend a hand with whatever was needed that morning, whether it was collecting books for the researchers, presenting objects for an exhibition, or preparing the house for an event. The lovely tearooms then provided us with free lunch every day and we also had plenty of time to explore the grounds.

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### **Lasting Impressions**

I am so happy that this opportunity came my way, I thoroughly enjoyed the whole experience! I learned specific curation skills, built my own research ability, and was exposed to so much new art and literature. On top of these benefits, I also feel as though I have

gained confidence; succeeding in a new workplace and with a vastly different workload proved to me that I am able to adapt.

Although I am still generally unsure of my career direction, the experience gained at this internship was so valuable - it opened a whole new sector of career opportunities for me to explore in the future and taught me how varied, and diverse just one of these sectors can be.



### **What practical advice would you give to future interns?**

I would recommend future interns to arrive at their internship with a good idea of what they hope to gain from it, whether that is building a specific skill, meeting people

working in the sector, or simply enjoying the experience. It can sometimes be very helpful not only for you, but also for your employer! They will want you to have the best experience possible with them.

On a different note, I would also recommend sorting out accommodation early for in-person internships. It can help you to save some money by getting a good deal, as well as saving you worry! It is also worth putting in some research about where you will stay, to make it as comfortable as possible. The company you are working for may have some good recommendations.

## **CITIZENS ADVICE WEST OXFORDSHIRE**

Rose Annabel Poyser, St. Catherine's College, BA

Philosophy, Politics and Economics, Second Year Undergraduate, hybrid



### **Work Projects**

My tasks were reports using Citizens Advice data, mostly for stakeholders and funders. I wrote a report on diversity in the organisation, another on their progress on strategic targets, one giving evidence of their impact on the community and two or three others.

These involved collecting data from the Citizens Advice database and identifying interesting trends etc.

I also wrote a report on benefits to try to convince the MP to lobby on increasing it. This used data about the local area and research into benefits more generally. I also shadowed the volunteer's appointments for a morning.

### **Daily Life**

I worked two half-days per week in the office (i.e. half in-person and half remote). The other three days I worked in-person all day. I did 9-5, coming into the office and using their computer. I would generally sit and write/look at data all day, except for an hour for lunch. The other staff were nice and would drift in/out of the office, although I didn't get to chat as much as a regular job.



### **Lasting Impressions**

I did enjoy the experience. I found it rewarding to work at a place where they have a lot of work for interns to do and that is excited to have interns. I gained experience writing in a professional style, writing for stakeholders and demonstrating impact using evidence.

### **What practical advice would you give to future interns?**

Pace yourself. Talk to your line manager and ask for more work if you need to. Check the Citizens Advice intranet for the style guide for report-writing.

## **CLIMATE RISK SERVICES**

[MPhil Environmental Change and Management, Second Year Postgraduate, in person](#)

### **Work Projects**

There were three main projects assigned to me during my internship. The first was to help collect and screen datasets for the company's new nature-related risk prototype, with a

particular focus on water quality, soil quality, and habitat modification. The second was to develop a series of sensitivity scores for NACE sectors. Finally, I also assisted the project manager with research about the impacts of climate hazards on life insurance.

### **Daily Life**

Our Oxford office was in the H B Allen Canter in Keble College, so I just walked to work everyday. I did my MPhil dissertation outside of work in the summer.

### **Lasting Impressions**

I definitely enjoyed the internship and I truly believe this experience has helped determine what I would like to do in the future.

## **COCOA RUNNERS**

Nina Naidu, St. Hugh's College, BA Modern Languages and Linguistics, Second Year Undergraduate, hybrid



### **Work Projects**

I sorted out folders and photos from the Dropbox image library, and checked whether product info for each chocolate bar was correct on the website using WordPress. I documented any changes in a spreadsheet and made sure that all photos were up to date, and all the information was correct. I also filmed and edited a few Instagram posts for social media as well as writing a copy for the letters that came in the subscription boxes.

### **Daily Life**

I went to work a few times a week via train, which was very convenient for me as it was one quick train straight to the office. My boss and another colleague would often be at the office too, they were very kind, and supportive. Outside of work I socialised with my friends but there were times where I went for lunch with my colleagues.

## **Lasting Impressions**

I enjoyed the experience and learnt a lot about sustainability in the chocolate world and what to look out for when buying ethical chocolate. I've become knowledgeable on the negative impact that supermarket chocolate has on the farmers who grow cocoa and I've gained an idea of what it is like to work in a non-academic setting.

## **CONNECTION SUPPORT**

Elin Isaac, The Queen's College, BA History and Politics, Second Year

Undergraduate, hybrid



### **Work Projects**

During the four-week internship, I worked on monitoring and evaluating the progress of the Charities Together project, which began in April 2023, and is running until September 2024 (at least). The Charities Together project is a new, innovative collaboration between six regional charities in Buckinghamshire; Connection Support, Age UK

Bucks, Youth Concern, Citizens Advice Bucks, Carers Bucks, and Community Impact Bucks. These charities are developing a new way to work with grassroots organisations to tackle financial insecurity in the most deprived areas of Buckinghamshire. I worked on evaluating the progress of the projects main aims, such as the development of collaboration and the expansion of capacity, and conducted research into whether the project should be rolled out from it's pilot phase in Aylesbury, and if so where.

I conducted research into collaborations within the third sector, interviews with CEOs and members of grassroots organisations, and analysis of data on demographics, and deprivation. I presented my findings in a presentation to the chief executives of the Charities Together collaboration and produced a written report that was shared with the organisations involved. I was hosted by Connection Support, who was managing the Charities Together project. I received an induction to the project from Alice Copping, the Deputy CEO and was supported closely by Rachel Ruscombe-King, who introduced me to the office, and ensured I had the appropriate resources to complete the internship.

## **Daily Life**

The internship was both in-person and remote. I had accommodation in Oxford so could easily travel to Aylesbury to conduct meetings and interviews with key stakeholders. I was given access to the Connection Support offices in both Oxford and Aylesbury, so I could choose to work from either. I mainly chose to work from Oxford so I could cycle, instead of driving to Aylesbury. I was also able to work from home for a lot of the project and I used the college library to conduct online meetings, and interviews where these were required.

Much of the internship required online research, which I could do from either the office, the college library, or home. This enabled a high level of flexibility and I often chose to work from the college library when I needed to spend a day conducting research, as it was more accessible than the offices. As well as conducting research and interviews for the project, I was also given the opportunity to get involved in other areas of Connection Support. This involved participating with the Outreach service run from the Oxford office and I accompanied an Outreach worker to see how this worked. This was hugely insightful and the opportunity to explore other work that the charity did was extremely valuable.

## **Lasting Impressions**

The internship was an incredibly valuable experience, from start to finish. I have an interest in pursuing a career in the non-profit sector, so the opportunity to intern with a large charity was invaluable. I thoroughly enjoyed the experience and the ability to split my time between the offices, and home. I was able to meet a huge range of people, from very high up within the charities (CEOs), to frontline workers (outreach workers and youth counsellors). I have gained key skills during the internship.

In particular, my confidence in conducting interviews with people I had never met has improved hugely and I saw this develop over the course of the internship.

I have become much more accustomed with quantitative data analysis in regards to measuring deprivation and poverty, and have discovered a whole range of resources. I also became accustomed with the process of monitoring and evaluation, including how to



develop a logframe to identify, and measure key aims. I was able to present my findings and to summarise these into a written report, which strengthened my writing, and research skills, as well as giving insight into software best-placed to develop these resources. Furthermore, the internship gave key insights into the day-to-day functioning of a charity and the challenges faced by charities in the current cost-of-living crisis.

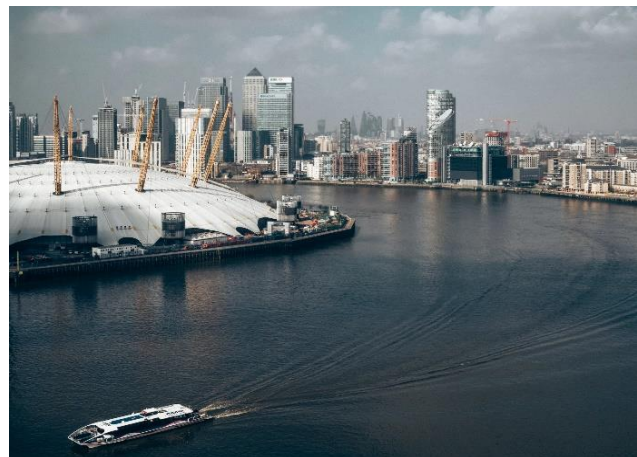
The opportunity to work alongside so many people motivated to improve the lives of others has really inspired me and confirmed my desire to work in a sector that can allow me to have a positive social impact. In particular, I enjoyed monitoring and evaluating the progress of a project, and finding solutions to problems, and challenges faced. This has raised an interest in pursuing a career in public service consultancy, or in international development, where I can work with organisations to help improve projects and processes whilst contributing social value.

## CTRL ALT

### MMath Mathematics, Third Year Undergraduate, in person

#### Work Projects

Ctrl Alt is a relatively new FinTech startup building a platform for fractionalising and tokenising investments in alternative assets, such as property or green energy infrastructure. I was involved in a range of projects across the business, from helping choose new providers for various



operational functions to creating sales and marketing materials. I built predicted volume and cost models, contributed to the ongoing app designs, and attended meetings with potential vendors.

I was onboarded and introduced to the team, and the company's systems in the first few days, and had the opportunity to get involved straight away. My mentor, the COO, was very supportive and gave me good support where needed to complete my tasks. I learned a lot

during my projects and picked up skills using software such as Figma for web, app-design and HubSpot for marketing, and sales.

### **Daily Life**

I would commute to and from work each day on the tube across London. When it suited me, e.g. if I was away over the weekend or visiting friends in Oxford, I was free to work remotely but for the majority of the internship I worked in the office. This was a good experience as I got to know the team and benefited from working, and meeting in-person. Each day I would get to work on my projects and attend meetings (typically one or two a day), both internal, and external.

The team would regularly set us (me and one other intern) new tasks via a page on the company Notion and would provide necessary help in getting started/when we needed more information. Outside of work, I took time to explore London and meet with friends who lived in the city, as well as often travelling at the weekends. There were also occasional work socials (including free dinner and drinks in the office every Thursday after work) and the team took us out to dinner a couple of times.

### **Lasting Impressions**

It was really interesting to get an insight into the work being done at an early stage startup. I learned a lot about how a company runs and how the team works together to achieve the overarching goals of the company. I was impressed by the dedication of the whole team at Ctrl Alt and their commitment to build and grow the company and the product.

I really enjoyed my time at Ctrl Alt and value the experience gained and the new skills learned. I will take the insights and skills with me to whatever jobs I find myself doing in the future. The internship was helpful for thinking about my career options as I had the chance to explore different areas of the business and see what kind of tasks I do and don't enjoy.

# DATASPARTAN

MEng Engineering Science, Third Year Undergraduate, in person

## Work Projects

For the 8-week internship, I mainly worked on a Search/Question-Answer function that acted on a bimodal Markdown Document/Slack Conversation database. I experimented with and tested different methods of data preprocessing, and data retrieval/ranking using both exploratory tools such as UMAP, and an annotated testing dataset. I separately experimented with using language models to categorise conversation messages and created a data visualisation script for this task.



## Daily Life

I would commute to work every day which would take about an hour and a half. When I got back from work, I would either go to the gym to keep fit and healthy or relax, and watch TV to unwind, and enjoy some entertainment. On weekends, I had more freedom and flexibility. I would either travel

back home to visit my family and friends, or see my university friends in London, and explore the city.

## Lasting Impressions

My internship was a very rewarding and enlightening experience for me. I had the opportunity to apply my technical skills to real-world projects and see the impact of my work. I learned a lot from the challenges and feedback I encountered, and I gained valuable insights into the AI sector. This experience confirmed my passion for AI and motivated me to pursue a career in this field after completing my degree. I am very grateful for the chance to work with such a talented team.

# DITCHLEY FOUNDATION

MMath Mathematics, First Year Undergraduate, remote



## Work Projects

As a Ditchley

Networks intern I split my time equally between two strands: Existing Networks and Quants. Existing Networks involved open-source research, a list of 15 of Ditchley's contacts per week. I recorded this information according to a scheme

that I was trained in and I inputted this information into Ditchley's database via a custom web-app. We had weekly meetings to follow up on individuals whose research was difficult for various reasons and to present on certain people of interest, and how they might be particularly useful to the Ditchley Foundation.

The Quants strand involved analysis of the data built up by Existing Networks interns (over a few years now). The first three weeks were largely training in the programming language cypher (a variant of SQL) that was used to query the data. In the 4th week we were given access to the main database, as we had been using training databases up till then. In the final two weeks we were given freedom to peruse an approved project in data analysis and to present the completed project at the very end of the internship. This project was certainly my favourite part of the internship. My project ended up involving everything from geopolitical analysis, to software development, all to build a system by which Ditchley could quickly identify a current contact that would be likely to know a desired future contact. I think it is well worth investing time in this project, to make the most of this opportunity.

## Daily Life

Mine was a remote internship. Almost all of my contact with the Ditchley Foundation and the other interns was done via special google accounts set up by Ditchley, and via Zoom. I typically spent the early and mid-morning doing research tasks on my laptop, and inputting data into a web-app. Zoom calls were speckled throughout the afternoon, in which I would present research and confer on group research, and data analysis projects.



My data analysis work was less evenly spread throughout the week as I had to work with the schedules of the other interns, especially when planning presentations. However, in the final two weeks of the internship I was working independently on a final data analysis project and so I was able to work on this whenever, and as much as I liked. All this work was again done from my laptop, using software provided by Ditchley (neo4j, Bloom) as well as excel, R-Studio and python IDEs. The workload was very manageable. We were all given the option of working on a full or part time basis; I chose part time, which meant 23 hours per week for 6 weeks. I was able to take comfortably large breaks, going for walks, having lunch, playing my violin, all things I'd naturally be doing at home during a vacation.

### **Lasting Impressions**

The internship has reenforced my feelings that I want to work in execution-focused roles in social and political organisations (NGOs, civil service, charities). I saw that my quantitative skills give a crucial edge when combined with an understanding



of what is useful to such organisations. I found that I really enjoy using data to advise policy and planning - I especially enjoy building resources that help to influence the social networks that such organisations depend upon. Because of these feelings, I will probably continue into a practically applicable masters: data science, statistics or perhaps mathematical and computational modelling.

I enjoyed my internship hugely. The work was captivating and I was free to explore and meld it with my own interests. The workload was very manageable and I found myself wishing I had more time to do the work rather than less. Meeting the other interns was very exciting, I met people from across the country and a few working from overseas. We were free to organise ourselves in our assigned work groups and it was easy to make friends. This was all amplified by an open day. We were invited to visit Ditchley's Manor house at Ditchley Park. We took part in our own Ditchley-style conference, presenting our work of the past few weeks. We had a tour of the house with Ditchley's resident historian (he's got so many funny stories to tell!), as well as a debate on Western-Chinese relations. The open

day was absolutely fantastic and I encourage any future interns to make the trip! I see myself working in an environment like Ditchley in the future.

## BA Philosophy, Politics and Economics, Second Year Undergraduate, remote



### Work Projects

During my internship at the Ditchley Foundation think tank, I was involved in several projects that allowed me to develop my skills and contribute to the organisation's mission. One of my main tasks was to compile a list of

names for the invite list to future Ditchley events. This involved conducting research on individuals who would be relevant to the topics of the events and classifying their skillset, and what they might bring to a panel discussion. Through this project, I was able to develop my research and communication skills, as well as gain a better understanding of the Foundation's network, and the types of events it hosts. In addition to this, I was also responsible for giving presentations on AI innovators and regulators. This involved conducting research on the latest developments in the field of AI and presenting my findings to the Foundation's staff.

Through this project, I was able to develop my presentation and public speaking skills, as well as gain a deeper understanding of the complex issues surrounding AI, and its regulation. Finally, I was also involved in a project that required me to develop quant skills using Neo4j to map global networks as a web. This project allowed me to develop my technical skills and gain a better understanding of how data can be used to gain insights into complex systems.

Throughout my internship, I received excellent support from the host organisation. My supervisor provided me with regular guidance and I was given the opportunity to attend meetings, and events that allowed me to gain a better understanding of the Foundation's work, and mission. The staff were always willing to answer my questions and provide me with the resources I needed to complete my tasks. Overall, my internship at the Ditchley

Foundation was a valuable learning experience that allowed me to develop my skills and gain a better understanding of the think tank's work.

### **Daily Life**

As my internship was entirely remote, my daily routine was quite different from what it would have been if I had been working in an office. However, I found that the flexibility of working from home was a big plus, as it allowed me to structure my day in a way that worked best for me. I was able to take breaks in the middle of the day when it was convenient and make up for it later in the day, which helped me to stay focused, and productive.

My daily routine typically involved checking my emails and messages first thing in the morning, and then diving into my tasks for the day. Tasks differed depending on the day of the week: quant work was primarily at the start of the week with presentation and group discussions later in the week. There were regular zoom calls with the group leaders and we coordinated additional zoom chats between interns to plan team projects. I would take regular breaks throughout the day to stretch my legs and clear my head, and I found that this helped me to stay focused, and avoid burnout.

Outside of work, I focussed on getting out of the house by engaging seeing friends and going out. I found that taking time to relax and wind down outside of work helped me to stay motivated, and focused during the workday. Overall, while working from home presented some unique challenges, I found that it was a positive experience that allowed me to develop my skills and gain valuable experience in a remote work environment.

### **Lasting Impressions**

My internship at the Ditchley Foundation was a truly valuable experience that left me with a positive impression, although in-person would have been ideal and I was unable to attend the in-person day that took place after my internship had ended. The opportunity to work with a team of professionals was great and I was impressed by the level of expertise, and commitment that everyone brought to their work.

