



SUMMER INTERNSHIP EXPERIENCE 2024



Feedback from Oxford University students who took part in the 2024 Summer Internship Programme

SUMMER INTERNSHIP FEEDBACK 2024

This document contains feedback from Oxford students who took part in internships in 2024 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. Many 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 2024 for the excellent quality of the internships provided, are marked with a gold standard internship partner badge.

If you have any questions about the feedback, please email summer-internships@careers.ox.ac.uk. Please click on the index links to browse the feedback entries.

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AUSTRIA

INSTITUTE OF SCIENCE AND TECHNOLOGY

AUSTRIA (ISTA)



MBiol Biology, Third Year Undergraduate, in person

Work Projects

I was given two main research tasks in my lab, both of which supported existing projects led by other lab members. This meant that my work was very varied, with some days being entirely practical lab work, and other mostly computational work. This was great as it meant I was working on my own schedule and could switch between the work types as I felt appropriate.

Each week we would have a lab meeting, where we would hear about the other research being done in the lab and check in on our projects. I was supported throughout by my supervisor, and the lab technicians and other PhD students and postdocs in the lab.

Additionally, the Institute of Science and Technology Austria (ISTA) was very helpful in supporting the visa process prior to my arrival, and registration process when I arrived, so it all went smoothly.



Daily Life

The lifestyle was great – I lived on campus, which meant I had time in the morning to run or workout before work and before it got too hot! Then I would walk 2 minutes across campus to work. At lunch, I would either eat at the cafeteria (which actually had great food) with my lab

group, or with the other interns. Then I would leave work around 5pm, and head into Vienna most evenings, where I would go to a cafe or art gallery, go swimming, or go and train with the running club that I joined! The weather was 30+ degrees and sunny every day of the internship, which meant that sunbathing and swimming in the Donau after work was very popular! Although ISTA is 20km outside of the city, it has very good transport links which meant getting to and from Vienna was easy. Having a group of other interns at ISTA, including Oxford students, made settling in easy, but it was also great to also make friends outside of ISTA in Vienna. On the weekends, I took advantage of being in central Europe, and travelled around to several different places including Innsbruck, Salzburg, Munich, Budapest & Bratislava.

Lasting Impressions

The experience was amazing! I gained a lot academically and professionally, in terms of the techniques I was taught, the data analysis skills I learnt, and the knowledge of the workings of research. I also think it was great for me personally, to be able to live in a larger city in a new country and experience the language and culture. I would highly recommend it.

What practical advice would you give to future interns?

Take advantage of being in Vienna and leave Campus as much as possible! Explore the non-tourist parts of the city, join a club of some sort, find some regular spots. There is a big international community in the city.

**Edward Andrew Hammonds Aplin, St. Anne's College, MBIol Biology,
Third Year Undergraduate, in person**

Work Projects

I spent my time working on multiple projects to do with chromatin structure in plant reproductive cells. I carried out a lot of wet lab work, running PCRs transforming bacteria, gels and so on. I also spent a lot of time working with microscopy and taking data from 3D images.

During my time I also was allowed to carry out an original project with a fellow intern that we came up with working by ourselves on very complex experiments. The lab was incredibly helpful in settling me in and training me up to use impressive machinery. I had a supervisor who brought me up to speed and even when I was working by myself was able to come and help within minutes of me asking for it.

Daily Life

There was a really social atmosphere between the interns. Monday to Friday was mostly spent in the lab for long hours (at my own choice) but during the weekends there were always social



activities going on for me to join. I ended up being very exhausted from how much socialising I was doing, and I'm quite extraverted. It was really easy to settle in, both in the lab and with the other interns. I went swimming very often both indoors and outdoors, went on hikes and visited many museums and attractions. I was living on campus which was lovely and quiet with a 1-minute commute. Some other people were living in Vienna which was a 1hr commute, however, they could explore the city more easily and were right next to a lovely reservoir.

Lasting Impressions

The internship was absolutely fantastic. I learnt so much about science, the methods of research and also having a career in the sciences. I am far better prepared now to enter the world of science when I finish my degree.

Xintian Wang, Exeter College, MChem Chemistry, Final Year

Undergraduate, in person

Work Projects

During my internship, I worked on construction of ternary phase diagram for Li-S system at Institute of Science and Technology Austria (ISTA). The primary goal of this project was to use chemical synthesis to mimic the Li-S battery, characterise the system using ICP-OES, XRD and Raman spectroscopy. It was designed to help understand the mechanism for Li-S battery. My internship focused on improving lithium-sulfur (Li/S) battery technology, which offers high energy density but faces challenges like the polysulfide shuttle effect and lithium dendrite formation. The project aimed to create a ternary phase diagram for the Li/S system to better understand these challenges. I synthesized lithium polysulfides and studied their behavior under various electrolyte conditions using techniques like ICP-OES and XRD.

The main outcome was a detailed phase diagram, providing insights to help design more stable and efficient Li/S batteries. Throughout the project, I received strong support from my supervisor and team in tackling complex synthesis and testing processes. Support from the Host Organization: I received significant support from the host organization in multiple ways. My supervisor and other team members provided mentorship, including guidance on technical procedures, data analysis and poster making. Additionally, I benefited from regular feedback, which helped improve my work quality and understanding of the subject matter.

Daily Life

The OeAD (Austrian funding experience) and the graduate office in ISTA (Institute of Science and Technology, Austria) helped with my Visa application, information on travelling, and an induction session. I lived on campus, and I would usually go to work at around 8.30am and go back around 6.30pm. Outside of work, I had a lot of opportunity to travel around the EU with

other interns that I met in ISTA. Besides, there were also a few board games and other similar events taking place inside the campus.

Lasting Impressions

I really enjoyed this experience. I have learnt a lot, not just the techniques and research skills, but also how to be more professional in a research work environment. Because of this amazing experience I had in my research group, I am more determined to do a PhD.

What practical advice would you give to future interns?

I would say be as engaged in social activities as possible.

Laura Konarska, St. Anne's College, MChem Chemistry, First Year
Undergraduate, in person

Work Projects

During my placement, I participated in a project aiming to examine the use of nanosized chiral molecular cages to enantiodiscriminate their guest molecules. My role in the project was to synthesize the guests that could be encapsulated within such cages. My tasks included carrying out chemical reactions, recording yields and acquiring the NMR spectra of the products. My main achievement during my placement was finishing the synthesis of a chiral allene. I have also conducted the first two steps of the synthesis of another molecule. During my placement, I received a lot of support from more experienced group members and the group supervisor. The



postdoctoral researcher, who was leading my project, was always happy to help me and answer all of my questions.

Daily Life

During my placement, I was living in a guesthouse located on campus. My room had a private bathroom, and I also had access to a shared kitchen. The campus also offered various facilities, such as a cafeteria, a gym, and an art museum. The location of the campus was very good - a small town close to Vienna. During the weekends I spent most of my time sightseeing - admiring the beautiful architecture of Vienna or going to museums. I became friends with other interns in the research group as well as those whom I had met in the guesthouse. The Institute of Science and Technology Austria (ISTA) campus is very international, and I was able to meet a lot of people from different parts of the world there.

Lasting Impressions

I enjoyed interning at the Institute of Science and Technology Austria very much. It was an amazing experience which allowed me to expand my academic knowledge. I have learned



about many chemical reactions that have been previously unknown to me. I also had an opportunity to use some laboratory equipment, which I had never used before. It was a perfect opportunity for me to gain lots of practical skills and get an invaluable insight into the specificity of working as a researcher. The

atmosphere in the laboratory was always very friendly, which encouraged me to ask questions and learn more. I think that this internship has strengthened my aspiration to become a researcher in the future.

BELGIUM

BRUEGEL

MSc Contemporary Chinese Studies, Final Year Postgraduate, in person

Work Projects

I researched EU-China relations and China's innovative capacities under Alicia García Herrero. Tasks included writing a policy paper on the effectiveness of US export controls vis-a-vis China, creating a literature review on Chinese industrial policies and memos on US outbound investment control against China, UK-EU relations and the scope and impact of various journals. I also undertook data mining from websites like Gdelt, Eurostat, UNCTAD, HK C&SD, and China's Mofcom to expand on and update a China Economic Database by our organisation.

Daily Life

I arrived at the workplace around 9:30 every day and left around 6:30, taking the metro to and from home. Outside work, I travelled to other European cities on weekends, socialised with friends online and attended events held by colleagues.

Lasting Impressions

I really enjoyed the experience and have gained from it in terms of having a better understanding of the field and specific organisation, networking opportunities with relevant policymakers and fellow think tankers, and it has also given me a foot in the door of the industry in the EU specifically.

BERMUDA

LIVING REEFS FOUNDATION

Niamh Tooher, Jesus College, BA Geography, Second Year

Undergraduate, in person

Work Projects

At Living Reefs, my daily tasks included feeding the spat (baby corals) and coral fragments, assessing their growth, and performing various experiments pertaining to accelerating growth and settlement rates. Additionally, I assisted with fieldwork a few times per week.

This varied from helping on a Research Diving Methods course training

exercise, removal of at-risk corals growing on disused oil pylons, and replanting rescued corals at an artificial reef site on one of Bermuda's breakwaters. My personal project was also incredibly interesting; I used photogrammetry techniques to create models of the artificial breakwater and assess the size of each individual boulder coral for future monitoring of survival rates and growth. Dr Samia Sarkis was incredibly helpful in all these endeavours.



Daily Life

The internship was generally 9-5, and included daily tasks of cleaning, feeding and assessing spat and fragments, and recording results of the feeding trials and growth rate experiments. In the afternoons we usually went out to do fieldwork tasks, work on my photogrammetry

project, or continue with spat measurements. Outside of the lab, we lived at Bermuda Institute of Ocean Sciences with a dozen other interns, and in the evenings, we would often go to the beach, go windsurfing, go and watch glow worms, watch a movie, play cards, go on a boat ride etc. Both the internship itself and the life outside were incredibly enjoyable, and I couldn't recommend it enough.

Lasting Impressions

I enjoyed the experience greatly, and it has shaped my research interests and future academia/career aspirations. I am now gearing towards undertaking a masters in tropical marine ecology and specialising in GIS and spatial ecology for coral reef conservation and restoration. I gained so many practical skills, alongside many connections with researchers already in this field, and other young people from all over the world like myself who are interested in the same field. I'm so grateful to Dr Samia Sarkis and the Careers Service internship team for helping to make this happen!

Katie Driver, Somerville College, MBiol Biology, Final Year

Undergraduate, in person

Work Projects

I worked on multiple different projects from coral gardening, which involved scuba diving out on the reef, to Artemis brine shrimp aquaculture as part of a feeding experiment in the Coral hatchery. A lot of the work revolves around the spawning of the boulder coral species *Pocillopora astéroïdes* which we collected and returned to the reef throughout the internship. I learnt skills in coral husbandry and focused a personal research project around a set of feeding trials using spirulina fed Artemia and normal artemia, along with commercial coral food to test how this affected spat settlement and survival. I wrote up the methods and results of this project in a report. I received a lot of support from Samia at the Living Reefs Foundation in introducing me to the hatchery and trusting me to complete tasks independently. Samia also agreed to sign me

up and pay for a diving refresher course prior to any practical dives for the foundation, which I hugely appreciated in aligning me to feel safe in the water.

Daily Life

I lived at the Bermuda marine institute alongside many other interns who I would eat meals with, go swimming after work and explore Bermuda with on the weekends. It was a great experience, and I am staying in contact with some of the lovely people I met. Each morning, I would get up early (we'd often go for a sunrise run before breakfast) then after breakfast I'd zoom off to the bus stop and get the bus to Coney Island where the internship was based. One day me and the other intern actually swam across to the hatchery instead of taking the bus which was a fun adventure! I settled in quickly at the hatchery and felt confident to introduce the next interns who joined, to the lab and to show them around. Outside of work we'd often go into the town for harbour nights which are like market festivals in the street. We also enjoyed spending a lot of time at the beach and slept out there one night under the stars.

Lasting Impressions

I had a great time on the internship overall and would highly recommend it to anyone else considering working at the Living Reefs Foundation. The hardest part was adapting to the climate and heat but after a week or so I felt much more acclimatised. This gave me a clear insight into working with marine hatchery organisms and aquaculture principles which has helped me decide that this is an area I would be interested in working in, in the future. I gained a lot of experience both in hatchery skills and also independent living on the island and organising my time well around the work schedule.



BRAZIL

EARTH SYSTEM SCIENCE CENTRE (CCST/INPE)

Leah Carvel, Worcester College, BA Geography, Final
Year Undergraduate, in person



Work Projects

My main task of the internship was to produce a scientific research paper in relation to future climate change in Brazil. My project specifically focused on the latest modelling group (CMIP6) simulations under high and medium emission scenarios and how these affected extreme events occurrence and intensity, such as extreme precipitation intensity using Rx5Day. This was compared with historical simulations. The general topic and methodology were provided by my supervisor, who then guided and refined the paper when we'd check in about the topics. However, my project is very much on-going, and I hope to be able to complete the paper and submit it to a journal for publication over the following few months. Therefore, I'd advise not to necessarily expect to achieve the internship goals within a relatively short period, as writing a whole paper is hard!

Daily Life

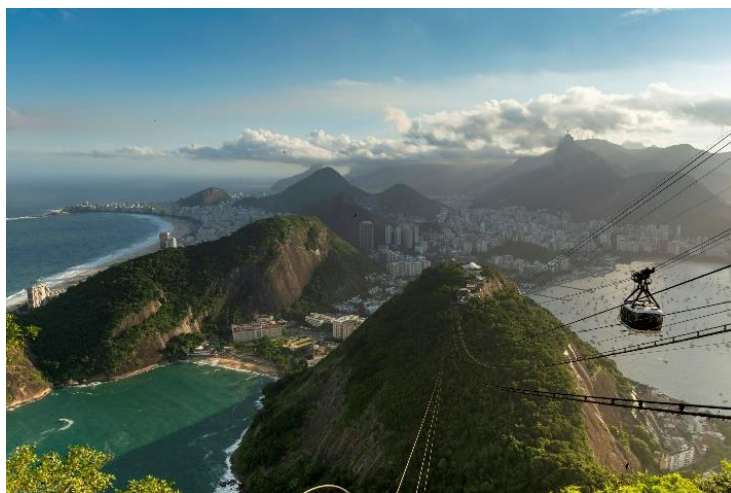
Daily life on the internship generally consisted of working a 9-5 in the office. I'd get a taxi to work as I was staying about a ten-minute drive away, then walk ten minutes through campus to get to the Earth System Science Centre (CCST) buildings. Every day was extremely similar, spending the whole day in the office except for lunch working independently. Tasks were a little varied, e.g. between searching and producing a literature review, coding, analysing results and writing up. However, it's sometimes hard to stay motivated particularly when writing for many hours at a time. Sometimes, I'd work from home due to transport issues or my supervisor

wasn't in, but these days I struggled a lot with motivation especially without socialising. As I was the only Oxford intern this year, it was particularly challenging socially, but I made sure to rely on my wonderful friends back in the UK as a support network. I'd try and arrange calls nearly every evening with someone, which really helped against feeling 'lonely'. Then once I'd settled into life in Brazil, I used my weekends to travel. I met some great people in the touristy areas which really helped after being away for so long and not having many people in SJC to socialise with, aside from my supervisor.

Lasting Impressions

Going to a different country alone was super intimidating at first but was one of the most rewarding experiences I have ever undertaken. The international internship projects are so much more than undertaking a placement, and it's so rewarding to have engaged with a new language and culture. Brazil is the most beautiful country I have visited with truly diverse scenery. I managed to visit some amazing places on the weekends including Rio de Janeiro and Ilhabela, and navigating alone has developed my confidence a lot.

While being on my own on this internship was far from ideal, I'm grateful I managed to manage my initial panic over this to 'experience' Brazil, rather than just the INPE campus. Sometimes



circumstances are out of your control. While I feel like I gained from the internship, it has perhaps changed my career ambitions short-term. I enjoyed research, but I don't necessarily feel ready to undertake further academic study at this moment in time. A lot of the skills I was using during my internship in

Brazil simply felt like refining what I had used in my degree, and I didn't feel like I received enough 'training' to advance these significantly. Currently, I want to focus on developing new

skills outside of academia, which in turn will help me feel more adequately equipped to undertake further research in one or two years' time. A big issue I faced was not feeling confident enough to discuss my ideas and what I had found, so developing my public speaking skillset is extremely important to me. I used this internship as an opportunity to figure out if academia was for me, and I think it's completely okay to have realised it's not quite for me right now but probably is long-term.

What practical advice would you give to future interns?

Uber is relatively cheap in Brazil, and safe because of the location tracking feature which is extremely efficient if someone goes off route. This is the most convenient option to get to work. Intercity buses in Brazil are your best method to navigate. They are much comfier than typical UK buses, and cheap. I generally found that they were super punctual too, even on 6+ hour journeys! Reach out to me, or other past INPE interns for advice particularly for planning internship logistics/accommodation. I reached out to a previous intern from 2022, who was an excellent source of practical and moral support through the entire process! Brazil has a lot of little things I found initially very confusing and probably would have had to have figured out once I was there otherwise.

Try and learn as much Portuguese as possible but it is okay to navigate without it, using google translate. However, Sao Jose dos Campos doesn't have a large English-speaking population (relative to Rio, for example) so people often don't expect tourists. Make sure to try and make an effort to communicate in Portuguese/use translate. Pack some warm clothes, as it is winter. I unfortunately did not abide by this advice and was rather cold sometimes, especially in the evenings. While some days were warmer than the peak of British summer, some definitely felt like a chilly November day so pack a variety of clothes! However, there are lots of shops nearby so you can buy stuff while there.

It's a long flight, so make sure you're stocked up on essentials even on the way back. I was unlucky and fell unexpectedly unwell mid-flight back to London, and wish I'd made sure I had plenty of water/basic medical supplies. I did prioritise getting a direct flight, but connecting

through the US is often a fair bit cheaper and would be helpful to split up a long plane journey too. Don't put too much pressure on it being the best experience of your life. It might be, but sometimes unforeseen circumstances make everything a lot more difficult when you are thousands of miles from home. I found my internship a rewarding experience but was equally the hardest experience I've ever had.

SOS MATA ATLÂNTICA FOUNDATION

Tim Auth, University College, BA Philosophy, Politics and Economics,
Second Year Undergraduate, in person

Work Projects

I participated in the daily work of the Advocacy and Communications teams by: Reading and familiarising myself with technical reports of SOS Mata Atlântica. Joining the director of Public Policy and Executive director for a scientific technical seminary on native vegetation loss in the Atlantic Forest, as well as a social and environmental committee meeting (Chico Mendes Committee) in Brasilia. Checking the English translation of SOS Mata Atlântica's annual report and adding an English version of the annual report onto our organisation's website.

Joined for a team visit to a few different partners and potential collaborators in conservation, including Bananal House and Serra de Bocaina national park. The visit to Serra de Bocaina (pictured here) was particularly incredible. I learned so much about forest management and the importance of legislation such as the Atlantic Forest Code in protecting Brazil's Atlantic Forest. It was part of the 'A Day in the Park' initiative, encouraging



Brazilian citizens to go out and visit their local national parks which are home to an incredible amount of biodiversity. One of the best things about working with SOS Mata Atlântica was that it exposed me to a whole network of conservation agencies, and this will definitely inform my future career choices. Researching legislation on rights of nature in different countries, compiling into a translated summary document. Researched impact of privatisation of water utilities on people in England and Spain.

Daily Life

Daily life was generally quite chilled, since the office was right by the lodge I was staying at. Once I became acquainted with my colleagues, I was able to tune into work while in the office and always able to ask questions if I was stuck, either online to a supervisor (as not all employees were always at the office) or in-person. My experience was also very varied, with spontaneous opportunities such as a visit to Brasilia for a technical seminary and Congress, as well as a team outing to a national park. I was able to use the weekends to do some travelling and see more of Brazil, such as the local town (Itu) as well as Rio de Janeiro and Itatiaia National Park.

Lasting Impressions

I really enjoyed the experience. It gave me an insight into the impact of NGOs in protecting legislation, informing companies, government and the public with data and expertise as well as restoring and protecting natural biospheres. The opportunity to learn Portuguese, though challenging, was really beneficial to my development and I developed really good working relationships with my colleagues who were all super helpful.

What practical advice would you give to future interns?

Be open to new experiences! Obviously, you will have to prepare for the internship, depending on where you're going, but it will most likely be overwhelmingly positive and it helped me learn

a lot about new cultures and lived experiences. Also, be in contact with your organisation if you have any doubts or suggestions, they want your input!

Jan Chan, St. Anne's College, BA Portuguese and Linguistics, Third Year Undergraduate, in person

Work Projects

As a Business Management Intern, I have been pleasantly surprised by the variety of work I have been given. With the mentorship of my manager Carlos, I have completed several key projects focused on developing the organization's fundraising strategies. I began by researching



how to leverage various AI tools to attract international donors from North America, before developing a generative AI-powered Chatbot to enhance the efficiency of handling client enquiries (I also designed an icon inspired by muriqui-do-Norte, a monkey native to the Atlantic Forest). My final

project involved evaluating a Brazilian online fundraising platform and providing strategic recommendations before creating a new campaign. Throughout these projects, I had the chance to work with the Business, IT, and Communications teams. However, my work was far beyond those projects.

The Business team responsible for corporate partnerships regularly receives site visits from partners. A logistics company, a bank and a beer manufacturer are some of the high-profile multinational companies whose representatives I had the chance to interact with. I also thoroughly enjoyed welcoming families at our Porteira Aberta (Open Day) event and using my

linguistic advantage to translate some publications aimed at an international audience. I was very much surprised by how dynamic the work and the culture of this Foundation are.

One day they took me on a day trip to Monte Alegre do Sul, where our Forest Restoration experts flew a drone to map and monitor an ongoing forest restoration project. On another day, I planted a tree seedling with another intern, and a while later I revisited the site to see how much it had grown. I also completed a first-aid course, observed the pollution in the River Tiete, and - wait for it -, met a two-time Paralympic gold medallist: Marina D Andrea whose powerful story made us all tear up.

Daily Life

During my in-person internship, I lived on-site at the Forest Experiment Center in Itu, a city 1.5 hours from the metropolis of São Paulo. My colleagues were generous to drive me to the town for a grocery run, a haircut or a café work session. Having grown up in the bustling city of Hong Kong, adapting to life on a farm was a stark but surprisingly smooth transition. With a well-refurbished accommodation and kitchen, the farm itself is surrounded by restored forests, equipped with an observation tower (perfect for sunset lovers like me), a sensory garden full of fragrance, a lake with capibaras, and a library with paintings of birds and actual parakeets. Here I spent relaxing hours lounging on fancy swinging chairs, playing with two affectionate dogs and taking turns cooking with some colleagues.

At the end of my internship, I cooked a humble and homely Hong Kong style dinner for 7 very appreciative colleagues. I stayed on the farm most of the time working 9-5 on weekdays in a comfy office although it was possible to work remotely most days. Lunches were covered, and I appreciated coffee breaks. Tuesdays were when the place became lively, as most employees working remotely would come to the farm for meetings and other team activities. I was relieved to find Brazilians serious about food. I was able to experience the Brazilian culinary scene after leaving the office, from churrasco and acai to sushi and pizza. The ubiquity of Japanese stores and restaurants was a comfort to me. On weekends, I ventured out to bigger cities like Sao Paulo and Curitiba, with plans to add Florianopolis and Brasilia to my growing list.

Lasting Impressions

This internship connected me to the Brazilian nature and culture, giving me many new perspectives. A while after planting a seedling, the once-inky sky suddenly turned orange one day. Soon I learned from the news and drone videos that this was the result of the largest wildfire the state of Sao Paulo had ever seen, and it was tragically man-made.



On another excursion to the Tiete River, we observed the absurd extent of pollution, and it was a stench I would never forget. These only proved the importance of the organization and fortified our motivation to take urgent actions in the face of environmental challenges that perhaps are more acutely felt in developing and (sub)tropical countries. On a lighter note, it was eye-opening to immerse myself in Brazilian culture, from how to greet people to learning about immigration and social mobility, which broadened my understanding of the country's diverse fabric. I enjoyed intercultural dialogues the most, as they were filled with mutual curiosity and always ended in laughter.

What practical advice would you give to future interns?

If you don't speak Portuguese, be sure to pick up some colloquial expressions before coming -- you will surely amaze the team! Do consider spending some time travelling around the country, because Brazil's people and nature are some of the most diverse in the world. You will need both autumn and summer clothes, but don't worry too much - the town has got you covered anyway!

CHINA

HUAZHONG UNIVERSITY OF SCIENCE AND TECHNOLOGY



Yannan Zhang, Mansfield College, MEng Engineering
Science, Second Year Undergraduate, in person

Work Projects

I was part of the Optoelectronic Devices and Three-Dimensional Integration (ODTI) Group focusing on Green Perovskite Light Emitting Diode (PeLED). The group has commended me to have demonstrated optimism, diligence, and proactivity. I independently completed a series of scientific research tasks, including literature research, experimental operations, scientific research drawings, and data analysis. Ultimately, I successfully prepared perovskite bottom-emitting single-point devices, top-emitting single-point devices, and MicroPeLED prototypes.

My one and a half months of study and practice resulted in solid theoretical knowledge and excellent scientific research literacy, earning myself a comprehensive evaluation of excellence. The host organisation was highly supportive during my time there. As I applied to Prof Tang Jiang's group, they kindly offered me to choose between the four key research areas in their group, namely Silicon-based integrated infrared imaging chip, large-area all-perovskite solar cells, perovskite light-emitting devices and panels for wide color gamut high-definition display, a new generation of high-sensitivity, high-resolution perovskite X-ray detectors.

After a two-day immersive tour where several seniors had thoroughly explained the different areas, I chose PeLED for the project. These six weeks were very fulfilling. First of all, I would like to thank my seniors for their help. Senior Zixi really took me step by step and gave me guidance. He also encouraged me to think independently and find optimization points. He not

only provided information and explained knowledge, but also taught me simulation and reporting on many weekend nights.

Ou Bo took us to do experiments in detail. He provided us with all kinds of help anytime and anywhere, taught us how to analyze data, and discussed with us what is the optimal device structure. His patience, enthusiasm and optimism made the experimental atmosphere very high. Senior Zhang Xiang also took us to do packaging and testing in a very busy situation and taught us scientific research drawings such as ppt and origin. I would also like to thank Teacher Tang and Teacher Luo for their guidance, support and encouragement. They were very tolerant and assured to let us explore and put forward high-level guidance. Together, we contributed to the results of this month and a half.

Daily Life

A week before I arrived, briefing information was sent out via email for settling in. The host organisation also provided pick-up services from the airport or the train station with the



volunteer taking students to campus in a taxi. The check in process was fast as we just need to submit a photocopy of our passport and fill-in a check-in form. Upon collecting the air-conditioner remote controller, the Dormitory Auntie took us to our rooms.

My place of work is 4 km from the accommodation where there are sharing electric bikes available which you could pay to ride. Since both the laboratory and the accommodation is on the edge of the campus, sometimes it is difficult to find a bike in the sun.

There was heavy rain in June which posed a difficulty for daily commuting, but the weather evolves later. During weekends, I would hang out with my Oxford friend, some of the HUST friends as well as my seniors from the same laboratory. We

toured around the famous East Lake and tried local food. We also tried out the indoor swimming pool of the university which was nice. It was quite a busy and packed period, and highly enjoyable as well.

Lasting Impressions

The experience was life changing. I have become more confident and more determined in pursuing a research life in the future. Before the internship, I was hesitating between two research areas, be it semiconductor materials or biomedical engineering. This project has made me more inclined towards semiconductor materials as through this experience I could see myself enjoying this area in the long term.

I have also learned it is such an important thing to be able to find a research group that has a working vibe which suits you and makes the whole working experience enjoyable. I feel my group at Huazhong University of Science and Technology (HUST) has overly achieved on this point. Everyone is so helpful and cheerful. No one holds back their results, and everyone goes the extra mile to help others in their research or daily life.



The laboratory was a joyful place to stay. While performing the experiment rigorously, students also chat about life and sing songs to cheer each other up through the laborious day to day work. Before the internship, I was against the idea of any overworking. During this project, I feel that is spontaneous. I

will voluntarily stay until 11pm just because I want to complete the whole experiment set today and carry out my plan tomorrow. It is necessary to work 10 hours a day to gather enough data. I do not find it tiring, rather I feel so fulfilled and energised. Now that I have some free time, I even feel empty.

Christopher Ivan Budiwardhana, Trinity College, MEng Engineering
Science, First Year Undergraduate, in person

Work Projects

I performed research in the Huazhong University of Science and Technology's China-EU Institute for Clean and Renewable Energy (ICARE) under the supervision of Prof. Yang Qing. My research is on the global site suitability mapping, economic feasibility study, and carbon reduction potential evaluation of offshore wind farm-offshore seaweed aquaculture co-location systems.



We identified hot spots where co-location systems might be economically profitable and analysed scenarios that could help in bringing down the LCOE (levelized cost of electricity) for offshore wind power and providing foods in a more sustainable and ecologically resilient manner. Since all previous studies on these concepts has been done only at regional scales, our work gives insight on the global resource distribution, including areas that have not seen significant deployment of offshore wind and/or seaweed farming before.

The research group has been very welcoming to me despite the slight language barriers that we had. I collaborated with Masters and PhD students in the group that also work in the offshore wind power and GIS (geographic information system) area, and their help has been invaluable throughout my research progress. The rest of the team has also been very hospitable: we ate dinner together multiple times, both with and without our supervisor. The research group is a close-knit community of friends despite the different areas of research done by each member of the group.

Daily Life

We stayed at the graduate accommodation building, colloquially called Xinbo by the students. The building is complete with all necessary facilities (AC, hot shower, and laundry), so it was not difficult to settle in there. The location is very close to the canteens and convenience stores. Foods were amazing and very cheap as well - a bowl of reganmian (noodle) will only cost you 2.5 yuan (so around 0.25 pounds), and you rarely eat more than 2-3 pounds in the canteens, and you'll still be full.

Getting to work usually takes around 10 minutes of walking (from the accommodation to the clean energy building - I know some other friends who have their labs in different buildings so experience might vary). There are also shared bicycles and electric bikes that you can rent if you need to travel further; while I personally didn't use them that much, it is still very convenient and easy to use.

Outside of work, I mainly explored the city of Wuhan, either by myself or with friends. I explored the main landmarks (Yellow Crane Tower, East Lake, Jiangnanlu etc.) and also some lesser-known places (the Guqin Pavilion - the site where the legend of Yu Boya and Zhong Ziqi took place). The museum visits organized by the university were also very interesting, especially if you're familiar with Chinese history (but even if you're not, they will explain it to you, so you don't feel left out). Aside from my Oxford friends, I also became friends with some Chinese and Malaysian students (from other programmes) that I met during the events organized by the university. We hung out together a few times during the weekends.

Lasting Impressions

I really enjoyed the experience of working and living in Wuhan. It gave me an insight on how the work and life culture is in China - although the stereotype is that they work a lot (which is true), they also enjoyed life with their own ways, from hanging out and eating together with friends to taking a short boat trip across the Yangtze River just to see the beautiful sunset views. As for myself, having some experience in learning Chinese before, the internship also

gave me an opportunity to practice my Chinese directly with native speakers. Although it's hard to judge by myself, some friends have told me that my Chinese actually improved significantly before and after the internship.



Academically, I got to explore another side of energy engineering that I haven't considered before. I used to focus mainly on the technological developments of renewable energy, but the internship opened my views to the work that energy production companies actually do: the planning, site selection, and economic feasibility study used to plan and develop

projects, including how different policies can affect them. It also gave me the experience of doing research in an academic setting and write papers, which would be very important for my future studies in my engineering degree.

Working in the energy field in China is an eye-opener, from watching the endless wind farms along the railroad to Nanjing, seeing the smallest EV charger I've seen in my whole life (no bigger than a laptop charger!), learning about a grid being operated with 100% renewables, looking into labs where researchers develop the next-generation digital twin systems for the country, to seeing how Chinese supply chains bring offshore wind costs down by almost 30% in only two years. It showed me that renewable energy resources are indeed abundant, and the energy transition is possible if we all work together for it.

What practical advice would you give to future interns?

Don't prepare too much cash as almost no one pays with cash in China now (I was almost laughed at when I paid for my accommodation fees in cash). Also, make sure that your payment method works (WeChat/Alipay) as they can sometimes be a problem when you first arrive. People will do their best to communicate with you, but always prepare a translator app in case

their English isn't as fluent as you hoped. And be prepared for the heat - Wuhan summer is quite hot, so don't be surprised, but the places where you stay and work are all air-conditioned.

Luisa Alina Mayr, Exeter College, BA Jurisprudence (with Legal Studies in Europe), Second Year Undergraduate, in person

Work Projects

During my time at the Law School, I was part of a research team consisting of four Oxford students and four students from Huazhong University of Science and Technology (HUST), under the supervision of Professor Wang. Our project focused on the regulation of artificial intelligence, comparing and contrasting the approaches of China with those of the UK and the EU.

We had the privilege of attending a series of private lectures delivered by distinguished professors at HUST, covering topics such as the technology behind China's smart courts and the legal challenges posed by autonomous vehicles. After the lectures, we were given significant freedom to explore individual areas of interest on AI regulation and to produce a research paper of at least 5,000 words. I chose to evaluate a collaborative approach to regulating new technologies, advocating for increased bottom-up regulation and the implementation of regulatory sandboxes.

My research drew heavily on insights from the jurisprudence module I completed earlier this year, as well as the extensive reading at the internship. With the lectures concluded, the structure of our work became more flexible. We had one meeting with Professor Wang to discuss our chosen topics, during which he provided feedback and additional ideas. Following this, we were largely self-directed in our research and writing process. A notable achievement of this project is the potential for our work to be published in a peer-reviewed journal, should it meet the required standards.

Daily Life

During the first half of my internship, my mornings typically began with a bike ride to the law school, where I attended a two-hour lecture arranged specifically for our group. Afterward, I would grab lunch with my research team before settling into a coffee shop or a quiet study space to dive into the day's readings. In the evenings, I usually met up with the other Oxford interns for dinner after they finished their labs or research projects.

While the language barrier made it challenging to form friendships outside of the Oxford group, I did manage to connect with a few people who lived in the same accommodation block. Nevertheless, the Oxford group was large and close-knit, which created a supportive and enjoyable social environment. Once the lecture series concluded, our studies became more self-directed and independent, allowing us the flexibility to not only focus on our research but also to explore the city and travel across the country during our free time. This allowed for a balance between academic and cultural experiences.

Lasting Impressions

I genuinely enjoyed the internship—it offered interesting work while maintaining a low-pressure environment. Contrary to my initial expectations, the experience was not very intense, and many of us found ourselves seeking out additional work to do throughout our time there. While this slower pace had its advantages, allowing us the freedom to travel and explore the country, it was a noticeable shift from the Oxford term time. The research group was wonderful, and I gained valuable insights into AI regulation. Following



this internship, I am eager to continue expanding my knowledge in AI regulation moving forward, and I am planning to produce further work on the topic over the next year.

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

Work Projects

I completed a case study on Singapore and a preliminary comparison section for a larger research project, a comparative analysis of government's adoption of AI in China, Singapore, Turkey and the UK. We focused on the potential factors that may influence the rate and extent of AI adoption in different governments using the Technical-Organisational-Environmental framework.

It was mostly left to us to decide the content and pace, and we proceeded with our research independently. The host organisation (my department at the College of Public Administration) had graduate students under the same professor who were in-charge of the China case study portion and taking care of us while we were in Wuhan. They were a huge help academically by helping us coordinate discussions and feedback sessions with the professor, and also with our daily lives. These seniors truly made the internship enriching and fun.

Daily Life

I socialised mostly with the fellow interns in my department, as well as the graduate students (seniors) there. These people were crucial in making me feel at home in China and the seniors especially took very good care of us. We relied on each other (fellow interns) very much to settle in, and since we all lived near one another in the same dormitory block, we would also go almost everywhere together. We did some travelling within and outside Wuhan, which really was the highlight of the trip outside of work. Our hosts also brought us around Wuhan and allowed us to glean more insight into our work by allowing us to join in on their field work visits,

such as being able to visit redeveloped rural areas to understand China's rural revitalisation project better.

The weather was rather difficult to adapt to as I, despite being from a tropical country, had never experienced 40-degree weather before. Almost all of us interns in our department fell ill with heatstroke at least once during the trip. Thankfully, the hosts were understanding and so very helpful and caring. I even received multiple calls when I fell ill just to check that I was alright. Overall, daily life was rather routine, and we looked forward to trips during the weekends. If we had free time during the work week, we would visit the neighboring mall and that was also a good reprieve from work.

Lasting Impressions

I enjoyed the experience very much, thanks to my friends and seniors who really provided such great company and care throughout the trip. I gained a lot from it in the sense of having gained



a deeper understanding of China, and realising that different Chinese cities really do each have a distinct character to them. Wuhan was different from any of the other cities I had been to, yet also similar enough to not feel too strange. Because it also is not a 'traditional' location to intern/visit in China, the

internship also had much more of a local flavour to it that I appreciated.

I always knew that I was going to pursue a career in the civil service, and this internship looking into processes in government and the factors which influence it was very enlightening. It confirmed my career ambitions as I have a deeper understanding of my home public service (having done a deep dive case study on it) and I am convinced of the necessity of what has been

done in their digitalisation journey and am excited to be a part of it. I am truly lucky and grateful to have a project that coincided nicely with my career aspirations.

MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

In the summer of 2024, I was fortunate to spend 6 weeks at Huazhong University of Science and Technology (HUST). The research group I joined was primarily focused on advancing hydrogen fuel cell performance. The group aimed to do this by reducing the Pt (platinum) content in fuel cell catalyst whilst maintaining the desired power output. Given Pt is so expensive, this would make fuel cells more economically viable. My research included characterising Pt on carbon catalysts with varying Pt content. I synthesized my own catalyst samples and analysed their composition. I learnt half-cell and full cell characterisation methods and the importance of both when critically analysing overall performance.

At the end of every week, I presented my findings to my lab group. They provided me with constructive feedback and challenged my theoretical understanding of what I had done in the weeks previous. At the end of the 6 weeks, I presented my findings to the heads of department and the other interns and discussed my findings. My lab supervisor and members of the lab group were all incredibly friendly and were always on hand to provide guidance where necessary. This was especially helpful at the start of the internship given the unfamiliarity of research work to me.

Daily Life

Most days I would arrive in the lab for a 9am start. I would take a 2-hour lunch break starting at 11:30am and work would finish at 6pm. The campus is saturated with cheap rentable bikes which were perfect for commuting to the lab. From the international accommodation it would take about 5 minutes to cycle to the lab. Most evenings, I would meet up with the other Oxford interns to eat food together at one of HUST's many canteens. The canteens were brilliant as

they served a large variety of delicious Chinese foods for a cheap price. Eating with the other interns was a lovely way to unwind, get to know each other and find out about the different research projects that we had all been involved with.

HUST has many sporting facilities on campus. On several evenings I made use of the campus swimming pool, basketball courts and was able to involve myself with the inter-accommodation football matches. HUST is situated right next to a metro station which provides the university with cheap and quick access to rest of Wuhan. I used the metro to explore the city on weekends. I would recommend cycling around the East Lake, situated just north of HUST, as it is a wonderful cycle and provides wonderful views of the city skyline!

Lasting Impressions

Overall, I found the 6-week research internship at HUST enjoyable and insightful. I gained a new understanding of the importance of developing new catalysts for more efficient hydrogen fuel cells to help meet energy goals in the future. The research environment was incredibly constructive, and I feel my data analysis skills have significantly improved. Regularly presenting my work has improved my data communication skills by making me think about how to make large quantities of information more digestible.

Despite the enriching nature of the internship, it has made me realise that research is not necessarily something that I would like to go into in the future. My time in China has made me

keen to explore more work experiences based outside of the UK. The trips that were organised by HUST were incredibly interesting and I loved meeting and developing friendships with the other Oxford interns. I loved the cultural immersion that the internship provided and hope to visit China again in the future.



What practical advice would you give to future interns?

Try to book flights early to avoid paying more on travel than you should.

John Bridgford, Wadham College, BA Asian and Middle Eastern Studies (Chinese), Third Year Undergraduate, in person

Work Projects

On the first week we were welcomed into the faculty with an opening ceremony and met some of the faculty and students. The following week we were given daily lectures concerning different aspects of Law and AI in China, each followed by questions and discussion. After a week of lectures, we were given an outline of the project, which involved writing 5,000 words on a topic of our choice. Once completed, the essay would be submitted to Professor Wang Xigen's journal, Digital Law Review. We are also expected to present on our research at an academic conference in September. The teaching and research were also supplemented by a visit to a national law firm and a one-day coding workshop.

Daily Life

I settled in fairly quickly, and it was really nice to have a week to adjust to the campus and meet all of the other Oxford interns before starting work. After the week of lectures, I spent the majority of the days with the other law interns, working either in the libraries, cafes or student study spaces. Outside of work, we spend a lot of time as a big group together, eating dinner, going to the gym or exploring parts of the city.

Lasting Impressions

I really enjoyed my experience at Huazhong University of Science and Technology (HUST). Although the work was no different from the standard academic work I do as part of my degree, I've really enjoyed exploring a different discipline. I feel like I've greatly increased my understanding of Artificial Intelligence from a technical and ethical perspective. This knowledge

is only going to become more pertinent for the future. I hope it will also be of great help strengthening my applications for postgraduate opportunities next year.

Alex Bedford, St. Anne's College, MPhys Physics, First Year

Undergraduate, in person

Work Projects

My internship was to learn from and work with a research group in Wuhan. They work with 2D materials, which means that they are a single atom or molecule thick, which gives them various interesting properties that the group studies. They stack these materials to form devices which can be used to test phenomenon. My project started with learning the basics of exfoliation, identifying and stacking samples of these 2D materials as these are the basic skills they use. After learning these skills, I used them to create a test device for testing a new optical apparatus that I was able to help make. This device is a galvo mirror system which moves a laser pointer with great precision across a sample or device to perform photoluminescence spectroscopy.



My side of this was to create a 2D material device to scan, design the enclosure for the apparatus and to perform tests of it. This involved working with the student who had programmed the electronics and assembled the circuitry. Thankfully the language barrier was very minimal, and we worked well together. After finishing and fixing the apparatus, I scanned my 2D device. Then with a different research group, used their scanner to compare the results from a professionally made raman scanner and also had the

opportunity to learn another set of skills for manufacture of 2D devices via lithography. Everyone in each of the research groups was very supporting and kind, especially working through any language barriers.

Daily Life

Settling in was made much easier thanks to research in advance and help from the volunteer who helped me out. Setting up sim cards and the correct apps to be able to use the internet or pay for things did take a few days to sort out and get used to. Thankfully the campus card was very easy to use to get the buses and meals. One of the most challenging things was getting the laundry machines to work as they had no English translations and had a very long setup process to get the app working. Another big issue was jet lag as I'd never experienced it before, but thankfully my supervisor gave me a few days before the work started to let me settle in and get a good sleep cycle again. As my lab was on the far east side of campus, I used the campus buses to get to the lab each day. Before I figured out how to do this, I walked which is not fun given the heat and humidity.

Fortunately, I was able to use some of my weekends to explore parts of China as it is rich in beautiful environments and history. What I most looked forward to however was sharing meals with others from the labs, as a few of them wanted to show me foods from various regions of China. One of them had to teach me how to use chopsticks in the first week, which I'm grateful for as eating food can be quite important.

Lasting Impressions

I thoroughly enjoyed my experience and am grateful for the Fung Foundation for funding it. The experience cemented that I really enjoy hands-on practical work related to physics which is something I thought I hated a year ago, which has made me reconsider what I want to do in the future. In terms of skills and lessons learnt, the physics specific skills for making devices were really fun to learn, however the more useful ones in the long term will be the communication

and teamwork skills I gained by learning and working with others in the group and the ability to work through language barriers or cultural differences.

Alexandra Ci Hui Sing Scholefield, Christ Church, MMathPhil

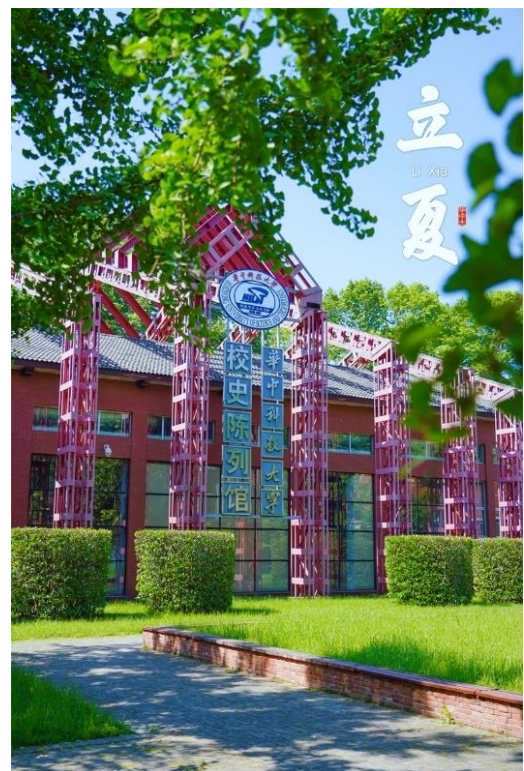
Mathematics and Philosophy, First Year Undergraduate, in person

Work Projects

My project was on machine learning in insurance fraud detection in China, under the supervision of Prof Peng Bin at the Economics Department. Insurance fraud is costly and one of the problems that any healthcare system needs to have measures to solve. Traditional auditing methods are time-consuming and getting things wrong is expensive. Applying machine learning could help detect patterns in fraudulent data and introduce a more accurate flagging process, in which fewer claims need to be manually audited.

On the technical side, I worked with another intern to better understand machine learning and we presented a summary of our learning to Prof Peng and some of his graduate students. I also got the chance to accompany a research team to Hengshan, where we heard from hospital and government officials about how China's healthcare reform in 2009 has affected doctors, patients and hospitals, particularly in filing insurance claims and keeping costs for patients low.

My professor was welcoming and created a friendly environment for team bonding and working. We were assigned a volunteer to help ease us into life in Wuhan and invited to play badminton with Prof Peng and his students. Professionally, we were offered guidance on



the papers we could read to gain a better understanding of the work already done on machine learning within insurance fraud detection.

Daily Life

Flying into Wuhan right after prelims, I was greeted by a volunteer from my professor's research team at the airport, who was really friendly and helped answer all my questions about Huazhong University of Science and Technology (HUST). Soon after settling into the dorm and meeting the other interns, I went to Hengshan for a research trip, accompanied by another volunteer who helped translate the Chinese sentences I still struggled to fully understand. Going to Hengshan was one of the highlights of my experience at HUST. While I learnt about the Chinese healthcare and insurance system, I also picked up local slang, received helpful tips on life in China, and made friends with the other students in our research team.

Back in Wuhan, I was happy to catch up with them playing badminton at the sessions our professor organized. My flat mates introduced me to their favorite nearby food spots and showed me around campus. With some other Oxford interns, I was able to explore more of Wuhan and even take a weekend trip to Jingdezhen, home of handmade porcelain, to visit museums and eat good food. At times Wuhan was scorching hot, reaching 40 degrees Celsius on some days, so I would seek cover in my air-conditioned room or the nearby tea cafe during the day, largely working-from-home rather than at the economics building.

Lasting Impressions

I learnt a lot from going to China, especially about moving to another country where I wasn't very good at the language. I think it took time to adjust to the new environment and relative lack of English speakers. I relied on my friends to help settle in and, in the process, reflected on how I could create a feeling of being at 'home' in Wuhan as I had tried to do at Oxford as an international student. This was a helpful experience that forced me outside my comfort zone and made me grow as a person.

I'm grateful that I did this while at university, so I had the time to explore China and get used to it while supported by HUST, Oxford and surrounded by other university students embarking on the same adventure. I don't think the internship has had much effect on my career ambitions, though I've grown to appreciate how the place you work and the communities you're involved in are an important part of choosing a job too. I realise just how different it must be to work in China, compared to the UK, and moving to another country comes with a new set of challenges and joys.

Xyn Ci Puai, Mansfield College, MEng Materials Science, Second Year Undergraduate, in person

Work Projects

My field of research was on hydrogen fuel cells, particularly on oxygen reduction reaction (ORR) that happens at the cathode of the fuel cell. The sluggish kinetics of ORR prevent the hydrogen fuel cell from reaching its maximum



performance. The current trend to improve ORR's performance is by using Pt-based alloys. Therefore, my study focused on PtNi alloy. I investigated the effect of Br-treatment on spherical PtNi alloy, and the effect of NO poisoning on the same alloy.

It was believed that Br modification could improve structural stability, and NO poisoning is detrimental. Through experiment-based research, reading and discussions, I managed to prove this concept flawed. This is because Br modification was proved to be more poisoning than NO when the catalyst is spherical instead of octahedral. My research revealed the influence of

catalyst shape on poisoning and surface modifications. The host organisation provided the laboratories and technical support. I was given a mentor who is very experienced in the field of ORR. This was the best part of this research, because I really learnt a lot from him. All the lab equipment and facilities are free to use and can be booked easily. All the research fees, including chemicals and facilities are paid by the host organization.

Daily Life

The settle-in was quite smooth because of the help of the volunteers arranged by the universities. I usually cycle to work when the weather is very hot. The shopping complex and the metro station were close to the campus, so I hung out with my friends a lot during the internship. I enjoyed cycling in the east lake the most. The hospital on campus is efficient and the medical bill is cheaper than outside.

Lasting Impressions

I enjoyed the experience very much. It showed me a China which is very different from my old perception. The research is fabulous and inspiring. I had the chance to communicate with researchers and PhD students, and it definitely helped me to plan my career path better.

Yuh Xian Goh, Corpus Christi College, BA Philosophy, Politics and Economics, Second Year Undergraduate, in person

Work Projects

We were tasked with researching the level of government uptake of AI as well as the determinants affecting this, and I was assigned to take the UK as a case study. Over the course of the internship, we completed both a series of presentations first detailing the situation in our assigned country, and then comparing with other countries of interest (China, Singapore, Turkey), culminating in a final written report that was based on a compilation of literary findings. We would have weekly review sessions with the professor, who would give us

feedback on our progress and detail the areas for expansion in the subsequent week. Outside of research they also made it a point to organize many experiential learning opportunities, such as visits to local government branches, to companies working in AI, and to museums. We also received a lot of help from the other local graduate students with whom we shared an office, who would regularly help us clarify the work demands and share their findings with us or discuss our project with us.

Daily Life

Daily life was quite comfortable. The institution did everything it could to make our stay as comfortable as possible, and we were assigned to their newest dormitories on the campus. Wuhan does get extremely hot in the summer though, so there is a fairly high incidence of heat stroke. I found China to be very safe and very convenient, though the convenience is dependent on being fluent in the language, and Wuhan as a city has very much to offer so long as you know where to look.

Lasting Impressions

I really enjoyed my internship. I found it really rewarding because I got to travel quite



extensively, saw a lot of things I would not have been able to, had I stayed in the UK, and I was warmly welcomed by the host institutions of the students there. It has given me more confidence in considering graduate studies, and I have gained a better understanding of technological developments and

their place in policy making. Through my research I was also able to better understand how different countries undertake technological development, as well as the unique considerations

each government must take into account. I would also be comfortable making further visits to China as part of my studies or in my future career.

What practical advice would you give to future interns?

For those doing international internships, brush up on the local language and pack lightly.

**Defne Pamukcu, Lincoln College, BA Philosophy, Politics and Economics,
First Year Undergraduate, in person**

Work Projects

During my internship, I worked on a research project focusing on a Comparative Analysis of AI Applications in Government across China, Singapore, the UK, and Türkiye. The project was both challenging and rewarding, offering me a deep dive into the intersection of AI and public administration. We began by conducting a literature review, for which we were provided with various readings. These initial resources laid the groundwork for our research, and we later expanded our knowledge by doing additional individual readings and research. Using Excel, I successfully identified 13 major factors influencing AI applications in government. These factors were categorized under three broader headings: technical, organizational, and external environmental.

I later evaluated the significance and presence of these factors in each country and conducted a comparative analysis. The host organization, Huazhong University of Science and Technology (HUST) organized various trips, visits, and tours to government branches, companies, establishments, and museums. These excursions provided us with direct industry insights and gave us incredible opportunities to speak personally with professionals working in the field. These interactions were invaluable, as they enriched our understanding of how AI is applied in different governmental contexts. I also prepared and delivered four presentations on our findings and wrote a comprehensive report detailing our research.

Throughout the internship, the Dean of the College of Public Administration, who served as our supervisor, arranged regular meetings where we presented our progress. He provided us with critical feedback, which was influential in refining our work. The postgraduate students at HUST, who were seniors in the college, were always around to offer help and support, both academically and in other aspects of life during the internship. Their care and attentiveness were particularly evident when I became mildly ill; they even offered to take me to a hospital, although I didn't end up needing to go.



Another professor who accompanied us on one of our outdoor trips was also very supportive. He arranged breaks for us when some of us felt overwhelmed by the intense sun and heat, likely due to heatstroke. Overall, the support I received from the host organization was exceptional, and it played a significant role in the success of my internship. The experience not only deepened my understanding of AI in public administration but also strengthened my confidence in working on complex research projects and my presentation skills.

Daily Life

My daily life during the internship was a combination of work, exploration, and cultural immersion. Thankfully, the host organisation (HUST) arranged a pick-up service from the airport, which made my arrival much smoother. Navigating to the university on my first day would have otherwise been challenging, especially with the language barrier. A PhD student from the College of Public Administration, who had volunteered to help, picked me up. Since it was late in the evening, I was given my student ID card, which allowed me to access my room,

and I settled in before completing the registration forms the next day. I was fortunate to be living just a 10–15-minute walk from the College of Public Administration where we worked.

My accommodation, provided by HUST, was a flat in the student accommodation block with five single rooms, one of which was occupied by someone also from Oxford. We had three showers, two toilets, and two sinks, shared between us, which worked out well. I had a comfortable bed, (though I had to buy a mattress as the one provided was less than 3cm thick - thankfully it wasn't very expensive), plenty of storage space, a desk, and my favourite feature – an air conditioner (a necessity given the heat). Most of the amenities, including the showers, operated through Alipay, which was convenient. However, navigating the washing machines was a bit of a challenge.

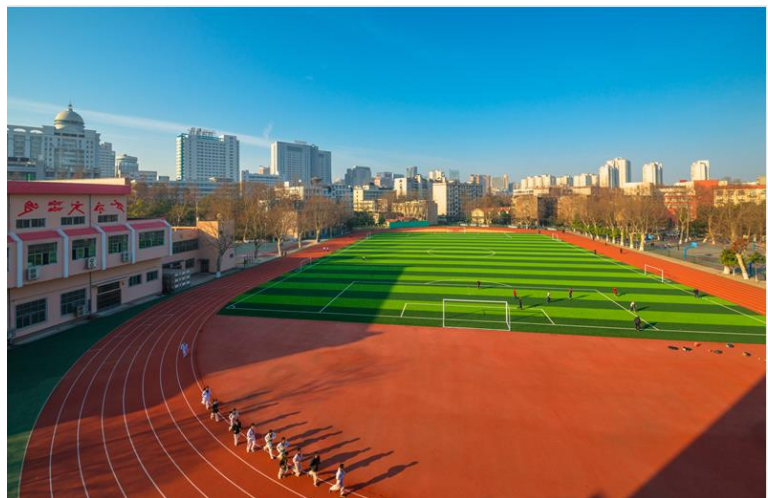
The postgraduate students, including the one who picked me up, were around most of the time. They were seniors and mostly master's students, and while some spoke better English than others, we managed to work around the occasional language barrier quite well. They were incredibly caring and attentive, particularly when I became ill (mildly) and offered to take me to a hospital (which I did not actually end up needing). Despite having learned some Mandarin through the Language Centre at Trinity, I quickly realized it wasn't enough for daily interactions. I wasn't alone, though, as there were other Oxford students at the College of Public Administration. Three others were there, two of whom were fluent in Chinese, which was incredibly helpful. They often offered assistance, making my experience much easier.

There were about 30 Oxford students at HUST (the host organisation), so I always felt like there were people I could reach out to, even though I didn't really end up needing it very much. The group chats that were created were also invaluable for staying in touch and seeking advice. Initially, we used WhatsApp, but we quickly switched to WeChat, which was incredibly useful. The group was large, and people could ask for advice on anything, from booking tickets to getting visas. Some students had arrived earlier and had more knowledge to share. Outside of work, the university (HUST) arranged various trips for us, some related to our work and others purely for exploration.

We visited museums, government branches, and companies, which provided incredible insights and allowed me to directly engage with professionals in sectors I was interested in. These experiences helped us explore Wuhan as a city. One of the highlights was trying driverless Sky Rail air train. Besides the organized trips, we also planned our own outside of Wuhan. The Oxford group chats were helpful here too, as we could team up with people we trusted and who shared similar interests. We travelled to other cities like Jingdezhen and Changsha and even visited an amusement park. We worked around six hours a day in an office provided to us alongside the seniors in the College of Public Administration, which left us with weekends free to travel and explore.

Lasting Impressions

I had a wonderful time during my internship in China. I thoroughly enjoyed the opportunity to immerse myself in a new culture, experience the language firsthand, and try local cuisines. The warmth and welcoming nature of the people I encountered made the experience even more memorable



and made it significantly easier for me to adapt. I gained invaluable new experiences by working in an environment that was vastly different from anything I had encountered before. It was an eye-opening experience that broadened my understanding of how different systems operate.

Furthermore, this internship allowed me to work on something I already had a broader interest in (AI), especially in the area of public administration. Particularly because I hadn't studied this in an academic setting, the hands-on experience deepened my interest. As my first internship, it also helped me build confidence in engaging with others in a professional environment. I

prepared and delivered four presentations and wrote a comprehensive report, learning the appropriate formats and expectations for these tasks.

Before this internship, I was considering a career in the field among others but was not certain. However, after this experience, I feel confident that I would like to work in a similar field, particularly one that involves AI. Although I'm still exploring whether I want to focus on AI within government and public administration specifically, I am strongly interested in the intersection of AI, economics, politics, and its impact on our daily lives.

What practical advice would you give to future interns?

If you know others who will be interning or working at the same place as you, try to connect with them as early as possible. Building these connections beforehand can make your experience smoother and more enjoyable. If you're going to China, it's essential to download and set up Alipay as soon as possible. Alipay is widely used for various transactions, including public transport, payments, ordering food, booking hotels, and more. Additionally, download WeChat for communication and consider linking your debit card to your WeChat account, as some places only accept one or the other. For deliveries, Taobao is also a useful app to have in China. In China, everything operates through Alipay, from ride-hailing services like Didi (China's equivalent of Uber) to translations and booking travel arrangements. During my six weeks there, I hardly saw anyone using a card, and I didn't see anyone using cash. Payments can be made through Alipay or WeChat's mini apps, so I highly recommend setting up both.

Portable chargers are incredibly useful, as running out of battery can be stressful in China since practically everything is online through mobile devices. If you didn't bring one, don't worry—portable charger rental stations are almost everywhere, such as at stations and shopping centres. You can also easily buy your own for affordable prices.

If you're an Oxford student, the AnyConnect VPN is very useful, especially for accessing websites and services that might be restricted in China and keeping in contact with family and friends (I do recommend telling close family and friends to download WeChat for

communications though). Another note is that the first VPN I used was so strong it blocked the entire SIM card, and I couldn't use any data until I changed to AnyConnect. So, if your SIM card seems like it's not working, it might be advisable to check your VPN and consider switching it. It's a good idea to check with your host organization, especially if you're interning abroad, to see if they offer a pick-up service to help you upon arrival.

When entering China, you'll need to fill out an immigration form at passport control. Be prepared with the details of where you'll be staying, who you'll be staying with, their address and contact details, your planned itinerary, and your departure date. Additionally, you'll need to present your invitation letter from the host organization. They do tend to accept online versions, but it's advisable to have a printed copy just in case. Summers in China can be very hot, so bring light clothing to stay comfortable.

It's helpful to check the season before you go. For example, my internship started during the rainy season, and I had to buy slippers and an umbrella because my other shoes would get soaked. It's best to be prepared for the weather, but if you need to, you can easily buy affordable slippers (at least in China) and other necessities there and leave them behind to save luggage space.

Gracie Leigh Allen, Wadham College, MPhys Physics, Third Year
Undergraduate, hybrid

Work Projects

The first two weeks were spent on a creative task of making a stop-motion animation video for the purpose of public engagement with the topic of Nuclear + Geothermal energy coupling. This was entered into a competition, alongside a presentation made by other members of the group, and in the end, we got a third-class award. After this, we asked to be involved in the ISP-51 project being run by our supervisor's group. As we had no experience in nuclear reactors previously, we spent some time teaching ourselves how they work and learning about two-

phase flows. After this, we were assigned tasks. My task was to identify key parameters for 16 phenomena that can happen during a small-break loss-of-coolant accident in a nuclear reactor. I did this successfully, and the information I gave was then used by the other members of the group as they continued the project after my internship finished.

Daily Life

Huazhong University of Science and Technology (HUST) arranged volunteers to help us with every step of settling in and living on campus, which was extremely helpful. The university campus is extremely convenient to live on, with canteens everywhere serving very cheap, tasty food, and cheap hireable bikes which are the best way to get around. Our rooms were small but had everything we needed, and bathrooms were only shared between a few other HUST (not Oxford) students, who were generally happy to help if you got locked out or had trouble using the washing machines. Outside of the internship, many of us arranged short trips at weekends to get to explore more of China. We also explored Wuhan, which was exciting. We found a number of pubs which became little social spots for evenings and often all ate in the canteens together. There was a lovely sense of community amongst the Oxford interns.



Lasting Impressions

I am very grateful for my time in China. I feel that I have had a once-in-a-lifetime opportunity with this, and that my independence and self-confidence for new situations has increased. I feel that I have gotten to understand China a lot better, and that all you see on the news is not all

that is true. HUST were extremely welcoming and ICARE arranged a number of very cool trips which I know I will remember for a long time.

The time in my research group was valuable, and I have learnt that that area is not what I would like to do with my future career. The group themselves were lovely and accommodating, but after doing the research I have simply realised it is not for me. This result is extremely useful, as I have now narrowed down my future career options to exactly what I know I want to do. I now feel empowered to explore more of the world and take any opportunity that comes my way.

Laura Konarska, St. Anne's College, MChem Chemistry, First Year
Undergraduate, in person

Work Projects

I participated in a project in a research group of Professor Guo Limin, whose title was Designing Efficient Catalysts for Combustion of Volatile Organic Compounds. The project involved synthesising catalysts with different compositions, examining their performances and characterising them using various methods. Firstly, five catalysts composed of different ratios of manganese oxide and cerium oxide supported on a zeolite were synthesized. Subsequently, their performances were examined, which allowed for the determination of the ratio of the two metals that gave the best results - combustion achieved at the lowest temperature.

After that, the structures of all catalysts were examined using X-ray diffraction, SEM and BET surface area measurement. My main tasks included conducting the reactions of synthesis of the catalysts, testing their performance and obtaining most of the data for the characterisation of their structures. After the best-performing catalyst was determined, I tried to use the characterisation data to find the catalyst's features responsible for its effectiveness. During my project, I received a lot of support from my host organisation. One of the members of the research group introduced me to the equipment used in the laboratory and provided a lot of information about the research. He was always happy to answer all my questions or provide

any additional materials, such as research papers, that would help me better understand the specificity of my project.

Daily Life

I have received a lot of support from my host organisation, which helped me settle in. I was picked up from the airport by the student volunteers, who later showed me how to get around campus, helped me buy the SIM card, and gave me lots of advice about daily life on campus and in China. I lived in an accommodation building that was a 10-minute walk from my laboratory, so getting to work was very convenient. The Huazhong University of Science and Technology (HUST) campus had a lot of study space such as a library, many cafes and study rooms, which we were welcome to use.



Outside of my research project, I spent lots of my free time exploring Wuhan together with other interns from Oxford. We also went on a few trips to places a bit farther away during the weekends. I enjoyed getting to know other interns, they were always very friendly and supportive. It was also great to

meet home students of HUST, as well as other international students from different universities and countries. They gave us a lot of good recommendations about what to see and do in Wuhan. During the internship, I took part in cultural activities organised by HUST. I was invited on trips to, for example, the Hubei Provincial Museum and Yangzijiang Non-heritage Pastry Culture Park, which were great opportunities to get to know Chinese culture and history.

Lasting Impressions

The internship was an amazing experience, and I enjoyed it very much. As I was a first-year student last year, it was my first opportunity to participate in a research project. I think that I have gained a lot of knowledge and essential practical skills during my placement. I enjoyed learning how to use new laboratory equipment and getting to know the theory behind my project. The internship also allowed me to experience what it is like to work in research and assured me that it is something that I might want to do in the future. I also believe that my placement helped me broaden my horizons by allowing me to get to know the culture of China and visit some of its beautiful sites. I think that the experience of travelling alone made me feel more confident and independent. I am glad that I became friends with other interns from Oxford as well as home students from HUST, and I hope that we will keep in touch even after our placements are complete.

What practical advice would you give to future interns?

I would advise future interns not to worry too much about settling in, as the host organisation and student volunteers provide a lot of help regarding daily life on campus and in China. Something that I did not know before coming to China, and what might be helpful for some interns, is that the main form of payment in China is mobile payment using applications such as Alipay or WeChat and cash is not needed.

Alfred Marriage Massey, New College, MEng Engineering Science, Final Year Undergraduate, in person

Work Projects

My internship project was investigating 'human impact on thermal hydraulic simulations'. We were interested in 2 particular scenarios (both 'loss of coolant accidents') which can happen in modern nuclear power plants, as part of a larger project called ISP-51. Essentially, many different teams had all produced simulations of the same scenario to predict the behaviour,

and we were trying to work out how choices they made in designing their simulation affected the accuracy of their results. There were also students from the host university working on the same project, and therefore we all worked on the same rough timeline. This was useful as the host organisations' students were more familiar with the project and area, and could therefore suggest useful documents or papers to read.

Initially, we undertook literature review into very fundamental thermal hydraulics, to gain an understanding of the physical mechanisms occurring. This then progressed to reading papers



and reports more specific to loss of coolant accidents, and also previous ISP projects related to thermal hydraulic simulation. This helped us identify which human choices can affect the performance of thermal hydraulic simulations, before we finally progressed to the ISP-51 reports, attempting to pinpoint why

certain groups were more or less successful, before providing a review report to our supervisor.

Daily Life

The first couple of days are slightly tiring, you may be jetlagged and spend the time checking in, setting up your phone sim and your campus card. However, there was a student from Huazhong University assigned to help me with all this which was very useful. The campus itself is very nice, has rental bikes to cheaply get around, and contains everything essential - there are numerous canteens, stores, sports facilities and even a barbershop. Navigating campus can be slightly difficult, but if I needed to find anything my volunteer was able to show me where it was. In addition, there are lots of cafes to work in, and the building where I had my meetings was only a 5-minute cycle from the accommodation.

The department I worked in took us on a cultural trip every week, such as a museum trip or a traditional painting class which were very fun ways to wind down outside of work. During the evening, I would play sport or explore the city with the other interns as temperatures were cooler. One great thing about the city (Wuhan) is that there are rail connections to lots of cities in under 5 hours, so I was able to take weekend trips to Shanghai, Xi'an, and Chongqing along with some other interns.

Lasting Impressions

I would say I enjoyed the experience overall. I wanted to experience living and working in another country to see if this is something I would be open to in the future, and this was a good way to experience that without a long commitment. I would also say I gained skills in communication, the majority of people I was working with did speak some English, but we learned how to communicate effectively with each other.

While I don't necessarily want to work in the same area that I did the internship in, I think the internship definitely helped me realise I would likely enjoy working abroad and staying in research. I also loved the travelling aspect of the internship, as having some time after/during to see parts of China was great, it's a really beautiful country. While it definitely had its challenges, and I found it difficult to adjust at times, I am glad I took the internship, and it provided a lot of useful life experience.

What practical advice would you give to future interns?

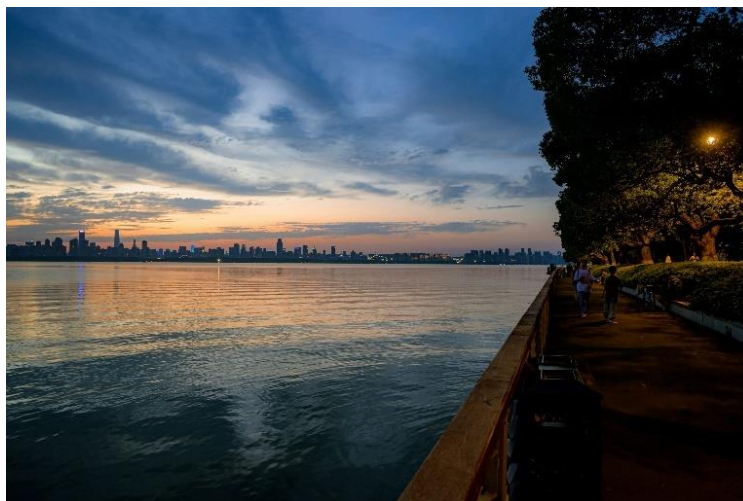
I think going in open-minded is the biggest key, if you haven't visited China before it will more than likely be a big culture shock. I travelled on almost every weekend of the internship, and this definitely tired me out a bit by the end! It's definitely useful to take a couple of days rest sometimes, and not feel like you always have to be working or exploring. Regarding the work side of the internship, being willing to ask questions of your supervisor is important. It was less guided than university studies and so if you are unsure of the project aims, it is worth clarifying with your supervisor.

Gleb Iagelskii, St. Hugh's College, MChem Chemistry, Second Year

Undergraduate, in person

Work Projects

My internship within Professor Chen Rong's group at Huazhong University of Science and Technology (HUST) was centered around the exploration of novel materials for enhancement of hydrogen fuel cell performance. During the start of my internship, I reviewed academic literature to



better understand economic and technological problems which stand in the path of hydrogen fuel cell commercialisation, and cutting-edge technologies and solutions intended to overcome those problems.

At the core of a hydrogen fuel cell is a platinum catalyst attached to a carbon support which allows the fuel cell to generate electrical power from hydrogen and oxygen gas, the only by-product being water. This, coupled with hydrogen's high energy density makes hydrogen an interesting material for storing renewably sourced energy with a wide range of possible applications. One of the few issues affecting this technology's economic prospects today is the limited durability of modern fuel cells. Ultimately, my project focused on synthesis, characterisation and testing of a novel carbon support material to see if it can reduce the rate at which the performance of hydrogen fuel cells degrades with time.

More specifically, I synthesized a carbon support material called Boron Carbon Nitride (BCN) with variable amounts of boron, nitrogen and carbon. Then, the resultant 3D BCN was ultrasonically exfoliated to produce graphene-like 2D BCN nanosheets, and a comparative study

of electrochemical performance of platinum nanoparticles anchored on 3D and 2D BCN with different ratios of boron, carbon and nitrogen was conducted to find the optimal mix of catalytic activity and durability.

Many unexpected experimental issues arose in my investigation, and the experimental procedure had to be reviewed many times which I think gave me a great opportunity to hone the problem-solving skills learned in Oxford's chemistry programme as well as to soak up the experience from my more senior colleagues at HUST who were always most helpful. In my final report of the internship my only regret was that I did not quite have the time to do all the experiments and work I wanted to, and while BCN clearly demonstrated its superior durability to commercial carbon powder, and the 2D material had a clearly improved mass activity over the 3D one, the best ratio of boron/nitrogen to carbon in the material remained somewhat elusive, likely even higher than ratios we had time to test.

Daily Life

My daily life at HUST was a good mix of work, cultural exploration and relaxation. My day started at 9 am when I would read literature or compile and analyse the experimental data from the previous day until the lunch break at 11 am. The sessions after lunch would typically run from 1 to 5:30 pm but due to the challenging nature of the work and time constraints I would often opt to work until 9 or 10 pm. The second half of the day was usually spent engaging in hands-on lab work which I thoroughly enjoyed.

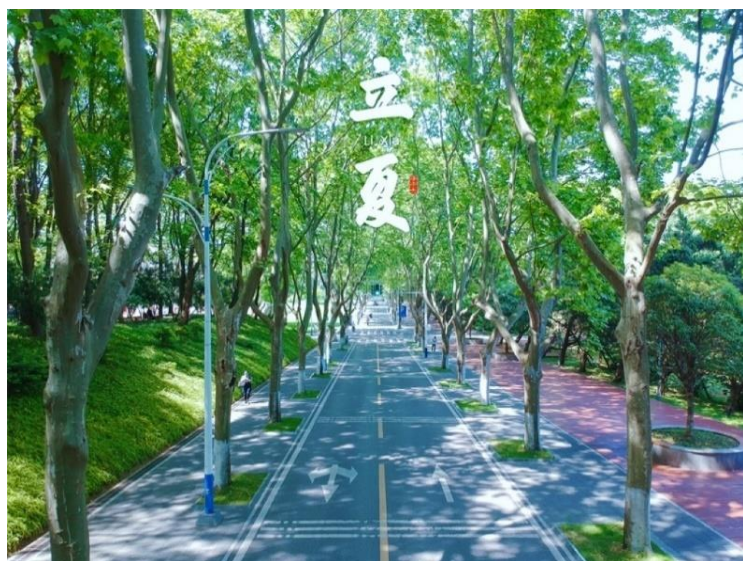
The staff at the lab were extremely helpful and most professional, always eager to recommend me literature to read or show me how to use unfamiliar pieces of hardware and software. Every Friday I also had a fantastic opportunity to present my research progress to people from the wider department and discuss with them possible modifications to the experimental setup we can introduce to overcome challenges discovered that week.

Outside of work, I explored Wuhan during weekdays and the rest of China during weekends. HUST itself boasts an astonishing 72% greenery coverage of its campus. Its quaint little parks

and lotus-blooming lakes that shine beautifully in the morning sun make for an extremely pleasant 15-minute walk to the lab. Equally the rest of China is a place to wander around, with many spectacular sights of modernity and ancient history to see in Nanjing, Beijing and Shanghai. The highlight of the cultural aspect of my trip was discovering China's various teas and tea culture in the numerous teashops and teahouses of the country.

Lasting Impressions

It is difficult to describe how grateful I am for this opportunity, to Oxford, HUST and the Fung foundation. I have gained invaluable insights into academic research in a field I was largely



unfamiliar with before but feel very passionate about now. I have learned a lot of theory of inorganic catalysts and hydrogen fuel cells and picked up even more practical skills whether in designing an experiment, operating an inVia Raman microscope, using OriginPro to analyse data or presenting research to a wide audience.