Through my work on various projects, I gained valuable skills in research, communication and especially data analysis as I'm now competent in the Neo4j data language, which I believe will be useful in my future career. I also gained a deeper understanding of the think

tank's work and mission, which has helped to shape my career ambitions in that direction. Overall, the experience has confirmed my interest in pursuing a career in the field of international relations and has given me a better understanding of the types of roles, and organisations that I would like to work for in the future.

## ECOSYNC

Xinmiao Hu, Brasenose College, DPhil Atmospheric,  
Oceanic and Planetary Physics, Third Year Postgraduate, remote



### Work Projects

I used daily energy consumption by a radiator in different buildings to classify rooms. The aim is to help the company predict energy saving by using their product when approaching a new client. To do this, I tested different pre-processing methods on the data and then applied a classification algorithm. I generated different tools to help visualise the results and compare it to different algorithms. I also devised a method to find the similarity of different buildings. At the end of the project I generated a report using Jupyter notebook. I also tidied up my code to make it more readable and versatile. The end product is an interactive Jupyter notebook that can be easily adapted to analyse other datasets.



My host organisation gave me a list of recommended material before the start of the project to help me understand the methods and tools used for the project. During the project they provided me the computing platform to conduct the project on. When there is technical problem with the platform I can contact them and it was often quickly solved. I also have access to a work slack channel to raise any issues and weekly meetings with my supervisor to get more support.

### Daily Life

I tend to work in the afternoon and early evening. I start my work by checking the notes I left from the day before and writing down the main tasks for the day. Depending on the day, my work involves reading or searching for papers and coding. I also note what I tried and

how I solved specific problems with my code for future use. After making some progress I will post the result on the Slack channel to get feedback and advice on further direction.



Sometimes I have to work without access to the internet (e.g. travelling on the train, or working in a cafe), I will download my code beforehand and spend most of that time editing, either to optimise it or to write more detailed comments on what the code is doing.

Each Friday, I have a meeting with my supervisors to discuss the findings of the week and to plan for the next. Before that, I often review my work, listing all the topics I wish to discuss. Outside of work, I enjoy cooking and baking to help myself relax. Toward the end of my internship, I also started going on cycling trips during the weekend.

### **Lasting Impressions**

The internship gives me a taste of what research is like outside academia. It is a good change of pace from my DPhil project. It becomes more clear to me what kind of work I like and what style of work I enjoy.

### **What practical advice would you give to future interns?**

Establishing a routine and sticking to it is very important, especially for remote working without core hours.

# ENTERPRISING OXFORD

MSc Social Science of the Internet, Final Year

Postgraduate, in person



## Work Projects

Conducted competitive analysis of industry rivals, such as LinkedIn Learning and Stanford eCorner, synthesising findings into a concise report, offering critical data, and strategic insights to drive future operational direction. Developed

marketing strategies and utilized user behaviour data, and preferences, implementing email outreach campaigns to student associations, and faculties.

## Daily Life

Oxford University Business School gave me IT support and computers, I joined the Teams group of the Oxford University Centre for Entrepreneurship team, and received support, and help throughout from Mr Daniel James. I walked to work at Oxford Business School and got on well with the team.

## Lasting Impressions

I enjoyed the experience. I gained knowledge in competitive product analysis and marketing strategy, and learned to take a big-picture view of how to analyse the promotion, and operation of an online product. This has been very helpful in my career path. It was my first time to learn career-related knowledge in an all-English working environment.

# GLOBAL CENTRE FOR HEALTHCARE AND URBANISATION, UNIVERSITY OF OXFORD

BA Geography, Third Year Undergraduate, hybrid

## Work Projects

I completed a 4 week internship at the Global Centre For Healthcare And Urbanisation (GCHU), University of Oxford. My time here was spent assisting research projects and widening the profile of the research center. Upon publication, I will receive



co-authorship for two papers. The first was concerned with citizens juries on climate change, for which I was tasked with synthesising and analysing 20 reports, and then presenting the results back to academics.

The second required me to produce a scoping review of 30 papers on Urban Planetary Health and consolidate my findings in a blog post for the institute. In addition, I assisted a research collaboration with the Prince's Foundation by running a series of interviews with staff and patients at a health, and wellbeing center in rural Ayrshire, Scotland. This was preliminary PPI research, which I then communicated back to academics, enabling them to make informed decisions about future research directions.

As well as research assistant work, the position required me to take an ambassadorial role for the center. This involved networking at the 'Active County, Cycle County' conference, and collaboration, and discussion with the Prince's Foundation teams in London, and Ayrshire. Further, I produced a review of social media output from other research institutes, provided guidance on future progressions, then established an Instagram page for the center using the software Canva. The team at the GCHU were extremely supportive, right from our initial introductory tour and briefing, to weekly full-team check-ins, and more casual conversations over lunch. Throughout, we were encouraged to be independent but were also given constant opportunity to ask for advice and reassurance.

## Daily Life

The daily life of the internship was varied. I worked hybrid, mixing both in-person and remote work. Our workdays were really flexible, we were able to choose when we started and finished work, on the condition that we got the job done. If I was in the office, I'd walk over from Cowley at 9, for a 9:30 start and work solidly for a couple of hours. Normally we'd all stop for lunch just after 12 and head down to have delicious food at Kellogg dining hall. Then after an hour or so's break we'd all return to the office for the afternoon. If I was at home I'd start earlier but make sure to have a decent break at lunch and give myself a change of scene by spending the afternoon in a library.

Both options were enjoyable as the GCHU team and wider Kellogg community were very social, and I enjoyed being at home/libraries with friends from university. That said a lot of the internship took place outside this routine - we spent two days at a conference, a day in London, and four days "on-site" in Ayrshire, Scotland - which kept things new and interesting.

## Lasting Impressions

This role has allowed me significant opportunity for growth. Primarily it's enabled a much clearer understanding of the process of research, from proposal to publication, and the role of researchers in public health, and society more generally. Time at GCHU



has encouraged me to consider the value of good research to communities and the factors that determine this relationship to flourish. Further it's proven the position of research as a small but important cog in a much larger societal machine, as its findings most often need to be taken up by those further downstream (councils, building developers etc.) to have any real impact.

More personally I've developed my professional confidence by building skills, which were both specific, such as graphic design on Canva or producing a scoping review and soft, such as networking, engaging in meetings, and working to a brief. Each of these lay out of my

comfort zone before the placement but have since been challenged and furthered. It's been a hugely rewarding experience, with the opportunity to work alongside wonderful people towards a common goal. All in all, it's left me feeling a little more confident about the future of the planet and excited to see what my role in it might be.

**What practical advice would you give to future interns?**

My advice to those applying to or beginning an internship at the GCHU, would be to remain confident of your ability and to approach the whole experience with an open mind. It's easy to feel out of your depth as an intern, as you're likely to always be the most junior person in the room. However, don't let fear of inexperience put you off either applying or making the most of the role. In many ways a lack of professional experience is valuable, you'll offer a fresh perspective and depending on your level of study, most likely be more of a generalist' than some of your co-workers.

I'd also recommend having confidence in the skills you have, much of this internship was an extension or reimagining of skills already established in any undergraduate degree (at it's most simplistic: reading and writing). Most of what you'll be asked to do, will turn out to feel far more familiar than you might expect, which I certainly found reassuring. Further, the culture of the GCHU is dynamic, meaning the scope of its work and the variety of tasks available to you are broad. Given this culture I'd encourage you to follow your own interests in both your application and your internship, just making sure to consider its links to the GCHU. Your knowledge will no doubt be embraced by the team and will be one of multiple areas of focus during your time here.

# GOOD FOOD OXFORDSHIRE

MBiol Biological Sciences, Final Year Undergraduate, hybrid



## Work Projects

I was working on implementing Short Food Supply Chains (SFSCs) within Oxfordshire, particularly through a 'farm to fork' trial between local Oxfordshire farmers and Oxford Colleges. Within this project, I helped with the strategy

aspects of facilitating orders from Colleges to farmers, as well as the marketing and communications side of why SFSCs should be implemented. My main tasks included creating a presentation, document and brochure on local suppliers, and why to implement SFSCs, as well as helping create a socioeconomic model to convince institutions to take part in the SFSC project.

I had support from both a supervisor and the manager of Good Food Oxfordshire (GFO), and through attending weekly team meetings, and working part-time in the office I gained a deep understanding of how GFO works, and the office culture. This helped me to make the most out of my internship and get help whenever I was confused as to what I should have been working on. In terms of main achievements, it was great to see more Oxford Colleges and local farmers become on board with the project, and I am really excited to see how it grows even after I have left.

## Daily Life

I was lucky to have a 4 day work week with GFO, which meant that my days at work were really productive following a restful 3 day weekend. As I worked part remotely and part in person in Oxford, my days were varied. In person, my days would start by cycling into Jericho to the beautiful Makespaces offices by the canal, having a team or one-on-one meeting with my supervisor, and then getting on with work all day. As I have lived in Oxford for 3 years now, working in person gave me an opportunity to meet both old and new friends. At home, I managed working remotely by spending time in local libraries and coffee

shops, and setting strict work boundaries of not working outside my specified hours. As I had been away from home for most of the year, it provided a great opportunity to see my family and relax during time off.

### **Lasting Impressions**

Overall, I enjoyed learning more about the non profit sector and how small charity organisations worked. I definitely gained a strong insight into the Oxfordshire food systems and ways that it could be changed to be healthier, more sustainable, and more



equitable. It also helped me form some realisations about my career aspirations. For one, I loved spending time in Oxford and I would be happy to remain here after graduating, especially for the social, and outdoors aspects. However, I also realised that I need to work with a larger team than the one at GFO and find a job in sustainability which I feel like is having the largest possible impact.

The skills that I learned thorough working with GFO will definitely allow me to find a job post graduating which achieves this and I am really grateful for both the Careers Service, and Good Food Oxfordshire for providing this internship opportunity. I will definitely be recommending Careers Service internships to friends and members of the wider College community!

# HORATIO'S GARDEN CHARITY

Zainab Bhamji, St. Anne's College, BA Medicine, Second  
Year Undergraduate, hybrid



## Work Projects

Horatio's Garden is a charity nurturing the wellbeing of people after a spinal injury in gardens within NHS spinal injury centres. The charity creates an annual impact report and is committed to improving people's experiences of the garden, and the internship project related to this. The internship involved surveying patients, staff and visitors in spinal centres around the UK, conducting interviews with patients, and staff, and compiling the quantitative, and qualitative data into

reports at the end of the internship working remotely, working alongside two other interns.

Horatio's Garden provided an induction week at their main offices and first garden at Salisbury, where we learnt more about the charity, internship project, and completed training. After this week we each visited the different spinal centres across the UK between us and spent time conducting the research there. Horatio's Garden provided accommodation at each location and reimbursed travel, and food costs.

## Daily Life

At each spinal injury centre, we were given an induction and tour of the garden, and wards to help us settle in. A typical day at the gardens would begin after patients' morning care and would involve surveying patients, staff, and visitors in the garden or on the wards using an online survey. I also had conversations with people at the spinal centre to gather feedback and quotes about the garden, and arranged longer interviews to hear more about people's personal experiences of Horatio's Garden, and the impact it has had.

After the working day, we were able to explore the local area and relax! During the final remote working week, we analysed the data collected to gather statistics, testimonials and summarise feedback about the impact of each garden, and collated these into internal

reports, and external reports using the charity's branding. On the final day we presented the overall data and discussed our insights to the Horatio's Garden team in a video meeting.



### **Lasting Impressions**

The internship was a really enjoyable and eye-opening experience! I had the opportunity to learn more about spinal cord injury rehabilitation, conduct interviews with patients and NHS staff from various backgrounds, whilst gaining an insight into the charity sector. I think the most memorable moments for me will be the sunny afternoons I spent immersed in the gardens, speaking to people about their personal experiences of the beautiful spaces. I have seen first-hand how Horatios Gardens is an integral part of patients rehabilitation and

have developed a new-found appreciation for gardens!

### **What practical advice would you give to future interns?**

Try to timetable your day well to ensure you are able to speak to as many people as possible, for example patients are usually able to come to the garden later in the day, wards are quieter and staff may be more free during particular hours. Visitors tend to come during late afternoons or evening and the garden is busier during activities, so factoring these in, and aligning your working hours to these is helpful.

Also don't be afraid to reach out to staff via email or go to their office to arrange times for a conversation or long interview and likewise with patients, they are often busy but are more than welcome to have a chat as the gardens are so beneficial for everyone! The survey questions are also quite direct, so try to be as conversational as possible to make taking the survey an enjoyable experience and to have a meaningful conversation with people, which can also help to encourage quotes, and testimonials.

# HORUS SECURITY CONSULTANCY

BA Modern Languages (French and Spanish), Third Year Undergraduate, in person

## Work Projects

I signed an NDA (non-disclosure agreement) for this placement so am unable to describe the project I worked on. In terms of support from my host organisation, my supervisor was very friendly and welcoming. She regularly checked up on myself and the other interns, giving us encouraging, and positive feedback on our work.



## Daily Life

I worked 9 to 5 at the office for a total of 11 weeks. I stayed in three different accommodations during this time, all within walking distance of the office. Moving three times in the summer was stressful at times. Generally, I enjoyed spending the summer in Oxford and being able to walk to work rather than having to rely on public transport. At work, the office was rarely full as many employees work hybrid, so the office was often calmer. My day-to-day work was quite repetitive so I formed a routine and order in going through my different research sources.

I had a 30-minute lunch break, which I normally took with the other interns. We always ate on the benches outside Christ Church meadow, which was lovely on the warmer days. The office was just a couple minutes walk from the Tesco, which was very handy for grabbing lunch or a quick snack. The afternoon was generally pretty similar to the morning and consisted of my research tasks. On Fridays, the atmosphere in the office was more relaxed. We had a casual dress code on Fridays and sometimes we'd have the radio on while we worked. I enjoyed having a day that felt a little different to the rest. Outside of work, I spent a lot of time flat hunting for my accommodation for next year in Oxford. I also enjoyed going on runs by New Hinksey Park. At the weekends, I would often visit home and I liked this change of scenery.

## **Lasting Impressions**

Overall, I think I have gained valuable research skills from the internship. I have learnt more about using social media platforms as a research tool and how to write in a report style. It was my first-time working office hours for an extended period, so I really got a feel for the corporate 9 to 5 lifestyle. The internship confirmed my idea that this lifestyle would suit me and boost productivity levels. Working 9 to 5, and not having to stress about work at all after that time, was a welcome break from the student work pattern where there's always more studying to be done and no strict cut off point.

The research tasks did start to feel repetitive towards the end of the internship, but I think that's natural after working on one project for several weeks. Staying at the internship for a while also had its positives, as it allowed me to get to know my colleagues better and meet different interns who worked there for shorter periods of time. I was also able to really settle into a routine. In terms of career ambitions, I do not think the internship has particularly clarified or altered my plans.

## **INFINITY INVESTMENT PARTNERS**

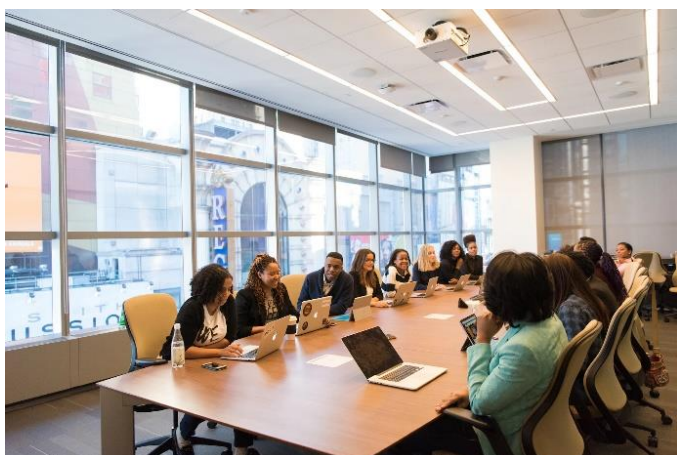
[DPhil Interdisciplinary Bioscience, Third Year Postgraduate, hybrid](#)

### **Work Projects**

During my summer internship at Infinity, I had the unique opportunity to gain comprehensive insights into the realm of alternative investments. Infinity is renowned for its dynamic and successful investment team, boasting extensive experience in the

industry. The primary focus of the internship was to engage in a thorough examination of hedge funds, as well as direct and co-investment opportunities across a wide spectrum of global sectors, including real estate, credit, equity, and venture capital.





Among tasks I worked on were client communications, marketing, sourcing potential investment opportunities, due diligence, and various research projects on emerging trends, and market dynamics. The collaborative culture at Infinity fostered an environment where team members

readily shared knowledge and experiences, contributing to my overall growth, and development. Moreover, I had access to an array of resources, including databases and research tools, which facilitated my analyses, and research projects. Regular discussions and feedback sessions also helped me improve my skills, and contribute to team goals. This comprehensive support system greatly contributed to my ability to perform effectively and make meaningful contributions to the team's initiatives.

In conclusion, my summer internship at Infinity provided a comprehensive perspective on alternative investments, allowing me to engage in impactful tasks, collaborate within a high-performing team, and receive substantial support from the host organisation. The experience not only enriched my knowledge and skills but also set the stage for potential future endeavours within the investment industry.

### **Daily Life**

During my internship at Infinity, my daily life was both dynamic and fulfilling. As an in-person intern, I quickly settled into the rhythm of the company and its vibrant work environment. Commute: As the offices are in Mayfair London I commuted by train from Oxford. This was a good time to clear my head as well as review emails or slides.

Workday: A typical day involved arriving at the office and starting with a review of my tasks and priorities. I would engage in due diligence, research, and analysis on different investment opportunities. Collaborative meetings with team members allowed us to discuss ongoing projects, share insights, and brainstorm strategies. I also participated in client communication and preparation of marketing materials. Additional activities: During my

internship I also got the chance to attend industry networking events, seminars, or talks related to finance and investments.

### **Lasting Impressions**

My internship at Infinity was incredibly enjoyable and enlightening. The hands-on experience of conducting due diligence, analysing investments, and contributing to client communications was rewarding. I gained practical skills and a deep understanding of alternative investments, solidifying my career ambitions in investment management. The mentorship and relationships formed continue to guide me. Overall, the internship has significantly enriched my professional journey and provided a solid foundation for my future career in the financial industry.