I have met new friends, great teachers and industry leaders on this trip who helped me reach a new level of understanding of China's academic sphere, culture and industry. Whereas previously I thought to pursue more theoretical research in academia, I am now considering a much more hands-on role in the energy industry or more applied research in academia. In summary, I think this experience was one of the most beneficial, eye-opening and insightful ones I've had to date.

What practical advice would you give to future interns?

In my experience, learning some basic Mandarin made the trip substantially more fun and on occasion, easier. Figuring out how to use WeChat to its full potential in advance would also be very helpful. (It took me an embarrassingly long time to discover that WeChat offers the simplest way to buy train tickets for example).

Luke Patrick Dorman, Regent's Park College, Philosophy, Politics and Economics, Final Year Undergraduate, in person

Work Projects

My internship brief was a research position with the university's school of public administration. Though I had been told the subject of the research would be emergency management, when I arrived it was made clear that the brief was much more open-ended. I therefore undertook a project assessing the feasibility of the Chinese government's 'rural revitalisation' policies, which have been implemented over the last few years. Over the internship I conducted independent research into the history of urban-rural migration in China, the government's proposed policies to tackle it, and distributed an online survey investigating individual's self-reported propensities to migrate from cities to the countryside. By the end of the internship, I had fielded over 100 responses and written a paper analysing and presenting this research.

Throughout the project I received invaluable feedback and guidance from my professor, who helped me situate my research question, administer and translate my survey, and ensure my research was up to date with recent Chinese government policy. The structure of my day looked very much like an Oxford term, with weekly meetings with my professor, occasional lectures put on by the faculty, and mostly self-directed research. I found my project, whilst open-ended, a fascinating way to learn about both Chinese government policy and management, and the functioning and idiosyncrasies of Chinese academia.

Daily Life

I was picked up from the airport by a postgrad volunteer from the university, and driven by taxi to campus, which is a good 40-minute drive from the airport. I don't speak mandarin, and English provision for setting up Wi-Fi, data, or (most importantly) air conditioning, was minimal, so the help of my volunteer the next day in setting this up was invaluable. As alluded, most days it was incredibly hot and humid, which seems to be the norm for Wuhan in the summer, so most of my time was spent in air-conditioned spaces, either in my accommodation or the office I shared with other Oxford interns and graduate students.

I travelled around campus on bikes available through an app on my phone, which could also be taken into the city centre. In the days I would work in the office, and then evenings were relatively free to socialise with the other interns and explore the city. Weekends were free to travel, and with China's high-speed rail, most destinations were available within a 5-hour train journey. Very manageable for a weekend trip.

I mostly socialised with other Oxford interns, had some great trips and made some great friends. I felt the language barrier strongly with the Chinese students in my office, even though they were really friendly, and so didn't socialise with them outside of office hours. This varied by

department, however. I got food from the canteens on campus, which were very cheap, though a little mandarin went a long way when it came to asking for particular dishes.



Lasting Impressions

I loved this internship. I've gained wonderful friendships, experienced another culture, and grown skills in research. Because of the open nature of my brief, it feels like I've gained more in the way of cultural understanding than hard quantitative research skills, however this in itself has been invaluable. It's had challenging moments, and the open structure can leave room for feeling lonely and homesick, however my overwhelming impression is a positive one of growth and learning.

I've learnt how to navigate a different academic environment and tried to write sensitively on the governance of a very different country to my own. I've met incredible people and grown more independent navigating systems and transport in a different language. I have a few regrets, primarily that I didn't engage in learning mandarin more, as this would have allowed me to deepen my engagement with the people I met and literature I read, however this is something I hope to do in the future! Because the internship was formatted largely the same as an Oxford term, I feel that this has affected my career ambitions less than I might have hoped, however I do feel that it's contributed to my experience in quantitative research and developed my CV in a useful way.

What practical advice would you give to future interns?

If you want to use a VPN, set it up ahead of arriving in China. Alipay will be your primary way of paying, and WeChat your main way of communicating, so download both these apps ahead of time. It's definitely not the case that everyone speaks English, so if you don't speak mandarin, download the google translate app and get familiar with its image translation and live speech translation functions. Your phone is your main conduit for paying, getting taxis, renting bikes, and translating instructions. Make sure it's got good battery life, and that you bring a portable charger.

Meilin Hixson, New College, MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

During the summer I spent 7 weeks in Wuhan on an internship in the Institute of Clean and Renewable Energy at Huazhong University of Science and Technology (HUST). The research group I was placed in specialises in Nuclear Energy Engineering and Technology, which I hadn't really covered before but was eager to learn more about. Initially I took part in the national Nuclear + X competition, researching into the potential for nuclear energy and solar energy coupling.

After the competition, I spent about 5 weeks working with the group on the ISP-51 (International Standard Project) for nuclear reactor safety. These exercises involve predictions of certain physical problems with their best-estimate computer codes, compared to the experimental study results. ISP-51 focuses on the simulation of a loss of coolant accident (LOCA) to verify code ability in passive nuclear reactor behaviour. I spent some time learning more about nuclear reactor safety, then shifted my focus to assessing user impact on nuclear thermal-hydraulics simulation.



My final task for the internship was to produce an analysis on calculation results from codes used by participants, improving my data analysis skills and noticing trends in the reports. The research group was very helpful during the internship, with regular meetings to discuss progress and see what the other

students were doing. They also arranged a number of dinners for the group to get to know each other more personally.

Daily Life

Being on a scheme with about 30 other Oxford interns made the transition into studying at HUST a lot easier to navigate and meant that it didn't feel too far from home. There was plenty of opportunity to socialise with other international students as well as HUST students. There were other international interns within ICARE, and I got to know my research group quite well, who were very helpful in recommending where to visit in Wuhan.

Outside of work there was the huge campus to explore, and metro stops close by to easily explore the city. I cycled around the East Lake and the Optics Plaza had lots of shops and food courts, where we would go for hotpot and group dinners. There was lots to do in central Wuhan in the evenings, including the night markets and the Yellow Crane Tower. On the weekends, some of us took the opportunity to explore other parts of China. We visited nearby cities like Chongqing and Shanghai. These trips were a great way to see more of the country and experience the diversity of China's cities and landscapes. I also took a trip to the mountains on the final weekend, which provided a nice break from the city.

Lasting Impressions

The internship at HUST was very impactful, both in terms of academic learning and cultural understanding. I had an insight into nuclear energy and its potential growth in developing a sustainable future, whilst considering the risks and opportunities it poses. Participating in the group research project gave me practical experience in research and data analysis, which has strengthened my interest in pursuing a career related to energy systems and sustainability.

Living in Wuhan for seven weeks also broadened my perspective. I had the opportunity to explore different parts of China and experience life as a student abroad. ICARE had planned several visits for the interns, which were really enjoyable, including company visits, museum trips and cultural outings. At times I wished there was more structure to the internship, but

overall, my time in China was a great experience. It confirmed my interest in the energy sector and provided valuable educational experience whilst allowing me to explore the country.

Ushika Kidd, Keble College, BA Human Sciences, Second Year

Undergraduate, in person

Work Projects

The project that I undertook was investigating the economic impact of regional intangible cultural heritage projects (ICHPs) on local economies, at both city and provincial level. The project was mostly laid out in advance as working with a pre-collected data set and requiring interviews with stakeholders and reading existing literature in order to create a report. While I did not end up completing this exact outline, the final piece I produced was a written literature review the length of an extended essay, and I learnt more about how local cultural heritage sites are curated in the context of Chinese bureaucracy and politics.



I had direct contact with my supervisor, who provided me with support in the run-up to the internship, and during the internship itself I was in frequent contact with the other students in my research group, who provided me with support and direction. Because my project focused on cultural economics, by nature this permitted me with the

opportunities – and obligations – to experience the local culture myself; I kept fieldnotes for site visits to key tourist attractions in Wuhan, where the host university is based, as well as in surrounding cities, to compare how these tourist sites are curated and marketed.

Daily Life

In total, I spent just over 6 weeks in China, in the international student accommodation at Huazhong University of Science and Technology (HUST). There were around 30 Oxford interns in total, and this made the settling in process – acclimatisation to the new culture, climate, and time zone – much easier. We had the first few days with student helpers to get our SIM cards, check in, and collect our student cards, and this permitted us to then figure out how to become involved in daily life in China through our phones: payment, reservations, and chatting to friends all happened in one app.

My project was relatively flexible and so I was able to choose my own hours accordingly and explore the campus for places to do my work. Outside of this time, I got to know the other interns from Oxford, and we experienced the campus by going to the canteens together and making the most of the bikes to rent. We also had opportunities to visit other places during the 6 weeks, and so many of us opted for weekly trips to get to know other cities in China, including Shanghai and Chongqing; as well as Yichang and Mount Huangshan. We got to know other students at HUST, both international and Chinese, during our stay, and they helped us with settling in and suggesting trips - and even accompanied us for some!

Lasting Impressions

My lasting impression of the internship was positive. I really enjoyed my time at Huazhong University of Science and Technology, as we were able to experience student life, explore the city (Wuhan), as well as travel further afield. Wuhan is ideally placed to visit other cities and natural heritage sites such as Wudang Mountains and Chongqing, and so during the internship I felt that as a group, we really made the most of our time there. The internship itself was less demanding than expected. I appreciated the freedom this gave me to visit different cities and explore the cultural heritage sites, but as a result I did not gain much in terms of career development. However, as a whole this limitation was wholly compensated for by the invaluable cultural exchange offered by staying at HUST.

MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

My 6 weeks were split up into two projects. For the first 2 weeks I was working on Nuclear + X Chinese national competition. This was a competition posed to master students in China to provide a video presentation about combining nuclear and other technology. The target audience was the general public, but we had to ensure it was interesting enough for an academic. Our team chose molten salt energy storage. My first week was composed of reading up on this technology and how it can be combined with nuclear. This was aided with some documents my teammate had created. I then created half of the slides for the presentation. I also corrected the English for the transcript of the video.

We were working in a team of 4 and we received lots of help from the organisation including pointers on what to read and general advice on the final presentation from our supervisor. The

second project I worked on was one of the PhD students' projects. it was working on the ISP-51. This is an international standard problem proposed by the Nuclear Energy Association (NEA) in order to maintain safety and efficacy of nuclear reactors. We were working on the CAP-1400 reactors,



specifically the Chinese model facility ACME. We were doing phenomena analysis of the ACME facility during a SB-LOCA. An SB-LOCA is a small break loss of coolant accident. The one we looked at was a small break in the cold leg of the reactor, this can cause a reactor meltdown as a loss of coolant can mean the core heats up uncontrolled and melts releasing the nuclear material.

I was tasked with phenomena analysis of the water tanks and anti-depressurization system, we had to do a lot of reading, so we were up to scratch, we were given some hints as to what to read here. We were also provided with all the ACME and ISP-51 information and attended weekly meetings to ensure our work was up to par. The outcome of this work was to code simulation (RELAP-5) to real data in order to find out how accurate the code was in modelling a real-life scenario. Therefore, finding out how safe it is to use to model existing reactors.

Daily Life

The move from the UK to China is a big one with a big culture shock, however, Huazhong University of Science and Technology (HUST) made this very easy. We were greeted at the airport in Wuhan by volunteers who helped us set up everything for daily life on campus, all of us Oxford interns along with other international students doing PhD or Masters were in an accommodation block on campus. We had our own rooms and had shared showers, toilets and kitchens. Lots of contact with other Chinese people and other Oxford interns made settling in a very pleasant experience, that for me only took a couple of days.

We started work a week after arriving and this was a 10-minute walk away from our accommodation, working hours were relaxed, we just had a few projects to do and could do them at our own pace. This meant how much work you did was down to you. I socialised mainly with the other Oxford interns, and we always had plenty to do as once you left campus you could get the metro into Wuhan centre. We did this a lot in the evenings or some weekends. There was also the opportunity to join sport clubs if you found them, I managed to play a couple of football games for the accommodation block team. On the weekends we would also go on trips to nearby cities including Shanghei, Yichang and Chongqing. All of these were very rich experiences with a completely different culture to engage with at every point during the day.

Lasting Impressions

From this internship, I have become much more international-minded and aware of the plethora of ways you can go about problem-solving, also how politics can impact how a country goes about solving an important problem, in my experience this was climate change and the move from coal and oil to more sustainable energy. Also, what I will never forget is how kind and accepting everyone was and how inspiring an international setting is like HUST university.

What practical advice would you give to future interns?

For this specific internship if you want to get some good research done or get deep into the academia of your project then you have to make sure you push for this yourself. Also, it's good to get to know a few of the interns before you head to China especially if your nervous about culture shock.

[Rufus Alexander Hall, St. Peter's College, BA Philosophy and Modern Languages \(German\), Second Year Undergraduate, in person](#)

Work Projects

I was in the law faculty and wrote a paper on the philosophical grounds for trust in AI systems to be translated and published in the Digital Law Journal, an annual publication from the Law



Faculty at Huazhong University of Science and Technology (HUST). With the other three interns in the faculty, I attended a series of lectures on various topics to do with the implementation of AI and big data in the legal system in China. We were also hosted for the afternoon by Zhong Lin law

firm and learnt about the system they use to model and predict outcomes on patent challenges.

Daily Life

I mainly socialised with the other Oxford interns: we were all in the same building and on reasonably similar schedules. Most days, I would work in the morning (mostly in one of the many study areas on campus), have lunch in the canteen with other people, either continue working in the afternoon, or cycle out into Wuhan or to East Lake, eat dinner and then go to the gym, or play sport with other students in the evening. A couple of nights a week, we would go out as a group, either to a bar or club, or to karaoke or the cinema. We travelled a lot as a group at weekends, which was excellent. As the internship came to an end, I was pretty much working all day long for 10 days or so to get my paper finished. So, all in all, a good balance between work and play.

Lasting Impressions

I really enjoyed the internship. It was thrilling coming to a country so far from home and I felt taught me a lot about myself. I feel I made lasting friendships out there, mainly with people from Oxford, and it was also academically and culturally highly enriching. Whilst it was at points unclear what was expected of us work wise, any ambiguities were soon cleared up. Overall, the academic provision from HUST was outstanding, and I felt extremely privileged to be a recipient of it - the faculty flew one lecturer/lawyer in from Taiwan just to speak to us; he then took us for lunch and tea. I would recommend it to anyone interested in the law, or any of the other research areas HUST offers.

What practical advice would you give to future interns?

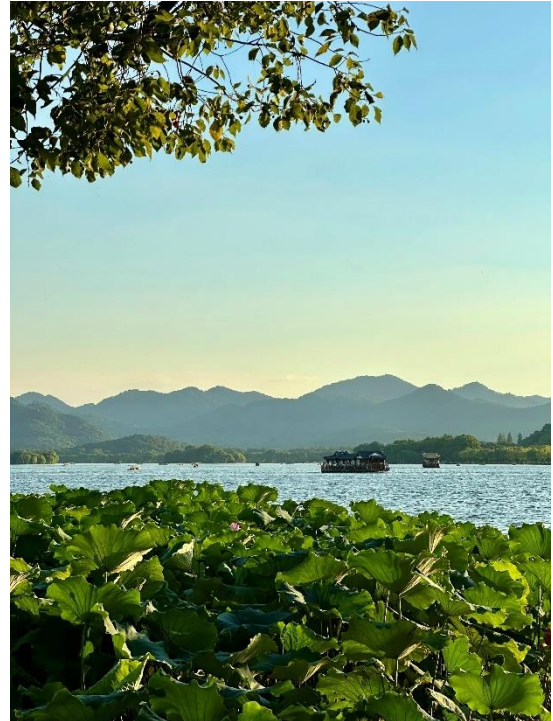
It is cliché, but do not stress. Securing the visa can be daunting, but it is in fact a very efficient process, and once you arrive the university organises PhD helpers, who very kindly are on hand pretty much 24/7 to help you out with anything you need.

MCompSciPhil Computer Science and Philosophy, First Year

Undergraduate, in person

Work Projects

I completed my internship at Huazhong University of Science and Technology (HUST) in Wuhan, China. The focus of the internship was using Neural Radiance Fields for 3D representation, and the way this was applied in practice was through a project whose aim was to represent the university in Virtual Reality. This is so that prospective students, especially those who are applying from abroad, can get a sense of what the university layout is like without having to travel in person to the campus. Due to the large size of this project, I was given a much more manageable task still related to the overall subject matter. This was to represent a



single object in 3D, and ensure that the algorithm used functions correctly, so that it can then be used, without any fear of malfunction, in the larger overarching project. In order to do this, I spent a couple of weeks familiarising myself with the university's technology and the theory behind the algorithms I'd be using, before beginning implementation. In terms of the help I received from the organisation, they made the technological setup easy, including getting me a new keyboard and mouse when mine didn't work. After the introduction, however, it was mostly independent work, with the occasional presentation for progress updates.

Daily Life

My first day at the internship was made very easy by my organisation, as not only was I picked up at the airport and given a lift to the university (saving me the hassle of having to figure out a foreign country's transport system on very little sleep), but I was also given guidance on every aspect of registration, from checking into my accommodation to being shown where the canteens and supermarkets were near me. In general, I found the mentor scheme they offer very useful, as my mentor was very willing to answer any questions I had.

On a typical day on the internship, I used an e-scooter or bike to get from my accommodation to work (a journey which is entirely on campus) and usually ate at the university-owned canteens (also on campus). Outside of work, I enjoyed exploring the city since it was such a new place for me, and I found it very easy to navigate. I socialised mostly with people who had come with me from Oxford, although I did also make a few friends through my internship project group. Despite the fact that I knew very little Chinese, I never found a problem communicating (as long as I had my phone!) via translation apps, and while the university may not have been as language accessible as I thought they would be, I was still able to get by.

Lasting Impressions

I think my lasting impressions of this internship will have much more to do with the unforgettable memories of experiencing such a different culture, as opposed to any career-related progress I made. However, I think this is a testament to just how cool doing an internship in China is, and I see it as a big positive. That being said, I certainly do think I've learned more about the process of research, as well as a deeper knowledge of the field I was working in. In addition, the internship I completed has undoubtedly confirmed my career ambitions to work in AI, as the AI elements of my project were very fascinating. Overall, I still believe that my main lasting impression will be the unforgettable cultural experience that it was and would be my main reason for recommending this internship, which I do so highly.

What practical advice would you give to future interns?

One mistake I made on my trip was bringing too much cash with me, China is an almost entirely cashless society, so I actually had some difficulty getting rid of it. For this reason, I'd recommend maybe not bringing lots of cash with you. My other piece of advice is obvious, but I'd highly recommend sorting out your apps beforehand (Alipay and WeChat), to save it being another thing you have to do while you're there.

GOTOCO

Zain Hirji, Worcester College, MEng Engineering Science, First Year

Undergraduate, in person

Work Projects

This summer, I undertook an internship with Gotoco, to teach English as a foreign language in China. During this internship, I worked at two different schools, each for 6 days, in rural areas in



the Hunan province. I worked with children between the ages of twelve and fifteen years old, with class sizes ranging between 18 and 70 students. My main task was to teach improve the general level of English in my class, as well as allow the students insight into British culture and give them a

summer camp experience. This consisted of 6 hours per school day, 3 hours of which were dedicated to English lessons. While the host organisation gave me some training on creating an engaging lesson, it was completely up to me to create my own lesson plan to guide my class

each day. This was challenging, especially given it was my first time teaching, and I spent hours the evening before to create PowerPoints and devise interesting activities to keep the students occupied whilst learning.

However, being prepared was more than worth it, and I really enjoyed teaching my class and engaging them in ways that the Chinese education system didn't allow - particularly through student-student and student-teacher interaction, on top of learning English through fun games like Pictionary and acting. Meanwhile, an hour of the day was dedicated to creating a performance for the parents at the end of the camp (for which I choreographed a song and got the students to follow along) and the other two hours to indoor and outdoor activities such as a water fight, talent show, fashion show, and drawing!

Daily Life

At the start of this internship, I settled in very quickly! This was because we were provided three days of exploring the city with the other participating teachers before getting into the work, which helped us to bond and form a community. This was very beneficial come the teaching, as we were all able to collaborate during lesson planning which eased the workload and kept us entertained! In regard to our daily life during the work, we had a very busy day that involved being at the school from 8am to 8pm, and often staying up past midnight to lesson plan - at least for the first week!

In the mornings, we were taken by minibus to the school, with lessons starting at 8:20am and the final lesson ending at 5pm! Albeit this was with a three-hour lunch break in the middle, an interesting Chinese custom where teachers and students alike had an afternoon nap. Though oftentimes this was dedicated to preparing learning resources in our case! From 5pm onwards, we would have dinner and socialise outside on the sports field with all the 17 participating teachers.

In the first week, there wasn't much time for anything but preparing for the next day once we got back to the hotel, however the second week provided lots of time for exploring the city and

going out in the evenings! This was because we could reuse the lesson plans, we had made in the first week, substantially easing the workload. Our evening social activities ranged from karaoke, to exploring the mall, to venturing down long winding roads of street markets abuzz with intrigue. We were provided a 4-day retrieve at the end of the programme, during which we enjoyed cycling, hikes in torrential rain, swimming in lakes, and even white-water rafting!

Lasting Impressions

This internship most definitely left a lasting impression on me, for the better. I thoroughly enjoyed my experience, both the teaching and exploring China, which have left me with lasting memories that I will carry for life. In addition to this, the experience of teaching and the electric atmosphere in the schools have swayed my vision of my future. They have given me more reason to explore different countries in the world, learn the language of Mandarin, and live in a different country for a significant proportion of my life.

The culture I experienced in the school was one of support and closeness, which is hard to find in most the schools in the UK. In terms of what I gained from this experience, it has significantly boosted my confidence in teaching and the workplace in general. It has taught me how to

overcome the apprehension of a new workplace, to not be afraid to get involved and pour yourself into every moment, that being committed and embarrassing yourself is a trait you want to have. These were all gained in a classroom environment, where the children lit up with warm smiles



the most when I was linking words to silly actions, making a fool of myself while choreographing, catching small mistakes of my own and showing its okay to try and try and try and fail, as long as you don't falter.

The memories and experiences I gained from this internship, I wouldn't trade them for the world, and I will think upon them fondly forever - I want to go back and go for it again next summer. My career ambitions have always been volatile, so the internship has added another potential path - however I would never teach in a UK school, potentially abroad!

What practical advice would you give to future interns?

For this internship - go for it and put your all into each and every lesson. Don't be afraid to go all out and embarrass yourself, you never know what might come out of it. Some of my best experiences came from this - an example is when I started associating actions with adjectives, such as crossing my arms for 'cool', brushing my shoulders for 'fashionable', making a puking face for 'disgusting', etc.

Another example is when I sang 'See You Again' - not knowing any of the rapping lyrics - in front of 70+ students aged 13 to 15 during their talent show... and they actually cheered me on!! I most definitely butchered the song as I can't sing for the LIFE OF ME, but I must've done something right as they got me to do a dance with them later on and even wanted me to rap for their performance at the end of the week! The best piece of advice I could give is just committing. Putting your all into everything. Being yourself, not being afraid to embarrass yourself - just do everything with confidence.

MSci Psychology and Linguistics, First Year Undergraduate, in person

Work Projects

The project involved teaching students aged 6-15 in China. We were not teaching English but other skills in English. For example, I was teaching Public Speaking to a class of 6 children aged between 10-12, whose English level was varied but poor. We were given some teaching materials by CSSC Elite Journey, who ran the camp I was assigned to. CSSC was great, they provided us with a few days of training which included a background to the camp and their organisation, safeguarding information, and teaching tips including icebreakers and ways to

build rapport with the children. They had clear expectations, and the organisers were very supportive of our wellbeing and need for clarity. Gotoco who organise the teaching opportunities and technically the host organisation gave us access to a TEFL course online, to build our teaching skills and give examples of how we could teach.

Daily Life

We first had a few days of training, as detailed above. We got to the programme and welcomed the students on the first day - all mentors and students were staying on-site at the school. My



class didn't arrive until the 5th day (out of 12) since their camp was shorter, so I was a 'floating teacher' for the first few days. This involved supporting other mentors in their classrooms and participating in activities with the children during the afternoon and evening.

Each mentor ran workshops every day for different classes: some of these were arts and crafts, sports, drama and dance (which is the workshop I ran alongside one other mentor). When my class arrived, I taught them for 3 hours in the morning after breakfast, had lunch with them, and taught them for another couple hours after 1.5 hours of free time before the workshops (which lasted for 1.5 hours each). After eating dinner together, we would have an evening activity, which involved all mentors, TAs and classes. These would often be quizzes or active games like the Olympics or Squid Games.

Lasting Impressions

I enjoyed the internship - I met some incredible people and learned a lot from speaking to other mentors and TAs from various places. I got on really well with the children and appreciated

being able to build my skills in communicating with children across a language barrier, as well as building trust and rapport with them despite that. I enjoyed teaching - it built my own skills in public speaking, especially considering the language barrier, learning to alter the way I communicate based on their understanding.

I found it fun to create my own resources, and to come up with games to build energy or calm the children down. Following the experience, I would definitely be more likely to consider teaching in the future as a career. I also loved the chance to visit China, which is a country I wouldn't normally have thought to visit and appreciated the financial support from Crankstart which is the reason I was able to do so.

BA Jurisprudence, Final Year Undergraduate, in person

Work Projects

I completed an internship in the education sector with Elite Journey, who ran the camp I was assigned to by Gotoco. The programme was very intense, with long days and a high level of responsibility, but was very rewarding. Over the course of two weeks, I was responsible for teaching a class how to debate in the British Parliamentary style. After working through the basics, I taught the students various current and controversial topics such as climate change, the ethical use of artificial intelligence and impact of social media on young people.

We then worked together to prepare arguments and speeches for a debate. We had debates on each of these topics, which allowed the students to apply their knowledge and develop their debating skills. This all built up to a final debate at the end of the programme, during which the students would debate against one another in front of an audience, discussing whether generative AI should be used in election campaigns. My biggest achievement was this final debate; each student did incredibly well and seeing their confidence grow was hugely fulfilling. The host organisation was so supportive. While the hours were indeed long, the camp directors supported us throughout, working hard to provide additional breaks when needed and acting

as a source of advice and comfort when the work got hard. The other interns on the camp also formed a fantastic support network.

Daily Life

The first couple of days of the programme involved training in central Guangzhou. This provided us with all the necessary information for the programme and helped develop our teaching skills. We were also given time to explore the city and properly meet other interns, which made starting teaching a lot easier as we felt part of a team and comfortable with one another. The first day of the programme was an induction for the students and involved a range of fun team building and ice breaker exercises.

After this, we quickly began teaching the content for the subject we had been allocated. For my course, BP Debating, this began with an introduction to BP debating and some skills workshops. Once these basics were nailed down, I taught about a range of different topics which the students would then debate on. Each



day was split into four lessons, so three lessons were spent going over a topic's content and the final one was for a debate. This allowed the students to learn about a range of interesting, controversial issues over the course of the camp, and thoroughly practice their debating skills.

Between lessons, there were fun activities like sports, and in the evenings, there was a big activity with all the students in the camp. We did a carnival, talent show, and a game inspired by squid game. These activities were a really fun way to end the day and decompress after a hard day's work. Everyone on our camp got on really well, which meant outside of work we often explored the local area together and went for meals and drinks. Our accommodation was within the school, which made it very easy to get to work each day. The school was close to a

range of restaurants and shops, so we would often visit those in the evening. It was also a short distance from the city centre, so on the days we finished early we would go into central Guangzhou.

Lasting Impressions

I thoroughly enjoyed the experience. I can honestly say that I have made friends for life and learnt so much about China and its culture. While the programme was intense and the days were long, having the opportunity to explore a country so different to the UK and meet such amazing people made it absolutely worth it. I also found that my confidence developed over the course of the camp, through having to work with students of various ages and present in front of large groups of students, interns and parents.

Travelling to a country far from home by myself, without knowing anyone on the programme also forced me to step outside my comfort zone and be more open to trying new things and making an effort to meet new people. I would absolutely do a camp like this again and would recommend it to anyone who enjoys teaching. It must be noted that while you do get to travel abroad and visit a lot of cool places, this internship is not a holiday. The days were long, and the work was at times stressful, and occasionally communication was not amazing, which made the programme feel disorganised.

What practical advice would you give to future interns?

I would recommend that interns go into the programme with an open mind and be willing to put in the work – while it is indeed a lot, it is so so worth it for the people you will meet and the memories you will make.

Niall Hall, Pembroke College, BA Philosophy and Theology, Final Year Undergraduate, in person

Work Projects

The internship was teaching English as a second language to Chinese students in Guangzhou. The placement was on a summer camp, which meant we led both lessons and activities/games. Each day consisted of four lessons, an afternoon and an evening activity. Afternoon activities



included sports and drama, and evening activities included quizzes and a Squid Game night (that I got to host)! It went on for twelve days, with no days off for staff or students. It was overall intense because you are teaching so much with not much time off.

That said, the hosts were exceptionally kind and helped with any struggles that arose. They gave time off to people who needed it. After the camp, Gotoco organised a five-day trip to Yangshuo for the mentors. There, we did excursions like cooking classes and white-water rafting. It was a lot of fun, and I made memories with my new friends that I will cherish for a long time. I made these friends because the camp itself, though busy, was also lots of fun. In sum, the summer internship was a great experience.

Daily Life

The placement was in a modern school, that had onsite boarding where the mentors and students stayed. Mentors shared rooms of two and had three meals a day provided in the school's canteen. Breakfast was 7:30-8:30, and so I would often get up at 7:30, and eat for 8. The first lesson started at 8:30 and morning lessons lasted until 11:30. This was three hours of

teaching, with two ten-minute breaks throughout. At lunch, lasting 11:30-12:30, we were advised to sit with our classes but had more flexibility with this as the camp progressed and students made their friends. The students had a break from 12:30-2:30, often where they napped. Mentors could use this time as they wished: to prepare lessons, grab a coffee or nap themselves.

We had a meeting at 2pm where we could bring up any concerns and talk about the day ahead, which would consist of a longer 90-minute lesson, and an afternoon and evening activity for the kids. After these activities, the mentors had their evenings to themselves. This was often from around 8:30pm, meaning the days were around 12 hours (of course, not working during all of that). But it is a lot of energy to remain 'on' for the children that you see and so, sometimes, we would crash after the day. Other times, we went to the local market with the mentors.

Lasting Impressions

Overall, I loved my internship. I really did. I have done mentoring before and so teaching did not feel foreign to me, despite it being in China. I felt comfortable and so I was at ease meeting new people. But even if I'd never taught before, I know I would have loved the camp. This is down to the people: mentors, students and organisers. I have met brilliant minds whom I will keep in touch with.

I have done things I would not have otherwise. In this, I include both the English lessons, whereby the children were asking me things that pushed the way I thought, as well as the non-academic activities such as a boat tour of Guangzhou and hosting my own Squid Game. The week after in Yangshuo was a celebration and solidification of the bonds we had formed on the camp. I will look back on this experience fondly, thankful for the opportunity and what it has taught me. I do not want to become a teacher after the camp but nor did I before it. I simply wanted to explore a different career sector and what a way to have done it.

What practical advice would you give to future interns?

I would be open-minded and actively resistant to any projections of the host country you may have endured from home. Go and see a new place and experience their culture without preconceptions. If you can, stay out there afterwards and see more of the country, preferential with the people you met on the internship. It maximises being in the location you are; exploring will often be difficult with a placement's timetable.

TSINGHUA UNIVERSITY HIGH SCHOOL EDUCATION FOUNDATION

BA Philosophy and Theology, First Year Undergraduate,
in person



Work Projects

The internship project I completed was hosted by the Tsinghua University High School Education Foundation. It involved travelling to different high schools in China for approximately 1 month to mainly teach their students about foreign



cultures, although we participated in a few other fun activities such as teaching them English games, going on school trips with them to parks in Beijing, museums in Henan province, and so on. My main tasks were to simply show students what life was like for a foreigner. I showed

them presentations on Oxford life, and explained sports played in England like Rugby, as well as details of my childhood.

There is a lot of flexibility in choosing what to teach, I also taught them some English language. The support from the host organisation was amazing - it couldn't have been better. They sorted and paid for all the accommodation and transport when in China, and were very caring, understanding, and hospitable; more than I could have asked for. I cannot thank my host organization enough, they readily responded to any requests too.

Daily Life

My daily life involved teaching in the schools and having conversations with the students from morning to 6pm. Often I stayed in one of the high school dorms. After 6pm, I would have time to visit the city I would be in at that time and was free to do as I wished - although sometimes planning would need to be done for tomorrow's lessons. Regardless, there was lots of time to immerse oneself in the culture because many days involved going sight-seeing with the students.

Lasting Impressions

I greatly enjoyed the internship. I gained knowledge and understanding of Chinese culture and life there in the modern age, as well as social experience, independence, but most importantly, I met many amazing people and made great friends. The experience has been invaluable because it strongly assured me of my, once uncertain, career path.

Cameron Yue Jun Brown, University College, MChem Chemistry, Third Year Undergraduate, in person

Work Projects

In this role, we travelled to various high schools and middle schools in Henan, one of the poorest provinces in China. At each school we presented classes on British and European

Culture, Oxford University and our own lives, as well as organising activities for the students to do in the evening. The goal of the programme, in which Oxford students were joined with Tsinghua university students, Taiwanese, Hong Kong students and other local university students, was to engage in cultural exchange as a means to give the students an experience of the wider world and provide inspiration. Along the way, each of us delivered many speeches during welcome ceremonies. As well as devising fun and engaging lesson plans that make sure the students get the best out the experience.

Daily Life

As we moved from place to place very quickly, it's hard to set down an exact routine. But generally, we woke up at 7:30 am, ate breakfast together. On the busier days, we gave both



morning and afternoon classes, but for many days we had other activities organised for us, such as visiting local museums and tourist attractions. These group trips sometimes included a couple classes of high school students, and we walked around together. But they also included university

students from other Chinese-speaking universities. As we spent a lot of time together as a group, taking part in these activities but also exploring each of the cities we travelled together, many of us made good friends with local university students, as always chatting and bonding over our shared experience was the best way to relax.

Lasting Impressions

This internship has given me the opportunity to experience China in a way that I probably won't be able to do ever again, both in the places we travelled to far off the beaten path and in the

people, we travelled with. The unique aspect of this internship is the joining together of Oxford university students and Tsinghua, Taiwan, Hong Kong, Chongqing, Zhengzhou, etc students. Bonding over a unique shared experience with the other student-teachers, we made fast friends.

The biggest thing I have gained from this internship are the friends from both Oxford and abroad. In a more practical sense, I somewhat struggled with public speaking before undertaking this internship but the constant practice and performance in welcome speeches and classes has really given me a sense of confidence. And in a way, gives me more confidence that if I wanted to, I could do a job that involved public speaking. Before coming to China, I had slowed down learning Chinese, but this trip has given me much more inspiration.

What practical advice would you give to future interns?

Travelling in China is difficult because of the various payment apps that are required to buy food, rent a bike, get a taxi etc. I would suggest that people download and set up WeChat (must set up WeChat pay as well, not just the messaging), Alipay and Didi before arriving. Also, people must buy a local Sim card, or an esim (buy esim before arriving) though a physical Sim card is best as many things are almost impossible to access without a Chinese phone number.

If you are making your own way to the hotel/residence from the airport, buy a Sim card at the airport. I'd also suggest learning a bit of practical Chinese, it means you have your own independence, and local students will find it easier to connect with you. Most importantly, come well-rested, when I arrived, I wanted to take in everything and experience as much as possible. As we moved from city to city fairly quickly, this meant that for almost a month it was non-stop walking around, talking, sight-seeing.

Charlotte Dawson, St. Peter's College, BA Philosophy, Politics and Economics, First Year Undergraduate, in person

Work Projects

The internship programme I completed was a teaching programme organised by Tsinghua University. With five other Oxford students, we toured Chinese high schools and universities to share Western culture and learn about Chinese culture. The first week was in Beijing. We stayed in the dorms of a Tsinghua affiliated high school and visited the city centre with some of the students and teachers.

Our main task was to help them practice their English, as they showed us around sites and museums. We also helped conduct English interviews for prospective students and visited Tsinghua University's campus.

Together with students from Tsinghua, Taiwan and Hong Kong, we then set off to Henan Province to give lessons to high schoolers from less developed areas. We went to Minauan County and Kaifeng City with them, and then we continued with other Chinese students to Xincal City and ZhengZhou, the capital of the province.

We taught classes of up to over 70 students, who were all excited to see foreigners, some for the first time. Through our different presentations, they learnt about British history and culture - our food, sports, celebrations, traditions, and so forth - and about Oxford. Our different hosts were all very kind and welcoming. They provided accommodation and food, and we were served delicious local cuisine. They were also very happy to help when we had any issues or questions.



Daily Life

We travelled a lot and taught in many different schools, so our days rarely repeated themselves. We stayed a few days in each location, but never more than five days, and took the high-speed rail to get from one to the other. The journeys were always very well organised, with people accompanying us and / or coming to greet us at the train station. We mainly stayed in very comfortable hotels, but we also stayed twice in school dorms. We ate in the canteens of the different high schools and universities we visited, as well as in nearby restaurants. The Chinese students and teachers we went with made us taste delicious local foods and introduced us to the different Chinese culinary traditions.

The classes we taught lasted about 45 minutes each, and we had up to two a day. We usually received instructions the day before about what and how much we should teach, but we were left quite free to present what we wanted. Chinese students helped translate our lessons and facilitate communication. In Beijing we also helped conduct interviews for applicants to a Tsinghua affiliated high school.

We prepared questions related to the subjects we study at university and asked them to the students. We mainly had free time the first week of the programme, which allowed us to visit beautiful sites in Beijing and even go to the Great Wall of China. In Henan we could go out in the evenings, especially in ZhengZhou, so we visited the city centre. The Chinese students were all very welcoming and kindly showed us around the different cities we went to.