## **INNOVATION GATEWAY**

MEng Materials Science, First Year Undergraduate, hybrid



### **Work Projects**

I joined the Research Team at Innovation Gateway (IG) as a summer intern, where I wrote up two reports for one of their main clients providing a list of recommendations for how to address one of their main sustainability challenges. I initially researched into



their challenge to learn more about it, as well as some of the key indicators of a suitable solution before beginning in-depth desktop research and assessing each solution via IGs qualification process. During the process of compiling these two reports, I learned to conduct 1-2-1 meetings with external solution providers to learn more from them, whilst adapting to ask appropriate questions based on the information they provided me.

I also became adept at email communication with solution providers with this being a key tool in arranging meetings and clarifying the information I was given. I also conducted an independent project, where I conducted proactive research into a challenge which will likely impact another of IGs main clients in the near future and produced a project management

plan to provide solutions for how to address this. Completing this project taught me about stakeholder analysis, financing a project, risk analysis, setting objectives and metrics for a project, and seeking appropriate support in all areas which were unfamiliar to me.

The final main task which I conducted for IG was to produce a Thought Leadership piece on sustainable building materials for the future. Within this, I researched into concrete, steel and brick the three construction materials with the biggest contributions to carbon dioxide emissions, and considered strategies, and mitigating steps to alleviate their impacts.



### **Daily Life**

My internship was hybrid, so I had four days each week working from home and one in-person day in Oxford (some employees also met informally in a workspace in London once a week for a change of scenery and the chance to create bonds with the rest of the team).

On the remote days I would log on at 9 am and work until 5.30 pm with one hour unpaid lunch. My days consisted of Teams meetings, emails and general research, and report writing. On the in-person days I would wake up at 5am to get to the office for a 9am start and would leave at 5.30pm to get home around 9-9.30pm. I completed similar work in the office to at home, but the difference would be general conversations with the Team and group lunches.

The commute to Oxford involved 3 trains and a bus each way so was very tiring, however IG did fully reimburse my travel costs which was highly appreciated. During my internship we also had the summer social where we took a half day and in the afternoon, rented a punt to go punting, and had a picnic which was a nice way to get to know the rest of the team in a more relaxed environment. Outside of my internship, I continued to regularly train in taekwondo which helps me to relax and unwind from the day at work.

### **Lasting Impressions**

Overall, I really enjoyed the internship, I enjoyed the start-up culture of everyone knowing everyone and it being a friendly working community. I really enjoyed the projects they gave

me: whilst they weren't specifically materials related, there were definite links to my subject which I really appreciated and I certainly learned a lot during my time there. Prior to my internship, my plan had been to apply for a DPhil after my degree, which has not changed during the internship. However, I did learn that I struggle with the 9-5 desk job and staring at a computer screen all day which is a useful insight.

### **What practical advice would you give to future interns?**

Go for it - apply, the internship experience has been wonderful and you will learn something during your time, even if it is just that the company you have joined isn't quite right for you. It is a safe space to learn about the world of work whilst being supported and I thoroughly recommend giving it a go. Also keep all receipts and ask for reimbursements – I saved over 250 on travel costs this way!

## **IQVIA**

Daisy Oliver, St. Edmund Hall, BA Cell and Systems Biology,  
Final Year Undergraduate, hybrid



### **Work Projects**

My internship was within the EMEA Thought Leadership team, which is responsible for developing IQVIAs point of view on issues currently affecting the life science and healthcare industries. Over the 10 weeks, I worked on three main projects with three different managers. One was



about how we define blockbuster drugs and how the type of product that reaches this level of success has changed over the past decade. Another was looking into women's health, analysing spending in this area relative to disease burden and researching recent, and upcoming innovations. Taking a more commercial perspective, my final project looked into the communication channels through which pharmaceutical companies engage with healthcare professionals and how this has continued to evolve since the pandemic.

The output I produced was in the form of PowerPoint slides and blogs. I had a different manager for each project and enjoyed being able to work with multiple people across the team. They were all very supportive, providing clear instructions, useful advice and thoughtful feedback. I had regular check-ins with my managers to track the progress of projects and answer any questions I had. Members of the team who weren't directly managing me were also happy to answer questions, which I appreciated.



### **Daily Life**

The team I was working with had a hybrid working pattern, with everyone in the office on Monday and the option to work from home on the remaining days. I live quite close to the office, so I usually went in two days a week. From day one, I was made to feel like a

welcome and valued part of the team. There was another intern from Oxford starting at the same time as me, which made settling in easier. The team was friendly and sociable, and we ate lunch together every day often on the rooftop terrace, which had an amazing view of central London! We also had two team dinners, which were very enjoyable and on the final day we went to see a (healthcare-related) play!

I was encouraged to arrange one-on-one meetings with all the team members in my first few weeks, which was a good way to get to know everyone and learn about their diverse career paths, and their specific roles at IQVIA. My boss also connected me with several people working in different teams across the company. Meeting them helped me learn about the range of work going on across the company, and to understand how Thought Leadership supports this.

### **Lasting Impressions**

I found the internship enjoyable, rewarding and informative. It gave me the chance to translate the research and data analysis skills that I began developing at university into a commercial setting, to generate insights that are relevant to industry stakeholders. I gained valuable technical skills, including the use of Excel to analyse large datasets and learnt how

to communicate clear, and relevant findings from this analysis, in the form of a slide deck or blog. Through conversations with company employees, as well as my own research, I also learnt about the wider context of the life science and healthcare industry, and the role of contract research organisations, and service providers within it. The experience confirmed my intention to work within this industry and I am sure the knowledge, and skills I have gained will be useful in my future career.

### **What practical advice would you give to future interns?**

If you're working on a longer project over several weeks, it's a good idea to check in with your managers every week or so to let them know how the project is progressing and to make sure everything is on track.

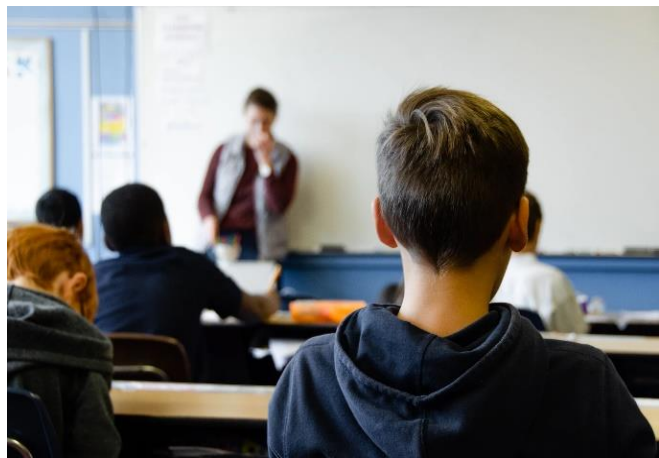
## **KEMNAL ACADEMY TRUST**

Ethan Changhan Zhou, University College, MPhys Physics, First Year

Undergraduate, hybrid

### **Work Projects**

I was trained as a teacher at Debden Park High School. I received the necessary safeguarding training to work alongside students. I oversaw a program where I taught a talented group of year 9s math and science beyond what was taught in school. I also got a chance to



observe lessons, lead my own part of the lesson and work as a TA in a support capacity. This meant working with and motivating individual students, as well as monitoring behaviour and engagement in the classroom.

In addition, I worked with the school safeguarding officer, as well as various academic support staff. I also provided advice and guidance on university applications for year 12s. The host organisation provided three days of teacher training, where we were taught the basics of teaching theory, which included safeguarding and behaviour management, meta cognition, and adaptive teaching, assessment philosophy, and lesson planning.



### **Daily Life**

The teacher training days were remote, since we were based in different schools around the country. The training started at 9 am and ended at 3 pm. On these days I simply worked out of my bedroom at the Airbnb which I rented near the school I worked at. For

in-school days I took a bus to the school, arriving around 8 am every morning. Usually at the beginning of the day we had our enrichment session with the high-achieving year 9s, which lasted for 30 minutes.

Afterwards, we went to our respective departments, where we basically worked as a teaching assistant for different teachers. Lunch and breaks were spent inside the teachers' lounge, for the most part. We had ample opportunity to socialise with the other interns, the teachers at the school, and sometimes with the students to build rapport. Outside of teaching my time was spent running, studying, and taking care of chores. Weekends were free, so I could travel to central London and visit places I didn't have a chance to visit when I was studying.

### **Lasting Impressions**

I think this experience has completely changed my worldview in many ways and taught me a lot. I did not go into the internship thinking I would go into teaching, but I left convinced that I wanted to teach at least part-time. First and foremost, working as a teacher really made me become more empathetic towards those around me. Having the birds-eye perspective of students' lives and working with them to understand them as a person, not just a learner meant that I met people from a wide variety of backgrounds, and people who have suffered a wide variety of traumas. Seeing that made me realise just how privileged I was, not just monetarily, but also in terms of life experience.

Secondly, teaching is an incredibly hopeful profession. The teachers around me truly believed that with enough effort, no pupil was beyond saving and that no matter what, we could never give up on any student. It was heartwarming to see interventions working and

students gradually improving, not just academically, but behaviourally, and socially. It made us feel that we were really making an impact on their lives. Lastly, I became adept in the techniques of being a good teacher. This included everything from planning lessons, to asking the right questions, to finding ways of assessing progress, to building connections with students.

### **What practical advice would you give to future interns?**

Don't be afraid to ask questions: because that's where you learn unexpected things.

## **3KEEL**

Sophie Littlewood, Magdalen College, MChem Chemistry,  
Third Year Undergraduate, hybrid



### **Work Projects**

I was placed within a team focused on circular economy and climate change. I contributed to around ten projects over the ten-week internship. My biggest project was a supplier engagement project, collecting data from over eighty suppliers



on climate metrics and human rights issues. The client had worked with 3Keel for several years, so it was great to see how an established client relationship operated day-to-day. I also helped on several carbon and land footprint analyses, which was a great test of my Excel skills. On the more qualitative side, I researched and wrote an introductory report on Indian agricultural climate risk, and helped to research case studies for a housing retrofit report.

My personal highlight was supporting in delivering three half-day climate risk workshops at the client's headquarters in London. It was great to get an insight into the client's operations and gain an understanding of climate risk, which I am hoping to explore further in my career. The internship gave me a sense of the variety of projects and clients at 3Keel, rather

than just joining one project from start to finish. I felt that my skills and interests were well matched with the projects that I was assigned, and I was able to contribute meaningfully. I also received encouragement and on-the-job training from my managers, and colleagues who were friendly, and very knowledgeable. As 3Keel is still a small organisation, the internship was very flexible, which suited me but could also be challenging sometimes as I would have liked more structured training.



### **Daily Life**

3Keel is headquartered in Long Hanborough but has offices in Oxford and London. My induction on my first day was at the Long Hanborough office, but for the rest of the internship I worked at the Oxford office and from home, with a few

trips to London. 3Keel has flexible and hybrid working, which worked well. I stayed in college accommodation and walked to the office. I worked from 9/9:30am to 5:30/6pm, with an hour for lunch. I really enjoyed going into the office, as 3Keel has a very friendly culture and I was able to meet colleagues across different teams, and seniority levels.

When at the office, I would often get lunch at the Covered Market with my colleagues and we went to the pub or park after work a few times per month. The office was particularly popular during the heat wave as it is air conditioned! As the office was close to my accommodation and I could work from home, I had plenty of free time in the evenings and at weekends. I normally cooked dinner, exercised, and socialised with my university friends during the evenings, and often went to London at the weekend. 3Keel also has many social sports teams (cycling, tennis, padel, climbing etc.) that would be great for more athletic interns...

### **Lasting Impressions**

I really enjoyed the experience! 3Keel has a great culture with friendly colleagues, very interesting work, and a good work-life balance. I am considering a career in strategy consultancy and policy, ideally focussing on sustainability or development, and the

internship confirmed to me that I want to work in an impact-driven organisation with lots of day-to-day variety.

I enjoyed the opportunity to develop my analytical and research skills, and to learn about corporate sustainability. 3Keel is a smaller but very well-regarded specialist consultancy, so there was often the opportunity to work more creatively and more closely with the client. I enjoyed working in Oxford, but I will be looking at larger cities such as London for my graduate job.

## LANGUAGENUT

### BA Modern languages and Linguistics, First Year Undergraduate, in person

#### Work Projects

I developed teaching resources for German, French, and Spanish for the blog, and received guidance from the media team. I created videos for the social media post with guidance from the media team. I wrote GCSE listening and reading texts, and exercises for UK students with guidance from the Head of Content. My tasks were explained in daily meetings and any necessary help was given throughout the day by the Head of Content.



#### Daily Life

I walked to work which began at 8am and started the day with a meeting with the Head of Content where she would explain my tasks for the day, and answer any of my questions. I would spend the morning working on tasks, usually relating to creating GCSE exercises and content. At midday I had an hour lunch break when I would socialise with colleagues before continuing work until 5pm. There were also frequent social events after work with the company.

## Lasting Impressions

I found it a very good experience and I gained a good insight into the world of work. I learnt how to complete tasks and meet deadlines as well as working with other colleagues on projects. Although I do not think I am interested in a career relating to education, it showed me the wide range of possibilities in this sector and did affirm my desire to work with languages in the future.

## MUNCASTER CASTLE AND GARDENS

Charles Upchurch, Keble College, MBIol Biology, First Year  
Undergraduate, in person



### Work Projects

I completed the Small Mammals Internship at Muncaster Castle. This involved the surveying of the castle grounds using Longworth and camera traps to try to estimate the abundance, and species richness of small mammals (mice and voles) in

the area. This mainly involved trapping nights, where traps were set at around 8pm and checked at 8am the next morning. Data was then analysed during the day, which mostly included analysis of camera trap footage and the identification of individual small mammals, and the timings for their activity.

Research is still being completed by another intern currently, so data analysis has not been completed and conclusions have not been drawn. However, it is likely that the data will allow us to determine small mammal species presence/absence from many areas in the castle grounds, as well as the timings, behavioural patterns and small mammal activity throughout the night. This research was supported by the host organisation, who provided us with the equipment we needed (3 Longworth traps, camera traps, quadrats, bait, etc.) to complete our research. We were also guided through the research process by our

supervisor, who was present if we had any questions about the data collection methods or the data itself. Finally, I was provided with accommodation in the staff house.

### **Daily Life**

Daily life at Muncaster mostly consisted of trapping nights and data analysis during the day. From the first evening I arrived in Muncaster, traps were set in the evening (between 7pm and 9pm) and checked 12 hours later. Data was then analysed during the day, which involved watching camera trap footage to identify individuals and the timings for their activity. The staff house, where I stayed for the duration of the internship, is only a 5-10 minute walk away from the majority of the trapping sites, meaning travel to and from the castle grounds was very easy. This short travel time also gave me the opportunity to visit the castle grounds and inside the castle while I was settling in.

Outside of work, myself and another intern were able to spend two days hiking in the lake district, including a summit of Scafell Pike. I also went on a couple of runs around the wider castle grounds with a member of the Muncaster staff. Finally, I was able to socialise with other staff who also lived in the staff house. These activities allowed me to maintain a nice work/life balance throughout the duration of my internship. It also meant that I could explore some of the surrounding area and enjoy some of the Lake District.

### **Lasting Impressions**

I enjoyed my experience at Muncaster Castle. The work I completed gave me an interesting insight into biological fieldwork and furthered my experience of working with animals. This allowed me to gain a better understanding of fieldwork-



based research, including the organisation and flexibility required. This internship has strengthened my ambition to work in the conservation field after I graduate, as it has confirmed my enjoyment of working in nature. I also immensely enjoyed the data collection and analysis aspect of the internship, showing me that research could be a possible career path for me in the future.

This internship has therefore broadened the possibilities for my future career path. Finally, this internship focused very heavily on the individuals within an ecosystem and has also given me a new appreciation for the importance of individuals in making up larger biological communities. This has inspired me to try to broaden my field of view in the future to not only focus on individuals more, but complete research looking at the wider environment.

### **What practical advice would you give to future interns?**

To anyone applying to the Small Mammal Internship at Muncaster Castle, I would advise you to research not only the Muncaster and greater Lake District area, but the small mammals that you will be studying and their importance within ecosystems. This can help you develop a closer relationship with these organisms, which will improve your performance in an interview and increase the enjoyment you gain from the internship if successful.

To any successful applicants, I would advise future interns at the Small Mammal Internship at Muncaster Castle to not only thoroughly enjoy the research and data analysis, but to make the most of the beautiful landscapes in the rest of the Lake District. I would also advise interns to survey a wide range of habitats to gain as much varied fieldwork experience as possible.

**Megan Bruton, University College, BA English Language and Literature, Second Year Undergraduate, hybrid**

### **Work Projects**

My internship at Muncaster Castle, Cumbria, was called 'Visitors of the Past to Promote the Future'. The internship was based around two visitor's books that the Castle holds, dating from 1870s-1910s. My task was to research some of the names in these books and collect information about who these visitors were, why they were coming to Muncaster, and what wider influences they might have had in the world. I was given free reign over which names to focus on and how to present the information I found. I was additionally given a scrapbook, dating from the 1880s, with miscellaneous photographs and works of art in.

There were so many names, faces, and places jumping out at me - most visitors had two or three names due to having aristocratic or ministerial titles! I decided to choose the names and titles I found most interesting. I opted to look at unusual titles (e.g., 'Postmaster

General'), names I thought could be related to famous people, or Irish names, as I was interested in looking at Muncaster Castle's history in a post-colonial way, as well as exploring my own Irish roots. I came across so many fascinating figures from across the UK and Ireland, some of whom also spent a lot of time in Canada, and India. I decided to format the information as an online digital map, the aim being to create a visual, easy to use tool to allow current visitors to be actively engaged in the Castle's history, enmeshing it with their own. Users of the map can click on pins around the world to find out who visited Muncaster Castle, when and why.