Lasting Impressions

I had been dreaming of going to China for a very long time as I studied Mandarin in high school and developed an interest for the country's history and culture. I wanted to see with my own eyes what I saw in the textbooks, and found this programme offered a unique immersive experience into Chinese culture. We got to see some of the most famous landmarks in the country such as the Forbidden City and the Great Wall of China but also more secluded rural areas that I would have never gone to by myself. We met a lot of friendly university students,

mainly from Beijing, Kaifeng, Hong Kong, Taiwan and ZhengZhou who made us discover different customs and traditions and who very kindly helped us with translations. We also felt very welcome by the high schoolers we were teaching who were very excited to see foreigners.



Despite very large classes they were all very focused and keen to hear what we had to say, which made the lessons a lot of fun. Going to their schools, sleeping in their dorms, eating in their canteens and of course speaking to them were eye-opening experiences which highlighted the differences between our education systems. I feel like I learnt a lot about what it is like to grow up in China and am grateful to this programme for that. The teachers accompanying us were also very kind and helpful whenever / if ever we had a problem. I had a health issue during the trip, and they organised a doctor's appointment for me within a day. They also had Chinese students accompany me to help with translation, which I was very grateful for.

CYPRUS

CARITAS CYPRUS

Edward Laurence, Wadham College, BA English and Modern Languages (French), Third Year Undergraduate, in person



Work Projects

I spent 2 months interning at Caritas Cyprus, which is an NGO supporting asylum seekers and refugees. My focus was on social integration, which mostly involved teaching English, helping beneficiaries with their job readiness and organising/running social events. The organisation supports migrants with form-filling



and administrative procedures related to their asylum applications and livelihoods, and I helped out with basic things including labour market access, medical cards and opening bank accounts.

The three of us from Oxford ran a weekly group English lesson, which always required us to adapt our lesson plans to the different levels and divide the group among us. When we were at our best, it was great knowing everyone had benefitted from the class. With another intern I also planned and ran a 'Summer Camp' for kids (the dependents of our beneficiaries) in August, which was a weekly session with activities and games, and was always lots of fun. Caritas also gave me a chance to run a weekly support group for vulnerable male beneficiaries. In practice,

this was just a group chatting over a cup of Cypriot coffee in a mixture of Arabic and English, but we shared a lot of stories about our cultures, gave advice and there was some opening up among the group, so I'm proud of the positive impact it had. And we usually combined it with an English lesson afterwards. The team at Caritas was very supportive, we had weekly check-in meetings, and our ideas were encouraged. There were several people I would have felt very comfortable approaching if I had a problem, but luckily, I never needed to!

Daily Life

In my first week, I was told to mostly shadow the migrant centre and sit next to the other interns/staff while they helped out beneficiaries with their requests. This was useful, but learning on the job was even more so, and I started doing things by myself quite quickly. I had accommodation in the Nicosia old town, so I walked 10 minutes to work every day and started at 8:30. From 9-11, our phone lines were open to help people remotely or take appointments, and we also got on with individual projects during this time. From 11 to 1, and then from 1-5 we were open, during which time we would be in the migrant centre unless running an activity (e.g. summer camp or group lesson).

While the migrant centre technically worked on appointments, in reality there were lots of walk-ins and we could not predict how busy each day would be. When not with an appointment (e.g. for a private English lesson, to make a CV or a form/application), we would be greeting people, asking what they needed, helping out where we could or referring to a colleague. And we all helped out sorting donations and other goods. The work was pretty tiring physically and hearing the beneficiaries' backgrounds and stories sometimes took an emotional toll, so we made the most of our time off.

I grew very close to the other interns and spent lots of time with them outside of work. We'd go for drinks at the end of the day and meals on Fridays, and I found time to crack through reading lists in the evenings. I became good friends with one of my flat mates and met people through her. Our building had a rooftop, so we did quite a lot of hosting. Amazingly, my internship coincided with the Harvard institute for world literature's summer school hosted at the

university of Cyprus, so in July, Nicosia was full of PhD students and early career professors from universities around the world researching exactly the kind of literary studies that interests me. There was a group of them I'd go for drinks with, and I even took a morning off work to attend one of the summer school lectures as a guest. There's so much to see in Cyprus so we managed to leave Nicosia every weekend and explore a new part of the island. Driving/being driven to remote beaches and small villages in the mountains on both the North and South side were highlights.

Lasting Impressions

I really enjoyed my time at Caritas. I loved how varied the work was and it felt much more purposeful than internships I've done in the past. My French definitely improved, as did my



multi-tasking and organisational skills. In some ways I think the internship brought out the best parts of me, because it required me to be outgoing, energetic, positive and flexible. It has definitely increased my interest in the humanitarian sector and/or work with migrants' rights. We saw a lot

of injustice in the way migrants were dealt with (be that inhumane treatment/conditions or actual violation of international/European law), and I'd be glad to say in the future that I played a role in improving that as part of my career.

Each intern was assigned a migrant-led initiative to support over the summer and mine was a workshop and community space for victims of trafficking and abuse ran by a Cameroonian woman in a clothes shop in the old town. I drafted a concept statement, budget and article for her, which meant a lot to me because I felt I was putting my writing skills to good use. The best part of the job was the people I met, and the exchanges with beneficiaries about their

backgrounds, situations and hopes are what will stay with me most. Caritas was mentioned several times by beneficiaries as the place they go when they don't have anywhere else, and I'm proud to have been part of the team for 2 months, which is just long enough for some sense of continuity. Anything less would have felt like humanitarian tourism.

Tala Al-Chikh Ahmad, Somerville College, BA French and Arabic, Second Year Undergraduate, in person

Work Projects

As a Migrant Services Volunteer with Caritas Cyprus, I provided vital support to Arabic and French speaking beneficiaries, primarily new arrivals from Syria and other conflict-affected regions. My responsibilities included being of Frontline Assistance I engaged directly with migrants and refugees, using my Arabic and French language skills to provide translations and support beneficiaries in navigating essential services. I also learned about the Asylum Process in the EU: enabling me to assist individuals through the complexities of their legal and administrative procedures.

I also offered practical support such as helping beneficiaries access the labor market, open bank accounts, obtain medical cards, and register their children for school and teaching English through both individual and group lessons, empowering beneficiaries to improve their language skills and enhance their integration prospects. Through my work, I contributed to Caritas Cyprus' mission to support and empower vulnerable populations with empathy and dedication.

Daily Life

My internship at Caritas was challenging at times. Upon arriving at the centre, I immediately realised the reality of immigrant lives. Our mornings consisted of answering phone calls and assisting the migrants at the centre with their various needs including translating. I obtained the amazing opportunity to practice the Arabic language I had acquired during my year abroad as I was encouraged to communicate with a wide range of people from Arabic-speaking

countries. Although I'm not fluent, being the only Arabic speaker for the first half of my internship allowed me not to be afraid to make mistakes which made me confident in my Arabic speaking skills.

By the end of my internship, I was joking with beneficiaries about how many mistakes I used to make at the beginning compared to the end where I was likened to a native speaker! In the afternoons, when the centre was less busy, we would arrange social hours for the children or prepare English lessons. I was fortunate to be with two other students from Oxford, with whom I got along very well, and we spent our weekends exploring the beauty of Cyprus.

Lasting Impressions

Being half Syrian and half Iraqi, I have always felt compelled to help refugees no matter where they're from. Being an English, French and Arabic speaker, Caritas allowed me to fulfil that dream of helping people from all around the world. I had the opportunity to practice my Arabic as well as meeting amazing people from my home-countries.



My coworkers have also been a big part of my experience, and I am grateful to have got to know and work with them during my time at Caritas. Saying my goodbyes has been extremely difficult, but that also means that I am lucky to have met wonderful people in the community that I am sad to leave. The past three months for me at Caritas have been extremely insightful, challenging but overall, very enjoyable and I hope to pursue a career in a very similar domain.

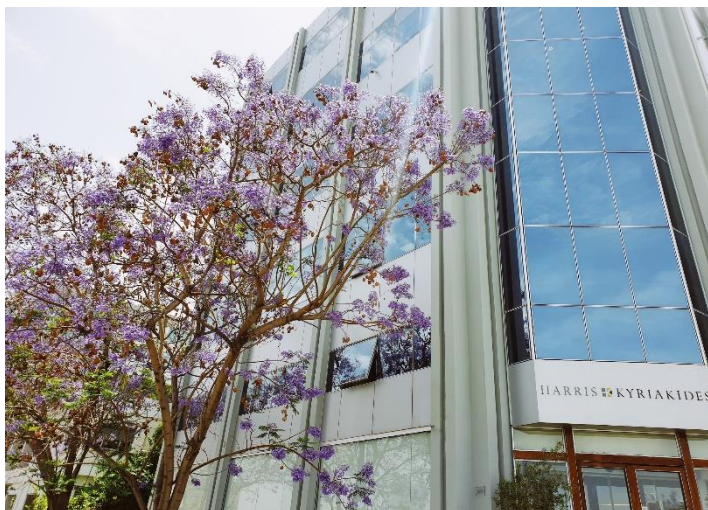
HARRIS KYRIAKIDES

Orna Dixon, Keble College, BA Jurisprudence, Second
Year Undergraduate, in person



Work Projects

I completed a summer internship at a leading law firm in Cyprus. The work involved was mainly a research project that was to contribute to a journal being published by a partner at the firm. I



greatly improved my research skills and written communication. We also visited the Supreme Court and local courts to view the court processes which I found greatly insightful. It was interesting seeing how similar Cypriot law is compared to English law and I found what I had learned in my studies helpful to being applied in the internship. The

support I received from the host organisation was a very good level as there were team meetings to check progress on how we were getting on with our tasks and I was not reluctant to ask for clarification and help. Everyone who I came into contact with was very friendly.

Daily Life

Because Cyprus is so hot, they did not recommend that I walk to work so fortunately they frequently picked me up and dropped me off, which was very helpful. The other interns were very friendly and there were social events that would ensure we got the time to spend together. On the first day, there were lots of team building activities which were fun and a good way to get to know each other. I settled in well. The working hours were 8:30-2 so I had a lot of

free time to explore the local area and beaches. Larnaca is very historical, and I enjoyed visiting the old forts and churches.

Lasting Impressions

I definitely enjoyed the overall experience of travelling to Cyprus for the internship and I feel it has given me a lot of confidence. I am proud that I travelled on my own for the first time. For



the internship itself, I was given one research task that I worked on for the majority of the three weeks which was isolating and not that hugely related to practical law that the firm was doing. However, the last few days of the internship were great because we finally were given the opportunity to visit

a different department rather than the single room we were working in, and we were given a new, collaborative task to do which was a lot more interesting and practical.

CZECH REPUBLIC

CASTLE BLATNA ESTATE

Ailish Gaughan, The Queen's College, BA History, Final
Year Undergraduate, in person



Work Projects

We assisted in research and documentation related to the castle's history and heritage, first updating the English language 'noble houses' tour of the castle. We then memorised this script



to present to large groups of visitors. Though our tour was ultimately cancelled for unforeseen reasons, we deepened our familiarity of the castle and were able to present the tour when needed. While updating the Wikipedia pages, we also used detailed research of the family tree and history of the castle and helped with English translations of brochures including the Rose Festival and Concorso event, also writing copy.

As we got to know the town and its history, we did an interview with the local newspaper and took a tour of the local 'Sokol' youth centre. I researched potential corporate partnerships and completed an extensive spreadsheet, noting any suitable events to invite them to. We used this research to design a potential event. I researched and put together a proposal for a Czech fashion exhibition, with an outline and contact spreadsheet, as well as the USP of each brand and any links with Blatna to highlight in communications. Furthermore, we managed the Castle Blatna social media platforms, including content creation and

scheduling. Near the start of the placement, I created a July and August TikTok posting plan which we used to guide our posts. I researched UK based castles to formulate ideas on marketing strategies, which then informed the content. I learnt to create and edit posts, and posted regularly. I monitored online engagement, interacted with followers, and responded to comments and messages with English and Czech translations to broaden our reach. We also created Pinterest posts and a made new account to publicise the Castle. The managers were very receptive to our ideas and could always be contacted for questions.

Daily Life

I arrived a few days earlier than my two fellow interns, which meant I was able to quickly acclimatise myself to Blatna and the Castle. The owner and my manager were there to answer any questions and set up a group chat before we had all arrived for communication. The town itself is fairly small so easy to explore and get to know. The flat is on the castle grounds, so it takes only 5 minutes to come into work. We were also given the option of starting at either 9 or 10, so the managers were very willing to accommodate us. I think having three interns works really well, as outside of sharing the work it is also great to have a larger group in the flat. We usually arrived at 9 or 10 depending on what we had to do and took an hour lunch break around 1pm, which often involved getting fresh bread from Lidl.

After work we would shop for and cook dinner together and often watch some TV or films. Other nights we would go to the local pub, sometimes with the people who worked at the café. On weekends when I was not in Prague, I visited the local museum, second-hand shops (there were many!) and church. There are often events on at the castle, such as live music and film nights, which were also great opportunities to socialise with other staff. The people working in the café are all around our age, so were really easy to get on with and very friendly. Since we often worked from the cafe we would chat to them throughout the day. One of the staff also offered to drive us to and show us around a nearby town, Pisek.

Lasting Impressions

I really enjoyed the opportunity to explore the Czech Republic. As my first time living and working abroad for an extended period of time, I think it's been invaluable to my professional and personal growth. Beyond travel logistics, the ability to organise my time outside of work and go into neighbouring towns or into Prague made the experience more varied and memorable. I also tried to immerse myself in the language and felt much more confident by the end of the placement.

Work-wise, I was able to get direct insights into how creative and analytical marketing is, which has made me much more interested in a marketing career. In fact, while I was here, I secured my next role in the same field, and the experience of



working in an international team was also great exposure. I have really enjoyed collaborating with this team and look forward to embellishing the skills I have learnt. Beyond this, the internship has broadened my career ambitions as I'm now more fully aware not only of the kinds of fields I want to work in, but the kind of companies too. I enjoy the environment of a company undergoing expansion/ transforming strategy and am interested in pursuing roles in similar teams.

What practical advice would you give to future interns?

Bring some of your own ideas for projects: there's a lot of room for independence as the workflow can be very uneven. Bring comfortable clothes: there is no dress code, but we usually wore shirts, trousers, skirts and shorts (it can get very hot outside but the office/ café working

area is very cool). I would also recommend downloading 'Splitwise' and keeping up to date with your expenses. The full 8 weeks go very quickly, so I would recommend planning weekend trips in advance and not simply staying put if there is an opportunity to explore more of the area/ travel into Prague. In this case, make sure to bring portable chargers, ID cards, plan your routes using the IDOS app and keep cash on hand. You don't need to know many words in Czech, but you should always say good day, thank you or please, and people will appreciate the effort.

BA History, Final Year Undergraduate, in person

Work Projects

As the internship took place in a historical space, our induction included guided tours of the various parts of the castle, to familiarise ourselves both with the history and with the surroundings we would be working in for the next two months. We spent a proportion of our time learning a script to give an English-language tour to a large group of students, gaining confidence, rote memory learning, and adapting the tour guides' English-language scripts in accordance with small changes that had occurred since their writing. We researched market trends for various social medias and implemented those insights into the creation of new content, making successful social media posts, in some cases on new platforms.

We worked in copy, and the proofreading of language translations in order to align with the values of the organisation as truly bilingual. We had weekly meetings with our manager at the host organisation, as well as consistent contact to catch up on specific issues and translations we needed help with. We completed research projects based around the castle, the town and the Hildprandt family, compiling research into a format the organisation could take forward in order to increase historic commercial interest. I created and researched a CRM spreadsheet in order to track relevant companies within the Czech Republic, as well as influencers, in order to provide a clear basis for invitations across the year.

Daily Life

Myself and the other two interns were given a shared flat to live in for the duration of our stay, which was a two-minute walk to work across the parkland of the castle. We would speak to the



alpacas, deer, peacocks and ducks that we passed on the way to work every morning and night. We did much of our work in the café of the castle and spent time talking to the people who worked there, and in some cases socialised with them outside of work. For the most part, myself and the other two interns

cooked together, worked collaboratively and spent much of our free time together, somewhat necessitated by our shared accommodation. There were a number of close by shops, but we primarily used the Lidl, and took turns cooking, as well as discovering the best Czech snacks, with some advice from the people in the café.

Outside of work, I often travelled to Prague for the weekends, as there was a fairly direct route that took only 2 hours, and cost very little. Exploring beyond the confines of the tourist centre over time elevated my understanding of the history of the city and my cultural connection to the country, something that influenced my understanding of the cultural heritage of the internship itself. We learned to speak some basic Czech phrases, and many of the people in the surrounding town were very helpful at teaching us phrases and were understanding of the language barrier even if they did not speak English themselves.

Lasting Impressions

I have thoroughly enjoyed my experience at Castle Blatna and feel that the skills and life experience I have gained from this process have been invaluable. This internship has given me

confidence working in a bilingual environment, as well as provided experience in proofreading and copywriting. I feel I have gained written experience and confidence, in adapting written copy to various markets and for various social media platforms.

I feel that the understanding of event planning, and in particular how this must be adapted to the specifics of a historic space, has been invaluable. Working within the constraints of an 800-year-old space, both in the way developments and event plans can be made, and the format that the events themselves have to take in keeping with the aesthetic expectations of the space. This has confirmed my career ambitions to be involved with historic spaces and artefacts. In the future, I would like to work in historic spaces and with historic artefacts in order to make them more accessible, and I feel that my experience in adapting events in this internship, across languages and intentions, will be invaluable in helping me realise this goal. This experience has allowed me to work as part of an international team and given me true insight into working within a bilingual company.

What practical advice would you give to future interns?

Future interns should understand that this internship is made up of varied and interesting sets of tasks. The dress code is casual and so bringing suit trousers or exclusively shirts is probably not necessary, although it is equally fine to do so if you feel comfortable that way. The public transport around the country takes some time but is easy to use, so I would recommend utilising the nearby cities to explore, such as Prague and Cesky Krumlov. Spices are limited, so if you plan to cook using spices outside general Czech cooking, I recommend bringing them with you. Utilise the parkland, there is much green space both as part of the Castle and in the surrounding area, which provides a unique feel and is worth exploring. Plan any routes using IDOS as it is the easiest and can be translated into English. Using basic Czech phrases or attempting Duolingo (though I have found this had limited use myself) is a good idea. While many young people do speak English, relying on this discounts part of the cultural immersion of the internship, and it is polite to at least make an effort with 'Dobry Den' (hello), as this is generally much more well received.

EGYPT

MAGDI YACOUB HEART FOUNDATION

BA Medical Sciences, Second Year Undergraduate, in person

Work Projects

I was in a hospital 6 days a week shadowing and learning from the doctors in various departments and attending various lectures. They answered all my questions and allowed me to take part in the tasks they were performing and explained them to me as we went along.



Daily Life

I settled in relatively easily and this was helped by my host organisation contacting me and answering all my questions. I would get to the hospital on the hospital coach which would pick me up from my accommodation. Outside of work I socialised with the other interns and some doctors when they were available, we would go out for dinner, go to cafes, go bowling, and go on tourist-y trips together.

Lasting Impressions

I really enjoyed this internship, especially being able to learn from the doctors and grow a relationship with some of them.

FRANCE

CENTURI AIX MARSEILLE UNIVERSITY

MBiochem Biochemistry, Molecular and Cellular, Second Year

Undergraduate, in person

Work Projects

During my internship at the bioinformatics lab, I worked on an ongoing project centered around metabolic modeling using the Flux Balance Analysis (FBA) method. I had to optimize metabolic models for various mouse tissues using both proteomic and transcriptomic data that was tissue-specific from recent studies. In the first four weeks, I focused on studying FBA techniques and applying them to metabolic models for four different mouse tissues using their proteomic data. I adjusted the models' objective function depending on the tissue and created a new objective function for one of them.

Once the models were optimized, I plotted the data and presented my findings to the lab, which helped refine my understanding of the methods and improve my presentation skills. In weeks five and six, I expanded my analysis by integrating machine learning techniques. I applied methods such as Principal Component Analysis (PCA), t-SNE, random forests, and KMeans clustering to further analyze the metabolic data. This phase of the project allowed me to assess the efficacy of these methods in the context of metabolic modeling. In the final two weeks, I used transcriptomic data for the same tissues for the FBA and analysed the results using the same statistical methods I had previously learned. I then compared the results from the transcriptomic analysis with those from the proteomic data.

Throughout the internship, I received extensive support from the lab team. They provided guidance on using advanced Python libraries, such as those for FBA and statistical analysis. They

were very patient even though I was very new to coding and were always ready to sit with me and answer questions, which helped me improve quickly. We would also hold regular meetings in an informal manner that allowed me to relax and become more confident, while they also guided me to the next tasks and helped me eventually understand what the next questions were myself.

Daily Life

Before arriving, I had already asked my host organisation and supervisors for information about practicalities like SIM cards, check-in timings, directions from the airport, and nearby



supermarkets. Additionally, I was connected with a previous intern who was very helpful, answered all my questions and helped me move into my accommodation. My accommodation was conveniently located on campus, making it easy for me to walk to work each day. My work was generally 9-5 but with very flexible hours, allowing me to adjust my schedule depending on anything else going on.

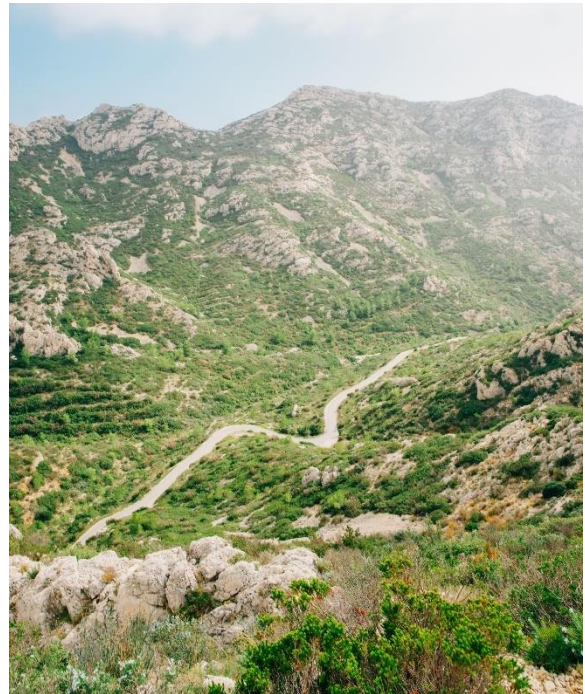
Outside of work, I made the most of my time by exploring the city and its surroundings. Together with the other intern and friends I made during my stay, I enjoyed discovering local attractions, trying new

restaurants, and visiting nearby towns, all of which taught me a lot about the local culture since I had never been before. The other intern I was in contact with before my arrival became a close friend, and we spent a lot of time together. Overall, my daily life during the internship was a great blend of work and leisure, providing me with a fulfilling experience both professionally and personally.

Lasting Impressions

I enjoyed the learning very much – a lot of it was new to me, so I feel like I learnt a lot academically speaking. I do wish there had been more people around, but it was the summer holidays, so I suppose that was to be expected. It did make me leave the comfort zone of the lab and socialise with other people, and I ended up networking quite a lot and making many more new friends from various other labs, who I then later went on short trips with! So, in the end, good things came out of it.

I also learnt more about cooking, and balancing various dietary needs, as well as how to meal prep, and how to research and incorporate local foods into my cooking. The experience has confirmed my career ambitions in the sense that I suspected I would like doing computational work, but not just computational work, which turned out to be the case, but this intensive period in computational work has allowed me to catch up in a way, since my degree taught me more wet-lab skills than dry-lab skills.



GERMANY

DEUTSCHES LITERATURARCHIV MARBACH

Johanna Daßler, Lady Margaret Hall, MSt Modern
Languages (German), Final Year Postgraduate, in person



Work Projects

I interned for 5 weeks at the German Literature Archive in Marbach (Germany). Over the course of my internship, I worked on transcriptions of unpublished notebooks and manuscripts. Other tasks included proofreading galleys as well as writing a conference report which will be published in a journal by the



DGEJ (Deutsche Gesellschaft für die Erforschung des 18. Jahrhunderts). Moreover, I was allowed to spend half of my time working on my own literary research with the archive's holdings. If I had any questions or uncertainties, I always received support from my supervisors and fellow interns, as well as the friendly staff at the archive.

Daily Life

My internship was in-person. The accommodation was provided by the Archive I interned with, which made settling in very easy and convenient. Since I interned in my home country, I did not face any difficulties (i.e. language- or culture-related) settling in. The accommodation was located directly on the archive site. Not only did I have an extremely short commute to work,

but it also meant that I lived with other interns and scholarship holders from the archive and had lots of social contacts. Weekends often included trips to towns and cities close by together with people I met in the archive.

Lasting Impressions

I greatly enjoyed my internship experience. The tasks I was given were interesting and engaging. Moreover, the internship allowed me to figure out research aspects I was interested in and wanted to explore further and provided me with the extraordinary opportunity to work with manuscripts that were extremely valuable for my own research. Overall, the internship gave me a better understanding of job opportunities for Germanists outside of academia and has encouraged me to consider a career outside of the university context.

TNG TECHNOLOGY CONSULTING

Lukang Guo, Magdalen College, MMathComSci
Mathematics and Computer Science, Second Year
Undergraduate, in person



Work Projects

During my time as a Software Consultant Intern at TNG Technology Consulting in Munich, Germany, I had the opportunity to work on a real-world project centered around Generative AI. My main task was to implement AI solutions for real estate clients by building a Java Spring backend application. This project involved creating RESTful endpoints to automate the generation and translation of exposés, using state-of-the-art models like OpenAI's GPT-4 and Google's VertexAI Gemini 1.5. I worked across the entire Software Development Lifecycle (SDLC), developing a repository of over 18,000 lines of code using Agile methodologies.

One of the most fulfilling aspects was constructing a global exception handler and integrating basic authentication using Spring Security for backend security. Additionally, I authored 132 integration and unit tests to ensure code reliability. I even delved into advanced techniques like prompt engineering, utilizing over 1,100 tokens to optimize exposé generation, blending Retrieval Augmented Generation and Chains of Thought strategies. TNG offers us a very robust support system.

During our first week, every new employee (including new full-time workers) will meet at our headquarters in Unterforhing, Munich, where we will be given a very comprehensive onboarding induction. Each of us is then assigned a PAn (someone who acts as your project supervisor), who will guide you through your entire summer project. Communicating with your PAn is an essential way to acquire new knowledge and advance in your project - I enjoyed talking to my supervisor a lot!

Daily Life

I rented a student dormitory in southern Munich for 400 euros per month. It was quite affordable; though this also meant that it took slightly longer for me to get to work by public



transport: 40min to the Arabellapark office, or 1 hour to the main headquarters at Unterforhing. Still, the transportation in Munich was pretty efficient, and you can do a lot of things while commuting. We have very flexible working hours - you just need to work for 8 hours per day, and you are free to decide on when you want to start and

end so long as this amount of hours is achieved (unless your team requires you to be there at a certain time, or if you are attending a workshop – Germans are extremely punctual and particular about timing).

The workplace at both offices is spacious and very comfortable, with air conditioning in the summer. Best of all, free refreshments such as drinks and ice cream are available every day, and you get a free lunch at the Unterforhing office on Friday, where a weekly Tech Day is held. You get to enjoy a very structured work-life balance, and during weekends you can travel around the city of Munich or the surrounding areas – there are so many to explore (Some southern parts of the city have amazing views, similar to that in Switzerland)! During work, depending on the nature of your project, you sometimes can work alongside colleagues, or sometimes you work alone. But you always get chances to discuss with your team or your PAn via video conference. And very often you will need to have meetings with your clients too. It is a very fun experience!

Lasting Impressions

A Collaborative and Hands-On Experience: This internship was truly a hands-on experience. From day one, I was involved in meaningful work that had a direct impact on the project. I was particularly impressed by how collaborative the environment was; TNG fostered a relaxing yet productive atmosphere, with plenty of opportunities for socializing and networking. Aside from the main project, I also attended multiple technical workshops where I deepened my knowledge in areas like vision transformers, prompt engineering, and Spring Boot.

One of the best parts was, during the Big Tech Day my company organized, I got to meet up with the creator of the 3Blue1Brown channel, Grant Sanderson, who delivered a fascinating speech visualizing transformers! The balance between work and learning was excellent. I felt supported throughout the process, and I was able to contribute my ideas freely while also learning from experienced professionals. The technological challenges I faced, combined with the warm team spirit, made this internship a truly unforgettable experience.

What practical advice would you give to future interns?

Plan ahead and communicate with other interns, especially those taking on an internship abroad, I cannot stress enough the importance of planning. Make sure to arrange lodging well

in advance, and handle any necessary paperwork, such as visa applications, as early as possible



to avoid any last-minute stress. Once

you're settled in, the key to a successful internship is active communication.

Engage with your mentors, ask questions, and don't be afraid to share your

thoughts. The more you communicate,

the more you'll learn and contribute. In

conclusion, my summer at TNG

Technology Consulting provided me with

not only technical skills but also invaluable life lessons. If you're looking for an enriching, hands-on experience, I highly recommend applying for an internship here.

HONG KONG

GOTOCO

Jan Erik Huebel, St. John's College, BA History and Economics, Second Year Undergraduate, in person

Work Projects

Over the course of my five-week internship teaching experience, we introduced students to a wide range of topics related to British culture, fostered intercultural exchanges and inclusive language learning. Class sizes during the day were mostly 15 to 20 students; however, we were also tasked to lead evening activities with up to 200 students aged nine to sixteen.

Our local hosts in Hong Kong offered us the opportunity to customise our lessons and tailor them to the needs and interests of students. Lesson units covered music festivals, politics and cuisine. In my teaching, I always sought to complement these topics with an engaging and genuinely fun approach to learning English. Seeing students' progress through the material, develop independent thought processes and familiarising themselves with vocabulary and grammar was incredibly rewarding. Moreover, the English Summer Camp's evening activities improved my confidence in public speaking and encouraged creative thinking when designing games under logistical and practical constraints. Another perk of this internship was the close collaboration with locally recruited counsellors whose support proved invaluable in delivering engaging lessons and building



rapport with the students. It was a real joy working in such an internationally- and open-minded environment promoting out-of-the-box thinking and creative approaches to problem solving.

Daily Life

Teaching on my Gotoco programme in Hong Kong allowed me to fully immerse myself in the local culture and routines of life. On most teaching days, we would join students for an early



breakfast at 8am and then teach three lessons to classes with varying levels of English proficiency. After a one-hour lunch break, mostly spent reading, lesson planning and admiring the stunning views from the campus's terrace, we led one-on-one tutorials. These were followed by afternoon extracurricular activities, including dance, sports and arts.

Finally, in the evenings, we would work with students on talent showcases, fashion shows, movie nights and board game making. A special highlight was supporting our classes in their creative projects and providing them with vocational training, especially in the field of filmmaking. Some of my free time was dedicated to completing Gotoco's complementary TEFL course, but above all, I would venture out into the city and enjoy all that the bustling metropolis had to offer.

Lasting Impressions

I would wholeheartedly recommend teaching abroad to any applicant willing to broaden their horizons, seeking to boost their employability in international environments and happy to meet and work with inspiring students from diverse backgrounds. In addition, I am grateful for the opportunity to further my understanding of Hong Kong cuisine and Cantonese cinema. Since we were given several days off, I could go on hikes around the New Territories, explore the city's

art scene, chronicle my internship experience through photography and taste countless delicious street food dishes. Best of all, Gotoco offered us a mid-internship trip to Shenzhen where I gained a first-hand insight into the turbo capitalistic side of Socialism with Chinese Characteristics. At the end of this lesson, I felt at ease navigating Hong Kong and the region – and had explored most of its unique cultural and natural heritage.

SUMMER INSTITUTE, THE UNIVERSITY OF HONG KONG

Sofia Panourgias, Pembroke College, BA History and French, Third Year
Undergraduate, in person

Work Projects

I took part in a teaching internship with Hong Kong University's Summer Institute, in Hong Kong. I was employed as a teaching fellow for a two-week summer school. I was responsible for a class of 17 students between 15 and 16 years old. Prior to the two weeks, we had one week of training in which we explored different teaching methodologies. While this was useful in theory and allowed us teaching fellows to bond, this time would have been made more useful had we been given a more thorough briefing about our students from mainland China, their English levels, and expectations of our teaching.

During the two-week summer school, I collaborated with a fellow from Hong Kong University to teach a programme we had designed on learning about the Anglophone world through history, culture, and art. We also did rotation classes with groups other than our own. Aside from the classroom teaching, we supervised the students on a school trip around Hong Kong and created a presentation for the programme's closing ceremony which won us second place in the competition. We received £80 to buy teaching materials and some preliminary training, but aside from that we were essentially allowed to lead the students as we wished. It was nice to have this freedom, but I feared there might be inconsistency between the different teaching fellows' plans and their groups.

Daily Life

I spent three weeks in Hong Kong alongside other internationals, most of whom were Oxford students. We were housed by the host organisation in student accommodation belonging to Hong Kong University. I was on the 26th floor and shared a room (initially to my demise, but we ended up becoming great friends). Our floor had communal toilets, showers, and a kitchen. The accommodation was in Kennedy Town, one MTR stop away from the university and only four away from the centre, and it was well-connected with shops and restaurants. Our schedule would vary, but in general we started classes at the university at 9.30am, had lunch from 12.30-2pm, and went home at 5pm.

A few days, we had free afternoons. The first week was spent in teacher training, while the second and third weeks were the summer school. We had one classroom for the majority of our teaching but would move between different on-campus locations for activities such as lectures or the opening/closing ceremonies.

Outside of work, I mostly socialised with the other international fellows. We formed a very close group and would eat together, as well as visit bars, museums, and other cultural places in Hong Kong. We also did day trips to Lantau Island and Macau.



Lasting Impressions

I loved my time in Hong Kong and made some very lasting connections with the people on the programme with me, particularly other Oxford students who I didn't know before. I found the work easy as I had spent my year abroad as an English teaching assistant, which gave me strong transferable skills which I was able to apply in Hong Kong. While I do not wish to be a teacher in the future, I really connected with the students I was teaching, and definitely enjoyed the

experience as a whole. I gained the most in mutual cultural exchange both with the HKU fellows and the students, especially considering that most of the teaching course we delivered was on different cultures and histories. I definitely fell in love with Hong Kong as a city and was very happy to be able to visit it as part of a funded opportunity - I am not in a financial position to have visited it on my own outside this opportunity. In terms of future ambitions, I learnt a lot about Hong Kong history, and this made me eager to continue my exploration of history through my degree. Also, I would definitely consider working or living in Hong Kong for a period in the future. Lastly, being accepted for this opportunity was a great confidence boost and re-affirmed my abilities.

What practical advice would you give to future interns?

Fortunately for this internship, the flights and accommodation were paid for, and the visa was dealt with by the host organisation. In this sense, I did not have to do a great deal of practical preparation. When it comes to communication from the host organisation, don't be afraid to ask questions and push for clear, specific answers!

Megan Lintern, St. Catherine's College, BA History, Final Year

Undergraduate, in person

Work Projects

The internship involved teaching middle school students on a summer programme at Hong Kong University. The students had a mix of English abilities ranging from A2 to C2, but my whole class of 13–14-year-olds were highly engaged and very entertaining, and we built a really strong rapport over the two weeks that I taught them. The placement lasted 3 weeks, the first week being teacher training and the next two weeks seeing us teach the students. In total, I taught 8 3-hour lessons on my chosen topic (ancient civilisations). Everyone chose a different topic to base their classes around, ranging from Philosophy to Sustainability - the programme was as much about increasing students' confidence in English as it was about educating them on the

topic. We also accompanied the students on some activities and day trips, which were really enjoyable. The host organisation wasn't always clear in outlining our responsibilities and tasks for the week, but the silver lining of this was that we had plenty of freedom to teach in ways we wanted, as well as lots of time to explore the area after school and on weekends. This programme isn't an intensive academic experience, but rather has a focus on its 'cross cultural' nature, and I found that I learnt as much from the students as they did from me. For anyone wishing to gain a better understanding of China, this experience is really valuable, and for anyone seeking a low stakes teaching experience, the summer school offers plenty of flexibility and opportunities to develop your own style.

Daily Life

The experience was in Hong Kong, and daily life was made convenient by the great location of the accommodation (based in Kennedy Town) and the University (just one MTR stop away).



Work hours were typically 9:30-5, with a 1.5hr lunch break.

However, we often had free afternoons due to other activities being scheduled for the kids. The accommodation was in university halls, with access to showers and kitchens, but we spent most of

our free time eating out and exploring the city. Settling in was very easy, especially since there were 11 of us 'international fellows' who quickly became good friends. We were also each buddied up with a HKU student, who was both a co-teacher and a friend, giving us loads of tips and showing us around the city. This, together with the ease of travel around Hong Kong and the widespread use of English, meant that we were soon able to be completely independent in the city.

In general, food is very cheap in the city, and I have never eaten so well - we would have fantastic meals both on and off campus, and the food was usually the highlight of my day. But whatever your interests are, you will find it very easy to pursue them in Hong Kong, whether that's sightseeing, meeting new people, or even shopping in the vast strips of malls. The only shock to expect is the weather - as the internship is in monsoon season, the weather is immensely hot and humid, with the potential for typhoons. Aircon is abundant, so you'll have no trouble teaching or sleeping, but bear this in mind if you're planning any hiking activities.

Lasting Impressions

These three weeks were genuinely some of the best weeks of my life. I made amazing friends from both the international fellows and HKU students, and I also got on very well with the kids I was teaching. Hong Kong itself was spectacular, with breathtaking views, incredible food, and a vibrant, buzzing atmosphere.

I was very sad to leave! I don't want to be a teacher, and I already had a job in consulting secured before applying for this internship, so for me this experience was intended as a cheap way to immerse myself in a new culture. It undoubtedly ticked that box! Because I had already prepared most of my lesson materials before arriving, the only real teaching work was during the lessons themselves, and these offered a phenomenal opportunity to practice capturing the attention of an audience and conveying dense information in fun and memorable ways - I think these skills are useful no matter what career you go onto pursue. Surprisingly, I also felt this was a great way to rethink my career ambitions in terms of future locations.

I had never considered working so far away but am now keen to look into secondments in Hong Kong. For me, this experience mostly reaffirmed things I already felt, such as my interest in exploring new places and meeting new people, but it did also increase my confidence in travelling solo and pushing myself out of my comfort zone. Crucially, I think this is the perfect experience for anyone seeking an affordable and low-risk travel opportunity, as the funding and support networks make it a very low-stress experience, and I also think it is a great springboard for anyone seeking further travel in Asia, especially with flights being covered.

What practical advice would you give to future interns?

Plan your lesson materials in advance and expect a big range of language abilities. Really throw yourself into it - 3 weeks isn't that long, and there's a whole lot to do in Hong Kong! It is helpful to have some experience of speaking in front of large groups and interacting with kids, but this is a very beginner-friendly teaching experience

BA History and Politics, Second Year Undergraduate, in person

Work Projects

The programme was a 3-week, in-person internship at Hong Kong University's Summer Institute. It involved designing a teaching plan and then teaching students from Hong Kong and mainland China, who participated in a summer school programme with HKU. I took part in this



programme with 10 other overseas fellows (primarily from the UK). After being invited for an interview, I was asked to design a preliminary teaching plan for six 3-hour sessions with my class of 20 students (aged 13 to 15), with a lot of liberty given regarding the content of the lessons, as long as they contributed to the programme's overall aim of international exchange.

I chose to design a teaching plan about ecology, sustainability and the environment. Shortly after passing the interview and being accepted, each overseas fellow was put in touch with a local fellow from HKU, with whom we would work throughout the programme. Together, we reviewed the teaching plan, and improved it, before developing a final version, which we had to submit roughly 10 days before the start of the programme. Throughout this time, the programme organisers were in contact with us over WhatsApp and email, sending us further

details about the programme, schedule, social activities, etc., and organising a suitable visa. They also covered the cost of our flight to Hong Kong.

During the first week of the programme, we received an introduction to the programme, as well as daily lessons about teaching methods, lesson design, and classroom management. The second week began with introductory sessions and an opening ceremony, and the bulk of weeks 2 and 3 consisted of us teaching our assigned classes. The Hong Kong and overseas fellow always taught together, and we were given full freedom regarding the division of work. On one day, HKU organised an outing activity for each class.

HKU also helped us with technical issues and covered the costs of teaching materials, but otherwise gave us full freedom and did not interfere with our teaching. The programme ended with each class designing a capstone presentation - a performance to showcase what they had learned - which was performed during a closing ceremony on the final day.

Daily Life

In Hong Kong, we were settled in student accommodation belonging to HKU, with some participants receiving single rooms and some shared rooms. My room was on the 24th floor of a university building in the neighborhood of Kennedy Town. The HKU campus, where we worked, was one station away using the MTR (urban railway), and we took the MTR there every morning. When I arrived in Hong Kong, one of the fellows who was already there was assigned to help me get settled in, showing me the accommodation, etc.

Most overseas fellows were settled in the same building (though on different floors), and on the first day of work we organised to take the MTR to HKU together. Once there, we also met the local fellows and were given an opportunity to introduce ourselves. Overall, there were 11 overseas fellows and 11 local fellows, and we all socialised together throughout the programme. The ability to immediately socialise with local people, rather than only overseas participants, was a great advantage of the programme. We would usually arrange to go to lunch

together (typically in smaller groups), and sometimes spend afternoons together or organised activities on the weekends.

Lasting Impressions

The internship allowed me to explore a place I had never visited before - Hong Kong - and form lasting connections with people who live and study there. During weekends, we generally had



enough time to explore the city on our own. Thanks to our contact with local people - as well as the ability to arrange meals on our own - we were able to gain insights into the local culture every day. I greatly enjoyed this opportunity. The work itself was also quite insightful - although I had previous teaching experience, I had

never taught this particular age group (13-15 years old) and topic (ecology, sustainability, and the environment), and had never had to design a cohesive teaching plan spanning several weeks. All of these were certainly challenges, but I felt that I was ultimately successful, which confirmed to me that this is something I would potentially be able to do in the future.

I also had a great time working with my partner, and we were able to divide our work effectively without any conflict or unclear responsibilities. I also appreciated that we were given instructions regarding teaching methods and lesson design during the first week of the programme. The only problem with this was that, since we had to start teaching right after the first week ended, we were largely unable to incorporate these new insights into our teaching plans (which we had already completed before). Nevertheless, I think that our students had an enjoyable and overall valuable experience, and I am satisfied with my work during the programme.

Thomas James Napier, Jesus College, BA Philosophy, Politics and Economics, Second Year Undergraduate, in person

Work Projects

I took part in a two-and-a-half week training and teaching programme with the Hong Kong University summer institute. We were taught educational skills by highly professional and knowledgeable tutors for a week, before giving two weeks of lessons to a class of fifteen-year-old students. We started off with an orienteering and ice-breaking session on the first day, followed by our lessons. I taught lessons on practical presentation skills, the main ethical theories, and art history.

We also took our students on an outing trip to historical buildings in Hong Kong, an experience which was rewarding both to them and myself as it allowed me to see non-urban parts of the city. On the final day our students gave a 10-minute presentation to the rest of the attendees of the programme on the subject of their outing trip, incorporating what my partner and I had taught them. We also supervised the students' attendance of university lectures by professors from the University of Hong Kong.

Daily Life

I arrived at the university accommodation very tired and very warm (summer in Hong Kong being humid and hot) and was instantly put at ease by the friendly welcome given to me by the staff. I had arrived a day early, before the official welcome, so the institute went above and beyond to send a representative to ensure I settled in well. The next day my fellow fellows arrived, and we quickly developed a good rapport. I was struck by their outgoing friendliness and worldly experience, and it was especially rewarding to get to know the fellows who were from different countries and backgrounds. Aside from the international fellows, there were eleven Hong Kong local fellows whom it was a pleasure to meet and interact with.

The Hong Kong social life was bewildering to me as a first-time visitor, but I was lucky to have friends from university who happened to be in the city for the first week. I enjoyed going to the peak of Hong Kong island, taking the Star Ferry across the harbor, and trying local restaurants and snacks under their guidance. The Summer Institute were kind enough to provide us with Octopus cards, equivalent to the London oyster cards but used more widely as payment mechanisms, which made travelling and paying much more convenient.

Lasting Impressions

My lasting impressions of the internship are very positive.

Alone in a new and complicated environment, I felt very ably supported. The Institute provided helpful teacher training, contacts for general guidance, and items like the octopus card to ensure a



smooth experience. I was happy to meet the international and Hong Kong fellows, and hope to continue staying in touch with them. In terms of whether this internship was rewarding or not, I am still not sure whether teaching is the path for me. This owes more to my own indecisiveness than the experience, as the students were well behaved and engaged.

Even if I do not end up teaching, however, the experience has taught me a lot about presentational skills. In the teacher training I learnt that in addition to working out a list of what I wanted to teach students, I needed to work out what sort of experience they needed to have to best facilitate that learning. This seems to me to be a skill which is applicable in any presentation environment and was a very useful lasting takeaway. In addition, I feel culturally much enriched by the experience.

Isabelle Grace Clark, Keble College, BA Jurisprudence, Final Year

Undergraduate, in person

Work Projects

My project was to complete a summer school which was primarily composed of mainland-China students, whose second language was English. The main goal of the programme was to improve their English-speaking ability and to provide a cross-cultural exchange, specifically aimed at broadening their perspectives and introducing a new learning style. Consequently, the majority of my time was spent preparing and delivering lessons, following the first week of 'teacher training' provided by the programme.

Without a doubt, the most rewarding part of the experience, and my best achievements, include having taught the students to become inquisitive and question what they were learning. Furthermore, watching their confidence grow and seeing them engage with the new learning style which was previously unknown to them. The host organisation did provide some form of 'teacher training' the first week, though this should have been aimed at highlighting the differences between the teaching we had completed in the past and how it was different in this scenario.

Daily Life

I arrived in Hong Kong a day before the start of the programme, and we stayed relatively close to the internship (only one metro stop away), which was extremely helpful. Getting to work included a short walk, followed by a very short metro ride. Every day I made the commute with my roommate, who was also completing the internship and attending Oxford. Along with all the other interns, since we were staying in the same accommodation, we enjoyed travelling together, sightseeing at the weekend, and following the Hong Kong students' recommendations. We spent all our free time exploring Hong Kong and managed to go to Macau for the day.

Lasting Impressions

I thoroughly enjoyed my internship experience, and it has created both lasting relationships and lifelong memories. I was exposed to a new culture, on a continent I had not previously visited, and had the opportunity to teach students from a completely different environment to which I had taught previously. The experience renewed my passion for travel and charity work, specifically in terms of providing quality education to more remote areas of the globe.



What practical advice would you give to future interns?

Although I already knew that Hong Kong was very hot, humid and wet, this is super important to emphasise! It was too hot to wear a jacket, so only an umbrella was useful! Also, withdrawing money from the ATMs in HK does not have a charge, so you do not need to worry about bringing a lot of cash- but cash is King in HK!

HUNGARY

CEEWEB FOR BIODIVERSITY

MBiol Biology, Third Year Undergraduate, hybrid



Work Projects

In the first 3 weeks I read more than 50 research papers on peatland science and history so that I could assess the policy landscape of my chosen member states with confidence and accuracy, this included pluviculture. In weeks 3 to 5 I read all EU, international agreements, and national (as well as regional where appropriate such as the Lander in Germany) policy that I found relevant to my analysis. I think one of the greatest gains from this internship is seeing how environmental policy and advocacy function in the real world, as well as the ability to scrutinise both.

The last part of my work I spent entirely using my notes to write a 32-page report. This included introducing peatlands as a land sector/LULUCF emission mitigation technology (NBS), evaluating the path dependency and possibility of all five countries, providing case studies for each, and then ending the report with my recommendations (non-member state specific). I also made a showcase where I designed a short section (my Romania analysis) with pictures and layout like a finished version, to show them what I was picturing.

My supervisors have mentioned how the degree of readiness of this report is beyond what was expected (the initial project was more of research compiling and a skeleton draft). As such, after lengthy review from their partners, I have been told that the report will be revised and then printed to be distributed to the ministry of environment, NGOs, and stakeholders of all 5 states. Which, of course, I am elated about!

Daily Life

I spent most days of the work working from home as this allowed me to manage my time better and left me with more of the day to enjoy Budapest. I would sometimes go shopping in the morning to avoid peak times and work later. I like this flexibility. I would usually cook from home to save money. In the afternoon, I might travel into the office if the heat wasn't too bad.

Most of the company did not go into office during heat waves, which slowed down progress and made typing on an overheating laptop hard. Most commonly, after work I would walk to our local park and read, just as the heat of the sun wasn't getting too strong. A few times the interns would go out together, either to a bath house to cool off (and heat up and then cool off again), to a beach on the Danube (swimming or kayaking) or go out as there are quite a lot of fun and cheap bars.

Lasting Impressions

As a research focused individual that has been interested in advocacy, I believe this has been an important step in my career path. I found that it suited my skillset and was rewarding – as well



as synergising with my current master's research in Land sector modelling. It has made me more interested in this area and I will be reapplying to internships that showed

interest this summer in the same area of environmental governance and advocacy. For example, while here I have decided to get involved in the upcoming COP for biodiversity, hopefully advancing this line further! I also hope to bring this policy mindset to my research this year.

What practical advice would you give to future interns?

If this year wasn't just an oddity of El Nino, and climate change is really kicking into gear, then they will also see the same heatwaves. My barber said it never used to be like this and "it gets hotter every year", which is wild. I ended up wearing probably only about 30% of the clothes I brought, having to wash a lot as a result. It gets stormy so a very thin raincoat is a good idea, but jumpers, sweaters, hoodies, anything long-sleeved (or to be honest, I couldn't even wear the thicker of my short-sleeved clothes) I would say is a waste of space.

Although, next year could be very different of course, you should just be more mindful than I was. We also got a flat and didn't ask if it had AC. It did not, and did not even have fans. And I actually had quite a few terrible nights' sleep because of this, so be smarter. I would also say there is not much point in bringing cash as almost everything is contactless, so just move some of your money into Forints on a travel card.

On the job side, it is very independent and much more relaxed than you are probably expecting. I got into a swing of waking up early and working from 8 so that I could finish in the early afternoon and then get more time to see Budapest. But you can pretty much use the time as you want "as long as the work gets done", I was told. Which I loved. The freedom definitely increased my productivity and enjoyment of Hungary.

**Abigail Jeanie Monica Pole, Wadham College, BA Classics and English,
Second Year Undergraduate, in person**

Work Projects

I worked mainly within the Reboot project which is an international project aiming to improve food sovereignty and sustainability in Europe, as well as increase youth engagement in agroecological schemes. My main role was to research best practices from CEE countries that demonstrate how people can get involved in agroecology, and then from this, I produced a long list of viable social media posts. Alongside the research I completed into possible social media

posts, I also looked for appropriate photos on copyright-free websites. I also completed specific research on Georgian agroecological schemes.

A particularly enjoyable part of the internship was when I accompanied the two colleagues working on the Reboot project to the Gyuttment festival near Lake Balaton, where I saw how the project tasks can be implemented in reality as we led a few board games sessions with attendees of the festival. Even though most people at the festival spoke



Hungarian, and my Hungarian is very limited, I still felt that I could connect with the people there as we had similar concerns over climate change and food security. The host organisation helped me to work alongside the dedicated communications team, meaning that I had a person I knew I could contact for support or any questions that I might have had. I also met many of the staff when I went into the office who also assured me, they were happy to answer any questions.

Daily Life

I lived in a flat about a 20-minute walk from the office; I often walked with one of the other interns who lived around 2 minutes away from me. CEEweb did not require us to be in the office every day so sometimes collectively all the interns would also work in cafes dotted around the city centre. Outside of work, I explored the city, visiting lots of museums and art galleries as well as travelling into the surrounding mountains to go on hikes.

As I study classics and have a particular interest in Roman history, I enjoyed being able to visit sites where you could learn about the Roman settlement near Budapest, known as Aquincum, such as the Aquincum Museum and the Lapidarium in the National Hungarian Museum. I also

enjoyed the amazing thermal baths that are located around Budapest, with my favourite quite near the office so sometimes we would go there after work. Collectively with the interns we went to some amazing jazz clubs and made friends with other people who were visiting the city. I socialised mainly with the other interns, and some of my friends and family came to visit at different points during the 2-month period I was there.

Lasting Impressions

I really enjoyed completing this internship with CEEweb, and especially enjoyed the opportunity to live in a new city and country. I feel like I have gained an awareness of how I can apply the skills I have learned in my degree in other areas; the research and tasks I was completing were not directly related to my degree which was actually quite enjoyable, as I was able to learn something completely new. I also understood more how tools like social media can support important advocacy and awareness-raising work, and the need to increase and galvanise youth engagement in activism movements.

It was also interesting getting to exercise my research skills and use tools such as AI to help with research efficacy, as I was advised to do by my supervisor. This experience has helped me to understand what it might be like to work in the NGO sector and has opened my eyes to the wider cultural and financial limitations placed on NGOs, as well as the difficulty of international cooperation in large projects such as Reboot. It has made me aware that I would like to do something that is related to environmental justice and awareness as this is a topic I feel really passionate about.

What practical advice would you give to future interns?

Don't be afraid to ask for clarification if you are confused about a task or a deadline - your employees would probably be grateful to hear from you and it demonstrates your enthusiasm and engagement with the work set.

Asha Workman, Keble College, MBIol Biology, Final Year Undergraduate, hybrid

Work Projects

During my internship with CEEweb for Biodiversity, a conservation NGO based in Budapest, I worked on the EU-funded HUMANITA project. This project involves partnerships between



NGOs, universities, and national parks across central and eastern Europe to assess the impacts of tourism on protected areas. One of my main tasks, alongside another intern, was to produce a report on how fitness-tracking and route-planning apps like Strava can be used to analyse visitor behaviour and movement patterns in these protected areas. For example, we compared Strava heat maps to official tourist trail maps to identify where visitors were frequently leaving designated paths.

Based on our findings, we provided suggestions to mitigate the impact of this behaviour on the

environment. In addition to this, I also wrote social media posts and short news updates for CEEweb regarding the HUMANITA project, and we participated in partner meetings. Early in the internship, I had the chance to visit Bükk National Park, one of the parks involved in the project. During this visit, we conducted amphibian sampling and explored the pilot sites, which helped us better understand the context around our work. Although my supervisor and Emilia were not based in Budapest, we maintained close communication through regular Teams calls, emails, and Slack. The staff at CEEweb were incredibly welcoming—our internship coordinator provided a thorough office induction and even gave us a tour of the local area, showing us good spots for food, which helped us settle in quickly.

Daily Life

My internship was very flexible, and I could go into the office as often or as little as I liked, as my supervisor was based outside of Budapest. Typically, I went to the office two or three times a week and worked remotely from home, in coffee shops, or even a mix of both in one day. This flexibility allowed me to enjoy different work environments while staying productive. Outside of work, I made the most of living in a new city. Over the eight weeks, I visited countless viewpoints, museums, parks, and ruin bars.

Most weeks I would also fit in a visit to one of the city's thermal baths, or I would take day trips to one of the beaches along the Danube. Some other highlights include an afternoon spent kayaking along the river, taking the Zugilet chairlift up the Buda hills, and riding a railway entirely staffed by children! I also had the chance to take some friends to Sziget festival on one of the islands in the Danube. The city's monthly transport pass was a game-changer as it provided unlimited travel for only £19. This was a big relief after London's extortionate TFL charges and allowed me to explore almost every corner of the city.

I spent quite a bit of time alone, which helped me learn to enjoy my own company, but I also socialised with the other interns and hosted several friends and family members over the summer. By the end of my internship, I felt like a professional tour guide. Food was another highlight—trying local cuisine like Langos and chimney cake, and I even found what I believe is the best ice cream ever at Fragola.

Lasting Impressions

I can't recommend this internship experience enough—I thoroughly enjoyed it and gained so much from it, both personally and professionally. One of the biggest takeaways was the confidence I gained from living in a new city and working in a professional office environment, which was a big shift from my previous experience in hospitality. I now have a much better understanding of how projects are managed, particularly how multiple partners collaborate on a single initiative. I also learned how different projects can run in parallel within one

organisation. This experience has definitely expanded my awareness of the types of roles available in conservation. Being exposed to various project partners, each with their own focus and responsibilities, gave me a broader view of the sector. The experience has not only reinforced my interest in conservation but has also given me a clearer idea of the pathways I can follow in this career.

What practical advice would you give to future interns?

If you're doing an internship abroad and need to find accommodation, I recommend reaching out to the other interns to see if they'd be interested in living together. This can help reduce



rent and gives you the chance to know who you'll be spending the summer with beforehand. Also, ask your employer for tips on where to find housing—I found my apartment on Erasmusu.com, which worked out really well. Don't be afraid to explore all possible funding options too.

Many internships abroad are unpaid, and accommodation usually isn't covered, but reaching out to your college or department for financial support can make a big difference. Finally, make the most of your time outside of work. I made a list of everything I wanted to do in Budapest before I left,

which encouraged me to get out and explore. Take advantage of living in a new city—you'll experience way more than just being a tourist on a quick visit. I truly can't recommend my internship in Budapest enough and I would be more than happy to answer any questions and give more specific recommendations to any future CEEweb/Budapest-based interns.

BA Geography, Final Year Undergraduate, hybrid

Work Projects

I conducted desk based and field work research and data collection for the project Mystical Danube. This involved collating different types of data: geographical, scientific, environmental, cultural, historical and economic. I also published 4 social media posts on the project. My research will be used within the app development for the cultural and touristic route, for the Hungarian site. Currently there are 9 different countries also involved in collected data on their site regions. Support was excellent, I had a supervisor who was responsive and helpful as well as the full office team for general enquiries.

Daily Life

On the first day I was given an induction and taken around the local area of the office. Daily life would involve working in the office during the morning and finishing off my work (researching) at a coffee shop in the afternoon. Some days, I would travel to museums to collect data there. Outside of work, I spent time with the other interns, visiting museums, socializing, or hanging out in the park watching the Euros!

Lasting Impressions

I thoroughly enjoyed the experience. I gained professional experience, formed new connections, and got an insight into the workings of green NGOs in Eastern Europe. This has confirmed my ambition to work in this sector.

What practical advice would you give to future interns?

Try to link up with other Oxford interns if there are any, to live with. Living in a new country can be daunting but making connections like this can mitigate some worry!

COLD WAR HISTORY RESEARCH CENTER

Yevhen Yashchuk, Wadham College, DPhil History, First
Year Postgraduate, hybrid



Work Projects

My internship was a part of a big project on the chronology of the Cold War conducted by the Cold War Research Center in Budapest. The project is massive as it aims to cover the major events that shaped the second half of the twentieth century in Europe and worldwide. I was able to choose East Germany as a case study to work through it with the documents stored at Blinken Open Society Archives. My tasks primarily included searching for information about events in the country related to the Cold War and creating a chronology of those between 1981 and 1987.

During those several weeks, I worked with the Radio Free Europe reports on the state of affairs



in East Germany, materials related to East Germany's relations with other countries of the Socialist Bloc as well as counties outside of it, primarily West Germany, documents on human rights issues in the country, and news items about major political, scientific, and cultural events in the country.

After primary search and data collection, I wrote a coherent chronology of the events, aiming to highlight the complexity of life during the Cold War era. In some cases, e.g., for the year 1987, I managed to present almost day-to-day accounts, which covered the details of East Germany's political and everyday

life. I was glad to receive huge support from Renáta Drávucz, a project coordinator at the Cold War Research Center, which made my overall experience smooth and insightful.

Daily Life

Budapest is a lovely city, which I had already visited a couple of times before my internship, so it did not take me long to settle in this time. I had a cozy room in a dormitory in one of the residential areas of the city, and it usually took me forty minutes to reach the Blinken Open Society Archives from there. I usually spent several hours per day searching for documents there and then had plenty of time to explore the city. The archive's central location was a huge advantage for a curious traveler like me. It takes only ten minutes to reach the Danube from there and even less to get to lovely food places which are concentrated in the area. It was always a hard choice to choose where to go for lunch or dinner as every place had its own special offer.

Apart from getting the best from the food, I also enjoyed visiting local museums with their fantastic summer exhibitions. The heatwave did not prevent me from going to the National Museum of Fine Arts, which featured some excellent photos from Hungarian photographers in Europe and America during the 20th century. When the weather allowed, I also tried to get to know local parks or just wander around the eclectic architecture of Budapest streets. During my last weekend in Hungary, I also had a day trip to Esztergom, a lovely town in the borderlands, which became one of the highlights of my experience.

Lasting Impressions

My internship experience was intensive and enjoyable. It helped me to enter a completely different field of study, unrelated to anything I had done before, and I was glad to have this opportunity to explore and learn. I left Budapest with tons of scanned materials, which I hope to return to one day, and I have new research questions to explore further. At the same time, the archival work was quite monotonous at some point, which affected my overall excitement about the things I was looking at.

The internship also showed me the gaps I will need to work through as I am reaching a new stage in my research life, which requires more consistent and well-planned approaches. I cannot tell for sure how much this experience influenced my career ambitions as I still need to process everything that happened during that month, but it certainly demonstrated to me a bunch of things related to the research routine, which I will consider while making new choices in the future. Overall, it provided me with an opportunity to experience a different reality from the one I have in Oxford, which was certainly worth it. If I had a chance, I would conduct this internship one more time.

What practical advice would you give to future interns?

Try to enjoy the process as the time passes very quickly and think about distributing your efforts in advance to enjoy this nice experience.

[Eszter Anna D Kovacs, University College, MSt Women's Gender and Queer History, First Year Postgraduate, in person](#)

Work Projects

As a research intern at the Cold War History Research Center, I was responsible for supporting my internship supervisor's research and helping them gather sources and ideas for a publication. This included investigating the available



sources on online databases, as well as visiting local archives. The fact that my supervisor trusted me with this task helped build my confidence as a researcher. In the second half of the summer, my supervisor suggested that we turn our findings into a publication together, which

allowed me to gain insight into how to produce research in a cooperative manner. As we were also short on time, this role prompted me to work very efficiently under time pressure.

This experience taught me a lot about how to work together with others and what the different questions to consider in a publication are. Additionally, I was also asked to collect archival materials on the side in order to support a larger research project at my host organisation. This project includes a chronological list of significant political events in the Eastern Bloc. This task also included visiting an archive, where I could run into other Oxford interns and talk about the project and our findings. Whilst working on this chronology project gave me a lot of content-based knowledge, I felt that I was more fulfilled by the analytical tasks I had to complete when writing the publication with my supervisor.

Daily Life

My daily schedule was very much determined by the tasks that I had to complete for work on that day. Most days, I had the chance to visit the local archive to collect sources, which was a nice way to move around a bit during the day and not just work in the same spot. The archive, where the Cold War Research Center interns work, is located very centrally in Budapest, which makes it convenient, especially if interns wish to explore the city after work. Many times, I decided to work from a café after I had visited the archive. This flexibility with location was very useful as it gives significant freedom for interns to choose what environment they would prefer to work in.

When my work schedule was a bit more intense, I often had meetings with my supervisor, which happened online. Though the Cold War Research Center does not have a big office, where interns can work and socialise, it was still possible for me to chat with other interns, as we ran into each other several times in the archival research room. I did not spend much time with other interns, but it was nice to know that we could count on each other, if needed.

Lasting Impressions

This internship experience was crucial in solidifying my desire to become an academic researcher. It is often very difficult to find short-term academic opportunities that are not unpaid, so I was happy to come across this position. As I am about to begin a PhD programme, it was nice to get some research and publication experience within my field. That would not have been possible without this internship opportunity.

Additionally, I believe that it is important for students to learn more about sources relating to Eastern European history, which have often been marginalised in historiography, and the archive where the Cold War Research Center interns work makes this possible. Overall, I believe that I also learned some difficult lessons this summer. For example, working as a research intern reminded me how isolating and lonely it can be to be a humanities researcher. Therefore, this experience has encouraged me to be more aware of my mental health, and I plan to pay more attention to this going into my PhD. Additionally, this internship made me aware that conducting research with someone from another field of study can be challenging but can also make me a more insightful and adaptable student and academic in the long run. I expect that these experiences and lessons will greatly help my personal and academic development.

TERRE DES HOMMES FOUNDATION

Sophia Christine Kjeldbjerg, Lady Margaret Hall, MSc in Criminology and Criminal Justice, Final Year Postgraduate, hybrid



Work Projects

I worked in the Children and Youth on the Move programme to implement the new Migration Context Analysis tool in Southeast Europe. I conducted detailed desk reviews over two months

and wrote seven lengthy research reports on each country. These research reports covered the migration contexts of each country, policies, the state of children and young people's potential and actual involvement in unsafe migration, and the network of actors present on the ground to support vulnerable communities and individuals.

With the help of my supervisor, I presented the research to the different country delegations and received feedback from them, which I implemented into the document as another crucial



part of the data. I also assisted a colleague in the MENA team at the company's headquarters in Switzerland, to draft '2 pagers', for which I developed my skills in translating extensive research into compact and engaging advocacy materials. I also assisted my supervisor in drafting presentations

for meetings on EU potential project proposals with other TdH delegations and NGOs. I was supervised by the Regional Head of the program, who offered consistent and helpful support for me to properly implement the tools. It was a fun environment to work in, and my colleagues and supervisor were all very welcoming and friendly, which made it an incredible experience.

Daily Life

My internship employer was very helpful in suggesting accommodation for me, which made the transition to living in Hungary smoother. Budapest is an incredibly well-connected city, with public transport being cheap and covering every part of it. I was only a twenty-minute walk from the office, which I worked at for most of the week, with a few days working from home here and there to discover cosy cafes around the city from which to work. My colleagues made me feel instantly welcome, and we had several social gatherings after work. Another intern from Oxford was also working at TdH, and we lived in the same shared apartment, which was a

nice experience. The city offered a lot of different things to explore, with Buda and Pest separated by the Danube. Both sides are diverse from one another, and it was a fun mix of nightlife, nature walks, and cultural experiences, which means Budapest never gets boring. It was very warm and humid, so I was grateful for the air conditioning in the office! I made friends in Budapest at work and through mutual friends and hosted friends visiting as well during my time there. It was fun to be a tour guide after being there for a bit over a month when I felt more like a local as I could walk around without constantly using Google Maps.

Lasting Impressions

The experience as an intern working at TdH Hungary was incredibly enriching, and I am grateful to the University of Oxford for facilitating the Summer Internship Programme, and to Terre des Hommes Hungary for taking part in it for the last ten years. As an intern at this organisation, you feel extremely appreciated and valued for your hard work and time, and the community feeling in the office made the workdays hugely enjoyable. The experience has re-affirmed my wish to work somewhere with good colleagues and a hybrid work model, rather than working fully remotely, as I would have missed out on the easy chatter and bonding coffee breaks in between work sessions had I not been in the office for most of the time.

I discovered that I could apply learnings and skills from my university degree to a real-life job and have confirmed a passion for the child protection and safeguarding sector. I learned about the important work done by an NGO such as this, as well as the challenges NGOs face to implement projects with funding that should arguably be more readily distributed to them, given how important the work they do is. The opportunity to do an internship abroad was an incredible experience that I would recommend to anyone considering it.

What practical advice would you give to future interns?

Future interns here should embrace all the quirks that come with discovering a new culture, and also embrace the moments of solitude when they do inevitably arise by focusing on the personal and professional growth they are experiencing. Be open to unexpected conversations

with people and seek to learn as much as possible from them. People are curious about each other, and this is where important and enriching connections can form.

MSci Experimental Psychology, Second Year Undergraduate, in person

Work Projects

I conducted a capitalisation study to analyse how effective a mental health support programme called PM+ was for Ukrainian refugees and people from other vulnerable communities. My main tasks were to conduct interviews with key staff members, conduct a thematic analysis on the transcripts and draft a report.

Daily Life

I lived close enough during my internship to walk to work. It took me a little while to feel settled in the office, but everyone was immediately very friendly, and I felt very welcome. I socialised with my flat mates, one of whom was interning in the same organisation, and I would chat with various coworkers in the office. By the end of the internship, I was getting on really well with a couple of different coworkers and would chat with them a lot during breaks. Outside of work, I went sightseeing around the city I was in on the weekends, and after work I would relax and go home and chat with my friends online.

Lasting Impressions

I hugely enjoyed my experience of my internship. I gained valuable skills and an insight into a new sector and increased my confidence in my abilities to work in a professional setting. It had changed my career ambitions; I would now be very interested in working in a similar field as I was for my internship.

INDIA

AKSHAR FOUNDATION

BA English Language and Literature, Second Year

Undergraduate, in person



Work Projects

We worked in Government schools and the main Akshar Forum. Over 6 weeks we developed our own project which we implemented in these schools. Essentially this meant lesson planning



and delivering lessons in an area that interested us. This required research on the local area to make sure what we were teaching was relevant and useful for the students, as well as planning practical activities or presentations for these lessons.

A focus on sustainability was encouraged, as well as linking our lessons back to Akshar's core values. We were given reading on educational philosophies every week as well as links to online lectures and ted talks. We reported back to our team leader at the end of every week, checking in with where our project was, what was going well, what could be improved, or any other support we needed.

Daily Life

The timing for each day differed depending on which school we were going to, but the timings at the school were roughly 8:30 - 2:00. We would be driven to the school each day and then

driven back to our hostel. Then we would usually relax for a while, or maybe do some lesson or project work for the rest of the week. Our evenings and afternoons were often free to explore Guwahati, go out for dinner, watch movies, or hobbies. Sometimes we had days which differed, such as visits to rural schools.

On the weekends we did lots of sightseeing, and one weekend we went on a trip to Meghalaya. We mainly socialized within our group of interns, which this year was a group of 4. In the hostel we also shared rooms, but there was space to exercise and walk within the safe space of the hostel. Working at the schools was wonderful, the timetables and structure changed week to week, depending on the school, so there were lots of opportunities to interact with different groups of students of different ages and abilities.

Lasting Impressions

The internship has certainly made a lasting impression. Firstly, the opportunity to travel to India was incredible and having 6 weeks in one non-touristy area meant that we could really get to know the atmosphere and the culture. The same is true of spending time with the Akshar school. Having spent a significant amount of time in each school meant that we could really form connections and relationships with the students, teachers, and whole community while we were there.

Our projects and interests adapted throughout the internship, as largely our teaching took shape through learning alongside the students, seeing what helped them, and adjusting our lessons. I certainly gained confidence and experience as a teacher, overcoming many boundaries in teaching that I haven't been exposed to before. The students in Guwahati come from a completely different context to schools I have taught at in the UK, and I definitely learnt a lot about practical teaching styles, and the thought and intentions behind them, while completing this internship with Akshar.

What practical advice would you give to future interns?

If possible, familiarize yourself with Assamese before you arrive or start learning a bit of it while there. I think the language barrier was one of the most difficult boundaries in terms of teaching in the school as well as time outside of it. Otherwise, making sure you have appropriate clothing and being prepared for the heat is certainly important.

Elizabeth Eilers, St. Peter's College, BA History, Final Year

Undergraduate, in person

Work Projects

This summer, I travelled to Guwahati, India for an internship with the Akshar Foundation. The Akshar Foundation is an NGO that focuses on sustainable development and education. In 2020, Akshar was employed by the Indian Government, as part of the New Educational Policy, to introduce their model of sustainable education in India's Governmental Schools. Over the 6 weeks, I worked on behalf of Akshar in several different schools to develop their educational programmes in sustainability and vocational training.



In particular, I helped to teach varying levels of English, ran gardening and sustainability workshops, and offered a series of beginner piano lessons for the students. I also helped Akshar to draft a curriculum in environmentalism to be instituted in a number of Government schools across Assam. We received guidance about the viability of different lesson plans and training on how to best structure and design the curriculum to ensure that students are clear of each lessons'

objectives and how they can fulfil them. I have learnt so much across my six weeks in Assam and feel very grateful for having had the opportunities this internship has bought me!

Daily Life

My supervisor at the Akshar Foundation met me at the airport to take me to the provided accommodation and settle me in. I quickly bonded with the three other interns who helped to show me how the hostel and food arrangements worked. On our first day, the interns were toured around the Akshar School where we met the principal, teachers, some of the students, and our supervisor Meera. They helped introduce us to the core philosophy of Akshar and its aims.

The following two days, we visited the two government schools we were placed in for the next 3 weeks and similarly met with the teachers, principal, and students. Here, we had a meeting with Meera to outline what would be required of us in the following 6 weeks and to discuss our plans for implementing particular projects within the schools. We spent the first 3 weeks of the internship working to help implement Akshar's educational model in our assigned government school and the following three weeks at the Akshar Model school continuing to teach and design our programmes.

We also spent time after school planning our up-coming lesson plans and helping to design an overarching curriculum in sustainability. On the weekends, I was fortunate enough to be able to travel in the North East of India. One of the highlights of my trip was visiting the neighbouring state of Meghalaya which shares a border with Bangladesh. The rolling hills and copious waterfalls of Meghalaya were astonishing – I am sure it is the most beautiful place I have ever visited!

Lasting Impressions

The internship with the Akshar Foundation has taught me invaluable skills that I hope to carry with me across my future career. It has particularly helped me to gain confidence in leadership and communicating with different groups of people, even when we spoke little of the same

language! I also felt I really gained from immersing myself in a culture that is so remote from Britain. Being in Assam taught me so much about patience, respect, and remaining open-minded about how to tackle complex global issues such as climate change.

It was really striking to see both the students and teachers' different perspectives on sustainability and just how much they cared about creating a greener and fairer future.

Working as an intern at the Akshar Foundation has also confirmed my eagerness to help research and develop policies in Non-Governmental Organisations like Akshar or within Think Tanks and Government institutions. I hope the skills I have gained on this internship will help me carry this experience into a future career and develop the networks required to enter into this sector.

BA Medicine (Preclinical), Second Year Undergraduate, in person

Work Projects

I undertook an internship with Akshar Foundation, which is an NGO based in Guwahati in Northeast India. The internship involved teaching English to students at the Akshar Forum



school. It was rewarding to see the progress which my class made in grammar and vocabulary over the weeks. I also worked with groups of older students on a fundraising project - helping them to plan, advertise and organise a fundraising event at their school. The aim was to teach them new skills such as

digital design which could be useful in their future careers, as well as improve their written and spoken English. They organised a successful fundraising event and developed their leadership and teamwork really well.

During the internship, I had the opportunity to learn about the pioneering model of education which Akshar is using and the theory behind it - this also involved visiting other government schools which Akshar Foundation is working with to improve their education. The Akshar Forum acts as the model school: for example, it is tackling poverty and child labour by paying students wages for teaching younger students and maintaining the school. The school also offers vocational classes such as carpentry and first aid, equipping the students with a skillset for self-sufficiency when they graduate. There is also an emphasis on environmental sustainability, with students paying their school fees in the form of plastic waste, which they then convert into products such as 'eco-bricks', furniture and flowerpots. Working at the Akshar Forum, and meeting the students gave me a really in-depth understanding of what an amazing impact Akshar is having.