### **Daily Life**

Daily life at Muncaster was surreal. I was staying in the staff house, which is an old Victorian or Edwardian building with shutters and high ceilings, only across the road from the Castle. The staff I was living with were

really friendly people, we even drove to the nearby town of Ulverston together one evening to watch a lantern festival!

Each day, I'd make the short walk across to the Castle and work for the morning at my allotted desk in the Castle's historic library. My desk was huge, wooden, with quill and ink, and was situated in the library which is now open to the public, it is filled with centuries of the Pennington family's belongings (mostly books and portraits!). The ceiling is painted with stars, arranged as they would have looked in 1208 when the charter for Muncaster was granted to the family. I learnt a lot about this room because every afternoon, as I continued to do my research from my laptop at this desk, I'd get to speak to the public and to the many Castle volunteers about the history of the room.

It was such a privilege to sit at that historic desk! The work would consist of research on the internet, reading the visitors' books, and making lots of notes. Sometimes, I'd be able to wander the Castle to find more sources of information. When the Castle closed for the day at 4pm, I'd help tidy, by dusting, hoovering, and closing the shutters. This was an experience

I loved - it's not every day you get to Henry Hoover the stairs of a 13th century castle. On leaving the castle, I'd often go for a walk in the beautiful grounds, where there are views across the fells of the Lake District. There's also a brilliant rope swing at the top of a forested hill, which became my hideout. In the evening, I'd cook with my housemates. It is a quiet, isolated part of the UK, but if you are happy to be in your own company whilst enjoying amazing views in a historic environment, it is perfect.

### **Lasting Impressions**

Ultimately, my internship at Muncaster was a challenge, but an absolute privilege. Living in an isolated place, with new people and a task that could be taken in any number of directions was daunting to begin with, but it helped me to become a more independent, curious, and confident version of myself! What stands out most about the experience is the sheer amount of historic material I was exposed to and allowed to interact with. Accessing the archives by myself, deciding what materials out of the many books and photographs I wanted to look at, and sitting at the desk in the historic library, where generations of the Pennington family have lived, was simply amazing. I handled original pre-Raphaelite artwork and spent my break times in what used to be the servants' quarters. It felt like living and breathing history.

Both the Pennington family and the rest of the staff at the Castle were friendly, and deeply enthusiastic, and the trust they placed in me was both surprising, and moving. I feel I gained a lot in terms of research skills, how to dig deeply with only limited information, as well as gaining a genuine interest in and affinity for, the Castle, and it's many players throughout history. The internship gave me an insight into how heritage sites are run and how important the role of enthusiasm is in maintaining the sites, and in finding new ways to draw visitors in. I gained confidence in myself too, to work with an entirely new group of people, in an unfamiliar and very unusual environment. I'm personally unsure of my career ambitions currently, but the internship has shown me that I'm a more adept researcher than I thought I could be!

### **What practical advice would you give to future interns?**

I'd advise future interns to ask questions and be social. Muncaster Castle is isolated, but the more you get to chat to the staff, the more you'll learn about the place, how it works, and

it's history, then you'll begin to settle in, and feel more comfortable too! Don't be afraid to follow your nose, go down rabbit holes of research, and pursue unusual projects. The staff are so enthusiastic and will be interested in new ways of looking at the history! On the most practical note ever, bring warm clothes! In my experience, both the Castle and the staff house, in their age, aren't the best insulated.

## NUFFIELD DEPARTMENT OF POPULATION HEALTH

Alexander James Mousley, New College, MSc Computer Science, Second Year Undergraduate, in person

### Work Projects

My internship involved programming a prototype for a mobile app for Nuffield Department of Population Health, with the purpose of replacing the paper-based response forms for clinical trials with a mobile app version, with a focus on accessibility



and usability. The first 2-3 weeks were spent researching and evaluating existing mobile technologies (and experimenting with them), and also other research such as demographics, how trials are currently done, barriers in clinical trials, and so on.

The next 4-5 weeks were spent developing the app, with a focus on maintaining good practices and keeping code as readable, and well-documented as possible, so the prototype could be expanded in the future by other programmers at the organisation. The last week was spent writing up a report and a presentation to summarise my findings.

### Daily Life

On my first day I was shown around the office and given an induction about data integrity, and then headed off to an event that happened to be going on that same day, where I got to meet a lot of my coworkers in a friendly environment. At my desk I was sat with others working in different parts of the organisation, but they were all very friendly. There were also lots of good events like cake and coffee meets, where I was able to socialise with the

other programmers a lot more, including the other intern (who worked in the other building). I got to work via a 10-15 minute bus from the High Street - I was living in college so this ended up being very convenient for me and meant I had a lot of free time in the day because of the short commute.

### **Lasting Impressions**

The internship ended up being a great time - it was enjoyable and certainly convinced me that I wanted to do software development for my job in the future. It was also very helpful that I was able to mostly choose my own hours at this internship and it was easy to take paid time off. I learned a lot of skills in working in a professional environment, as well as broadening my programming skills in general, while also giving myself something productive to do over the summer. It also seemed like a more laid-back opportunity in the sense that the important thing was that I was getting work done, without any of the strict over-management that I'd heard from others doing internships elsewhere.

## **OPSYDIA**

**MMathCompSci Mathematics and Computer Science, First Year Undergraduate, in person**



### **Work Projects**

I worked on an internal library for automating one of the tedious tasks necessary for setting up machines. The main task done was creating the application from scratch using the backend APIs, as well as testing it and using it a couple of times. The host

organisation provided help with getting it running on the machine, as well as compiling the backend APIs.

### **Daily Life**

Settling in was mostly easy; the first day was a tour of the facilities, getting a computer and I managed to start writing code the next day (although it took a decent bit of time to get the

backend API compiling). I used the begbroke minibus to commute between work, which ends up at around 40 minutes either way. Out of work mostly involved working on my projects; there wasn't much socialisation in either situation, although I did talk a little with the other employees over lunch.

### **Lasting Impressions**

I enjoyed the experience of working with a team quite a lot, as it made debugging significantly faster. I absolutely hated the languages that were being used though. It was as expected, so I'm not changing my career based on it.

## **OXFORD UNIVERSITY BODLEIAN LIBRARIES, ARCHIVES**

[BA History, Final Year Undergraduate, in person](#)



### **Work Projects**

My project was as an internship in the Digital Archives team with the Bodleian Libraries Web Archive. The web archive is the Bodleian's archive of websites. My tasks were divided between quality assurance (going



through the Bodleian's versions of the website compared to the original to make sure that the copy was of a good quality), patching problems with the copies where there were problems, as well as drafting and sending permission e-mails to site owners asking for permission to archive their website.

At the start of the internship, I was also involved with setting off the programmes which capture the websites. Furthermore, I helped with putting together a report assessing the frequency with which some websites were captured and I also carried out an independent research project into the viability of a new software that could potentially be used for social medias.

The Bodleian was an incredibly welcoming place to work and I never felt that I was left alone with a task for which I wasn't prepared, there were always colleagues on hand happy to help who were excellent at explaining what it was I had to do. The internship was also full of talks and tours designed to show the various sectors of the Bodleian archiving world, and give interns a full, and rounded view of life as an archivist. The company went out of their way to make the internship stimulating and enjoyable.

### **Daily Life**

My working hours were 10-4, with a lunch break of 1 hour and two breaks of half an hour in the day. During the morning break I generally socialised with colleagues in the staff break room and for lunch would either eat in town or in the cafe downstairs in Blackwell Hall (there is also a staff cafe). Outside of work there is always something to do in Oxford, I spent a lot of time reading in pubs.

My accommodation was only a 15 minute walk away from the Weston library where I worked, so commuting wasn't an issue at all. I was always working in the same office as well which meant I knew where to go at the start of every day and whenever there was a particular talk or event my supervisors made sure to give me clear information on where to go. I would do a series of tasks throughout the day, I rarely, if ever, was only doing one type of work in a day. Often, I would spend the morning doing one kind of work, for instance quality assurance and then the afternoon doing another. I was often given an amount of autonomy in deciding which tasks to prioritise, which I really appreciated.

The office environment was very cooperative, so I always felt part of a team when working together and towards the same goals, which made me feel both useful, and helped whenever I ran into issues, since my supervisors were completely familiar with what I was working on.

### **Lasting Impressions**

I greatly enjoyed my time at the Bodleian and would strongly recommend it to anyone interested in archiving as a career or the arts and heritage sector more generally. I developed skills in project planning, IT skills, communication, and deadline management, as well as picking up an excellent insight into the kind of decisions, and factors behind the scenes of museums, and libraries. I went into the internship without set career ambitions,

but this has certainly shown me that work in this sector is something I would absolutely be interested in pursuing in the future. Furthermore, since this internship is digital archiving, the work felt very cutting edge and current, and the sector is particularly dynamic in this area.

The Bodleian went out of its way to make sure we got a rounded view of lots of different aspects of the library, involving tours of conservation, rare books, and the university collection in the Old Library, as well as an insight into how the Bodleian functions, it was an unbeatable experience. I was also fortunate enough to attend many events with graduate trainee librarians and archivists, hearing invaluable information on the kinds of career paths people had taken by those just entering the industry, as well as more seasoned archivists. As well as useful from a career point of view, this was also just a fascinating insight into the heritage sector and a great opportunity to see behind the scenes of the Bodleian.



#### **What practical advice would you give to future interns?**

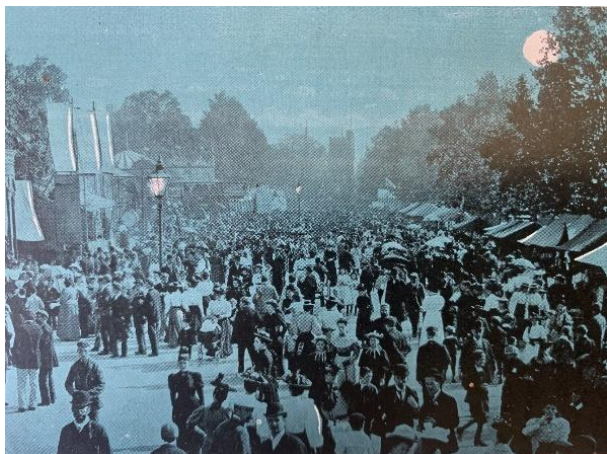
I recommend familiarising yourself with the basic sectors of the Bodleian Library, so that you have a vague idea of the range of work the people there are doing; e.g. that they have a conservation department to repair books, or that rare books have its own department etc. This is not essential as people are very helpful in explaining to you what they do, but I think it helps in terms of knowing what to expect and when talking to people having a vague idea what different roles

there are. It's also just very interesting.

I would also recommend thinking about and having an answer for why you are doing this internship, as you will be asked it, and people will appreciate you being able to give a clear reason why you were interested in their particular field, and career. It will also help them to help you in terms of interests and what kind of resources they can recommend if this is a

career you would be interested in. Finally, don't be afraid to ask for help, your supervisors will always be happy to clarify or lend a hand.

### Elisabeth Susan Grace Whittingham, Exeter College, BA English Language and Literature, Second Year Undergraduate, in person



#### Work Projects

My internship with the Bodleian Libraries allowed me to work almost from start to finish on a recently acquired collection of visual materials that will be made available online and to readers by the library. I was working on postcards made and sold by Henry Taunt in Oxford in the early 20th

century, of photography from the late Victorian period. Not only did the photographs offer a wonderful insight into some local history, but the written postcards gave a beautifully authentic snapshot into daily life; some felt like getting to know people you'd have never otherwise have come across. In this way, it was beautifully intellectually and personally stimulating, but still offered a much-needed change of pace from term-time work.

The Bodleian offered incredible tours of the other departments, allowing me to see the full range of work being undertaken at the institution and widening my aspirations, and considerations for what I might want to do in the future. In addition, my supervisors were incredibly warm and welcoming, and so helpful in answering any questions I had.

#### Daily Life

My internship was in-person, meaning I got to know my office well. The working culture at the Bodleian has a relaxed pace and we all had our morning coffee break together, facilitating a very social, and welcoming working environment. I'd walk to work, start my day listening to a podcast or audiobook while organising the day ahead and starting to archive the materials I'd been given, and then go to the tearoom with the rest of the office.

I got to know the other interns on our frequent tours of other departments, as well as more in more informal coffee meetings in both the morning and afternoon breaks. My lunch hour was often spent reading in the gorgeous Oxford gardens. Outside of work, it was lovely to

see the city from a slightly different perspective without any term-time pressures, so I got to tick off some of my Oxford bucket list, doing some prep for my academic work next year in the gorgeous cafes.

### **Lasting Impressions**

I really enjoyed my internship. I think most of all, it really provided an opportunity for personal growth, living alone without all my university friends and enjoying the independence it granted me. I've gained insight into a sector I'm really interested in and also had my horizons broadened by seeing the careers the people around me had forged. I think I learnt a huge amount about the sector and now have a far clearer impression of what I might find fulfilling. It was also incredibly refreshing to get to speak very candidly to people about what their jobs are like, which I think gave me a far more organic and full understanding of the upsides, and downsides to the arts, and heritage industry. I think a lot is naturally censored before you work somewhere, but then speaking to real people you get a more authentic understanding.

### **Eleanor Newman, Somerville College, DPhil Classical Archaeology, Third Year Postgraduate, in person**

#### **Work Projects**

I was working in the role of Archives Processing Intern at the Bodleian Archives. My role during this placement was cataloguing the work notes of Professor Christopher Hawkes, Archaeologist and founder



of the Institute of Archaeology at the University. This involved going through boxes of delicate papers, some of which were over a century old, noting the dates, languages, and contents of each box to put these on the online archival system. This role was part of a larger project which was cataloguing other belongings of Hawkes which had been acquired by the archives.

During my time, I almost completed the cataloguing of all of Hawkes' work notes and was involved in the conservation of certain materials such as photographs, and a Roman pottery

sherd. My supervisor and the Bodleian Archives team were very helpful during my placement, assisting with any queries or issues that arose. The Archives team also put on numerous talks during my placement, including in Conservation and Rare Books, to give a broader understanding of all the different roles available in archival work. They were also on hand to answer any questions I had about getting into an archival career and other similar jobs.



### **Daily Life**

I travelled to work from Coventry by car. I used the park and ride service once I got to Oxford. I arrived at work just before 10 o'clock every day. Generally, I was greeted by my supervisor and the other people in the office who were all friendly. I settled in

quickly because everyone was so welcoming. My day consisted of an hour of work until 11 when we had a half an hour coffee break, then worked until our lunch hour at 1. I finished work at 4pm. During my placement I socialised with the other interns - we all had similar interests and had studied similar subjects at Oxford.

A few times during my placement we had time off from work to go on tours and have talks from other departments in the archives, so we got a good impression of what the different jobs were like. On Fridays the coffee break is also slightly different as each week a different member of the archives gave a talk on something that they've been working on. Outside of work, I tended to rest after travelling for almost 2 hours each way, but on the weekends I was able to socialise with friends and my partner.

### **Lasting Impressions**

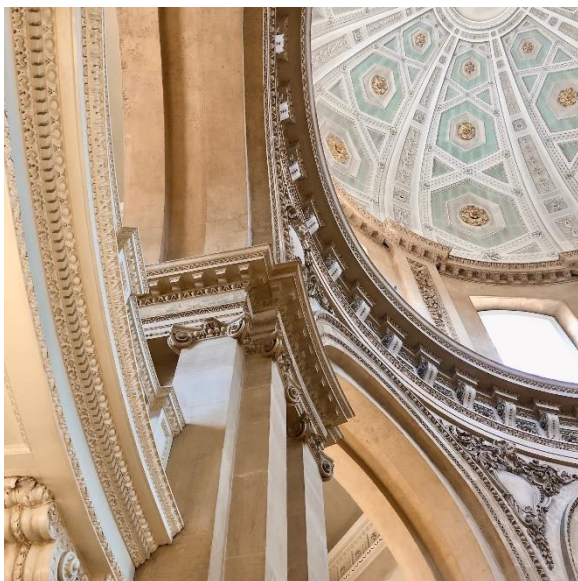
I really enjoyed the experience of working in the Bodleian archives. Firstly, everyone was so friendly and welcoming that it made settling, and getting on with work easy. The actual work I was doing was interesting and being able to complete such a big chunk of work as part of a larger project was especially satisfying. It has confirmed an archival career as a possibility for myself.

It has also given me a valuable experience for my CV and future job applications, even if I don't decide to stay in archives. For example, a career in curation is also a possibility and this work in archives has given me a unique perspective on curatorial work that may make me stand out from other job applicants. The talks that we were given about the different career paths available in archives has also given me a good insight and a deeper understanding of the different options available that I wouldn't have been able to get without this internship.

### **What practical advice would you give to future interns?**

Ask any questions you may have about possible careers, even if this involves asking questions to people working on different projects to yourself. Also take the time to get to know other interns.

### **MPhil History, Final Year Postgraduate, in person**



#### **Work Projects**

I completed an archives internship at the Bodleian Libraries Archives and Special Collections. My role was related to EDI Communications. I produced blog posts and social posts in line with the Bodleian's EDI communications calendar relating to materials held in the archives. I completed 4 blog posts with supporting social media assets and captions, as well as 2 standalone social media posts. I was able to pursue my interests without restriction and covered topics including the photography of Daniel Meadows in Moss Side, Manchester in the 1970s, the poetry of biochemist, and gay literary activist Ivor C Treby, as well as the posters, and visual language of the British Anti-Apartheid Movement in the 20th century.

I organised weekly catch ups with my supervisor and her manager, in which they supported me with finding relevant materials, and tackling practical questions such as copyright. I also sat in the same office as my supervisor, so she was available to assist with any questions or obstacles I came across during the day. My supervisor and manager were supportive of all

the ideas I came up with, and did not restrict me to certain pre-conceptions or ideas of their own, which allowed me total creative freedom.

### **Daily Life**

Working hours were from 10am until 4pm, which was quite a relaxed length of working day. At times this was challenging as I was eager to complete all the content that I had planned, though time was limited. Every day at 11pm we had a 30 minute break for tea and to socialise, and another break at 1pm for lunch. At break times I would chat to other staff members or to the other interns. The interns often ate lunch outside together when it was sunny. In the afternoons we were offered another break, however due to the short length of the day most interns didn't use this break.