Daily Life

A normal day would begin with being driven to Akshar Forum school at around 8:30am. We would spend the day teaching, with breaks for breakfast and lunch in between which we would spend interacting with the teachers or children. When school finished at 2pm, we would be driven back to our hostel and finish any lesson planning or reading. In the evenings, we often took the opportunity to explore Guwahati if we had the energy - for instance visiting the river for sunset and seeing the fruit bats swarm over the water! We also tried lots of restaurants and cuisines and visited a few museums.

It was fascinating to experience living in India for six weeks, especially in an area which is not touristy! We got used to taking tuk-tuks, buying fruit from stalls on the road, and had to learn ways to get around the language barrier. Teaching five days a week meant we were pretty busy, and it definitely helped us to settle into a routine very quickly. We spent weekends exploring the city more and visiting areas surrounding Guwahati. We were lucky enough to be provided with accommodation in the hostel, meals and transport to/ from the school, which made the internship very stress-free.

Lasting Impressions

I had an absolutely incredible experience - I left feeling very inspired by the passion and dedication of all the people at Akshar Foundation. I learnt so much about the successful strategies Akshar is using to create as much change as possible, as well as the challenges they are



facing. Whilst I am not planning to pursue a career in teaching, I enjoyed the experience so much that I would really like to incorporate some teaching work and NGO work alongside my career in medicine. I made so many amazing memories working with the children at the school - they were undoubtedly the best part of the internship!

Working at the school has definitely given me new perspectives on so many aspects of life, making me recognise more of the privileges we have and making me think more critically about our approach to education. The opportunity to visit India for the first time has also broadened my global outlook, giving me a much greater understanding of its rich culture - it has definitely motivated me to explore more of its beautiful states in the future! Overall, despite it being six weeks and challenging at points, the internship was an experience I will remember for life.

What practical advice would you give to future interns?

Contact previous interns before you go to get practical advice and prepare yourself for what to expect.

BANASTHALI UNIVERSITY

Annabelle Faye Leivers, Mansfield College, BA Asian and Middle Eastern Studies, Final Year Undergraduate, in person

Work Projects

I attended an internship at Banasthali University. I would attend classes 6/7 days a week and have the weekend on Tuesday. I had yoga or aerobics in the morning from 7-8 then we would be provided breakfast at the guest house. Then from 9-10 I would have history of India class. From 10-11 I would join an AI research class in which they were working using translation data base to translate government documents into English, Hindi and Arabic. I would help with Arabic as this was related to my degree at Oxford. It was interesting to compare the translations of different databases and see the advanced work that Banasthali is doing in regard to AI.

From 11-12 I was in an English language class which was interesting to see how English was taught abroad. Then from 12-3 we would have a lunch break, which was provided by the university in the guest house. I would also go to the markets on my lunch break on campus with the other interns and buy chai or any snacks/things we wanted. From 3-4 I attended Sitar classes. It was cool to learn a new instrument, especially one so in tune with Indian culture and heritage! Then from 4-5 I had Kathak dance class. This was my favourite class as it was really fun to get involved in something so different and our teacher was wonderful. We also watched dance performances during our time at the university as part of events and festivals which were amazing and inspiring!

Then from 5-6 I had language classes in Hindi or Sanskrit and later on in the internship we attended a translation workshop class at this time. Then in the evening we were allowed to use the sports facilities. This included basketball, table tennis, badminton and many more. We were then provided dinner in the guest house too. We also had the opportunity to travel around

India during the internship to Jaipur, Jodhpur, Delhi, Amritsar and Agra. Overall, I had a lovely time at Banasthali and everyone was incredibly welcoming and really invited us into their university and culture. It was a very unique experience that I will never forget!

Daily Life

We attended classes daily and received all our meals provided for us, which was very nice and helped settling in become easier. We were given bikes by the university, which we used to cycle



around campus to go to classes, which were very helpful - especially during the monsoons as this meant our feet only got a little bit wet! I found settling in okay as everyone on the internship was lovely and we got along well which definitely helped. My roommate was also very friendly and kind too! It was nice to meet new people who were like minded and wanted to travel as well as me. During our free time we would play sports in the university or cycle round the campus to explore what the campus had to offer. We also used to go to the markets and have chai and talk to the other students who attended the university.

Speaking to the students was a good way to really get to know how the university functions, which was interesting and good to hear different feelings and opinions from the students. We were also able to travel to Jaipur and Jodhpur independently and the university came to show us around some sites on one of the days we were in Jaipur and drove us to and from the buses. They also took us to Agra for the day to see the Taj Mahal which was great!

Lasting Impressions

I thoroughly enjoyed my experience at Banasthali University. It was a unique experience, and I feel privileged to have been able to experience life at a real Indian university and meet people from all over India. I enjoyed the classes and enjoyed learning the traditional art forms such as kathak dance, block printing and sitar. I also found it interesting to learn more about the university's 5-fold education system and how it actually works on the ground. I think I gained a cultural experience that I will never forget, and it developed my skills as a traveler. Also, I felt it helped me grow as a person as I had to adapt to a completely new culture and language.

I enjoyed trying to practice my Hindi language and learnt new phrases and sayings which are hard to pick up from book learning. I also appreciated learning more about Indian culture and felt touched that the teachers and students at Banasthali welcomed us with such open arms into their university and to their culture. We also had the chance to partake in a debate with a student run debate club called expressio - this was a unique opportunity to discuss AI and mental health which I found very eye opening, interesting and intellectually challenging. The women at the university are very inspiring and I enjoyed being in an all-women's university as it reminded me of my days in an all-girls school!

What practical advice would you give to future interns?

Make sure to bring an umbrella and a raincoat as you will get a lot of rain! Also prepare to see some cockroaches. I also brought a mosquito net pop up tent which I appreciated sleeping in at night for peace of mind. The bathrooms are also quite basic with a tap and bucket so if you can find a shower head attachment (which I did) it is very useful! Also ask to travel as soon as possible because the university is very keen to let you explore and will support you with getting to buses etc. - you just need to ask!

BRITISH SCHOOL, NEW DELHI

Evan Anthony Burke, Exeter College, MBiochem
Biochemistry, Final Year Undergraduate, in person

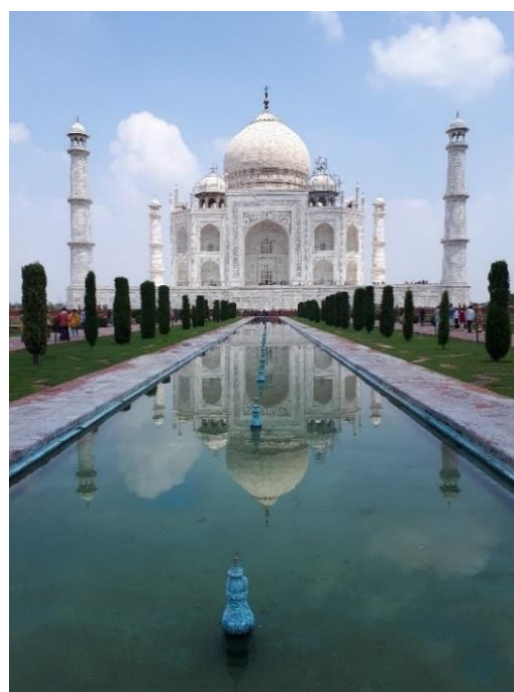


Work Projects

I was tasked with teaching iGCSE and IB chemistry, as well as giving advice on university applications. I was supported by the careers office within the school and the teachers to work on both tasks simultaneously. It was a calm and open working environment, and questions were always received with warmth and answered promptly.

Daily Life

I was able to socialise with other interns from the US. There was a mixture of free time which we filled with visiting tourist sites and organised downtime arranged by the school which included cooking classes. Both were very enriching. The school paid for a comfortable hotel stay as well as our meals.



Lasting Impressions

As someone pursuing a career in education, this internship could not have provided a better insight. I enjoyed it thoroughly and felt supported throughout the entire process.

What practical advice would you give to future interns?

It is absolutely crucial to apply for visas early. Mine took 2 months to be approved and I had to return to the consulate to provide additional documents.

INSTITUTE FOR MIND AND BRAIN

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

Work Projects

The internship was conducted at the Institute for Mind and Brain (InMind), a psychiatric hospital in Kerala, India. As interns, we were allowed to participate in all the patients' activities: group therapy, drawing, singing, Zumba, yoga. We were also encouraged to talk to the patients outside these sessions, and sometimes we could conduct individual patient interviews, where we could ask them about their experience with their mental illness and the therapy received at the hospital. We were given access to the InMind patient database, so we could get a good idea of the kinds of questionnaires and assessments used by the hospital, as well as what kinds of problems and diagnoses were most common among the patients. We could also ask to attend any other activities, such as patient assessments.

Apart from these hospital activities, our main task during the internship was to conduct a research project on patient data provided to us by the hospital. We could choose from a list of topics, for example I analysed the factors related to patient satisfaction. Throughout the internship, our main contact was the hospital director Manoj, but we also had an assistant psychologist who supervised us directly during daily activities. The host organisation also provided our accommodation, which was only a 10-minute walk from the hospital.

Daily Life

The internship lasted 1 month, and every week we would work from Monday to Thursday. We were free to travel on weekends (Friday to Sunday), which was extremely rewarding. On a typical workday we would wake up around 8am, eat breakfast at the guesthouse and then walk to the hospital where we arrived around 9am. There were patient activities taking place at

10.30, 12.00 and 15.00 every day, and we could participate in as many of these as we wanted. They included yoga, Zumba, singing, drawing, and group therapy.

Sometimes, we were asked to conduct an interview with one of the patients, during which we could ask about their life, their problems, and their experience at the hospital. Between the



activities, we usually worked on our research projects. We chose our project topics before the internship started and were given data files from the hospital to analyse. Around 14.30, we would usually have lunch at the hospital, which was a traditional Kerala dish consisting of rice and different curries and vegetables. We

usually returned to the guesthouse between 16.00 and 17.00. For dinner, we sometimes got food from the hospital, and sometimes we ordered take-away. The village we stayed in was a 20-minute ride from the city of Thrissur, so we would sometimes go there for shopping, but there were also smaller stores nearby. On the weekends, we went on several trips to places in Kerala, such as Kochi, Guruvayur, Munnar and Athirappilly Falls.

Lasting Impressions

I greatly enjoyed my internship at InMind, both from an educational perspective as someone interested in psychology, but also as a cultural experience, getting to know a new place and meeting people from across the world. I definitely recommend this internship for psychology students, but especially those interested in clinical work. It can be hard to imagine work in a clinical setting just from theory, so spending a few weeks at a hospital can be very eye-opening and a great experience to have on your CV. From my experience having interned at psychiatric clinics both in Europe and in India, I think the InMind hospital was a much more relaxed

environment in which patients and staff seemed to have very friendly relationships, and everyone was open and happy to share their experiences.

The internship would also be beneficial for anyone looking for a career in research, as a substantial part of the work is the research project, which will develop your statistical and analytical skills, and teach you how to write a report that can get published. Personally, the most important benefit from this internship for me was being able to visit a place I had never been to before, with a rich culture and beautiful nature. I feel that I got to know Kerala on a much deeper and more personal level than I would have as a tourist, since I got to know so many different people - patients, psychologists, students, and even strangers who came up to say hello, and they were happy to share their culture with us.

We also got some great tips about which places to visit on weekends and how to get there, and the hospital office was extremely helpful in organising our transportation. Being there with 2 other interns was also great, since it feels much safer to travel to new places as a group. Even though I am not planning to work at a psychiatric hospital in the future (something I already knew before the internship), I am so happy that I decided to intern at InMind!

What practical advice would you give to future interns?

Contact your fellow interns in advance, it really helps to feel safer when you arrive and can immediately contact each other if there are any issues (e.g. if you have trouble finding the location or if there is a delay in your travel). Make sure you know how to get to the internship place and have the address written down on paper, since airport Wi-Fi tends to be unreliable, and ask the host in advance how to get there (e.g. taxi, public transport). Also have your documents (visa, passport copy, insurance) printed out.

Always have a local contact number of the host that you can call in case of an emergency - make the most of your weekends to visit the country; yes, the work is important, but this might be a once-in-a-lifetime opportunity to travel in this country, so don't spend all your time working. Always bring your passport even on short weekends trips as you will often need it (e.g.

to check into a hotel). Bring a power bank and adapter, and make sure you know where to buy a local SIM card and where to get local currency when you arrive (usually at the airport, but maybe the host will organise it for you).

MSci Philosophy and Psychology, Second Year Undergraduate, in person

Work Projects

At the Institute for Mind and Brain (InMind), I was primarily conducting research using data that the organisation had previously collected. My research project was on "Personality factors and reasons to drink in individuals with alcohol dependency", and I spent a lot of time in the office



analysing data using statistical packages in Python, doing a literature review and writing up my results. Alongside this, the other interns and I were encouraged to engage with life at the hospital, through interviewing patients, participating in activities with them like Zumba and painting, and getting to know the staff. The host organisation was extremely helpful and aided us with any problems or questions we had, whether that be through booking taxis for us or helping us get SIM cards.

Daily Life

I settled in after a bit of jet lag and quickly got into the routine of work. From Mondays to Thursdays, we would work from 9-5 at the hospital, leaving us with Fridays, Saturdays, and Sundays free. There were three of us interns at the time, so we socialised a lot with each other, with the patients, and with the staff. We also lived in a guest house which was connected to the

Director of the hospital's house, so we would often have dinner with him and his family. On our long weekends, we went on some amazing trips, including to the city of Kochi, to the beach, to an elephant sanctuary and to Munnar tea fields. Everyone was extremely friendly and welcoming, and it was altogether an incredible experience.

Lasting Impressions

This internship was a once-in-a-lifetime opportunity and an incredible experience! I loved every aspect of it, from finding out about the hospital, to exploring Kerala on the weekends. I feel I gained confidence, report-writing skills, and a taste for more exploring abroad! I also found out a lot about mental health hospitals, particularly in India. Although I am unsure about my career goals, this internship has made me think about a career in research or possibly clinical psychology.

MBiomedsci Biomedical Sciences, Third Year Undergraduate, in person

Work Projects

We had two strands of work to do during the internship, which were presented to the director at the end of the four weeks. One was the patient interviews, which involved meeting an inpatient a couple of times to find out more about their life story, diagnosis and treatment, presented as a case study presentation. The other aspect was the research project, for which we were given secondary data to analyse and present in the hopes of writing a paper on the data. Mine was survey data on the admission experience of 300 patients to a psychiatric hospital.

Daily Life

It was an in-person internship, and I was lucky enough to be doing it with two other Oxford students, whom I socialised with for the entirety of the trip. We walked to work each day from the guesthouse to the hospital, which was a lovely 10-minute walk. Outside of work, on weekdays we typically went for walks/runs in the surrounding area, relaxed in the

accommodation, and went for dinner in the nearby town. On the weekends we explored Kerala, going to stay in hotels in nearby cities and nature attractions.

Lasting Impressions

I immensely enjoyed the experience; it was great to experience living and immersing myself in a very different country and its culture. I feel like the people we met and the connections we made will really stick with me for life. I think it has also made me realise that I would love to work in a job that is centered around interacting with others and helping people with their problems.

BA Medicine (Preclinical), First Year Undergraduate, in person

Work Projects

I spent 4 weeks interning at the Institute for Mind and Brain (InMind), and my main role was a research project investigating data taken from pre-primary school children in Kerala. The data analysis was analysing the prevalence of autistic traits amongst these children. There were two



main questionnaires which I was comparing. The CAST questionnaire, and the skills and difficulties questionnaire. This was highly insightful. I downloaded and learnt how to use RStudio, which has been incredibly valuable.

Throughout the four weeks I spent time analysing this data, and

preparing a scientific presentation presenting my research into autism spectrum disorder and my analysis of the data provided. I was given the opportunity to continue my research once at home and publish a research paper. I also spent time interviewing patients at the hospital, and

also created a presentation on patient experience in the psychiatric hospital. There were many patient activities, such as yoga, Zumba and painting. The interns were encouraged to participate in these activities, and it was an amazing experience being able to get to know the patients. We received support from the psychologists and did weekly zoom calls with the host of the organisation.

Daily Life

The internship was in Kerala, India. We worked at the psychiatric hospital Monday-Thursday, which allowed us three days each week to travel around the local area. We were given free accommodation a 10-minute walk from the hospital. It had two bedrooms with two single beds in, a kitchen and a balcony. This meant we were able to cook in the accommodation provided. There were many restaurants in the nearby area. They were all a roughly 40-minute walk, but there was also the option of a taxi for roughly £1. There were two other interns staying in the accommodation with me who I got along with really well. We also socialised with the staff at InMind, and they gifted us each a sari at the end of our stay. During the internship, the staff also organised for us to see some nearby schools and hospitals. This was incredibly interesting and allowed us to meet new people and understand the culture of the nearby area better.

Lasting Impressions

This internship was an incredible experience. I gained a huge insight into the healthcare system in Kerala, as well as having the opportunity to visit local schools. I became much more competent in coding and using RStudio, as well as becoming more confident in self-directed work. The chance to speak with patients was a very unique opportunity. Experiencing the local culture was a huge highlight of the internship. Visiting Fort Cochin, Alleppy and other nearby areas was an amazing opportunity to have.

The internship was centered around psychology, and it was very enlightening to learn more about that area, as my degree so far is mainly physical health. The internship has confirmed my ambition to work in a career in healthcare and has shown me more about potential careers in

mental health. I very much enjoyed my experience on the internship. We were given lots of support by the staff at the hospital.

BA Experimental Psychology, Final Year Undergraduate, in person

Work Projects

During my internship at the Institute for Mind and Brain (InMind), a mental health facility in rural Kerala, India, I undertook a project centered on secondary data analysis. The facility caters to both inpatients and outpatients, offering a broad scope for clinical research. The project allowed me to choose a focus area,



and I worked with patient data to explore medication related informational needs. This involved writing code to process the data, presenting it graphically, and contextualising it within the wider literature.

In addition to the research component, I gained practical clinical experience, which included conducting patient interviews as well as shadowing clinical assessments and administering medications. One of my key achievements was presenting the findings from my data analysis, alongside a patient case study, at a multidisciplinary team meeting. This was an enriching opportunity, allowing me to share meaningful findings and receive feedback from various professionals. Throughout the internship, I received invaluable support from the psychologists and assistant psychologists at the facility. They guided me in my approach to patient interviews which allowed me to get the most out of my time with patients. They also walked me through the clinical measures used in the facility, enhancing my understanding of the data collection process and ensuring that my research was aligned with professional standards.

Daily Life

Arriving at the Institute for Mind and Brain for my internship was an exciting experience, especially as someone with limited travel experience. The staff and local community were very welcoming, which made settling in smooth and enjoyable. The facility itself was just a five-minute walk from our accommodation, so the two other interns and I would walk to and from work together every day. On sunny days, this was a particularly vibrant, green walk. We worked Monday to Thursday each week, which left us with long weekends to explore the surrounding areas.

We took full advantage of this time, visiting nearby areas of natural beauty and the city of Kochi. These weekend trips were as educational as the internship itself, providing a broader cultural understanding and adventure that went beyond the scope of our professional work. One of the most enriching aspects of my daily life during the internship was the opportunity to be welcomed into the local community. This level of integration would have been difficult to achieve as a regular tourist, but living and working there gave us a deeper insight into the local way of life. Listening to accounts of local people about their lifestyle, culture, and the challenges they face helped to contextualize my internship, enriching my understanding of mental health care in the region.

Over the five weeks, I got to know the two other Oxford interns very well, and we quickly became good friends. Additionally, we formed friendships with people in the local community, particularly other young adults. Socializing with them made our experience even more enjoyable and allowed us to feel truly integrated into the community, making the overall experience both personally and professionally rewarding.

Lasting Impressions

Being immersed in a completely different part of the world, where daily life was starkly different from anything I had ever known, offered me an education far beyond what I had encountered before. Initially, the thought of taking an internship halfway across the globe, with

little prior travel experience and no familiarity with the people I would spend the next five weeks with, felt incredibly daunting. However, I am deeply grateful for the opportunity, as it proved to be one of the most enriching experiences of my life.

Throughout the internship, I embraced every opportunity presented to me, gaining deep insights into both mental health care at the facility and the cultural context in which it operates. Witnessing firsthand how mental health approaches can differ across regions was eye-opening. It made me reflect on the limitations of applying Western-based research globally and how important it is to consider cultural factors when delivering care. This experience has reinforced to me the need for mental health care that is culturally harmonious and adaptable to the unique challenges faced by different populations.

One of the most impactful aspects of the internship was the balance between research and clinical work. Engaging in both simultaneously demonstrated how these fields complement one



another. Spending time with patients and listening to their personal experiences further emphasized the critical role evidence-based approaches play in mental health care worldwide. Ultimately, this experience confirmed and refined my career ambitions. It strengthened my belief

in the importance of combining research and clinical practice in psychology. I now see even more clearly the value of collaboration between research psychologists and clinical psychologists, as both fields can significantly benefit from deeper interaction and mutual learning. This internship solidified my desire to pursue a career that bridges these two domains to improve mental health care across diverse cultural landscapes.

What practical advice would you give to future interns?

For future interns, my first piece of advice is to start your visa process early. An e-visa is typically the easiest route, but if you encounter persistent issues, a paper visa can be a reliable backup. Communication with visa helplines can sometimes be slow, so having a plan B is important. Also, book your vaccinations well in advance, especially if traveling to a region where rabies is a concern, as shortages in the rabies vaccine can happen. When it comes to packing, Uniqlo's Airism range is great for hot, humid climates. Since working days can be long and you may not always have access to snacks, bring along some protein bars.

Sean Baldock, Hertford College, MBIol Biological Sciences, Third Year
Undergraduate, in person

Work Projects

I completed an internship in a psychiatric hospital in Kerala, India, at the Institute for Mind and Brain (InMind). Day to day I would interact with patients, understand how they came to be at the hospital and conduct case study interviews to gain a full understanding of their case. We were able to engage in their daily activities, from yoga to phototherapy, and observe the direct benefits these tasks had on the patient's wellbeing.

Additionally, we were able to visit alternative healthcare facilities, to understand the interaction between traditional Indian systems of medicine like Ayurveda with western practices. In the background of these day-to-day activities, we worked on our own independent research projects analysing the long-term patient database. My project aimed to investigate the prevalence of physical health in patients receiving treatment for acute mental illness.

Daily Life

Upon arriving in India, I started work the next day at the hospital, so was very much thrown into the deep end but it was a very calming atmosphere surprisingly, with an emphasis on activities

that boost mental wellbeing like yoga and art therapies improving the mood of both patients and staff alike. Chatting to the patients every day was an interesting way to find out not just about their time at the psychiatric hospital but to understand their opinions on India, with discussions ranging from colourism in the north south divide to female rights across India.

Outside of work, we were able to travel 3 days a week, allowing us to experience the natural beauty of Kerala and indulge in the local cuisines. I travelled to Kochi to see the old fishing ports, to Munnar to see the expansive tea plantations and finally to Goa to relax for the final weekend in India. I was able to socialise with both the other interns, and the staff at the



hospital, especially during the Onam festival celebrations where they organised a dance routine for us to learn and perform for the patients whilst wearing traditional Kerala dress. This was very exciting and one of the most special moments of the whole internship for me.

Lasting Impressions

I greatly enjoyed the experience, not only because it provided valuable work experience relevant to my future application for post graduate medicine, but because I got to experience a culture that I knew very little about prior to completing this internship. The food has swiftly become some of my favourite cuisine, and the people some of the kindest and most self-sacrificial people I have ever met. The internship affirmed my career aspirations of being a doctor, as I observed the brilliant effects of psychiatric and psychological care in improving patients' wellbeing throughout the short time I was there and want to be a part of this transformation in the future. I definitely gained a lot of skills that will be useful for my future,

such as producing a research report concurrently during my time here, in addition to presenting my findings to the board and aiming for a peer reviewed publication after I return to the UK.

INTERNATIONAL SCHOOL BANGALORE

Boris Stone, St. Anne's College, MEng Engineering
Science, Second Year Undergraduate, in person



Work Projects

I have been mainly tasked with helping the students at this school with their university applications. Focusing on UK applications, I have one-on-one appointments discussing the best courses and universities to go to for that student. Also, I have been editing and making suggestions for the students' personal statements. The hosts, the International School Bangalore, have been very helpful in providing any opportunities I may wish to take on. For example, alongside college counselling work, I have also been doing some teaching in maths and physics, as well as coaching tennis. They have offered to write a recommendation letter for tennis so my application for becoming a tennis coach will be smoother. I've given talks about what studying in the UK is like, offering advice and insight into sports, music, clubs, courses and general university life.

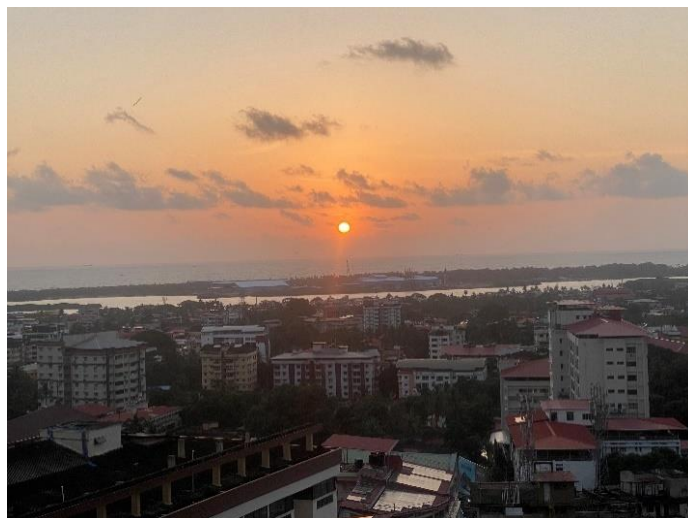
Daily Life

It took me a week or so to settle in. I have been living on campus in Bangalore, India. So, getting used to the weather and food was a slight challenge. After the first week, I settled into my routine: waking up at around 6/6:30am and starting the workday at 7:30am. The workday finishes at 2:30pm, after which I usually go to the on-site tennis courts to help around/coach a tennis session. The campus also provides three free buffet meals a day. I have been utilising the campus gym as well as the badminton courts, which have been a nice way to socialise with the rest of the staff after work. I have also managed to do a lot of travelling while in Bangalore. I've

managed to visit family in Mangalore and Bangalore and have a trip to Goa. Before the internship I spent two and a half weeks travelling to Mumbai, and Leh, Ladakh. I've really enjoyed living here and it honestly feels like home. I've been undertaking physiotherapy and exploring Church Street, a good place to socialise and meet people, in my spare time.

Lasting Impressions

I've really enjoyed this internship. I've met a lot of like-minded people and it's been great to



connect with extended family I have here in India. On top of this, I've managed to keep busy outside of work time, and I can say I've made the most of the time I've been here. As far as the work goes, I'm not entirely interested in the teaching sector. Despite this, I think it's been very productive since I've learnt a lot about general workplace skills and

how to conduct myself as a professional. I've grown a lot as a person and my goals are a lot clearer after finishing this internship.

[Anna Ashkinazi, The Queen's College, MChem Chemistry, Final Year Undergraduate, in person](#)

Work Projects

I interned with the College Counselling department alongside one other intern from Oxford. One of our main roles was offering guidance to Grade 12 students applying to UK universities, including answering their questions about choosing a course and giving them personal statement feedback. We worked especially closely with Oxbridge applicants and in many cases oversaw the writing/editing process from beginning to the final draft, giving detailed feedback

at each stage. We were also often required to help with the admin work the department was handling, for example, with processing, storing and distributing exam transcripts and results statements received by the school from the examination board.

The two of us worked together to create and deliver a presentation about undergraduate study in the UK to Grade 11s. Other responsibilities in the department included assisting at college counselling sessions with different grades and receiving the university representatives during university visits and fairs and ensuring everything at those ran smoothly. We also had the chance to get involved with the academic side by helping out in our subject area. I taught some Chemistry lessons in the lower grades and developed curricular materials like worksheets and lesson plans.

Daily Life

Settling in was fairly seamless despite the jet lag, the accommodation provided was very spacious and everyone was ready to help us with whatever practical things we needed. During the week, we needed to be in the office by 7:20 in the morning, so I got up quite early and sometimes went to breakfast at the canteen if I had time. We mostly stayed in the office until lunch break around 12:30 unless we had teaching commitments or there was a university visit. We had lunch with the college counselling team and went back to the office until 2:30 PM - that was when all lessons at the school ended, as did our working day.

Two days out of the week I had boarding duty in the afternoon/evening - either running a subject office hour or supervising boarders during prep time - for 1-2 hours, otherwise after 2:30 was free time for me. I didn't go out into the city very much during the week as the school is on the outskirts of Bangalore and traffic gets quite bad, but the school grounds are beautiful and spacious and made for a great walk. At weekends we were free to do what we wanted - I got the chance to go on a lot of day/weekend trips around Bangalore and further out.

Lasting Impressions

I enjoyed the internship a lot and am feeling sad to leave in a few days' time. Everyone in the school was really kind and supportive, the office environment was great, and we really felt that we'd become part of the team. Our supervisors were always there to guide us whenever we had to deal with a new or unfamiliar task, and I felt that my contribution and my input was appreciated.

Working with younger children was occasionally challenging but rewarding and I really enjoyed interacting with the older years. Overall, the internship was very helpful for building up my communication skills and learning a lot of general office skills, which will come in handy in my future career. Outside work I've loved getting to explore and learn a lot about India and meeting lots of people from different backgrounds, which has been an incredibly enriching experience.



RELIANCE FOUNDATION

[Magister Juris, Final Year Postgraduate, in person](#)

Work Projects

Full-time on-site consultancy in the Research department on raising the profile of the Foundation's programmes and publications. Co-author in the publication "Building India's Future Young Talent: Stories of Transformation" published by Reliance Foundation, a compilation of stories of individuals from across India who transformed their lives through skilling initiatives. Producer in the publication "The Next Frontier: Charting the Contours of the

Post-2023 Development Agenda" through the proposition of new objectives beyond 2030 for a suitable global development governance framework. Author of a draft publication on the undergraduate and postgraduate scholarships programmes organised by Reliance Foundation to raise its profile based on quantitative and qualitative data. Supporting strategic planning, partnerships and development and project management of key activities at the foundation. Key examples include the "India Day at UNGA" and "A Tiger's Tale: Crafting a New Development Paradigm" in the occasion of the UNGA in September 2024 that brought together key stakeholders, including government representatives, industry leaders, and civil society, addressing high-level discussions on development and policy issues.

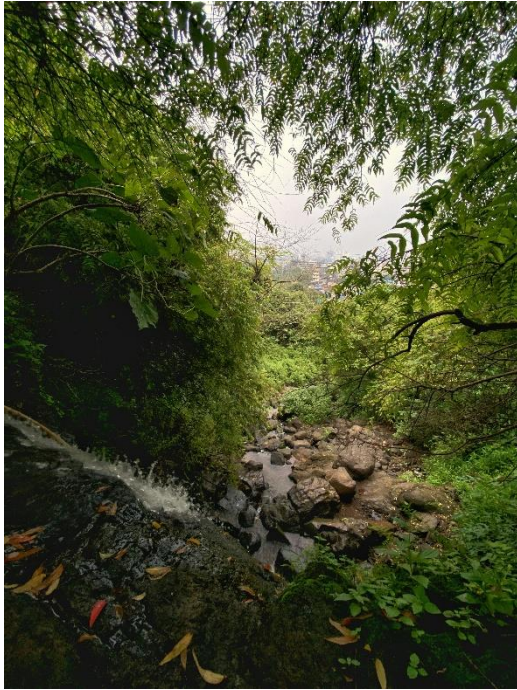
Daily Life

During my internship, my daily routine involved a variety of tasks that kept me both engaged and learning. Typically, I started the day going over priorities and deadlines. My mornings were often spent drafting content, reviewing research, and preparing publications, which involved a lot of reading and writing. I also attended internal meetings to discuss upcoming projects and events, providing input where needed. Afternoons were more dynamic. I often coordinated with different departments, working on event logistics or gathering information for publications.

There were always a few spontaneous tasks that came up, like making last-minute changes to a presentation or contributing ideas for an event. Despite the workload, I enjoyed having lunch with colleagues, which was a great way to take a break and exchange ideas informally. After work, I made it a point to unwind. Some days I would explore the area, visit local spots, or just relax at home, catching up on some reading. These moments of relaxation were essential to staying focused and energized throughout the internship.

Lasting Impressions

My internship left a strong and positive impression on me. I enjoyed the experience immensely, as it provided an in-depth look into the development sector, which was particularly valuable



given my legal background. The work gave me a clearer understanding of how large foundations operate, how development projects are executed, and the role of strategic planning and partnerships in addressing global challenges. I feel like I gained a lot from the experience, not only in terms of practical skills like project management and research but also in understanding the broader impact of development initiatives. This exposure has solidified my interest in working within this sector, complementing my legal expertise with a more holistic view of how development and policy come together. It confirmed

that my future career ambitions could lie at the intersection of law and development, where I can contribute meaningfully to global change.

ITALY

UWC ADRIATIC

Yashas Ramakrishnan, Balliol College, BA History and Politics, First Year Undergraduate, in person



Work Projects

My internship at UWC Adriatic primarily consisted of helping run the annual alumni reunion anniversaries, covering several events taking place over two consecutive weekends. However, I was given a second, further role towards working on the school's refugee student scholarship projects, mainly through conducting interviews with alumni from disadvantaged and refugee backgrounds, collating their experiences and the ways in which the institution helped them achieve their goals, towards publishing these summaries as success stories on their annual year-end social reports.

Managing alumni events including a panel, a memorial, an auction, and a gala dinner in the town of Duino, in Italy, was a fruitful experience towards bolstering my skills and experience in event organization. Moreover, the work I conducted towards the college's refugee student scholarship project, garnering fundraising for their Endowment Fund to consistently be able to provide for full scholarships to at least two refugee students annually, showed me the importance of financial matters in education, and reinforced my commitment to making education accessible for all.

The host organization supported me significantly through my internship, providing me with details and tasks as and when they came up and explaining them in full, setting clear expectations and timetables to work with, helping with scheduling conflicts and communications with alumni based around the world, and including me in other related

projects such as fundraising drives at the Gala Dinner. The Director of Communications, Amanda, who also conducted my initial interview and was incredibly friendly, gave me a tour of the town and college campus and many general resources to make the most of my time in the Karst region of Italy.

Daily Life

My internship lasted two weeks, and the difference between weekdays and weekends was significant. Over the week, I would be called into the office anytime between 8 am and 10 am,



depending on the workload for the day, and head to the office where a temporary desk had been set up for me and the other intern from Oxford. We would work on a variety of tasks, but from my end, it was more towards coordinating interviews with alumni, and the interview coding after an interview was conducted. I would sometimes help

with the event planning and related tasks, such as the creation of place cards, lanyards, and internet access codes.

Given that the internship took place in a very small town on the Italian coast, my accommodation was not more than a five-minute walk away from the office, which was by the castle on the main road. It was student accommodation, used during term-time by students at the college (IB students). While the working day usually ended between 3 and 4 pm, I would sometimes find myself staying longer due to time zone differences, my interviews would be scheduled at the end of the working day and would run on longer since the alumni whom I interviewed had really interesting experiences to speak about, both from before arriving and while in UWC. Multiculturalism was a strong theme in these interviews, and in the staff and environment.

On the weekends, however, I would be hands-on and ever at the ready as manpower for the various events planned as part of the reunion anniversary weekend. I socialised with a variety of youth; the other intern from Oxford, some university-aged children of alumni, and it happened that a friend of mine who currently studies at Oxford is an alumnus of UWC Adriatic, and lives in the region, so I would often meet him and drive across the towns in the region. I swam quite a lot, since we were by the seaside, explored the local castle and hiking trails, watched the Euros (football), and traveled to various nearby towns and cities, including Venice, Udine, Trieste, Ljubljana, and Rijeka over the course of my internship, particularly on the days we got as breaks in between alumni events.

Lasting Impressions

I greatly enjoyed my internship experience. I kept a virtual journal over my time there, and re-reading it allowed me to look back on the experience with fondness and recall my many memories. I met a great deal of interesting people, from various backgrounds; from the staff at the host organization, UWC, who worked with me to ensure I had a fruitful internship experience, including the other intern who I was able to befriend easily given that we were in shared circumstances in a foreign country, to the dozens of alumni who attended the events, and their families. Observing how the latter's life paths have taken them to various ends of a multitude of fields, I was able to establish two key takeaways.

Firstly, the opportunities available to one are endless, regardless of the circumstances one comes from; this was something I learnt not only from the alumni whom I met in-person, whose stories included that of reconciliation between individuals hailing from vastly different and traditionally 'oppositional' cultural groups (such as an Israeli and a Palestinian), but from those I interviewed online, whose journeys across Africa and the Middle East seeking better opportunities in Europe led them to UWC, which had such a profound impact on their perspective that it essentially changed their entire life path.