On Fridays, there was an 1 hour morning break in which we could attend a talk given by a research fellow or a curator about an object from the archives that they were researching. This was a very enriching opportunity. We were also given tours of departments such as Digital Archives, Rare Books and Conservation, allowing us a more in-depth understanding of the different facets of working in an archive and how the different departments work together. For my own work, I ordered materials from the archives each week and was taken down to the stacks or the reading room by my supervisor to collect boxes, and folders that I had ordered.

### **Lasting Impressions**

I thoroughly enjoyed the experience. Being allowed creative freedom is a relatively rare and unique experience to have in the workplace, so I really appreciated this. It was enriching to learn about other areas of working in an archive and I am sure that this will serve me well when applying for jobs after I graduate. It also helped me to understand some of the possibilities for working in communications within the heritage sector. Conversations with my supervisor and other members of staff also helped me to understand the ins-and-outs of working in an archive, including day-to-day work, some of the challenges, as well as the exciting, and more repetitive parts of being an archivist.

### **What practical advice would you give to future interns?**

I would advise interns to approach the role with confidence. As a student and intern, you are not expected to have extensive workplace experience (or any at all), so it is fine to ask

questions, make suggestions or generally get involved with workplace chat and life. If it is your first professional job, then it is a good opportunity to understand life in a workplace. If not, it's a nice opportunity to experience a different place of work with different ways of working.

Take advantage of the extra opportunities such as attending talks or tours. Make sure you get to know other members of staff as well, particularly if they are on a career trajectory that you would like to emulate. Finding out more about them is a great way to understand whether you would enjoy working in a similar role to theirs in future.

## BA English and Modern Languages (French), Third Year Undergraduate, in person

### Work Projects

My project was to catalogue a newly-acquired archive. This involved sorting through many boxes of files, organising them, restricting files if necessary, and inputting this to the ArchivesSpace system. I was provided with some instructions and had a supervisor.



### Daily Life

Before the start of the internship, I was told what my project would be and was assigned a supervisor. On the first day, I met the other interns, my supervisor and other archive staff, and was given a tour of the Weston.

My supervisor then went through a box of files with me, demonstrating how to go about cataloguing them. I then carried on this work independently, asking for clarification when needed. Approximately once a week, the interns were taken on a tour to learn about the various roles in archive work. On Friday, we could also attend Visiting Scholars' Tea, which was an opportunity to network with archives staff and academics, and listen to a short presentation by one of the academics. The working hours were Monday-Friday, 10-4, with generous breaks. During tea breaks, I socialised with the other interns and archives staff.

## **Lasting Impressions**

I really enjoyed the internship and the friendly, and supportive work environment. I was interested in the work I was carrying out, I felt like I learnt a lot very quickly and gained a greater understanding of the different roles available in archiving. I would now like to explore this further, perhaps veering towards a slightly more curatorial role.

[Maisie Witherden, Somerville College, BA History, Final Year Undergraduate, in person](#)

## **Work Projects**

During my internship I catalogued the archive of Alun Gwynne Jones, Baron Chalfont. This involved an initial appraisal of the 35 boxes of material that made up the collection, before sorting and categorising material into several relevant series, related to his political activities, journalistic, and literary papers, personal correspondence, and ephemera amongst others. I sorted each box so it corresponded to each series, while ensuring I maintained the original order of the collection as far as possible.

I summarised the contents of each box to allow researchers to quickly identify which boxes and files from the collection that they would be interested in through the use of ArchivesSpace software. Throughout this work I was looking for sensitive material, particularly that which violates GDPR standards, that should be closed for a certain period. I received great support from my supervisor, who was always available if I had any questions or if there was any material I was unsure about.

## **Daily Life**

The internship involved several tours of departments of the Bodleian library. I was working with rare books such as, conservation, and the university archive, which were fascinating, as well as weekly talks from the visiting scholars in the Weston library. This gave me a greater understanding of other careers in the heritage and curatorial sector, not only showing me what is out there but also what daily life is like in these careers.

There were several other interns who I would socialise with on these tours as well as during morning and afternoon coffee breaks. I would walk to the Weston library, where I was based, to get to work everyday. The hours were quite short, only 10-4, which was perfect for me as I began the internship quite soon after I had finished my final exams and I didn't want to do anything too stressful.

### **Lasting Impressions**

I really enjoyed my internship experience. The team at the Bodleian were really friendly and welcoming to the interns. My supervisor was really helpful, especially if there was anything I was confused about, she was always ready to give me any advice she had. I was interested in an archival or curatorial career prior to my internship and the experience has only boosted my confidence in pursuing this path, as well as giving me a great insight into the life of an archivist, as it combines my interest in history, and care for detail.

## **OXFORD UNIVERSITY BODLEIAN LIBRARIES, MEDIEVAL MANUSCRIPTS**

Michael Lysander Angerer, Corpus Christi College, DPhil  
English, First Year Postgraduate, in person



### **Work Projects**

My doctoral research is mainly concerned with medieval translation, multilingualism and multilingual manuscripts and so I was lucky to be able to work with much of the material that I also draw on for my academic work. The internship allowed me both to conduct

in-depth research on some aspects of the Bodleians holdings as well as to experience the more (immediately) practical sides of working with manuscript collections. Much of my time was devoted to studying one particular manuscript, an eleventh-century collection of Old

English homilies that also contains, scribbled on the back of the last leaf and badly faded, the earliest surviving piece of Old Dutch verse.

With the help of conservation scientists and imaging specialists, I was able to try out different digital conservation methods to reconstruct this text and situate it in high medieval literary history, which is the focus of an article I am now preparing. At the same time, I also worked my way through some of the Bodleians collections of medieval fragments, often single leaves of parchment used in the binding of later books. Over the four weeks of the internship, I catalogued fragments in French, Dutch and Latin from the twelfth to the fifteenth centuries. This involved, among other things, dating the fragments, identifying the texts they contain and researching their later provenance. I also encoded manuscript descriptions in XML, to be incorporated into the digital catalogue of medieval manuscripts, to make individual fragments more easily findable and accessible.

### Daily Life

I mostly spent my working days at the Weston Library, writing up descriptions of the manuscripts and collections of fragments that I had called up to the Reading Room. This involved taking photos of them, measuring them and



consulting relevant reference works, and editions. During the day, I often had lunch at the Headley Tearoom and only left the building in the evening, although sometimes I did also need to consult books in other Oxford libraries. Some of my research was more flexible and could at least partly be done remotely, and the same applied to the actual encoding of catalogue descriptions, for which I could rely on my photographs, and notes taken in the Reading Room.

Every Monday morning, I met with my supervisors to discuss my progress and identify further tasks I could complete. The Bodleian coffee mornings on Friday provided an additional opportunity for feedback and discussion, along with fascinating insights into the variety of the Bodleians collections, and an opportunity to socialise with others working at, and around the Bodleian. Throughout the internship, I also had meetings with specialists

working in Digitisation, Imaging, Conservation, Rare Books, Public Engagement and Education, who introduced me to the various aspects of their work, and gave me helpful advice for my particular research interests.

### **Lasting Impressions**

I incredibly enjoyed the time spent interning at the Bodleian, both because of the exceptional opportunities it gave me for exploring new avenues for research and because of the very hands-on tasks that gave me much greater confidence in handling medieval manuscripts. The internship has greatly expanded my horizons by introducing me to the many components needed to keep track of collections and to make them available to researchers, and the wider public. Perhaps my most memorable experiences were seeing the ARCHiOx projects 3D scanner in action, as well as seeing a demonstration of the Library's equipment for multispectral and hyperspectral imaging.

I am now much more aware of the variety of digital conservation methods available. But the relatively simpler task of cataloguing medieval manuscripts has also filled me with new respect for the labour involved in keeping accurate and easily accessible records of collection material. My main career ambition remains to continue working in academia, but the insights I gained from this internship have also made me seriously consider pathways into library and heritage careers. I believe my work at the Bodleian has laid at least a good basis for exploring further possibilities in the library sector and for this I am extremely grateful.

## **OXFORD UNIVERSITY BODLEIAN LIBRARIES, RARE BOOKS**

[Abbey Hardy, St. Hugh's College, BA Music, Second Year  
Undergraduate, in person](#)



### **Work Projects**

My internship at the Rare Books department in the Weston library mainly consisted of digitising the book bindings of the Broxbourne collection, which included books spanning

many centuries and whose special bindings represented many different styles, and nationalities. This involved writing the information of each binding (including the location, date, and general description) into a spreadsheet and scanning the binding of each book so that the photos, and details could be added to the Rare Books Flickr page, available for anyone to see. As a music undergraduate, coming into this internship I had an interest in, but little practical knowledge of, book bindings and their history. Over the four weeks I uploaded more than 200 scans, learning much about the subject and rare books more generally.

Learning in such a practical environment helped put the information into context and due to the wide range of books included within the Broxbourne collection, every new binding was an exciting surprise, and opportunity to learn. My supervisor Francesca and the Rare Books team taught me



valuable information about book bindings, and also about working in such a large, busy library. Their support and guidance really helped me work efficiently from the beginning. From the first day, Francesca and the team were very welcoming and helped me feel included. I always looked forward to learning more about their different roles in the library and they provided valuable insights into finding a career within this area.

### **Daily Life**

The morning of my first day at my internship was filled with a tour of the Weston library, seeing the stacks and learning about the different roles of the Rare Books department. This was extremely useful as it put my own role into context and helped make the Weston library feel more understandable, and less overwhelming, despite its large size, and many different departments!

This first morning helped me feel more settled and as I started work, the team was always available to answer my questions, and help identify the different types of bindings that I was

working with. Most mornings the Rare Books team and I would have coffee together in the Common Room, which provided the perfect way to socialise and get to know everyone better, not only in their roles within the Weston library, but also on a more social level that really helped me feel welcome.

My supervisor, Francesca, also organised meetings with other departments during my internship that introduced me to many new people who were all very friendly and clearly passionate about their roles within the Weston library. This really helped me learn more about different career choices I could make as well as how libraries are run. I loved having the opportunity to learn about so many different archives and departments, and appreciated the time that everyone gave me.

Every Friday there was also a coffee morning during which a different speaker would give a presentation on their specialism or the research they were currently working on. This also provided a great opportunity to learn more about the Weston archives and the type of research being done at the University, as well as an opportunity to socialise with staff, researchers, and fellow students. I really enjoyed these presentations as they were always varied and interesting, often on topics I knew little about but loved discovering.



### **Lasting Impressions**

Overall, I really enjoyed the whole experience of my internship: from the work itself to meeting new people, seeing different parts of the library and the archive, as well as understanding how they operated. I have gained a valuable understanding of how

different departments in a library are run as well as helpful information on next steps for pursuing a career in this area.

The internship has really helped to confirm my career ambitions and has reinforced my decision to pursue a career in libraries, and archives in the future. Every day of the internship I learned something new and interesting, and it was an experience I would recommend to anyone even slightly interested in archives or libraries! Not only did it teach

me more about possible career paths, but it also helped me to feel more comfortable using the Bodleian services as I feel I understand it on another level now!

## OXFORD UNIVERSITY CAREERS SERVICE

Myesha Munro, Lady Margaret Hall, BA Classics and English,  
Final Year Undergraduate, in person



### Work Projects

As a Publishing Assistant for the Careers Service Guide, I secured revenue for the careers service through advertising in the Guide, copyediting profiles, and using InDesign to assist lay in. I received copyediting training and InDesign tutorials, as well as general advice from other people in the office.

### Daily Life

I worked in the office 9-4:30 (including half an hour lunch break) for eight weeks, with a half an hour walk to and from the office, four days a week, allowing me to visit family etc during long weekends. I worked on a floor full of friendly and sociable offices, talked to the Careers Advisors on the same floor as me throughout the day, and other members of the Careers service in the coffee room.



### Lasting Impressions

I really enjoyed this internship, which has taught me several practical skills which will enhance my CV going forward. It also helped me get accustomed to the nature of an office job (sitting in one room for seven hours took a lot of adjustment!). Since I enjoyed the internship, it confirmed my career ambitions and reassured me that I have the skills I need to pursue a career in publishing.

### What practical advice would you give to future interns?

9 out of ten times that I asked for advice I was already on the right track, so be confident in your own abilities (second guessing will just slow you down!). Be harsh during copyediting,

the people whose words you are editing have given you permission to edit their words, so don't feel bad doing so! Eat lunch in the common room, eating in your office makes the day feel extremely long.

## OXFORD UNIVERSITY MUSEUM OF NATURAL HISTORY

MBiol Biology, Second Year Undergraduate, in person



### Work Projects

My project was researching 1800s ecology via historical literature. A lot of it included archival work and taxonomy. I also reorganised collections, digitised information from the museum collections, and wrote an article for the blog on the side.

### Daily Life

I would cycle to work and begin my largely independent project. I knew the direction of the project and my interaction with supervisors was mostly guidance. They were inducting talks to show us different aspects of the museum and we had an intern meet.

### Lasting Impressions

I had good talks with people in the museum sector about careers which I really valued as they felt more honest than most career talks. I was able to attend debates for free that increased my aspirations in other areas such as food security. The workers at the museum confirmed that gaining a job in a museum is very difficult, mostly because it requires (often years) of volunteering at museums - which most of the people I asked explained was how they got into the job. This is disheartening, as I think it makes the sector seem endearing and fair to some but, to me, this seems class reinforcing, and I do not believe that valuing the time committed to free labour is more meritocratic than hiring externally with posted positions. It is unfortunate that this is one of the very few paid museology work experiences in the UK.

Nicola Boys, St. Hugh's College, MBiol Biology, Final Year Undergraduate, in person

### Work Projects

I interned at the Oxford University Natural History Museum (OUMNH), working in the conservation lab. It was a great fit for me as I've studied Biology here at Oxford for several years and I'm a keen photographer, which was a large part of the internship.

My main task was to help restore some of the zoological specimens for the large museum redisplay in spring 24. This involved photographing, cleaning, treating, often repairing and assessing each specimen, before finally photographing it post-conservation again. The internship was six weeks long, funded by the EPA, which thankfully supported me to keep living at college over the summer.



The OUMNH was a wonderful host organisation to intern with, the people are incredibly supportive and kind, and I gained a lot of confidence in working independently. They also offered opportunities outside of the lab, including a visit to the British Film Institute, tours around treasured collections in the museum and the chance to work on specimens outside of the zoological collection.

### Daily Life

I was able to choose my own working hours if they added up to the specified total by the end of the week. I cycled from my college accommodation to arrive in the lab at 8am and worked alongside my supervisor until lunchtime. Lunch was very social, with all the staff meeting in the common room and on Fridays leaving the museum together to get falafel wraps. My workday finished at 4pm, when I often cycled to the boathouse gym.

### Lasting Impressions

I absolutely loved this internship and cannot recommend it enough for anyone seeking a career in zoology that isn't purely research-based. I've always wanted to work with animals

in one way or another and this merging of zoology, art, and conservation science was just right. I really hope to be able to continue working in this field and I have gained a lot of confidence in my career hopes because of this internship.

[Amelia Margaret Roussel Collins, Wadham College, MBiol Biology, First Year Undergraduate, in person](#)

### **Work Projects**

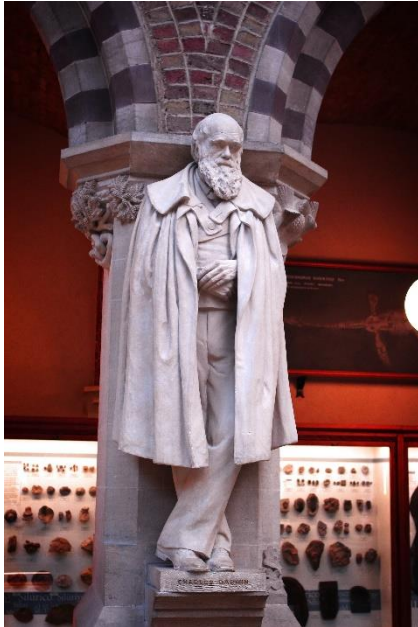
I completed a project with Dr Sammy De Grave at the Oxford University Museum of Natural History studying the endophragmal skeleton of shrimps. The main aims of this project were to determine an appropriate method of viewing and imaging this internal structure, and then comparing how it varies across different shrimp families. Dr De Grave helped me in my own experiments to determine an appropriate laboratory method for removing the flesh of the museums shrimp specimens so that they remained appropriately intact and could be used for microscope imaging. I was then taught how to use a high magnification microscope and corresponding software to produce high-definition images of the internal skeletons of a variety of shrimp families.

During this process, I was also able to use several other complex microscopes such as a confocal microscope and a scanning electron microscope to image the skeletons of smaller shrimp specimens. These images were very useful in obtaining a general idea of the variation in these structures between different families. Unfortunately, this project reached a dead end as due to technological issues we were unable to obtain the CT scans from a synchrotron in Switzerland required for further analysis. Following this, I worked with Dr Leonidas-Romanos Davranoglou on CT scans of insects. Dr Davranoglou taught me how to use the appropriate software to colour in certain structures on the 3D CT scan, allowing an improved understanding of the morphology of these insects.

### **Daily Life**

Every day I cycled from my accommodation provided by my college in North Oxford to the museum. When at work, I socialised with fellow interns at the museum, along with my internship supervisors and other museum staff. Speaking to other staff at the museum helped me to settle in and adjust to the culture there. The museum organised some social events for myself and the other interns which helped us to get to know each other, and feel

more at home at the workplace. Outside of work, I liked to relax by cooking and watching TV. I also continued my normal hobbies such as rowing, running, walking and going to the cinema.



### **Lasting Impressions**

Whilst I learnt a lot about shrimp and insect biology during my internship, the most important things I learnt during the process were more abstract than this. I gained an insight into the process of scientific research, particularly in the fact that it often involves a lot of trial and error before any actual progress can be achieved. Furthermore, I got to see the variety of jobs that exist within the Museum of Natural History, including those directly involved in research along with jobs that were more focussed around public engagement and museum management.

Most importantly, conversations with my internship supervisors helped me greatly in understanding and planning for my future career ambitions. I learnt that a future career in zoological research is possible for me and that I am capable of the necessary steps to pursue this career. The experience was not always easy, particularly since my usual friends in Oxford had all left for the holiday and I felt rather lonely at times. The job was sometimes frustrating but, in the end, left me with a much better understanding of my future and a much greater faith in my own potential to reach it.

[Stanley Upton, Exeter College, MSc Earth Sciences, Second Year Undergraduate, in person](#)

### **Work Projects**

I worked as an assistant to collection management in the Earth collections at Oxford University Museum of Natural History. My project was broadly divided in two: the first half examining the Wager history collection; the second accessioning more recent specimens from DPhil projects. The history collections involved inventorying the jumbled-up rock collection of geologist, mountaineer and explorer Lawrence Wager who worked as a

professor in the department of geology in Oxford in 1950s. His work included novel exploration in Greenland, including the layered Skaergaard intrusion.

This pioneering research meant lots of rock samples found their way to the museum's collections, which although contained in boxes with some declaration of their origin, each specimen was not yet accessioned onto the central database Emu. This entailed looking through many boxes of relatively poorly labelled but remarkable rocks to try to work out where they had been collected and their relation to the other specimens they were boxed with. Upon completion of this inventorying process, the rocks were transferred to a new box with detailed labelling such that should any specimen want to be studied by a future researcher, the specific location of the rock (in which box, shelf and storage facility) could be ascertained promptly.

I chose to focus on accessioning DPhil collections centring on mantle xenoliths and eclogites. The occurrence and origin of both broad rock type groups is an ongoing scientific mystery as the dissertations I studied tried to tackle. Less of a mystery is the location and description of each specimen used in these research projects, as I created an inventory for the central database of each specimen collected in these theses. I painted on accession numbers to each rock, matching them to the descriptions given in the papers and recording this to the database spreadsheet. Similarly, to the Wager history collection, should someone in the future want to examine the South African Bultfontein mine kimberlite mantle xenoliths for future research into, say, upper mantle chemical heterogeneity, then they needn't extract more from the limited natural resource, instead request the suitable specimens from the museum collection.



These specimens are of significant interest in commercial and scientific geology, as mantle xenoliths in kimberlite pipes bare a large proportion of the worlds natural-forming

diamonds, since they require the pressure-temperature conditions in the upper mantle to form. The upper mantle is otherwise inaccessible to humans too hot and too high pressure to probe so the xenoliths can be a window into this world. The final task was to move these extensive collections away from the museum to an offsite storage facility in a former RAF base so that eventually the OUMNH material from the GLAM division can be as accessible as books are in the Bodleian.



### **Daily Life**

My induction took place gently over a few days in my first week. I was shown which keys to use, the policies for health and safety, my work environment, and introduced to the general tasks I would be getting on with over the coming weeks. Working in-person, I would come into the museum each day at 9am. Often I was working in the basement of the Hooke Building to the North of the museum, as this was where the majority of the Earth collections I was dealing with, are kept. During my lunch break I would typically go to the University Parks since they were in close proximity and

to make the most of the embers of the summer weather. On rainy days I would go to the staff common room. Some days there were special tea breaks at 11am or 2pm for colleagues working in the Earth collections, where people would occasionally bring cakes and other food to share while chatting.

My day would end at 5:30pm. I generally socialised with my supervisor, as there weren't any other interns doing rock collections in Earth. For my first couple of weeks there were some other placement students, but I rarely saw them as they were locked away in other parts of the museum. It was nice getting to socialise with them when they for example had to come to the Hooke Basement or at the aforementioned, tea meetings. Once a week there was a volunteer who would work in the basement with me and we would occasionally chat about geology.

### **Lasting Impressions**

I enjoyed my time at OUMNH. I wanted to find out how a natural history museum operated behind the scenes, and it was with pleasure that I experienced it first-hand. Especially enjoyable was being able to see through the whole process from fresh specimen from a DPhil project to its ultimate location in the offsite storage, working both alone and collaboratively to create a complete record of each step, and each rock. This meant that by the end of the internship it felt as though I had achieved a fair amount, or left - if small - a measurable impact on the Earth collections.

Seeing the amount of work which must go into dealing with poorly made specimen notes has helped me reflect on my own practices in field geology! Ultimately, I've been fascinated being able to see how varied museum work can be, especially the prospect of mixed amounts of research further to collection management. I came into the position wanting to feel stimulated, to discover how an archive is kept and to feel like I've left a mark. This placement position has enabled me to achieve these things. It has also helped me discover more I adore about my field, which I hope more than before to pursue beyond just undergraduate level academically.

### BA Psychology, Philosophy and Linguistics, Final Year Undergraduate, in person



#### Work Projects

I worked on the Unlocking Oxford University Natural History Museum's Glass Plate Negative Collection internship, taking place in-person at the museum. The internship project was to work on processing the museum's vast collection of

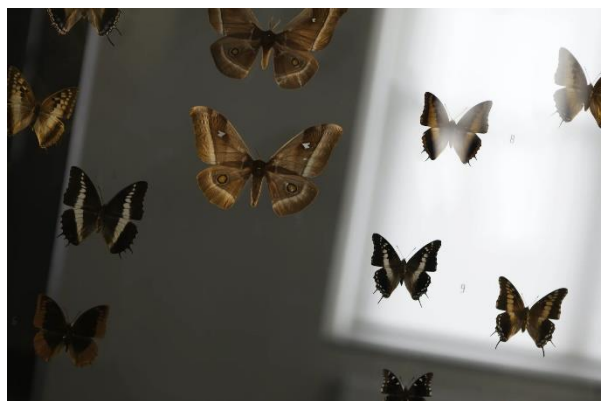
uncatalogued and unexplored glass photographic slides (both glass plate negatives and lantern slides) dating from the 18-1900s, to allow the collection to eventually be accessible to researchers and potentially the public. The glass slide collection provides historic insight into the museum's past, the research of individual scientists, and the landscape of academic thought, and interests at the time.

Our work involved processing slides in small batches: each slide carefully and appropriately cleaned, imaged for future digital access, catalogued, with any metadata not otherwise captured recorded, and so preserved, and finally rehoused in protective, and accessible long-term storage. Working in partnership with another intern was very beneficial to stream-lining this process and over the six weeks we finished the remaining 610 uncatalogued lantern slides, and processed roughly 2100 glass plate negatives. We also had the project of curating, editing and presenting a glass slides showcase for OUMNH staff, where we were able to unveil the most interesting slides we had discovered, allowing the unexplored contents of the collection to be appreciated, and discussed.

Oxford University Natural History Museum (OUMNH) was hugely supportive and welcoming over the internship, our supervisor provided approachable, and helpful guidance wherever necessary. There were also organised behind-the-scenes tours of the collections and archives with the experts, an evening social event for interns, and frequent tea breaks doubly useful as opportunities to chat to members of staff about their work. I felt throughout that my work over the internship was really appreciated and valued as a contribution.

### **Daily Life**

My daily life on the internship involved a short walk to the museum for 9am and up to the paper conservation laboratory where my work took place. This was an amazing room to work in filled with old photographic equipment, stacks of rolled maps, and



overlooking the glass roof of the museum, it was far from the summer-holiday bustle of the museum below. We'd meet with our supervisor in the morning and again throughout the day, also scheduling tea-breaks where we could take a break, and catch up with what was going on in other parts of the museum.

Initially the days were often broken up by tours of the collections and we also were able to attend whole-staff meetings throughout. Our workdays ended at 5pm. Outside work, I had familiar options of things to do and places to go since the internship took place in Oxford,

and I could also meet up with other friends in Oxford over summer, so the six weeks were never quiet. Settling in was quick and easy thanks to the warm welcome to the museum, and approachable guidance.

### **Lasting Impressions**

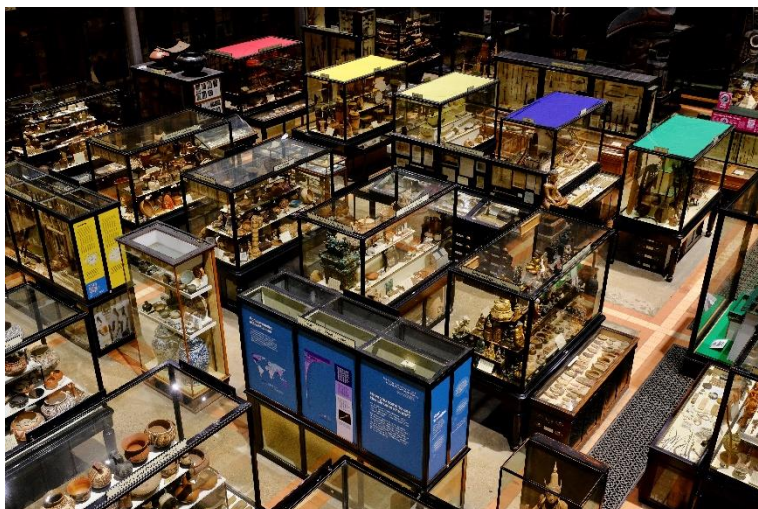
I really enjoyed my time on the internship and the work I was doing. I get satisfaction from detailed manual tasks and the systematic workflow of processing lots of material, so I found working through the slides rewarding, and enjoyable. I have really appreciated the invaluable opportunity to spend so much time hands-on with a collection and in practical work, especially since it involved working with an unexplored collection, and being directly a part of its unlocking, and preservation. I've come away with a confirmation of my interest in careers in museums, archives and conservation, thanks to the insight into the real workings of a museum, and what a role in one might look like. Particularly, it has confirmed my interest in roles that involve working with my hands with precision and detail.

I have also gained practical skills and experience in archival collections management, and organisation. My lasting impression is of the collaboration and passion that collections, and museums are sustained by. I'm glad to be a part of this story for the glass slides collection thanks to this internship.

## **PITT RIVERS MUSEUM**

BA English Language and Literature, Final Year

Undergraduate, hybrid



### **Work Projects**

I completed a decolonial research internship, where I produced educational material for the Pitt Rivers workshops with secondary school students. The internship is a response to the lack of contextual information provided to A-level

students when learning about the British Empire. For the internship, I researched two photographs from the museum's collection, from a personal angle - providing cultural insights into the photographs to further contextualise them. The photographs were taken by the museum's former director, who was also an anthropologist, which allowed me to discuss how the provenance of objects can inform how we view them. The photographs were of Harmandir Sahib, or as it is more commonly known the Golden Temple.

My research involved looking into spiritual practise and the history of the Gurdwara. I also responded creatively to the photographs via poetry and an interview with a close family member. The Pitt Rivers were extremely helpful and accommodating. Particularly Melanie, who provided access to the museums database, put me in contact with those in the photography department, engaged in meaningful conversation about the objects I chose and supported me throughout the process. I was also given a behind-the-scenes look at the museums curatorial and educational facilities which was very fascinating.

### **Daily Life**

When I first started the internship, I was given a tour of the museum where I was shown the learning development offices, curatorial workshops and introduced to those working in the aforementioned departments. After this I visited the museum itself to get an idea of the area I wanted to research. I was also shown the museums online database, where I could search further for objects that matched my regional interest. Upon searching the objects and photographs from the Panjab region, where my family are from, I bookmarked 5-6 objects/photographs that I eventually dwindled down to 2. I chose two photos taken of Harmandir Sahib (the Golden Temple) by former Pitt Rivers director, Schuyler Jones.

The first photo was of the external part of the temple with other elements within it. The second was of the inside kitchens where a group of women are seated preparing traditional Indian food for visitors to the temple. The photos fascinated me from an aesthetic angle and from a personal one. Upon starting my initial research, I spoke to people from the region and followers of the Sikh faith for foundational knowledge on what might be happening in each image. After, I started to read journal articles that related to the history of then temple and recent discourse on the rituals occurring in the images. I looked at Sikh-feminist writings and delved into the feminisation of ritual. This laid the foundation for my personal response

which was an interview with a close family member who is a Sikh woman. The final product of my research was a 2,500 word document describing the nuances of each image, a poem and an interview.

### **Lasting Impressions**

I am incredibly grateful that I had the opportunity to partake in this internship as it drew me closer to my own cultural heritage and allowed me to produce educational materials that fill a gap in the current A-level curriculum. I thoroughly enjoyed both the research and being able to see the behind-the-scenes of the museum.

Following this internship, I am considering going into decolonial research/work in the future. It has opened another route which I previously was not entirely aware of. I am currently beginning my postgraduate studies and hope to use the research skills I gain from that to enrich this new route I have in mind. I am also very grateful that I was able to meet and discuss my research with those who work for the museum. Both their time and expertise were largely appreciated.

[Lucy Brewer, Oriel College, MSt History of Art and Visual Culture, Final Year Postgraduate, in person](#)



### **Work Projects**

During my placement with the Photographs and Manuscripts Collection at the Pitt Rivers Museum, I had the opportunity to work closely with an archive of photographs called the Metcalf Collection. The Metcalf Collection is a collection of family albums, postcards, and photographs compiled by Henry Ernest Metcalf, and his son Bernard Leslie Metcalf during various periods of residence in Japan, beginning in 1906. During my internship, I researched, compiled, and catalogued all relevant

information about the objects in the collection. This was a fantastic experience because over the course of the summer, I became the informational expert of this collection as I was

the one who collected, compiled, recorded, and published all information about the photographs in the museum database.

I worked alongside Philip Grover, my supervisor in the Photographs department, throughout the course of my internship. He gave me a great induction to the Pitt Rivers Museum and supported me as I navigated the process of cataloguing images. I was also able to connect with Christopher Peter Metcalf, the living descendant of the Metcalf family who donated their photographs collection. At the end of my internship, I got to visit his flat in-person and see some of the Japanese objects his family brought back from Japan in the 1930s. This experience also gave a new level of depth to the research I've been working on.

Finally, in the weeks since the completion of my internship, I have been working on a blog post about the Metcalf Collection that will be published on the Pitt Rivers Museum Blog. This is a great way for me to celebrate the work I've done, in addition to leaving behind a record of information for future researchers and scholars who are interested in the collection.

### **Daily Life**

During my placement, I worked in-person at the Pitt Rivers Museum four days a week over the span of five weeks. I cycled to work every day from my accommodation in Oxford because the internship was in Oxford, the lifestyle adjustment was very easy. The museum office at the Pitt Rivers is incredibly state-of-the-art and provided me with all the resources I needed for my research. In addition to our daily lunch break, each day I enjoyed a tea break with my colleagues from the Photographs department and from other sectors of the museum, which allowed me to learn more about what goes on outside of photographs research.

The tearoom at the museum is a great space for community building amongst the museum staff. I often socialised with one of the volunteers as well as the Curatorial Assistant from the photographs department. Philip, my supervisor, also organised a pub trip for the interns to get to know the staff, which was lovely. Thanks to Philip's introductions, I met many interesting people from across the museum who all made me feel welcome. I enjoyed getting to hear about the diversity of projects that everyone works on and how they liked their jobs.



## **Lasting Impressions**

My internship at the Pitt Rivers deepened and expanded my academic, and intellectual growth as a student at Oxford. I loved getting to dive deeply into the history of Japanese-Western cultural interactions (the subject of my MSt research) while working hands-on

with objects. It was also an incredible opportunity not only to learn about the Pitt Rivers, a hallmark of Oxford history, but also to learn about museum work as a whole. It was very encouraging for me to enjoy my work so thoroughly, especially as I embark on my permanent job search!

## **What practical advice would you give to future interns?**

While I can't speak for all the internships offered through the Careers Service, I highly recommend the Oxford Museum internships. These internships are a fantastic way to get your foot in the door, so to speak, to the museum world and to engage with Oxford's history in a deeper, and more meaningful way. I am very grateful for my time with the Pitt Rivers Museum and would recommend this placement to anyone interested in photography, visual culture, anthropology, history, or museum/object work.

[Zaiba Patel, Worcester College, DPhil Education, First Year Postgraduate, hybrid](#)

## **Work Projects**

My internship was at the Pitt Rivers Museum. I had the opportunity to select two objects, research them and provide an educational resource. I also helped to plan a school session for the museum on the Partition of India and Pakistan in 1947. I thoroughly enjoyed it - my employer was flexible and helped me to play to my strengths, as well as develop my skills.

## **Daily Life**

I had an initial meeting with other interns which outlined what the internship would look like. I then decided on a start date. On my start date, I browsed potential objects and arranged a meeting with the manager. We narrowed down the objects and decided to focus

specifically on an upcoming event where students would be visiting the museum to learn about the Partition of India, and Pakistan.

Given my background as a teacher, I enjoyed the opportunity to help plan the session. I also developed my skills by planning a session for use in a very different format than a classroom and having the opportunity to research, and write about single objects in depth, weaving a teachable narrative around them.

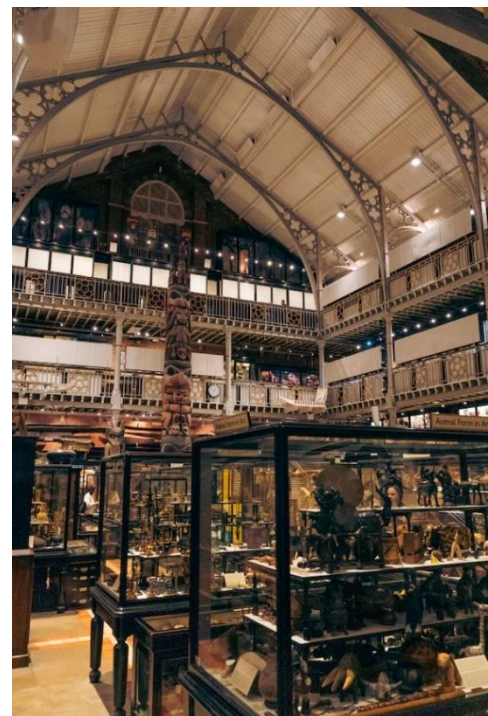
### **Lasting Impressions**

I thoroughly enjoyed the process, especially the way it was tailored to my skills and needs so brilliantly.