Secondly, my travels through the region showed me the hospitality of the local people, or rather, people in general, and the kindness shown to someone in need; from one of the alumni

hosting me for dinner after I befriended her son, a university student in Trieste, to my friend from Oxford whose father drove me on my last day from Italy to Slovenia to catch my bus to continue my travels in the days after my internship ended but my trip through Europe had not. I feel this was an incredibly gainful experience, since it reinforced certain positive traits I felt institutes and organizations like UWC upheld (I was familiar with UWC having come from Singapore, and knowing students at that campus), and my career ambitions, while still up in the air as a first year, do tend to lean towards more public and people-facing roles after I learnt which areas of my internship I enjoyed most (the alumni event weekends themselves).

What practical advice would you give to future interns?

Don't miss out on these opportunities, and if you can, go abroad. Beyond the languages you may pick up and the cultural exchanges you may have, you will be able to have a great time in a foreign country and understand more cultures better and firsthand.

MSci Experimental Psychology, Second Year Undergraduate, in person

Work Projects

During my internship at UWCAD, I had the opportunity to work closely with the communications and fundraising teams in preparation for the 40- and 30-year alumni reunion events. My responsibilities were both diverse and creative, ranging from designing bespoke place cards for the Gala dinner, featuring photos and quotes from guests' yearbooks, to curating photo displays and photographing auction items for marketing on the event's website.

I received valuable guidance from the wonderful Marzia, Anna, and Amanda in the communications team, who



provided support whenever needed while encouraging me to exercise creative independence. I also had the privilege of being invited to participate in meetings with Phil and Valentina from the fundraising team, where I gained valuable insights into how the college planned to leverage the reunion events to secure an endowment for perpetual scholarships for future students. During the events, I took on several key roles, including welcoming and engaging guests at check-in, assisting in the college shop, running campus tours, and designing a programme of activities for the children of alumni. These tasks gave me hands-on experience in event coordination, guest relations, and communications, all of which contributed to the success of the reunion.

Daily Life

From the moment I arrived at UWCAD, I felt warmly welcomed. Upon landing in Trieste, Phil kindly met me at the airport and gave me a tour of the local area, helping me settle in quickly. I met more of the team the next morning at breakfast in a café opposite the college, where we continued to meet for coffee before work each day, which was a lovely way to get to know my colleagues. Lunch was also a highlight of each day, which we would either meet for at the same café or at a nearby restaurant, both of which served incredible Italian food.

I loved spending time with the gorgeous dog Mandi during my breaks! After work, I often took the bus into the city centre and had gelato while watching the sunset over the sea. On my days off, I explored the scenic surroundings of Duino, including walking along the Rilke Trail and relaxing by the sea at the 'Porta'. I also took day trips to Ljubljana and Venice, following recommendations from Marzia, and both were amazing!

Lasting Impressions

I thoroughly enjoyed my time at UWCAD. As my first experience traveling alone, it was an invaluable opportunity to grow in confidence. It was a privilege to interact with a diverse group of alumni from various backgrounds during the reunions, which deepened my understanding of UWCAD's mission - to use education as a force to unite people, nations, and cultures for peace

and a sustainable future. The college's unique environment, where students from over 80 countries live and learn together, is truly special and I hope to see this model emerging in more educational settings in the future. Hearing alumni describe their time at UWCAD as life-changing allowed me to see the mission in action.

I was grateful to gain insight into multiple sectors during the internship, including fundraising, events, and communications. I found I particularly enjoyed tasks that required creativity, which



I now recognize as a key factor I want to incorporate into my future career. Overall, my experience left a lasting impression of UWCAD as a diverse, vibrant and welcoming community, with wonderful staff and students. I am so thankful to all my colleagues who made it an incredible experience - I learned so

much from them and everyone was so kind. I feel incredibly fortunate to have been part of such an amazing environment, and the insights and experience I gained are invaluable.

JAPAN

ASO GROUP

Daisy Jane Mary Whymark, Hertford College, BA Oriental Studies
(Japanese), Third Year Undergraduate, in person

Work Projects

The Aso Corporation is a large multinational organisation with interests ranging across construction, medical and health care, education and training, and property development. The



first half of the internship consisted of planning and delivering English lessons to classes of young people. The classes were three groups of about 25 children, aged between 8-15 years old and with varying levels of English language knowledge. Our internship supervisor and another Aso Group employee helped us

during the classes with language translation and teaching support. It was rewarding to see the children's confidence in using English language grow and to hear about their motivations for further ESL study. It was also a pleasure to see the children give presentations in English for the first time and to meet with the children's parents at the end of the programme.

The second half of the internship consisted of visiting departments and companies within the Aso Corporation, as part of the organisation's talent development programme. This included a tour of one of the Aso Group's major cement plants and a visit to one of their cement carrying

ships. A visit to Iizuka Hospital included experiencing their medical training simulations and tour of the various hospital departments. At their Automotive training college, I learned about the training programmes and workshops, and how to change a car's wheel! The overall aim was to encourage communication in English language and interest in global matters among employees. We planned and participated in various events and activities and gave presentations on a range of topics including British culture, Japanese and British trends among young people and our motivations for visiting Japan. I enjoyed meeting the employees - everyone seemed open-minded and willing to share their viewpoints as well as learn about UK perspectives. The project promoted meaningful exchange, linguistically and culturally. At every stage, the Aso Group internship supervisor was available to answer questions and offer help; we also regularly visited the main company office. I felt well supported and clear about the tasks and expectations, which made the project enjoyable and meaningful.

Daily Life

Daily life at the internship was varied and fun. Our supervisor (Shizuka Saiki) from the Aso Group helped us a great deal with initial settling in, for example meeting us at the airport, assisting with directions, explaining transport etc. The accommodation was comfortable with a canteen included and was conveniently located. Most of the work took place within walking distance or a short subway ride from our accommodation, so getting to work was easy. For work in more distant locations, our supervisor accompanied us on the train. Outside of work, there was lots to see and do in the surrounding area, including sightseeing, food and shopping. On weekends and holidays, we had the opportunity to travel further afield, such as to Nagasaki. The host organisation also arranged activities for us to experience the culture of Japan and especially Fukuoka, for example the chance to visit Dazaifu Tenman-gū (a well-known Shinto shrine) and wear yukata (summer kimono).

Attending a major baseball match at a large local stadium, together with Aso Group employees, was a memorable experience. Everyone I met at the Aso Group was friendly and welcoming. At the beginning of our internship, we were invited to meet Mr Aso (the host organisation's

chairman), as well as many employees, at a BBQ event at his home. It was also an honour to meet him again, together with the global citizenship committee, in our final week. By the latter half of the internship, we were socialising with lots of employees on a daily basis. We got to know some of them quite well and ate together outside of working hours. I also enjoyed spending time with my fellow intern, in and out of working hours, and we became friends over the course of the internship.

The last two days of the internship were marked by a large typhoon which caused disruption to transport and work plans in the area. Our supervisor made sure we stayed safe, and we concluded our last day's work via Zoom. The local population was well-adapted to dealing with these situations and my flight home the following day proceeded as expected. Adapting to life in Fukuoka was easy and enjoyable, thanks to the nature of the city, the warm welcome from the Aso Group and especially the support from our supervisor.

Lasting Impressions

I really enjoyed my experience on the Aso Group internship. Both the teaching and the company visits were varied and engaging – I learned lots and felt the work had a positive impact. It was a pleasure hearing about the children and employees' motivations for learning English and contributing to the development of global citizenship, which is something I am passionate about. In particular, I gained a better understanding of how a major multinational corporation can work in a sustainable and socially responsible way.



From a personal perspective, I furthered my range of transferable skills, including communication, time management and problem solving, whilst also having the opportunity to

practice Japanese language. I am interested to see how the Aso Group develops in the future, and I hope to stay in touch with the organisation. Through the internship, I expanded my awareness of the diversity of jobs available and learned about business fields I previously knew little about. It was interesting learning about the various backgrounds of the employees and why they came to work for the Aso Group. Whilst my career ambitions remain open, the internship encouraged lateral thinking about career options and working globally.

What practical advice would you give to future interns?

Go into it with an open mind and a willingness to engage and ask questions. If you have worries or concerns, reach out for help as soon as possible – there is lots of support available, including from Oxford, your host organisation and past interns. Don't be afraid to push your comfort zone in terms of language, culture or areas of work.

[Zoe North, Somerville College, BA History, Final Year Undergraduate, in person](#)

Work Projects

We taught three groups of around 20-25 children English for three days as part of a summer school programme. After, they did a presentation for their parents in English, based on what they had learnt. This was very rewarding. For the second half of the internship, we went into various companies including a Hospital and Cement Plant, we met employees and heard about their jobs, asking questions and learning more about their sector.

Daily Life

There was no regular routine as we undertook a variety of different tasks and activities. We took the subway most days to somewhere in Fukuoka, visiting different offices and companies. We settled into our accommodation quickly and everything was explained to us when we arrived. We met some of the newer employees outside of work one evening, which was nice.

We had time to explore the city we were in on the weekend, trying food and visiting different areas.

Lasting Impressions

I had an amazing internship experience and feel I have learnt a huge amount in Japan. The internship has made me more global-minded and given me a much broader perspective. It was great to meet Aso group's employees and learn about a company in Japan and how it might operate differently to one in the UK. It felt like we were serving the local community through helping with the free English programme whilst also learning a lot ourselves.

PASONA GROUP

Yizhen Wu, Jesus College, MSc Psychological Research, Final Year

Postgraduate, in person

Work Projects

During my internship at Pasona Group, I had the unique opportunity to engage in research and project work across two dynamic units: the Future Design Department and the Communication



and Policy Unit (CPU). This multifaceted experience allowed me to contribute to meaningful initiatives aimed at enhancing rural revitalization in Japan while also gaining hands-on experience in design and multimedia projects.

In the Future Design Department, my primary focus was on researching rural revitalization projects. I conducted extensive research to identify best practices and innovative approaches that could be adapted for implementation in Awaji. I was tasked with proposing specific initiatives that align with the goals of the region, which culminated in a presentation to the top committee members of Pasona Group. This experience not only honed my research and analytical skills but also provided me with valuable experience in public speaking and strategic communication.

In the Communication and Policy Unit (CPU), I collaborated closely with talented designers on various creative projects. My responsibilities included participating in local artisan design initiatives, engaging in photography projects, and assisting in the creation of promotional videos. These tasks allowed me to apply my creativity and design sensibilities while working in a collaborative environment that emphasized innovation and cultural appreciation. Pasona Group provided exceptional support throughout my internship, creating an environment that fostered both professional and personal growth.

The organization offered fantastic living facilities, including free accommodation and discounted meals, which significantly alleviated the financial burden of living in Japan. Additionally, Pasona Group enriched our internship experience with various cultural activities, such as Zen afternoon tea and traditional drum classes. These experiences not only helped us immerse ourselves in Japanese culture but also equipped us with insights into navigating the intricacies of Japanese corporate culture.

Daily Life

My daily routine at Pasona Group was structured yet vibrant, providing a fulfilling balance between work and cultural experiences. The workday began promptly at 9 AM and concluded at 5:30 PM with a one-hour lunch break, with no requirement for overtime work. Upon arriving in Japan, I was pleasantly surprised by how smoothly the settling-in process went.

My direct supervisor kindly picked me up from the airport, which made the transition hassle-free. The accommodation provided by Pasona Group was thoughtfully equipped with essential furniture and amenities, including shampoo, body wash, a rice cooker, and a multifunctional cooking pot, etc. This attention to detail made me feel at home right away and helped me adjust quickly to my new surroundings. Each day, I typically commuted to work via the company bus, which took approximately 1.5 hours for the round trip. Occasionally, my colleagues generously offered to drive me, significantly shortening my commute time.

Outside of work, one of the highlights of my internship was the Global Salon events held every Friday. These gatherings were a fantastic way to unwind and connect with colleagues from various departments. Each week featured a different international theme, allowing both foreign and Japanese employees to come together to enjoy diverse cuisines and engage in lively conversations. The atmosphere was always vibrant, especially with some employees' children joining in, making it a family-friendly event filled with laughter and camaraderie. During weekends and long weekends, I took the opportunity to explore more of Japan.

One of the highlights was a memorable four-day trip to Tokyo, where I reconnected with friends and discovered the vibrant pulse of the city. I visited iconic landmarks, wandered through lively neighborhoods, and immersed myself in the rich culture. Each day was filled with adventure as I indulged in authentic Japanese cuisine, sampling everything from street food to exquisite dining experiences. These explorations not only



deepened my appreciation for Japan's beauty but also created lasting memories with friends along the way. Overall, my daily life at Pasona Group was a harmonious blend of productive

work, meaningful social interactions, and exciting cultural exploration, creating a truly enriching internship experience.

Lasting Impressions

My internship at Pasona Group had a profound impact on me, marking my first experience working in a large Japanese corporation and transitioning from student life to the professional world. This journey was both challenging and rewarding, pushing me to adapt to a new environment while developing essential work habits. One of the key lessons I learned was the significance of Hō-Ren-Sō, which stands for reporting, notifying, and consulting. This framework emphasized the importance of effective communication with supervisors and colleagues, fostering a culture of transparency and collaboration within the workplace. I found myself becoming more professional in my approach, understanding how to navigate the nuances of workplace interactions in a Japanese corporate setting.

The office environment was remarkably international, allowing me to collaborate with colleagues from diverse backgrounds. This exposure broadened my perspective and enriched my understanding of different cultures, enhancing my ability to work in multicultural teams. Additionally, the generalist nature of entry-level positions in Japanese companies provided me with the opportunity to gain experience across multiple aspects of the business, further equipping me with a well-rounded skill set. Reflecting on this experience, I have become more determined in my career ambitions.

After the internship, I plan to attend language schools in Japan to improve my Japanese proficiency. I believe that mastering the language will open up even more opportunities in the Japanese workplace and help me build deeper connections within the culture. Overall, this internship has not only confirmed my aspirations but also inspired me to strive for continuous growth in my professional journey.

KENYA

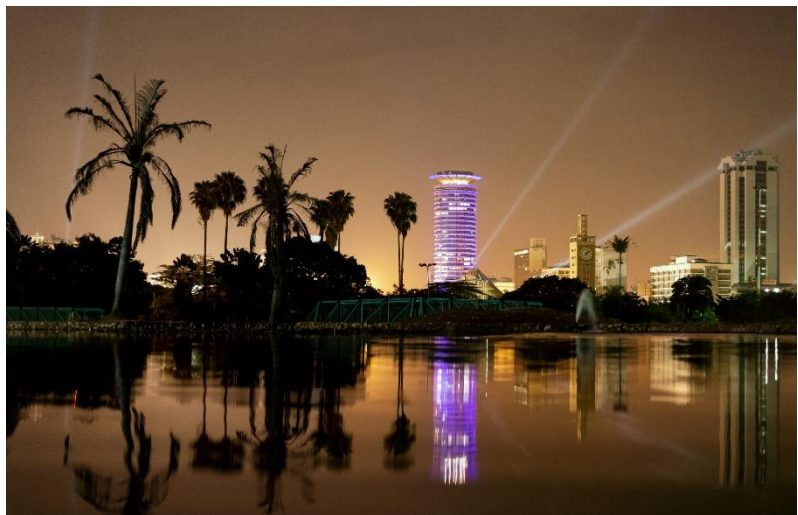
ARIYA FINERGY HOLDINGS LIMITED

MMathCompSci Mathematics and Computer Science, First Year

Undergraduate, hybrid

Work Projects

During my time at Ariya, I worked to improve controller communication speeds by 5x, created an app to help size solar and battery models accurately for the business development team, and introduced new metrics and performance analytics for the maintenance



team, catching underperforming devices. The team was extremely supportive and gave me free rein to work on what interests me and what I wanted to help with.

Daily Life

I was based in Nairobi for my internship, and it was a blast. The city is vibrant and full of energy. I mainly hung out with my roommate, who is also the other intern, after work. On weekends we explored the country and sometimes did fun activities with our colleagues on weekends. We made friends with people on the streets, on hikes, and at various events.

Lasting Impressions

I loved it! The work gave me a chance to interact with hardware systems and write firmware code, something I've wanted to do for a while. Being physically in Kenya has had a tremendous impact on my view of the world. It's been crucial for my development, and I feel like I've grown a lot during my time here. With the internet there's nothing that we can't see online but witnessing how people actually live is an experience that can't be captured on a camera.

NASIO TRUST

Aaron McIntyre, Magdalen College, BA Philosophy,
Politics and Economics, Second Year Undergraduate, in
person



Work Projects

During my internship I was taking part in primary research and analysis in rural Kenya. I was based in the charity's education department for a month where I had the opportunity to observe lessons, interview teachers and students, and scrutinise the curriculum, student records, and assessments. From this I had the opportunity to report on the many strengths of the organisation I was working with, as well as the chance to suggest areas of improvement to further help the local community in the future.

Not only was I able to hone quantitative method skills developed during term-time at university, but after publishing my final reports I was given further encouragement and guidance from my internship hosts to start the process of putting my recommendations into action. Within the context of the education department this allowed me to aid administrators with the accurate digitisation of school records to improve levels of safeguarding, and to change the ways in which students are assessed in both a classroom setting, and their condition at home; changes that I hope will make a positive impact on the work being done. Throughout

my time in Kenya, I was working hand-in-hand with a number of other interns, as well as daily debriefs with my internship supervisor which not only allowed me the opportunity to ask questions and reach out for help, but moreover made the whole experience feel inviting and inclusive.

Daily Life

My internship took place in Kakamega County, in Western Kenya. It was certainly a culture shock from home in the UK, but the guesthouse I was staying in, as well as the local community



in the village were so welcoming and hospitable that I felt at ease from my first day of work. I was fortunate that the guesthouse was run by the charity I was working with, and so I didn't have the stress of a commute, however I did have the opportunity to tour the county to visit schools, homes, and

projects that the charity worked with. A typical day would start around 8am with breakfast and chatter with other interns before work started at 9am. I might start the day with a meeting in the education department and a lesson observation.

After lunch, which was freshly cooked in the guesthouse, I would undertake some regression analysis and qualitative data research before conducting interviews of my own. The workday would wrap up at 5pm with a debrief aided with snacks (usually warm popcorn). The evenings allowed relaxation in a picture-perfect setting or trips out into the local village to visit a bar, or into the nearest town for shopping. I became really close with the other interns as we all lived together, and at the weekends we'd explore further afield, even walking with zebras, or hiking in the rainforest. Working so closely with local stakeholders I managed to learn some Swahili thanks to regular interaction with the community I was living in.

Lasting Impressions

My internship in Kenya was simply one of the best experiences I've ever had. From the moment I arrived I was surrounded by beautiful scenery, a welcoming community, and the most encouraging internship hosts. I feel like I was able to build upon academic skills learnt at university, whilst being able to challenge myself due to a change of language, cultural differences, and a completely new environment.

My ability to work as part of a team in order to deliver complex projects had to be balanced alongside the discipline to write academically and quickly on my own, which was at times difficult but something I strongly feel I was able to develop thanks to a positive working culture, and an open-door policy from my supervisor. This internship not only opened up the charity/NGO sector to me, but more broadly the possibility of working and settling abroad, which before my internship is something I never would have even started to consider. As I start to prepare for a return to my final year at Oxford, I will carry the confidence I developed during my internship back with me, alongside a new degree of enthusiasm towards possible employment opportunities for when I graduate.

What practical advice would you give to future interns?

I was interested in travelling abroad for my internship, and I think the most practical advice that I could give is to learn the local language. Although the internship programme is, of course, designed so that you need only speak English, if you are working in a different country; even one such as where I was in Kenya where English is widely spoken, having the ability to speak at least some of the local language will greatly enhance the experience you have. Not only will it allow you to come across as more friendly and engaged, which helps open doors at work as well as during downtime, but will allow you to feel more secure within the local community, as well as helping should you ever need it.

PERU

ALLIANCE FOR A SUSTAINABLE AMAZON

Ellie Welbourn, Magdalen College, MBiol Biology, Final Year Undergraduate, in person



Work Projects

I worked as a lepidoptera research assistant to a small team working on a 5 year long project aiming to classify the diversity of butterflies and moths in the Madre de Dios region of the Amazon rainforest. My main role was helping to rear butterfly and moth larvae and pupae to maturity whilst observing, photographing and categorising their



life stages and changes in morphology as they developed. Alliance for a sustainable amazon is a very interesting place, and I am happy that Oxford has ties to them. However, interns should not expect to have huge amounts of interaction or support from the executives of the camp as they are very busy, and so you are provided most support within your smaller team.

Daily Life

Working and living in remote conditions was very difficult at times but I enjoyed the environment greatly and the wildlife was incredible! I met some wonderful people, and I enjoyed the work hugely as you felt you were contributing to very important science. My Spanish speaking improved a lot as well.

Lasting Impressions

I really enjoyed the internship and the opportunity to go to the rainforest was incredible. I feel I developed a lot of self-confidence and resilience. It has confirmed my drive to work in biology.

What practical advice would you give to future interns?

Take all opportunities that come your way, especially at university as there is so much support available, you never know when you may get such exciting opportunities again!

[James Michael Wakefield, St. John's College, MBiol Biology, Second Year Undergraduate, in person](#)

Work Projects

I was working for the Alliance for a Sustainable Amazon as part of the Lepidoptera Research team for 6 weeks. This Research team is based at a field station deep in the Peruvian Amazon, about an hour from Puerto Maldonado. The main project involves rearing unknown lepidopteran larvae through to their adults, with detailed records of every stage of the life history being taken. This is both to publish previously unknown or undescribed life histories of Lepidopteran species and to record the relationships between particular insect and larval host plant species.

There are many daily tasks involved with this project, from changing larval foodplant and cleaning out containers to taking high-definition macro photographs of every life history stage and describing each of these in detail too. Another project involves trapping adult butterflies. This is a long-term project monitoring population levels and dynamics of numerous different Nymphalid species that come to rotten banana bait butterfly traps. Setting the traps and collecting and processing the specimens is another big part of the internship. I was also involved in capturing and mounting adult butterflies from the area around the field station using hand netting techniques. I caught and mounted over 300 specimens over the time of my

internship, equating to a significant increase in the size of the alliance's reference collection of the area. The host organisation provided support in all of these stages both with training and equipment required for the various projects going on.

Daily Life

I settled in quite quickly at the research station, as I grew to call it quite fondly. I lived in a shared room with bunk beds and open gauze to let the refreshing cool air through. This was all



that was needed, and a lovely way to connect with and experience the beautiful forest outside even through the night. Days would start with breakfast in the “comedorn” or communal dining area. The food can be very different in Peru with, for example, sweet potatoes for breakfast, but I grew to love this.

There is no one else living for a long

way from the research station, so you get to know the community very well and very quickly, working, sleeping, living, eating, socialising with the same group. The group is about half Peruvian and half international which creates an all-round vibrant and lovely atmosphere. All meals are in the comedorn. The showers are all cold, which is ideal in the hot and humid rainforest.

We would all play some friendly volleyball together in the evening after work multiple times a week. This is a great way to end the day and have some fun with friends. I got two days off a week, and for these two days I usually got the colectivo into Puerto Maldonado, which is about a 40-minute walk and then an hour's drive. From here there are various tourist day tours to do to surrounding areas of forest and lakes. I also got involved with a church in Puerto Maldonado and ended up staying with a family from the church on most weekends. This gave me a family

away from home and allowed me to make some very good friends and experience living in a Peruvian home. I made good friends with many people at the research station too, and my Spanish improved tremendously over the six weeks from not being able to communicate at all to being able to have a functional conversation quite happily. It was very difficult to say goodbye to Peru.

Lasting Impressions

Overall, I loved my experience working at the Lepidoptera Research Station. Even simply the experience of living in the Amazon Rainforest is one that I will value for many years to come. The biodiversity of the area was astounding, and really opened my eyes to the unique beauty and variability of the Lepidoptera in a different region of the world to where I have previously studied.

I really enjoyed seeing the other wildlife too, with some highlights including an emerald green boa as well as giant otters and many different species of macaws and parrots. Getting to know a different culture has also been a very valuable experience. I had never before felt so foreign as I did when I first arrived in Peru speaking hardly any Spanish, so have found a new sympathy for people living in foreign lands who cannot speak the local language. This forced me to learn some basic Spanish very fast, which has been both enjoyable and rewarding and I am sure will be useful for many years to come too.

The friends I made outside of the research station have taught me many valuable lessons too. I stayed several weekends with a family that I met at church who look after many orphans, living with them in their home as part of the family. Seeing how they cared for these children as if they were their own was really moving. Overall, I have come to see more clearly how wonderful nature is and how much I enjoy working with and in it, and also how special people can be. This has both increased my ambitions to work in a biological field and showed me that there are other very worthy causes to pursue and contribute to in loving others. Perhaps life can involve them both, as it did for me for 6 weeks in Peru!

What practical advice would you give to future interns?

Take a solar charging power pack if you can. Also, some flip flops or crocs will be really useful for walking around camp. Take some batteries and a strong headtorch, and a camera if you have one. Have fun! Go there prepared to be put out of your comfort zone a little and to grow to love it! It is amazing! Say hi and God bless to everyone from me please.

UNIVERSIDAD DE PIURA

Elena Rollan Martin, Regent's Park College, MPhil
Comparative Social Policy, First Year Postgraduate, in
person



Work Projects

I was a research assistant to an Economics professor who was writing a book on consumer finance in Peru. As a result, I had a variety of projects during my internship: I did some background research on credit card usage, did data cleaning to improve the databases used in the book, and wrote a technical



report on policies to improve financial inclusion. I also wrote a grant proposal for a research project starting next year, and I was very excited to hear that they ended up using it in their successful bid for funding!

Daily Life

Settling in was easy because of how welcoming and nice everyone at the office was. The professor I was working for was also really accommodating and had a real interest in ensuring



the projects I was working on were interesting and presented learning opportunities for me. My daily working hours were 9 to 5, and I was working with a group of Peruvian research assistants who were very friendly and helped make my stay truly fun as well. I lived close to the university, only a

10–15-minute walk, which gave me a lot of free time in the evenings to enjoy Lima. I got to take surfing lessons, visit Machu Picchu, and take tours all around the city. Lima is a huge city, but the neighbours of Miraflores (where the university is) and Barranco are great to take walks around, which was also a delight.

Lasting Impressions

The Summer Internship at Universidad de Piura was a real standout of my time in Oxford. It was intellectually stimulating but also really fun and offered me the opportunity to do things I had never done before. On a professional level, it was also great to get some extra experience, and, personally, it confirmed some of my beliefs on what kind of career I would like to have.

SAUDI ARABIA

KING ABDULLAH UNIVERSITY OF SCIENCE AND TECHNOLOGY (KAUST)

Joshua Page, Exeter College, MChem Chemistry, Third
Year Undergraduate, in person



Work Projects

My project was in the Rueping group working on photochemical catalysis. I was introduced to a project being worked on by one of the post docs where we were looking into the application of a transition metal free organic photocatalyst for radical coupling reactions. Initially I was tasked



with relatively straightforward reactions producing compounds that would be used in these reactions and purifying them using new methods I had yet to encounter during my undergrad such as automatic column chromatography, GC-MS and preparative TLC.

Once I had built confidence, I was introduced to the photochemistry application of the project where I would undergo up to 14 reactions at once on a small scale in order to test which reactions worked and were worth investigating further. These would then be characterized by GC-MS and GC-FID to determine yields, and from this we would plan for which reactions to perform on a larger scale for the project. The final section of the project was completing these

reactions on a gram scale and isolating the product to obtain NMR spectra to confirm. Finally, I presented the work I had done for the past 12 weeks to the rest of the research group in one of our weekly progress meetings. The compounds I obtained will likely be used in a future paper and I have been told there is a good chance of me being put as an author on this paper, which will be useful for future applications to PhDs or research positions. The post doc and PhD student I worked with were both very helpful in supervising me, they constantly gave me advice and answered questions, and were patient when things went wrong during my purifications.

Daily Life

I was given plenty of time to explore campus and get used to life there. Getting around campus is made very easy by the regular different bus routes on weekdays during working hours and the Uber-like bus service outside of these hours where you could call a bus to your location within minutes to get anywhere. These were crucial in avoiding walking around during the intense heat of a Saudi Arabian summer. It was also helpful that once or twice a month there would be social events with other interns from around the world which allowed me to meet and make friends, although it would have been nice if these were slightly more frequent. For example, once a month there was a coffee hour, and I feel like that would be easy enough to organise weekly. In addition to socialising with these interns, I was fortunate that there were a few other students from Oxford who the Careers Service put me in touch with before arrival, so I was able to find people to socialise with right from my arrival.

Outside of my work there were a good number of activities on campus, mostly I would go swimming at one of the sports centres. There is also a beach with inflatables to climb on and kayaking, and twice during my trip I was able to go on boat trips from campus to some of the nearby coral reefs in the Red Sea for snorkelling, which was very fun. Finally, outside there were occasions where we would leave campus by getting on some of the free coaches into nearby cities such as Jeddah, where we were able to go to malls, walk around the old town and go to a football match at Al Ittihad's stadium. One of the most impressive trips out was to Madinah,

which is where we were able to see the prophet's mosque where Muhammad is buried and learn about the culture of Islam.

Lasting Impressions

Whilst by the end of the internship I was excited to leave, I think it was an enjoyable and valuable experience throughout. I am now confident in advance of starting my masters thesis research in Oxford that I can make a good start and get a lot done during the year, as I feel like my practical understanding



was lacking compared to my general academic understanding of chemistry before this. It has also made me reconsider my career applications, as before this I had an idea of what I was planning to do, but no experience in any related sector to confirm whether I would actually enjoy the research I was considering.

Now based on the advice of the post doc I worked with who actually went into the pharmaceutical industry (which I was considering) before doing a PhD and working in academia I am starting to consider whether a PhD would be worthwhile, and whether I would want to spend all day in the lab or if learning computational skills would be more interesting in future. I definitely still have more thinking to do before I am set on what my future career will be, but this has been very useful in giving me some real experience to consider.

What practical advice would you give to future interns?

Make sure you are proactive in getting into work when you arrive, as your supervisor will be decided by whoever is running the group you are working in, and they may not be someone who is particularly active in teaching or giving responsibility. Also, in my experience no one

reached out to me about starting work when I arrived, I had to email the PI and ask about getting started, so make sure you are getting an amount of work that you are satisfied with and will make the internship useful.

Monte Tan Jia Ying, St. Anne's College, MChem Chemistry, Third Year Undergraduate, in person

Work Projects

My project involved the study of several organometallic catalysis for use in Formic acid dehydrogenation. My main task involved, halide abstraction of existing organometallic catalyst characterization and activity studies of catalyst. Both projects were relatively successful and gave mechanistic insight into the formic acid dehydrogenation pathway of these catalyst. King Abdullah University of Science and Technology (KAUST) provided both housing and a generous stipend through the entire internship.

Daily Life

The day at KAUST is quaint, but there are a lot of options for fun activities, including free travel buses to malls and tourist places in Saudi Arabia, free amenities like Gym, racket courts and pools, and a well-coordinated web of visiting students (from Oxford and outside of Oxford), with organized trips together to socialize. After a few days of settling in and exploring the large campus, I ended up doing many of the activities above throughout the remainder of the experience.

Lasting Impressions

The experience was enjoyable, and I felt sad to leave. A good mix of life and work in a unique environment. I not only felt more prepared for working in the research and development, but I have also made some new lifelong friends along the way. This experience only codified my wish to do lab work as a career and is actively helping me achieve it.

Sean Herrington, Pembroke College, MPhys Physics, Final Year

Undergraduate, in person

Work Projects

As an intern I was studying the machine learning optimizer Adam, and in particular an effect where it seems Adam kills a lot of neurons in the network during training. Although as I write this, I still have a couple of weeks left of my internship, I have (I believe) successfully explained the effect and am now condensing it into a more formal set of evidence to present at the end of



my internship. Throughout my stay I had a meeting twice a week with my supervisor, who was very kind and supportive with my work. Trips were also organised by King Abdullah University of Science and Technology's (KAUST's) internship programme throughout my stay, with the highlight being a day snorkelling in the red sea.

Daily Life

I was given a lot of flexibility in choosing my own hours, so I was able to get up around 10, before going to the gym for an hour and a half or so and having lunch around 1 or 2. I generally travelled between these on foot as they were close by (the gym was also on campus and available for free!), but air conditioned shuttle busses were available for those who didn't want to walk around in 40+ degree heat. After this I would work from lunch through until dinner around 7 or 8.

After dinner I typically worked on my own stuff, such as an online course I was doing at the same time, although I also played some tennis as there were friendly knocks twice a week, and



even a tournament. On weekends (Friday and Saturday in Saudi Arabia) I typically had a similar schedule, focusing more on my own work, although there were often trips that I would make the most of. I mainly socialised with the other visiting students, who came from all over the world and the people from my research group, although I was also occasionally

able to practise my Arabic with locals when I went outside the campus.

Lasting Impressions

I enjoyed the experience very much and appreciated the hospitality of the Saudis. It was a great opportunity to work on myself as a person in a new setting, and although I don't know if I'd do a doctorate there, my experience has certainly enriched my future life prospects.

What practical advice would you give to future interns?

I would recommend tackling any issues as soon as they arise: a lot of chasing can be required for anything to happen at speed. Also make the most of your time to get to experience the culture – it's really easy to get your head down and just work but the experiences that stick with you in future will come from opportunities living in a different country presents you with.

SINGAPORE

TANGLIN TRUST SCHOOL

Kai Ogden, Hertford College, MMath Mathematics,
Second Year Undergraduate, in person



Work Projects

My work consisted of mentoring year 13s through the UCAS admissions process. I was assigned approximately 50 students to work with whom I mainly helped with their personal statements. About 20 of these students were Oxbridge applicants who I supported further with interview practice and admissions assessment preparation. An average day would consist of editing personal statements, meeting on average 4 students and conducting a couple of practice interviews. I made myself known in the math department where I assisted with the running of entrance exam preparation classes. Outside of the university counselling work there were some fun opportunities to get involved in helping with school trips and other events where the school needed extra hands on deck. When I first arrived, I was given training by the counselling department on how to effectively give feedback on personal statements and the staff were always happy to help and answer questions when anything was unclear. The support the department offered was excellent and I really felt like my work was valued and I was part of a team that was making a difference to the students' futures. I felt that my skill set was used well and that the work I did was valued by both the staff and the students.

Daily Life

I was fortunate to be hosted by an amazing family who both worked at the school. They helped me settle into life in Singapore - showing me the local food spots, giving me general advice about the city and creating a warm home environment. We took a taxi to work together every

morning, and I would make my own way home in the evenings, sometimes joining them for family dinner. I spent the first 4 weeks of the placement eagerly rushing around the city trying amazing food, exploring the multitude of green spaces and visiting cultural and historical sights. Despite leaving for work at 7am each morning, the excitement energised me to stay out after work finished at 4 to see as much as possible in the late afternoons. As my time progressed, I settled into the rhythm of life here and the frequency of my excursions around the city reduced. I had the opportunity to try Dragon Boat Racing, which was incredible and exhausting at the same time - something I'll definitely do again. The Singapore F1 also happened to be during the time of my internship which was an unmissable event. I shared an office with 2 other Oxford interns and the school had many of its alumni interning in various departments which created a friendly social scene with many of us having lunch together daily and meeting up outside of work. Being a keen swimmer, I regularly used the condo, school and local swimming pools.

Lasting Impressions

Overall, I loved the experience. The 6 weeks spent working at the school and living in Singapore will be a source of great memories. Through the internship I realised how much I enjoy teaching and that it is something I want to do as a profession at some point in my life. The opportunity to live abroad for an extended amount of time has also confirmed that I would like to study or work in a different country in the future. The challenges of adjusting to life in a new environment have really developed me personally - giving me more self-confidence and independence that are attributes I will always associate with my time in Singapore. I gained a different perspective on education by seeing how top international private schools operate. Having gone to a state comprehensive school, doing this internship was extremely insightful in understanding the difference in opportunities between these types of schools.

SPAIN

UNIVERSIDAD DE MURCIA

Francesca d'Agnese, Worcester College, BM BCh
Graduate-Entry Medicine, First Year Undergraduate, in
person



Work Projects

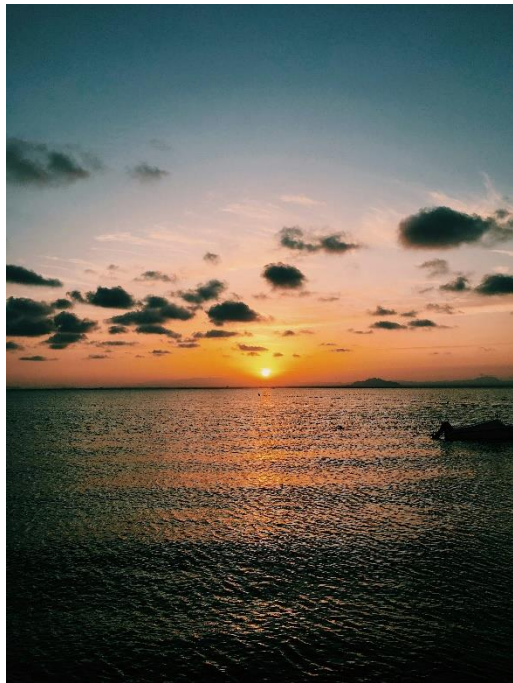
The internship I attended was with the cardiology department at the Virgen of Arrixaca University Clinical Hospital in Murcia. Each day involved a daily 8:30am handover, to discuss the overnight clinical cases. Then, we joined a medical team for the day and attended ward rounds, as well as discussions of the ongoing management of the patients on the ward. We also had the opportunity to explore various areas of cardiology and cardiothoracic surgery, by attending procedures after the ward round. In terms of achievement, I believe that I improved my ability to take and present a clinical history, and specifically a cardiological history, as we had the opportunity to practice this skill. I also learned from the interaction of the doctors with the patients, improving my understanding of how to establish effective and empathetic communication with patients and their family. I also had the opportunity to further familiarise myself with the common cardiological pathologies, including their differential diagnoses, initial management and treatment, as well as the basic principles of



relevant pharmacology and interpretation of common laboratory tests, simple imaging and other basic diagnostic tools. The host organisation and the doctors were very supportive throughout the internship, both in the hospital during the day as well as outside our working hours, helping us arrange the transport and accommodation.