[Lalchhanhimi Bungsut, Wolfson College, MSc Social Anthropology, Final Year Postgraduate, hybrid](#)

### **Work Projects**

Working with the museums learning team, I helped develop teaching material with a focus on colonial harm in South Asia, particularly in the Lushai Hills where Mizoram - my home state - currently stands. I first began by wandering through the displays on the three levels of Oxford's only museum dedicated to anthropological material. The levels are stuffed with artifacts from all over the world some stolen by colonial officers, anthropologists, and the more recent artifacts gifted to the museum. As I couldn't find objects that closely related to the project of uncovering colonial harm in a familiar context, I requested to scavenge through the archives.



Thanks to the wonderful staff working behind the scenes in the museum, I gained access to albums of photography and sketches done by Colonel H.G. Woodthorpe, a colonial officer with the Lushai Expedition of 1871-1872 which eventually led to the annexation of the Lushai Hills. Sifting through sketches and plastic-covered photos with gloved hands, I spent

several days marvelling, photographing, and categorising the material. I finally settled on two pieces that I wanted to further analyse.

### **Daily Life**

I did a hybrid internship, which involved both the commute into work and working from home. At the museum office, I was taken into the main office area, where I either started by having a conversation with my supervisor or meeting someone who would help me settle into the archival analysis section. I would then spend a few hours working at the desk, analysing old pictures and sketches, and then go home to write up what I learned or thought. At home, I would do research in tandem with my dissertation as I did both at the same time. I would unwind by making meals with friends or going on walks in the park.

### **Lasting Impressions**

Taking part in this project has been both enriching and challenging. I have learned of losses and changes that have taken place throughout our ignored history but have also played my part in bringing the objects, and my ancestors back to life. The project also contributed to my training as an aspiring anthropologist, allowing me to engage with new avenues such as material culture, archival documents and offering practice in talking, and listening to people.

I am now more confident about my relationship with objects of material culture and am excited to continue research on a similar trajectory of historicising objects, places, and analysing the role that colonisation plays in shaping everyday relations today. More importantly, I now find myself more rooted in my identity, with a better relationship with my ancestors, my community's history, and the possibilities of the future in the traditions that remain.

## REDFIELD & WILTON STRATEGIES

Richard Chi Lok Cheung, Wadham College, MPhil Traditional East Asia, Second Year Postgraduate, remote

### Work Projects

I worked as a Research Analyst intern at Redfield & Wilton Strategies, which is a political polling firm specialising in regular tracker polls on the voting intentions of voters in Britain, Scotland, Wales and the United States. As the title of the job



suggests, I worked with the research team of the firm, which is responsible for providing written political analyses into the raw data received from our panels. For context, another team is responsible for generating graphics and charts for the research team's reports, and another team is responsible for digitisation, so my job was purely research-based with little to no technical components, unlike some market research roles.

Since there were only 4 of us on the research team (2 permanent employees + 2 interns) handling a large workload, I was expected to perform the same responsibilities as the permanent research team members. My main (regular) responsibilities included drafting poll scripts, updating our website with our poll findings, writing exclusive analyses of polling data for our website, writing briefings for our clients (mostly journalists) and editing each other's work. Although the work was intense, we were not expected to perform any tasks that we had not been taught to do, and our supervisor would give us a demonstration of each task before we had a go at it.

My proudest achievement was completing a long research report (of over 50 pages) with my fellow intern for a client who was planning to run in an upcoming election. I also got to pitch an idea for a new project to the senior management during an in-person meeting in London (the only in-person event during the internship). The senior leaders were very receptive to new ideas: my idea was approved, and I was put in charge of the new project.



### **Daily Life**

I managed to work from home by setting up a workspace in a corner of my room, where I put a small desk and some stationary. I would only use this table for work and try not to spend too much time around that area afterwards so that I could get a more physical

feeling of being on, and off work. I also got dressed before I started work every day to reinforce the feeling of being at work. I usually woke up around 8 am and started work at 9 am (I could get up a bit later since I did not have to commute). Most mornings were spent updating our poll findings on our website or writing briefs for clients (mostly journalists). There was no set time for lunch, but since my supervisor usually had lunch at 1 am, I did the same so that we could work together without interruption.

Afternoons were usually a little less stressful since the more important tasks with deadlines were already completed in the morning. My work was rather mentally demanding since it involved a lot of intense research and writing, so I would try to wind down (especially in the afternoon) by taking 5-10-minute coffee breaks once or twice in my kitchen. Working from home meant that I could organise my own time more flexibly, which made the experience less stressful than it otherwise would have been. My day usually ends a little past 5 pm and most colleagues leave the company server by 6 pm.

### **Lasting Impressions**

The internship was a transformative experience for me. I learnt a lot about myself and my interests during the two months I spent at my firm. Through this experience, I was able to gain real insight into the market research and political polling industries, which is a very rare opportunity given how niche polling can be. The experience allowed me to realise my passion for politics and research. I would love to explore a career in a field related to politics, research and public policy.

I was always interested in reading about politics, which was why I applied for the job, but never did I imagine that I would be able to work in this field without a political science

degree and enjoy it as much as I did. As a result of this realisation, I am now looking into roles in political polling, think tanks and strategy consulting (with a focus on policy) with more confidence than I did before the internship.

I really enjoyed the internship experience. Despite working remotely throughout the entire internship (except for 1 in-person meeting in London), the people at the firm were supportive and friendly, frequently checking in on us interns through the company server (Slack). It was also nice



to know that we (the 2 interns) had alumni working at the company (the other intern is from an American university) and we were able to bond through our shared experiences. It turns out that my fellow Oxford alumnus also participated in this internship programme and was offered a role when it ended. Hearing about this boosted my confidence a lot. I would highly recommend this internship to future Oxford students if it's offered again.

### **What practical advice would you give to future interns?**

I would recommend future interns to keep a diary or journal to record two to three things that they did that day, as well as various interesting observations and personal reflections if they wish. I found it really helpful to be able to look back and see all my achievements written down on paper (I did it digitally as I hate reading my own handwriting) and have a reference point when thinking about potential room for improvement.

My journal helped me get more out of my internship than I otherwise would have. I would also recommend reading up about your interview during the application process, if possible, as it would make it easier to know what their demeanour might be like and (especially for my role) what their politics are. Doing this really helped me feel more comfortable during the interview and it allowed me to strike up a cord with my future colleagues (my interviewers were the other 2 members of the research team).

# SANDS

BA Philosophy, Politics and Economics, Final Year Undergraduate, remote



## Work Projects

My main projects were the following:

Undertaking research into campaigning methods for healthcare change in the UK, focusing on digital and public affairs, and to produce a report. Producing a social media strategy handbook based on my

literature review and additional research. Preparing a copy for the upcoming campaign and assisting the campaign officer in his preparation. I was very well supported by the campaign officer.

I feel that the tasks were well structured around my existing skills/cv and that I got several opportunities to engage in exciting work and take a large amount of responsibility for specific areas of the upcoming campaign. If I undertook this role again, I would ask for more regular check ins as I sometimes found that instructions were lost in translation and could only be clarified once work was completed, and needed to be edited.

## Daily Life

I originally found it quite difficult to develop a routine working from home (so I am grateful to have tried this) but I found the large amount of onboarding meetings helpful as my first few days were well structured. Sands is very keen to discourage working outside of work hours which I found helpful in developing my routine. I found meetings with my supervisor helpful but if I could do it again, I would ask for a meeting at a specific time every day, to help structure the day further. Otherwise, I was given lots of free rein and quickly learnt to initiate check ins myself where needed.

I particularly enjoyed being invited to larger staff and team meetings. I do wish we'd been able to find a way for me to spend a little more time 'shadowing' my supervisor in the earlier

weeks, to see what their day looked like; this is understandably tricky in a remote internship and my supervisor was good about explaining their workload, and what they were doing.

### **Lasting Impressions**

I've taken many valuable lessons from Sands. It was a huge adjustment to begin a 9-5 routine, having worked very flexibly but near constantly as a student. I feel Sands was a great environment to make this transition in as they encourage incredibly healthy and positive working practices. Managing my workload under a supervisor was also a learning curve and I am very grateful for the patience I was shown as I picked this up.

Overall, I feel that I was valued as an intern. The experience has had a mixed effect on my career ambitions. It has certainly confirmed my desire to work in a value driven, meaningful field. It has also left me a little confused as to some of my own ambitions (but probably for the better!).

### **What practical advice would you give to future interns?**

To communicate as much as possible with people in your workplace. Ask questions often and communicate your own needs as they arise. This allows for much better and clearer working relationships which will ultimately improve outcomes.

## **SIDNEY NOLAN TRUST**

Gaia Luce Clark Nevola, St. Catherine's College, BA English Literature and Language, Final Year Undergraduate, hybrid



### **Work Projects**

The project was a mix of curation and writing. In the first week I was in person, sorting through archival material to select unstudied artworks for an upcoming exhibition. The rest of the 4 weeks were done remotely, preparing research to contextually ground the artworks. This was a mix

of literature reviews, short essays and working out what theoretical approaches were most helpful.

While I was there the guidance was excellent, both David and Antony have been so friendly, and generous with their time, so I felt well supported. I found the research aspect a little more self-driven than I expected, as I didn't have super clearly defined objectives, but on the plus side, this meant I had to set them myself and given that I think the work I have done has been helpful, this boosted my confidence.

### **Daily Life**

So, my internship was a mix of remote and in-person, but I'll describe a day in the life while I was hosted there. The Trust put me up in a friendly hotel and so I started the day early with a breakfast with my supervisor (an academic also



working on the project who I was assisting). We then spent the morning sorting through thousands of artworks (unarchived still), splitting them into groups according to categories and keeping in mind a small subsection that will eventually be an exhibition.

When I was in Wales the weather was amazing, so we would break for lunch and go for a walk in the beautiful countryside. In the afternoon it was more of the same, but I also had the opportunity to go through artist diaries and the library to search for supplementary information about the motivations behind his work.

### **Lasting Impressions**

I feel I have gained so much from this internship as it has given me a vivid picture of curation. I appreciated the trust and responsibility put on me as I felt my opinion was really valued.

### **What practical advice would you give to future interns?**

Don't doubt yourself and get stuck in!

# STORY MUSEUM

Carla Hills, Wolfson College, MSt Women's Gender and Sexuality Studies, First Year Postgraduate, in person

## Work Projects

I was an archives intern at the Story Museum in Oxford. My main role was to sort through and catalogue the twenty-year paper trail of the founder of the museum, organising it into an archive that tells the story of how the Story Museum came to be. On a practical level this meant sifting through boxes, selecting what to keep and organising it into various themes. I managed to complete this task in three weeks, exceeding the expectations of the company. I worked closely with the founder of the museum, Kim Pickin and with the collections manager, Cath Hogan. Both women had been involved with the museum for a long time and had extensive knowledge of the museum. I was also asked to do some research on a future project, looking into objects relating to a dragon exhibition that could be loaned or bought by the museum.

I really enjoyed my experience and had a massive sense of accomplishment looking at the physical evidence of the archive I created from scratch - all 25 boxes of it, lined up in the store. I also enjoyed the opportunities to have insight into other roles in a museum. Due to the strong fundraising culture at the Story Museum, I was also able to gain some skills related to the Charity Sector.



## Daily Life

I commuted to my internship in Oxford from Leamington Spa. This was quite exhausting because of all the train strikes and general lack of accessibility but my work placement was very understanding of this. I worked in the office from 8.30am to 5pm

Monday to Friday. There was a very welcoming and friendly atmosphere at the office, with a lot of hot-desking, and collaboration that helped to make me feel a part of the team. There

was a communal kitchen in which to take breaks, where I was able to meet many different office and front of house staff. I was even included in staff training which was a very fun experience - it was based on story making as a team.

My average day meant spending a lot of time in the archives room, but my colleagues were very proactive in making sure I didn't get too lonely down there and including me in all sorts of museum experiences. I was able to have a one-to-one talk with the CEO, based on how she could further support my career and I was also invited on a story walk with a school, enabling me insight into the learning, and participation work that the museum carries out.

### **Lasting Impressions**

I really enjoyed my internship experience. My colleagues were very welcoming and there was such an enthusiastic atmosphere in the office. Everyone clearly loved their jobs and loved working for the Story Museum. This was contagious. I gained a lot of knowledge of the museum sector and how this can intersect with charitable pursuits. I was given access to all the paperwork related to bringing the museum into existence which was very inspiring as you could see how a small dream became a reality over a twenty-year period. I have also been invited to apply for three internal job openings that they have and everyone has been very encouraging of me applying which makes me feel like I have done a good job at my work.

The experience has reinforced that I would like to keep working in the museum sector. The only negative was that commuting into Oxford was very exhausting, especially with all the issues with trains that seem to be ongoing right now. I am going to apply for a job at the museum off the back of this experience because I really enjoyed the working environment and the company seems to provide a lot of opportunity for skill building beyond your job description.

**What practical advice would you give to future interns?**

I would recommend that future interns make the most of every opportunity they are given. The internship lasts for such a concentrated period so take every opportunity whether it is related to your

role or not. I would also encourage interns to have conversations with people in various roles across the company. Find out what they do and how they got there. I found that everyone at my internship placement was very encouraging and very open to giving me industry specific advice, which I wouldn't normally be able to access.



# QUEEN'S NURSING INSTITUTE

Bethan Cornick, St. Anne's College, BA Experimental Psychology, First Year

Undergraduate, hybrid



## Work Projects

Whilst working at the Queens Nursing Institute (QNI), I have been involved in many exciting projects. I have read and summarised many lengthy policy documents, including the NHS Long Term Workforce Plan, a report on the future of general practice, and the Oliver McGowan Mandatory Training for Learning Disabilities and Autism. Editing has become a skill for me, as I was tasked with editing many of the blogs and case studies written for the QNI website. I have also contacted NHS

Trusts and associated health organisations, asking them to promote QNI initiatives, and events.

I have discovered a new passion for writing during my internship. When I was asked to write my first article for Nursing in Practice on the link between gardening and health, I felt apprehensive. I am used to writing two essays a week at university but had never written anything like a news article. To my surprise, I really enjoyed writing the article and I have gone on to write an advert about the QNI Conference for the Journal of Community Nursing, and Journal of General Practice Nursing, as well as another article for Nursing in Practice about standards the QNI have recently developed.

One of my goals for the next academic year is to get into student journalism after enjoying writing these articles so much. The QNI were great at giving me lots to do, providing any assistance I needed, and allowing me to take on work that contributed to the organisation in a meaningful way. My e-mails were always answered promptly and I felt that I could always ask for things to do if I had finished a task.

## Daily Life

One day a week I would work in the QNI office in central London. I would commute to London from the West Midlands every weekend and stay with a relative. The QNI office is located near Oxford Circus and it was great to be able to explore the nearby shops on my lunch break. I would commute to the office everyday from North London, which took about 45 minutes. After work, I would travel straight to Marylebone station and get the train back to the West Midlands. It was a long day as I would arrive home around 9pm, but I think it was worth the journey to be able to see colleagues in person.

Whilst the journey was tiring, I enjoyed getting to know London a bit better. It was also really nice to meet the people I was working with in real life and get out of the house. For the other four days of the week I would work from home. Remote working gave me lots of flexibility, meant I didn't



have many outgoings over the summer, and enabled me to rest in between work. Whilst remote working was sometimes lonely, I did my best to stay occupied. I kept a routine throughout my internship and weather permitting I would try to get out for a walk once a day. The QNI also had many meetings on Microsoft Teams that I was invited to join which was a nice way to catch up with colleagues.

## Lasting Impressions

When I started my internship at the QNI, I knew very little about community nursing. If I were asked to tell you what a community nurse does, I would simply say visit those who are too ill to receive care in hospital. I quickly realised my assumptions about community nursing were false! I learnt of health and justice nursing, homeless and inclusion health nursing, and learning disability nursing, all of which I had never even contemplated would exist.

Even types of nursing I did know existed, such as district nursing, were much broader than I could have imagined. It was great to learn more about this sector and healthcare in general, whilst at the QNI. Since working at the QNI I have decided I will apply for health policy graduate schemes or work in a healthcare start-up. I have enjoyed talking about healthcare on a daily basis and know that I would like to do this in a job. Another aspect of my internship I would like in my future career is a heavy focus on writing.

I would really recommend the internship experience at the QNI. It is a great balance of in person and remote working, and there are lots of interesting projects you can get involved with. The work is also very varied and you can tailor your experience to your interests.

## YUTU

**MBiochem Molecular and Cellular Biochemistry, Third Year Undergraduate,**  
**remote**



### Work Projects

Working closely with the CEO to create a GTM strategy, as well as updating the company branding and marketing. Led brand awareness campaigns and 1:1 meetings with early on boarders.

Developed month by month strategy for app launch, including back-up strategies depending on whether we were app-

positive or negative. Re-designed the company website. Graphic and video asset creation, as well as a magazine aimed at fresher students. Event planning for pre-launch and community outreach projects. Developed relationships with multiple students, including leading a highly successful student research survey into feelings of loneliness and apprehension for freshers starting in 2023.

### Daily Life

Work hours were highly flexible and would be tracked by daily completion of a timesheet. Mon to Thurs I would start work at 8.30am, have a 30 min lunch break and then finish at

5pm. On a Friday, I would work 3 hours so in total I worked 35 hours a week. This was entirely my choice to work these hours in this way. There was a daily morning team meeting where we'd brainstorm and catch up on what each of us was doing, as well as review before meetings with external people.

Often, I would stay on after the meeting with the other intern to both help each other and have an informal discussion as one might have in an office to prevent feelings of exclusion. Because of the way I arranged my hours, I would often be able to have an extended weekend by finishing at 12pm on a Friday. This meant I could see my family who also finished work at this time.

### **Lasting Impressions**

I really enjoyed the experience and it's definitely given me confidence in myself, and my knowledge. I don't have a degree in Marketing or Business Strategy, yet the faith Stephen (CEO) had in me and my ideas made me feel like I really was



being heard, and quite literally shaping the business. There were multiple times where my feedback completely changed the product or strategy, either adding or changing it. This has confirmed the fact that I work best in a start-up environment rather than a large company, as I feel far more valued and like my work makes a difference. I am able to set my own work rather than just be told what to do.

## **WENTWORTH WOODHOUSE PRESERVATION TRUST**

[Ava Martin, St. Catherine's College, BA History, Second Year Undergraduate, hybrid](#)

### **Work Projects**

I scanned a collection of archival materials, transcribed them, and then created a project out of the material I had found. I made a recipe book based off a collection of menus I had

found. A team of curators and volunteers gave support both onsite, and when working remotely.

### **Daily Life**

I was put in a hotel in the village I was working in for the in person section, which was really lovely. I mainly worked with another intern and in the evenings I walked around the Yorkshire countryside.

### **Lasting Impressions**

I really enjoyed the internship, I feel like I've gained valuable skills and insights from it. It also suggested to me that purely archival work is probably not a great career choice for me as I would want more socialisation from a job.

## **XANTURA LIMITED**

### **BA Psychology and Linguistics, Final Year Undergraduate, remote**



#### **Work Projects**

I completed a remote working internship for 8 weeks. I had an in-person induction day at a coworking space in London, with further remote induction sessions with different team members. I then worked on a variety of projects reporting to

the CEO and COO, with weekly or twice weekly catch-up sessions to discuss my work.

I produced a 23-page research report on a social issue to inform team members about a subject relevant to potential clients. I then worked on collating information for marketing documents and presentations based on case studies. I finished the internship with a couple of smaller projects on reviewing competitors and exploring the use of chatGPT in automating lengthy processes.

## Daily Life

I enjoyed working from home with hours 9am-5pm. It is a much cheaper way of completing an internship as I could stay with my parents in a rural area where in person internships were not accessible to me. I worked in the family living room as I chose to keep my bedroom space as a work free area to relax.



The team introduced daily chatter calls at 9:15-9:30am during my internship which were useful to get to know other team members and everyone was very welcoming. I then got on with my own projects set by my manager which was usually the COO. I enjoyed having set working hours as I could relax outside

work times, which was quite different to my degree, during which I always felt guilty for not working.

## Lasting Impressions

I enjoyed the internship as I worked on a variety of projects for an interesting company and the team members were welcoming despite being a fully virtual team. Overall, I am glad I completed the internship and I feel it was beneficial. It was good to get professional experience and it was useful for my CV, and applying for future jobs. The internship resulted in increased familiarity with chatGPT, Canva and Excel as well as a good understanding of the company, and it's main product OneView. I used a lot of the skills I learnt during my degree such as research, analysis and written communication, and it was useful to apply these to a professional context.

# UNITED STATES

## DATAETHICS4ALL

Jason Yingtong Zhao, Keble College, MCompSci Computer Science, Third Year  
Undergraduate, remote

### Work Projects

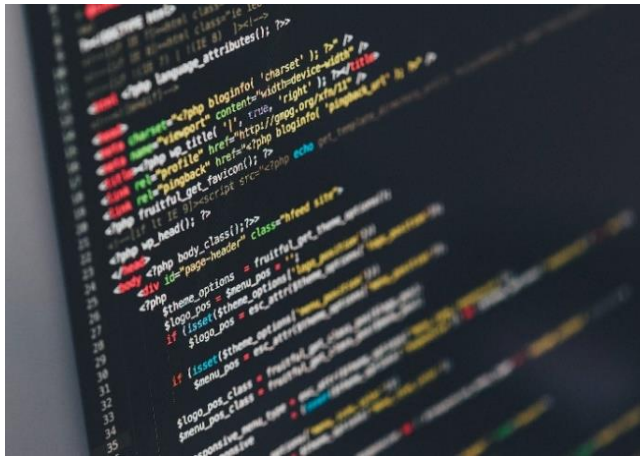
My internship project was on developing software for a user engagement and gamification feature in DataEthics4All's online educational platform, where users are rewarded with virtual "points", and "badges" for participating in the organisation's programmes in various



ways. However, a challenge in the project is that the existing platform is based on the Mighty Network's website builder product which has limited extensibility. I developed the project using a combination of a WordPress website, web integration via Zapier and a custom serverless REST API built on the Cloudflare Workers platform using TypeScript. Zapier is a low-code/no-code online automation platform and was the only integration method supported by Mighty Networks, making it mandatory for this project to obtain data, and events from the existing website.

The new WordPress site stores and displays a user's points, and badges earned, namely by using the "GamiPress" plugin which provides these features without needing to develop them from scratch, as well as a variety of other plugins and PHP code to customise the login experience, and API endpoints. Finally, the Cloudflare Workers API is the most complex part of the project in terms of coding. It is responsible for linking the existing Mighty Networks site and the new WordPress site by taking in events from Zapier, and then executing actions on the new WordPress site in return, such as creating, updating, and deleting users; and granting reward badges when interacting with the educational platform in various ways. During this internship, I worked on the project independently, but received support from

the organisation's founder Shilpi Agrawal in setting up work environments and online accounts, as well as discussing the requirements, and progress on the project.



## Daily Life

I worked from home during this internship and used my existing computer workstation, as well as some additional hardware purchased online. For most of the internship, my experience was very positive and I was able to work from home productively, as

well as maintaining a normal daily routine. I had a 3 hour time difference from the internship due to being in the US East Coast, but this did not affect my experience as much as I expected. I used reading and walking as a way to relax during the internship, and also worked on my own coding projects during the weekends for a change of pace.

For the final week of the internship, I worked at a hotel in Oxford due to the impending start of Michaelmas term. This was less efficient than working from home because of a variety of factors including jetlag and having a less convenient computer setup. I also could not maintain work for several hours continuously due to needing to find student housing for my fourth year at university, which I did not anticipate as I never had to deal with this experience before. Despite this situation, I did manage to complete many final tasks during this week. There were a few tasks that I did not complete and which I will finish in my free time during the coming days.

## Lasting Impressions

I had a positive impression of my internship, especially because felt like I learned a lot from the experience. As my project was largely independent, I was able to work with all parts of the project from start to finish and learn about a variety of technologies, which motivated me throughout the internship. I learned to design a technical product directly from raw requirements and implement it to specifications within a relatively short time frame, having to creatively use online platforms, and software such as WordPress, and Cloudflare Workers

in order to save time. I also learned a lot technically, including gaining practical experience with TypeScript and working with JSON REST APIs.

This experience has made me a lot more confident and interested in taking up independent, and autonomous projects in software technology. I feel more excited about potential job positions where I can make important technical decisions independently, or taking initiative to lead a team. It also confirmed my career ambitions in the technology and software field, a field that I believe I would be genuinely excited in over a long-term professional career.

## ILLUMINATE CONSULTING GROUP

Ami Chen, The Queen's College, MMathPhil Mathematics  
and Philosophy, Second Year Undergraduate, hybrid



### Work Projects

Completed projects in collecting and analysing data regarding university rankings published by an array of organisations. This included scraping data, building graphs, and performing some analysis for clients. These projects helped build my skills in

Excel and coding, as well as understanding the importance of choosing how to present information to clients. Benchmarking project - completed research on various courses for various universities to build benchmark graphs to advise clients on actions to take with regard to the performance of their direct competitors.

3-day visit to the University of British Columbia: conducted focus groups and client interviews both with aid, and without. Throughout the internship, the team would have a zoom call every day to update each other on current progress and ask relevant questions. There were also many opportunities for 1-1 calls with our employer both regarding technical difficulties in the projects and feedback on the internship overall.

## Daily Life

My work day usually began at around 9am where I would usually continue the project I was working on, often with other members of the internship team. We had a discord channel where we could easily contact each other despite the internship being all remote. Since our employer was based in LA and often travelled for work in North America, we would usually have a 30min to 1-hour team call morning his time (3-5pm BST) to discuss work for the day and what to do next. This is where we would explain our progress and ask any relevant questions. At the end of the work day, each member of the team would send an End Of Day email detailing the work underdone, with any specific questions and issues. This can be seen by everyone on the team and is a good way to pick things back up the next day.

Although we were meant to work 8 hour work days, I often found myself working overtime due to the time zone differences since sometimes the direct instructions for the day would only be given during the work call, which is towards the end of my work day. However, I think having a platform where all members of the team can easily stay in contact and take calls was the most useful thing for a remote internship such as mine. I tried not to skip any lunch breaks, it was a good time to catch up with family and rest: make the most of the benefits of staying at home. The biggest mistake for me was not having a clear time where my work day ended, so my rest hours and work hours would often morph into each other. This is definitely related to my fluctuating work hours.



## Lasting Impressions

Overall the internship was an excellent experience. Dan, our director, is a very friendly but knowledgeable person who I still have lots to learn from. The remote nature of the internship might not provide you with a traditional experience of a summer internship but learning how to work with peers remotely, especially when everyone is in a different time zone (we had 1 intern in Singapore, 1 in Hong Kong, and 1 in Toronto), is something especially valuable to me. There were definitely moments of tension between the team due to the difficulties of working remotely, but it taught me how to work around issues professionally and prioritise

the productivity of the company. This is one of the main skills I gained from the internship aside from the aforementioned technical skills.

Throughout the internship, I also learned a lot about the nuances of the education world through hearing anecdotes from Dan and visiting UBC. The visit was quite a different experience from sitting behind a desk and looking through excel all day, but was insightful in it's own way. Although many of the rankings projects were similar, they definitely enriched my skills and in the end, I was able to have a range of experiences towards the end of the internship where I participated in a larger variety of projects. Consultancy has been a career path that I had been considering for some time.

The internship gave me the opportunity to both work as an analyst behind the scenes and as a communication point with clients. It affirmed my already existing believes that the former is better suited for me, but that is purely due to my personally preferences. I am aware of other interns who greatly enjoyed interacting with clients.

## **SOCIAL SCIENCES RESEARCH COUNCIL (SSRC)**

Angelo M'BA, St. Anthony's College, MPhil Modern Chinese Studies, First Year Postgraduate, remote



### **Work Projects**

At the Conflict Prevention and Peace Forum, my main missions were to facilitate the gathering of information to organise workshops, to attend various conferences related to CPPF's work to strengthen its base of knowledge, and help with various day-to-day tasks (e.g., copyediting, notetaking for different briefings, etc). My main tasks involved writing comprehensive memos on the three following themes: China's relations with Latin America and the Caribbean (LAC), the escalation of violence in the Central African Republic, the role of the paramilitary group Wagner, and drafting a



document referencing the various resources relating to Chinese relations with the Global South.

While the expertise of CPPF is mostly related to Africa, the team did their best to accommodate my interests in China throughout the projects they offered me to work on. Thus, my work mostly comprised extensive academic, mediatic and policy reading/referencing, attending meetings between experts from the NGO, policymaking, and academic world, and writing a 4-10 pages memo summarising this content into a coherent policy report.

The intensity and "timely nature" of these tasks made the internship very engaging, and my work helped facilitate CPPF's mission to propose a work of very high standards. At every step of my internship, every member of CPPF guided me towards every concrete step I needed to take to satisfy their requirements. When confused, they would very nicely and eagerly provide me with further clarification regarding a specific task.



### **Daily Life**

The only, albeit small, negative part of the internship was the time difference. As an early bird, adjusting to NYC's time was at first challenging. However, I did get used to it and managed to have some off-time after a very intense first year of my MPhil. I would relax in the morning (light reading, walking, exercising, going to the nearby bakery,

etc), eat with my family for lunch and work from 2.30 pm to 10.30 pm, with a dinner break around 8 pm.

As I interned during the summer period, CPPF had a "summer Fridays" policy where they would stop working at 1 pm NY time, 7 pm Paris time. After a week, I enjoyed being able to wake up naturally and having a slow morning. Although I was not physically at the office, I was in contact with my supervisor, the director, and my other colleagues all throughout the day, which made me feel like an integral part of the team. Also, I had 2 weekly meetings on Zoom which helped establish a more friendly and humane relationship inside my host institution. In a word, I surpassed the initial change of rhythm I was used to and managed to rest while being involved in an intense, yet enjoyable, work experience.

## **Lasting Impressions**

As I finish the last day of my internship, I am confident that this experience will benefit me greatly. Beyond the added experience on my CV, interning for a month at CPPF provided me with great insights. Although universities and Oxford prepare us well with the writing of regular essays, and other pieces, these items do not serve a purpose beyond being trained to write, and think critically. Through my internship, I gained a sense of how pieces of writing can contribute to an impact, even at the scale of an intern. What I wrote actually (humbly) benefited a long-term project whose objective is to increase cooperation between global actors and help find resolutions to violent conflicts.

Furthermore, engaging through my different projects made me analyse topics from a variety of topics and deepened my grasp of many issues (the role of paramilitary groups, South-South cooperation, economic-oriented foreign policy, countries trying to break away from a Western understanding of foreign affairs, etc). Quite naturally, this experience cemented my objective to work in geopolitical-oriented institutions and made me consider non-partisan research centres such as CPPF as a potential forum to do so. In a nutshell, this experience surpassed my expectations and broadened my horizons while giving me a concrete idea of what sort of work policy analysis concretely entails.

### **What practical advice would you give to future interns?**

I have a few pieces of advice for future interns. First and foremost, if selected as an intern, you do deserve it. It does not matter if someone with better grades or a lengthier CV did not



get in. If selected, you do deserve your place as an intern. However, as a second point, it does not mean that the host institution in which you intern expects you to know everything and be immediately operational. It is an experience of learning, which may include some faux pas and mistakes. It is perfectly okay to ask for advice or clarification. Your work will be much more appreciated if you take the time to ask a second or third time how to do something than blindly trying to conduct a task.

Another piece of advice is to make the most out of the internship, to go beyond the requirements and to try to serve the host institution as best as possible. It can be handy when requesting a letter of recommendation or extending the internship but will also improve your skillset and preparation for later work. It is clearly a win-win situation. Finally, do network. With your work supervisor, colleagues, people from other departments, and even with the head of the institution. Ask questions about their studies, work experience, pieces of advice, etc. Insights gathered from people-to-people exchanges may be the most worthwhile experience in an internship. Best of luck with your internship and try your best to have fun!

## TRUST LAB

[MMathCompSci Mathematics and Computer Science, First Year Undergraduate, remote](#)



### Work Projects

I mostly worked on a software engineering project that involved data collection from social media. I learned a lot about programming with a team and mentors, where I gained first-hand experience in creating extensive projects and designing components that work well with each other in a

production environment. I think I was able to even apply some of the knowledge I learned in a first-year computer science course in a work setting. The tasks that my project automates was previously done manually and the fact that my code was put into production means that I helped improve the efficiency and cost, which really gave me a sense of accomplishment.

In the process, my supervisor was extremely helpful in meeting me whenever I got stuck or needed help. Not only was everyone at Trust Lab extremely professional at what they do, they were also very relaxed and fun people to work with, so I gained a lot from them

without feeling pressure that I wasn't doing well enough. I additionally worked on the data side of the company as well, where I helped design parts of dashboards that were client-facing. It was great to feel trusted enough to be able to work on client-facing products, as any flaws could immediately be exposed and you could potentially lose clients. In helping to dashboard, I learned a bit about effectively visualising data and presenting them in a compelling, and informative way.

### **Daily Life**

A significant challenge that I had to overcome was that, despite my supervisor being in the UK, I wanted to travel back to my family in Japan. However, since Trust Lab is truly an international and multi-continental



company with employees all around the world, they were able to accommodate my time difference from the rest of the team. I usually start my work early in the afternoon and finish before bed. I was also given a lot of flexibility, so if I wanted to work different hours on a day, I could do so given that I put out the same amount of work.

Because of this, I was able to schedule work around the rest of my life, giving me enough elbow room to socialise with friends and family. When at work, I station myself at a particular desk at home to get into a productive state. Trying to ignore distractions from my phone or from other people during work and at the same time ignoring work messages outside work hours really helped me establish a good work-life balance, which could be difficult for a remote position.

### **Lasting Impressions**

Trust Lab really opened my eyes to an industry that I have never really considered before. T&S (trust and safety) is a confluence of people from vastly different backgrounds: I met coworkers whose expertise lied in engineering, sociology, data science, and even art. It is a collaborative landscape that allows ideas to come together. I was given a lot of freedom to choose what area I wanted to explore, which is why I dabbled in both the software engineering side and the data science side of the company.

The industry has a meaningful motive as well - T&S companies work to keep online platforms safe for everyone. Whether it is through reports that help decision-makers create internet regulations, or through working directly with internet companies to make their platforms safer and freer of misinformation, Trust Lab strongly impacted me in my perception of the safety and inclusivity of digital spaces.

# VIETNAM

## GOTOCO

BA History, Second Year Undergraduate, in person



### Work Projects

I taught in an English centre in Vietnam with 4 other volunteers. I had a regular class of 5-6year olds and helped facilitate regular school trips with the centre to local areas such as the farm. I was also attached to the local primary school and taught

two classes of 3-5year olds for half an hour each day, ran outdoor activities with the children, and provided entertainment for in-school birthday parties, and English festivals.

Through Gotoco I worked with coins for change, a Vietnamese not for profit which uses volunteer English teachers to raise funds in areas with limited access to native English speakers and uses this funding to support single mothers across the region, with women's shelters, provision of further education and emergency funding.

### Daily Life

We were based in a suburban hotel in Thanh Hoa, where I shared a room with one other participant. We had access to the kitchen but were provided meals by the school. We had mornings to ourselves to travel/relax and then cycled to the English centre to work for a range of hours between 2-9pm. We were often taken to villages/local locations by our host and were fully immersed in day-to-day local life. We had two days off each week to travel as a group.

### Lasting Impressions

I have gained a huge amount of cultural understanding through living and working in such a remote location off the tourist trail while simultaneously being given the chance to travel, and see the popular sights. I also gained a TEFL qualification, which allows me to work and

teach English abroad, and opened doors to paid online tutoring work. Working in the primary school and English centre has given me invaluable experience working with children, and has allowed me to explore the option of teaching as a future career.



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