Daily Life

Our days started on the early side in a lovely student accommodation that the University of Murcia had arranged for us. It was in the Guadalupe area of Murcia, which is a little far from



the hospital, but very close to a bus stop that got us into the city. We usually arrived in time to attend an 8:15am handover, where the doctors that did the Guardia (were on-call) overnight explained the new cases to the department. Each day we went over the new admissions, exploring in more depth the complex cases, and from time to time enjoying a presentation delivered by a member of the medical team on any number of topics, from pulmonary hypertension to bypass machines. After the handover, we had a short break before joining one of the consultants and their team in their office. Here we went over their admitted

patients, to get a clear idea of their condition and the progression before visiting them. We then began the ward round, visiting the patients one by one, asking relevant questions and examining them. After the ward round, we sometimes had the opportunity to either explore some patients' condition further through an in-depth history or join other teams on various cardiological procedures. For example, we witnessed a pacemaker insertion, a Transcatheter Aortic Valve Implantation, and a heart transplant, which were incredible learning experiences. After finishing at the hospital, we headed home and had some time in the afternoon to either explore the city (though usually we waited for cooler hours, as Murcia gets pretty hot in the

summer days) or relax. The weekends were great to explore the surrounding region, and we enjoyed the surrounding beaches as well as coastal cities.

Lasting Impressions

This was an incredible experience. We had wonderful learning opportunities at the hospital, such as witnessing the progression and improvement of a number of patients with various cardiological conditions. There were many patients who were at the hospital for several days, and it was interesting to hear the heart sounds changing or watch their hearts improving through echocardiograms. What made a very lasting impression was also taking that information from the heart sounds, echos, labs, and watching it reflected in the visible, clear improvement that some patients exhibited in their demeanour. I really enjoyed the experience, and believe that I gained a lot from it, in large part thanks to the wonderful team of doctors that made us feel so welcome and included each day. Their passion for medicine and dedication to their patients are infectious and inspiring, motivating any student to aspire to high standards in their own career.

Ayeza Akhtar, Green Templeton College, BM BCh Medicine, Third Year Undergraduate, in person

Work Projects

I completed a 3-week internship in the Virgen of Arrixaca University Hospital in Murcia, Spain, where I spent time in the cardiology department. I mainly shadowed a team of residents as they saw patients in the cardiology ward and in the emergency room. This gave me an incredible experience to apply my pre-clinical understanding of cardiac physiology and learn about the diagnostic process. I was able to practice taking patient histories and perform physical examinations, which has undoubtedly improved my confidence before starting clinical school. We also had the opportunity to visit other sub-sections within the cardiology department, such as arrhythmias and interventional cardiology. Most excitingly, we were given

the opportunity to watch a heart-transplant - with the hospital being a leading transplant centre in Europe. We watched the donor heart being harvested in one room and it being inserted in the recipient in the neighbouring room!

The internship was exceptionally well-organized, and I received immense support from the host organisation. I had prior experience in Spanish (having studied it at A-level), but inevitably the immersion into the language was a challenging but deeply rewarding experience - though we were expected to speak Spanish, the hosts were considerate of us being learners and facilitated an encouraging space for us to improve. Moreover, the cardiology team were incredibly kind, accommodating and inspiring, and I am endlessly grateful to have been part of their team! The surgical staff were also very welcoming each time we



joined to watch a procedure, and always took the time to explain what was going on. Overall, their teaching and advice significantly enhanced the value of my experience.

Daily Life

For my time in Murcia, the host organised catered accommodation, which I shared with the other interns and local university students. We would get to the hospital via lifts a nearby colleague kindly offered us, arriving for 8.15am for the daily handover meeting between night/day shift staff. The rest of the morning would be spent following the team around as they did the ward round, and often they would let us go to the operating theatre to watch any interesting procedures (i.e. pacemaker implantations, catheterisations). We would typically finish by 1pm, after which we would take the bus back to the accommodation.

Since we had a lot of free time, I was able to explore the whole city of Murcia using the very cheap tram system, including the Cathedral and the many museums. Though by the final week,

temperatures rose to 42°C meaning I would make the most of the Spanish siesta tradition. On the weekends, we would make day trips to nearby cities such as Cartagena, Alicante and enjoyed the beach at La Manga which straddles the Mediterranean sea and the Mar Menor (smaller sea). One of the highlights of the trip was watching the Euros final in a big public screening and being able to celebrate their win with the locals (albeit at the loss of England...)!

Lasting Impressions

My internship left a lasting impression on me in several meaningful ways. I thoroughly enjoyed the experience, especially as it allowed me to improve my Spanish; this progress, along with the



valuable insight into the Spanish healthcare system, has broadened my perspective on practicing medicine abroad. Additionally, I gained a deeper understanding of cardiology and the daily responsibilities of the residents. The knowledge and skills I acquired during the internship have left me

eager to begin clinical school, where I look forward to building upon this strong foundation.

Overall, this experience has not only confirmed my career ambitions but also expanded my horizons regarding where and how I might practice medicine in the future. I am extremely grateful to have been afforded this opportunity and would recommend it to anyone with an interest in Spanish culture and healthcare!

What practical advice would you give to future interns?

Come with an open mind and don't be afraid to ask questions/make requests, especially if you are interested in a particular area of the field. If you have an idea on what you would like to get out of the internship, let the team know as they are very accommodating to your interests.

SWITZERLAND

JOHN ADAMS INSTITUTE FOR ACCELERATOR SCIENCE (CERN)



Stephanie Verwey, Balliol College, MPhys Physics, Third
Year Undergraduate, in person

Work Projects

My project was to produce a heat exchange device for the water tanks on the beam line, as one of the users of the beam uses zebra-fish eggs which need to be kept at 28 degrees Celsius. This included designing the pieces for the water tanks, building them, and installing the system on the beam line. I then worked on software. I wrote a temperature logging function on the existing robot control GUI using MATLAB and then a temperature control function to keep the water at a constant temperature by turning the heater on/off if the water got too cold/hot.

After testing this, I then worked on other software elements, coding a position logging function and starting to code my own GUI showing all the information about the robot and the beam without any of the control features. I received a lot of support from my supervisors and other members of the CLEAR team, who all asked me how I was and how I was doing with my project. My supervisors were also always happy to be contacted by email whenever I had any issues, if they weren't around when I needed help or was stuck on something. They helped with both my project work and any issues I had with my registration/admin things.

Daily Life

I was living at the CERN hotel on the CERN site so getting to work was an easy (5-minute) walk. I started work at 9am. For the first 5 weeks, I had lectures in the morning, so would attend those

and then eat lunch at the CERN restaurant with other summer students (mostly from the main summer student programme). When I didn't have lectures, I would normally go to the control room at 9am to work on my project and then eat lunch either with the CLEAR team or with summer students.

In the afternoons, I normally worked on my project until about 5pm or 5:30pm. I also spent lots of time going on tours around the CERN site or attending workshops with other groups. For



dinner, I would either eat at the CERN restaurant, cook simple meals in the shared kitchens, or buy a sandwich if I was out. After work, I often went bouldering, swimming in the lake, or to the free concerts in the park. I often spent the weekends with other summer students. We travelled to

different cities around Switzerland and France (Bern, Zurich, Lyon, Lausanne etc), explored Geneva (going to the lake, visiting museums), or went hiking in the mountains nearby.

Lasting Impressions

I loved the experience! The project work was really interesting and engaging so I really enjoyed the work. I felt very supported by the CLEAR team and by my supervisors - who were always enthusiastic about what I was doing. And then in the evenings and weekends, I had a really great experience exploring the area and travelling around Switzerland. It has also made me really excited about coming back to Oxford this year to complete my MPhys project. I definitely gained a lot from the experience. Academically, I improved my coding, research, and project work skills. I also had the opportunity to present my project to the CLEAR team, which helped my presentation skills. Outside of academics, I gained a lot of experiences and met lots of people - some of them I believe I will continue to stay in contact with as friends. I visited lots of

places and learnt lots of skills that I wouldn't have otherwise. The experience has made me really want to pursue a career in research. I am also strongly considering applying for positions at CERN after I graduate as I really loved the experience and the area. It was also really useful hearing from and talking to many of the people currently working there in different stages of their careers about their experiences - both at CERN and before going to CERN.

Francesco Straniero, Pembroke College, MPhys Physics, Third Year

Undergraduate, in person

Work Projects

I undertook a research project at CERN through the John Adams Institute (JAI). I worked on the CLEAR experiment and my work consisted of simulating beam dynamics for studies on a new radiotherapy technique (FLASH). My work mainly consisted of running computer simulations of the evolution of the beam inside the accelerator and analysing them afterwards. I met with my supervisor two times a week, but all the CLEAR team worked in the same building, so I could always go and ask if I had questions.

Everyone is really available and ready to help at CERN, and I met many CERN researchers who supported me through my work. During the programme my accommodation was organised by JAI and CERN, and my room was inside the CERN campus, at the CERN hostel, which made it really easy to go to work and to meet other summer students. There are about 300 more summer students, from all around the world, so it's easy to meet a lot of new people and make friends.

Daily Life

For the first 5 weeks of internship, I had lectures in the morning, and I would work in the afternoon and then for the 3 last weeks I worked 9 to 5. There're usually 3 lectures per morning, lasting one hour each. The topics of the lectures vary considerably (while still remaining in the physics/engineering field) from medical applications at CERN to theoretical

particle physics, passing through modules on Machine Learning and Experiments design. While it is not mandatory to attend all lectures, I highly recommend going to as many as possible, as oftentimes they offer a new perspective on disparate topics.

After lectures, most summer students go for lunch at the CERN restaurant, it's a great opportunity to meet a lot of other summer students (especially in the first weeks). Then everyone goes to work until 5/6pm. After 5pm, there's always a number of different activities one could do before dinner: sports like volleyball, football, tennis, or one can visit Geneva and its attractions, or go swimming in the lake (highly recommended given that the average temperature is 30°C in summer). All of these activities are self-organized by summer students. Then for dinner you can either go to the CERN restaurant again or cook for yourself in the kitchens provided in the hostel.



In weekends there are always trips organised to nearby cities in Switzerland and France, these are self organised by summer students as well. In my time there I visited 12 different places in 7 weekends and personally I would recommend trying to go to as many places as possible. In particular I recommend going to Lyon and Zurich for city visits and to Grindelwald and La Saleve for hikes.

Lasting Impressions

Overall, it was a great experience, and I definitely recommend it to any physics student. CERN is an amazing place from every point of view: scientifically it is the most advanced physics lab in the world, and it is always shocking to find yourself in a place where much of recent physics has been discovered. From a human perspective, it is also an amazing place, the community both of

summer students and in general of CERN employees is very friendly and always ready to help each other. And obviously on top of that you will be in the same place as some of the greatest minds of our era.

I definitely learned a lot from this internship, both from the lectures, but also a lot of skills from the project itself. From the project I furthered my knowledge of MATLAB programming language and learned how to programme computer simulations. I also learned a lot of concepts in radiotherapy physics.



Before this experience I wasn't fully sure about what I wanted to do after my degree, but now I am quite set on working in physics research and I am hoping to go back to CERN to work.

What practical advice would you give to future interns?

My best tip before you go and while applying is to try to learn something about accelerator physics beforehand. My best tips while you are at CERN are to try to go to as many lectures as possible (even if the topic is not something you are familiar with), make the most out of weekends and try to visit many places, and finally to make friends with all the other summer students, everyone is very nice, and it will make your experience 100 times better.

UGANDA

BRASS FOR AFRICA

Obioma Egemonye, Wycliffe Hall, MSc in Social Science
of the Internet, Final Year Postgraduate, in person



Work Projects

The internship project I completed was a research project aiming to measure the impact of Brass for Africa's community music initiative on the academic achievements of the children who



attend. This consisted of visiting various schools and community outreaches to interview participants, collecting their grades and entering them into an Excel database. After this, both the qualitative and quantitative data was analysed and communicated back to senior management through a presentation and a written report.

This experience allowed me to improve my public speaking skills, as I did around 3 presentations in total - to introduce myself, to say goodbye and to report back on our findings. It also strengthened my project management skills, as I took a lead role designing the monitoring and evaluation framework, coordinated tasks within the Monitoring and Evaluation team, and managed the project timeline, from the data collection phase to the delivery of the final report. I benefitted from a lot of support from the host organisation, my direct line manager accompanied me to interview students and could translate between Luganda and

English if there was an issue of understanding. Furthermore, we had weekly meetings with the senior management team to let them know of our progress, and directly ask them for any support we may need in getting data from schools. This also made me feel comfortable as they understood the struggles we had faced in collecting adequate data and had taken action to change that for the future.

Daily Life

Daily life in Uganda was very different to the UK, but similar to Nigeria - where I'm from originally, so there wasn't too much culture shock although there are major differences between the 2 African countries. My experience of life outside of work was really enriched and supported by my colleagues and Brass for Africa as a whole. My apartment was around a 5-minute walk to the office, within walking distance of local and international groceries, and quite close to a small-town center.

On my first day, my organisation picked me up from the airport, took me somewhere to eat and came with me to get groceries. A lot of my time outside of work was spent with my colleagues, I hung out with them pretty much every weekend. They invited me to church with them, took me around the shopping mall to get ice cream, and went to the cinema with me. My line manager also helped me organise a hair appointment when I first arrived and came to visit me in the salon, which I really appreciated. Most evenings after work, we would also go to a bar nearby, which was another opportunity to socialise and get settled in. Apart from my colleagues, the people in my neighbourhood were really friendly and I became friends with people in the gym and just around my local area.

Lasting Impressions

Overall, I really enjoyed my time in Uganda. It took a while to get used to it but once I had settled in, I really began to enjoy my life there. I had gotten into a good routine and made some really worthwhile friendships. I believe it was a good experience for me in particular. It provided me the opportunity to visit East Africa, which I'd never really planned on doing and I learned a

lot about Ugandan culture. I even managed to pick up little bits of the language! It also was a good opportunity for me to grow personally and independently, as I had never really lived alone and been fully responsible for myself. It taught me about perseverance and adaptation. Also, the work that I did and the department that I worked in - further confirmed that I would want to work in Research and Evaluation in international development, not-for-profit or public sector work.

It has added a unique experience to my CV, which I hope employers will look at favourably, and further improved my data analysis and communication skills. A highlight of the trip was the work trip we did to Kalangala Island, where we were given time to go to the beach and explore the island after visiting one of the outreaches. It was a really good experience, and I felt encouraged to enjoy myself and relax on the trip as well as completing the necessary tasks.

PLAVIO UGANDA

MBiomedsci Cells and Systems Biology, Third Year Undergraduate, in person

Work Projects

My internship was a women's health and menstrual health hygiene management programme. The main day-to-day included visiting schools or community groups to teach them about menstrual hygiene management, as this is something that is not directly taught in schools in Uganda and remains a large factor for dropping out of schools for girls. During the sessions a project officer from the charity would take the main lead, then I would provide words of encouragement, my own experience with my period and then conduct a Q and A session.

After visiting a few schools, I made suggestions of improvements to the programme of teaching and provided a list of ideas/contacts of ways for the charity to increase exposure and try to find more funding. The host organisation were all very kind and also very good at immersing us in

the local culture whilst we were there so some days would include visits to other local charities, leaders or community based projects. This was really useful for widening my knowledge of community problems in Uganda and think of other strategies that the charity could develop alongside their other programmes. They also hosted us in suitable accomodation, provided food and were always looking out for our safety. This internship also helped me learn more about health policy and the stages that charities or local leaders must undertake to make policy changes and get funding.

Daily Life

We stayed with the founder of the charity. I had my own room; it was basic but clean and



sufficient for my stay. Breakfast and dinner we would eat with the family, it was all local foods so was nice to try new things. We would then usually head to the office for a catch-up and regroup with the other employers before heading to the field for whatever the visit was that day. When we finished work, we had some chill time alone to wash/walk/relax but would always be home by 7pm as that is when it got dark. Some evenings and at weekends we went to local events, such as Miss Lango (the local beauty pageant) or walked up a local mountain. I socialised with the other intern, the family and the other employees. The

hosts were very good at showing us other things around the town and meeting new people. We went to church every Sunday too.

Lasting Impressions

I really enjoyed this internship, and it allowed me to learn lots about charity work, how charities are run and the health problems faced by Ugandan communities, which are all things I can

apply to other locations/employers. I feel I probably gained more life experience and perspectives than direct experience that will relate to my future career, but I still believe it was worth it.

What practical advice would you give to future interns?

Plan the travel ahead and what you need to pack etc. Try not to worry too much about it all though prior to going as the people are all lovely and will help you with everything, and all your questions or concerns will be answered/resolved once you arrive!

MBiol Biological Sciences, Final Year Undergraduate, in person

Work Projects

I was working on a sustainable agriculture project in Uganda with an NGO called PLAVIO. They also run different projects on community money



saving, feeding the elderly, period poverty, menstrual health and on providing vocational skills training to young girls who drop out of school. I got to see all these different projects and spent a lot of time at farms, seeing their different agricultural techniques and getting involved. I also visited the local agriculture university where I was shown their crop trials and experiments testing new sustainable techniques, as well as work with a local agroindustry company that focuses on sustainable methods and improved crop varieties.

I also spoke with communities and was able to share my knowledge that I have learnt in my degree (Biology) regarding sustainable practices, and speak about which ones might be most

applicable, such as using organic manure and compost from household kitchen waste or using intercropping and crop rotations. It was all very interesting, and I learnt a lot, and was glad to be able to see the variety of programmes this NGO offers, as well as get to understand the difficulties NGOs such as this have in terms of funding their work. The host organisation was very kind and generous and made me feel very welcome. They are lovely people, and I made good friends there.

Daily Life

I stayed with the family who own the NGO whilst I was away. We were living there, eating with them, and got to interact with their kids when they were at home. This was lovely and gave me a complete immersion into the culture and also the language as the children taught me how to speak a bit of the local tribal language. The people who run the NGO picked us up from the airport and escorted us back to the city where we would be working which was very kind but also very helpful as it required a 10-hour overnight bus journey to get there.

Often to get to work we were driven in the car, but sometimes to go to the field to work we would go on motorbikes. We rarely walked to get to places for work, but I did occasionally walk home from the office. I also would go out for an evening walk most days after work before it got dark to explore a bit, and I made some nice friends along the way and bumped into people I already knew. I particularly made friends with a girl who works at the NGO, and she was also very good at helping teach me the local language.

Lasting Impressions

I really enjoyed my internship. I learnt a lot and met some wonderful people, and many of whom I will stay in touch with. I also met people outside of the NGO who have similar career paths to the kind that I would like to lead, and I am still in touch with them too! It has taught me not just a lot about sustainable agriculture but also about culture, and how open and generous people are in Uganda and how wonderful their culture of welcoming guests and cultural dancing is. It really brightens the spirit! This internship has confirmed that I would likely

enjoy working with an NGO on conservation or sustainability in the future and would enjoy working in a different country and learning a new language to do so!

What practical advice would you give to future interns?

Plan your schedule with the NGO well in advance, as this ensures you can get the most out of your time there.

Holly Singleton, Brasenose College, BA Geography, Second Year Undergraduate, in person

Work Projects

The internship was with PLAVIO Uganda, a charity organisation based in Lira City in Uganda, but active in the surrounding Lira District and Dokolo District. The main aim of our internship was to assist in delivering PLAVIO's Menstrual Hygiene and Management (MHM) projects. This involved many visits to various primary and secondary schools, where we would deliver a presentation on MHM to the children and answer any questions. We also delivered an MHM project to community groups on a couple of occasions, and one time were also able to assist in helping with PLAVIO's project delivering food aid to elderly beneficiaries.



We were well supported by PLAVIO throughout - PLAVIO covered internal transport costs, and the co-founder of the organisation was kind enough to provide accommodation and meals in his home, where we lived alongside his brilliant family. In all, I feel like I have achieved a lot of my personal goals, of travelling and experiencing non-profit work. I have been able to make

many new connections and friends and have gained many new experiences. I also feel happy that I have been able to help support PLAVIO's valuable work in the local area.

Daily Life

I interned for 6 weeks at the charity organisation PLAVIO Uganda with another intern from Oxford University. PLAVIO is made up from a small number of staff who work closely together, and consequently felt like family by the end of the placement. We were lucky enough to be hosted by the Co-Founder and Chair of PLAVIO and his family in Lira City in Uganda, where we had our own rooms and ate with the family. We quickly settled into a routine where we would eat together in the morning, be driven to the office, and either have an office day or be driven to various different project sites around the district. We would get back to the host compound in the evening and have time to unwind and play with the children of the family and the neighbourhood.

The most exciting parts of our work were when we got to travel by motorbike to remote villages, often made up of huts in the middle of forest clearings or banana plantations and engage with communities. I helped PLAVIO to deliver its presentations on menstrual hygiene management (MHM) to school classes and to communities and was able to talk about my personal experiences with menstruation. At the end of the talks, we would answer any questions - this really made me realise how much I take for granted being able to do instant research or discuss periods with friends and family.

In most of our engagement areas, many did not have access to the internet, and many rural communities in Uganda still hold various myths and stigma around menstruation. This made the work I was doing with PLAVIO feel important, in that we were able to deliver information to adults and especially children and help to educate them on their health and help to tackle some of the stigma. We were also able to assist with PLAVIO's other project delivering food supplies to elderly beneficiaries on one occasion as well. I was able to join PLAVIO in meeting with new connections in other areas of the country and reaching out to potential partners.

Overall, we had a very action-packed work life and gained a broad range of experiences. We were also able to cover a lot of ground, and have been to sites all over Lira City, Lira District, Dokolo District, Gulu, and Kampala. Outside of work, we were well looked after! Our hosts made sure we were well introduced to local culture, giving us the opportunity to attend different Ugandan churches, learn to cook, meet a broad range of wonderful people, and even attend a traditional wedding! Uganda is very tribal, and so the local culture revolves strongly around Lango traditions which I feel privileged to have been able to learn about - I can even speak a few phrases in Leb Lango. I would also never have had the chance to travel so far away if not for this internship opportunity, and so it is brilliant to have been able to make the most of it. I even managed to organise a couple of days off in order to go do a safari at Murchison Falls, which was an incredible experience. Everyone was so friendly and welcoming throughout our stay, and the country itself is so, so beautiful.

Lasting Impressions

This has been an incredible opportunity for me, and one which I very much enjoyed. I aim to work in the Third Sector in future, and have always been really interested in international



development, but I never thought I would be able to experience helping on the front line of community development whilst still at university! With this valuable experience, I really hope it can help boost my CV as I look for work with non-profits after I graduate. The experience itself was highly enjoyable - I met brilliant people

and was also able to experience a different way of life to my own. I have been fortunate enough to make a great friend out of the other student I travelled with over the six weeks we were there and made many new friends in Uganda who I hope to stay in touch with.

UNITED KINGDOM

AIRFINITY

Rebecca Waggett, St. Hilda's College, MBiomedSci Cells and Systems
Biology, Third Year Undergraduate, hybrid

Work Projects

My internship was nine and a half weeks long - within this time I rotated between the data team and the analyst team, as well as completing tasks for the marketing and sales teams. First, on the data team I undertook a data collection task on the seasonal influenza vaccine private market, researching the vaccine procurement systems of the G20 countries and identifying data sources on the private market share in each country. Another task involved researching electronic health and claims data vendors that Airfinity could potentially partner with. On the analyst team, I helped produce the weekly flu reports that would go out to clients and on to the Airfinity platform, including analysis based on the latest vaccine and treatment approvals and candidates in the pipeline.

I mainly focused on Avian influenza which was a very important topic this summer with the H5N1 outbreaks occurring in cattle in the US and the first few human cases. Also on the analyst team, I was involved in a project aiming to model true global RSV and HMPV burden. I conducted research to find papers estimating burden and data sources with real-world data and estimates of cases, hospitalisations, and deaths. I was then involved in meetings where we used an adaptation of the moving epidemic model to start modelling RSV and HMPV burden worldwide to include in an upcoming report. In another task I researched new RSV vaccine and treatment candidates to add to and update the Airfinity database.

For the last two weeks of the internship, I was involved in a big client project curating the first bespoke Mpox dataset aiming to include all outbreaks (cases, hospitalisations, deaths) and vaccinations that have occurred worldwide. This project was on a tight timescale after being accelerated due to the global Mpox situation. My line manager Katharina was great throughout the whole experience, offering me lots of support in our biweekly meetings. I also felt everyone I worked with was very eager to get me involved and help me out with anything I needed.

Daily Life

Airfinity is a remote-first company, so it was flexible how much you wanted to go into the office. Most of their employees only went into the office once or twice a week and all meetings



would be on google meet. I went into the office on average twice a week on Tuesdays and Thursdays. The office was in a very nice area in the centre of Marylebone, and the office was a really nice place to work, with a main area for hot desking, several small meeting rooms

and a small kitchen with free coffees and snacks. As it was in central London it was very accessible – a 7 min walk from Bond Street station or even closer to nearby bus stops.

I usually met with my line manager twice a week to discuss my tasks for the week and progress, and then would have 2-3 other meetings a week with the team I was working with. Every other Tuesday there would be an all hands meeting with the entire company where various updates were given. I was also lucky to get involved with an internally run Introduction to Project Management course which involved a meeting every other week. When working on the data team, not many people on the team went into the office at all so it was more difficult to get to

know people. Everyone was very friendly and most of the employees were in their 20s and 30s so really easy to get along with, but the social culture wasn't as good as I expected, most likely due to the remoteness of the company.

Lasting Impressions

Overall, I really enjoyed the internship and had a good experience. I found the concept and goals of Airfinity really aligned with my interests and career aspirations, and it gave me good insights into the kinds of roles I want to apply for when I graduate. It definitely gave me great insight into the range of companies in the life sciences/biomedical area. I didn't find any of the work particularly challenging, but the internship helped me develop my teamwork skills in a professional environment and gave me experience utilising my knowledge base and skills I've gained from my degree. It also made me realise I want to ensure the companies I apply to as a graduate are less remote working.

What practical advice would you give to future interns?

Airfinity is very receptive to your own goals and ambitions – if you have an idea for a particular project or task you would be interested in undertaking during the internship then definitely propose it to them. They are very flexible in terms of catering towards what you want to get out of the internship so use this to your advantage!

CALPA PARTNERS

MBiol Biology, Third Year Undergraduate, in person

Work Projects

The role of this internship involved providing financial advisory services to GPs fundraising within the Private Market as well as tracking and sourcing potential LP allocations for their funds. Daily tasks in this role involved conducting due diligence, mapping potential LPs and GPs,

creating research articles and information packs for LPs, writing briefing notes and designing marketing materials on behalf of Calpa Partners. I enjoyed my time being involved and learning about the fundraising process, particularly the diversity of investment strategies there are across the Private Market and what the components of a successful fundraise are. Going forward, I am eager to broaden my experience within the field and involve myself with other areas of the sector such as GP M&A transactions, Secondary Sales and Succession Planning.

Daily Life

My daily life involved arriving at the office at 9am, checking emails and planning for my day ahead. Often there would be a lot of admin to check in on as soon as I arrived as the US office would work late into the night. My day often involved writing briefing notes, creating research articles for investors, joining investor calls and creating materials for the company to catch new clients. The role didn't involve a lot of social activities apart from two after-work drinks.



Lasting Impressions

The internship was beneficial as it gave me a greater insight into the world of private markets, and I can safely say I would like to develop a career within this field.

CAPSA AI

Richard Yu, University College, MMathCompSci Mathematics and Computer Science, Second Year Undergraduate, hybrid

Work Projects

I have had two projects over the course of my internship, both in order to improve the company's product. The first was improving the description of figures and charts found in documents. Figure description was based on multimodal LLMs, I was able to significantly improve upon the existing accuracy of descriptions by tuning additional data fed to the LLM as well as prompting. As part of this project, I did a lot of work with evaluation and data collection in order to see the effects of iterations and get numbers for accuracy pre- and post-improvements.

In this same project, I had a second part where I filtered out figures that were identified by a third-party API but were not actual important figures. This would save on processing time since the majority of images weren't real figures, and I was able to build an algorithmic classifier that cut down the vast majority of irrelevant figures and did not exclude any important figures. I received a good amount of support from the company in defining the project as well as regular progress meetings and advice. They also did their best to expose me to a good variety of development stages, such as development and deployment software and analytics.

The second project is one that I am still working on as the internship has not finished by the time I write this. It involves reading row headers from tables and figuring out algorithms to match them together when they are not in the same format or might differ slightly in a way that can be difficult to classify. For this, I am in the process of gathering data to evaluate LLM labelling, which will go on to train a machine learning classifier.

Daily Life

I worked remotely for the first few weeks of my internship, after which I switched to hybrid. Work involved a daily morning call, and for the rest I largely had time just to work on my own with the option to communicate when needed. I was at home, so I mostly just did normal summer things after work like spend time with family or friends. In-person, I got a flat to rent for the remaining duration of the internship. I got to work by the underground train, which was just 1 ride from my flat. I didn't really do much after work, mostly just got home and got groceries or made dinner. In terms of socialization, I had one friend who was in London that I visited, but otherwise it was mostly just texting or spending time with people online.

Lasting Impressions

I thought this was quite a good internship that I learned a lot from, especially from having to actually interface with a code base and work with production cycles and make and review pull



requests, as well as figure out how to make things work into existing code. My previous internships were also about research to implement features, but they were largely me working on a single script on my desktop and not properly interfacing with existing code. Even here when

I'm doing research on something, I'd be making pushes to a research repository. I could definitely feel that my employers made the effort to expose me to as many different technologies and techniques as possible. Although I'm still not totally solid on what I want to do for a career, this would definitely be helpful should I choose to continue in the software engineering path.

CITIZENS ADVICE WEST OXFORDSHIRE

Luke Patrick Dorman, Regent's Park College, BA Politics,
Philosophy and Economics, Final Year Undergraduate,
hybrid



Work Projects

I was tasked with writing up a community profile, a client profile, and an advice needs assessment. I understand that other interns have done similar projects or have instead written reports to be used for research and campaigns. Most of my work involved looking through publicly available demographic data on Oxfordshire, and Citizens Advice's own client data and producing summary statistics and visuals to characterise the community. I also did some modelling of needs within Oxford and Citizens Advice service provision. I was given invaluable inductions into both Citizens Advice's data, and the work of the organisation as a whole. I sat in on meetings with clients and chatted to volunteers and staff about their work. I was supported financially with a daily lunch allowance and transport was covered.

Daily Life

I worked in the office a few days a week then at home a few days because Witney was a decent commute away. I'd get into the office and work at around 9/9:30, then work until 5.

Lasting Impressions

It was great! It's given me a huge insight into both the charity sector, but more importantly communities and issues in Oxfordshire that I wouldn't have been aware of otherwise. Sitting in on meetings with clients has given me a window into the incredible work that Citizens Advice does. I've also gained a deeper understanding of the UK benefits system, its publicly accessible data, and have grown my skills in R and excel visualising data.

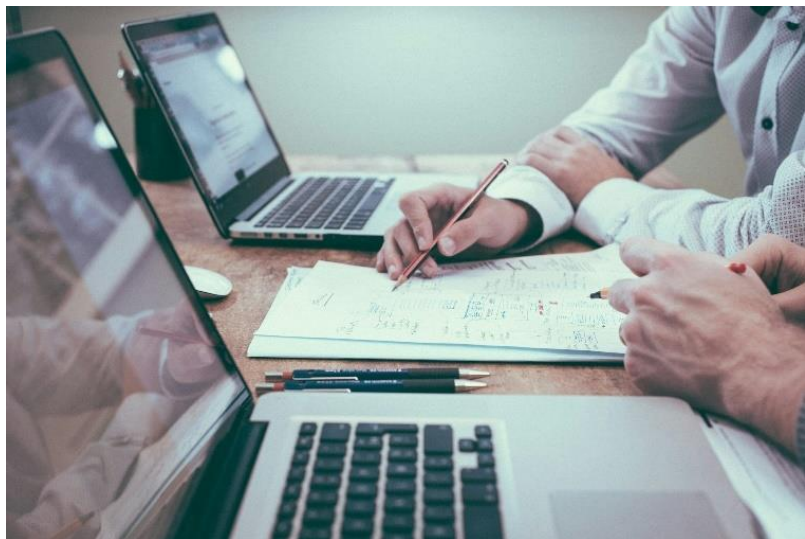
DEFENCE FUTURES, MINISTRY OF DEFENCE

MPhil International Relations, First Year Postgraduate,
hybrid



Work Projects

I spent the summer working for Defence Futures (formerly the Development, Concepts and Doctrine Centre), a branch of the UK Strategic Command within the Ministry of Defence. Defence Futures is the think tank of the MOD. Based at the Defence Academy of the UK, the team is charged with providing



evidence-based research and rigorous analysis to inform the development of policy and strategy. I worked largely under the supervision of the Strategic Foresight team, which produces work focused on the future global strategic context for defence policy and capability development. This work is largely speculative, focusing on future operating environments 15 to 30 years in the future, but it is informed by rigorous analysis and an international network of partners and allies.

My project was titled, "Global Strategic Trends Pathways Mapping: Future Operating Environment." The work I completed was confidential, but I developed skills such as robust data analysis and visualization, synthesis of operational lessons, and challenge of UK defence policy through red teaming and war gaming. At the end of the internship, I had the opportunity to

present my final product to a group of international military and civilian leadership, who are keen to continue the project past my tenure.

Daily Life

The internship was hybrid, with the 10 post-graduate interns (including myself) coming into the office 2-3 days per week on most occasions. We stayed on site at the Defence Academy when working in person, which was a great opportunity to interact with UK and international military professionals who were completing academic courses and training throughout the internship period. Given the fairly remote location, we spent most of our time at the base eating meals together in the mess, going to the gym, and competing in the weekly pub quiz at one of the few pubs in the area.

Every Wednesday, we had the opportunity to meet virtually with a mid-to-late career practitioner as part of our career development programming. Representatives from other parts of the Ministry of Defence, the FCDO, and academia shared insight into their jobs and advice they wished they had received at our age. In addition, we had an intern alumni day in the middle of the internship period where we were able to meet former interns, learn about their work following the program, and participate in a half-day tabletop exercise led by RAND Europe.

Lasting Impressions

I enjoyed my time at Defence Futures immensely. It was gratifying to not only be given work that was considered urgent and impactful to UK strategic development, but also to be granted considerable flexibility and independence in completing my project, emphasizing the trust placed in the interns that are accepted into the programme. I left the experience with a much deeper knowledge of the workings of the Ministry of Defence and, perhaps more importantly, the logic underlying the success of defence outputs -- particularly the emphasis on rigorous testing and challenge. The work confirmed that I am interested in a career working with

international partners on peace and security policy, whether that be in a domestic government role or an international institution.

What practical advice would you give to future interns?

The best part of the internship, at least for my cohort, was learning from and hanging out with the other interns. I would recommend that you try to coordinate as much as possible when you are on site, as the experience is far more enjoyable when more interns are staying at the base together at one time. In addition, because the internship is centred on challenge, there is no need to be an expert around a specific issue area or to have a defence-related background. The students who do best at the internship are those with broad interests who are comfortable working on an issue about which they have little background, but who are keen to develop expertise on the subject throughout the summer.

ECOSYNC

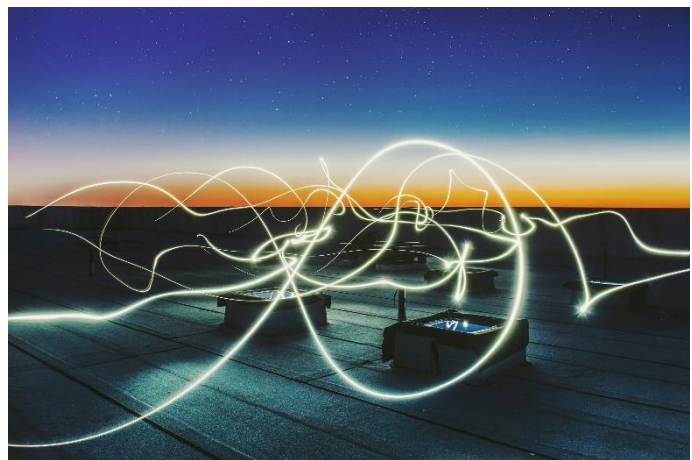
MSc Modelling for Global Health, Final Year

Postgraduate, remote



Work Projects

Ecosync is a startup that leverages real-time data, AI and IoT to improve heating management in buildings and reduce energy costs. In my internship, I focused on the Ambient model, that aims to predict the ambient temperature in each room of a building, given data on external temperature and the power of the radiators during a set time period. The internship project consisted of writing code to test the



Ambient model, investigating its behaviour in extreme cases (such as a sudden increase in radiator power), and testing its accuracy. We were able to identify areas of improvements for the current model, guiding future code and model development. The host organisation helped me by setting up daily meetings with the Head of Data Science and AI, where I could ask questions about my work. This helped me understand previous code written by their employees and devise different model tests throughout the internship. I also presented my final results to the Chief Innovation Officer and the Head of Data and AI at the end of my internship.

Daily Life

As my internship was remote, I structured my day such that I started working at 9am and finished at 5pm, with a break for lunch in the middle. Every day, I had a Zoom call at 3.30pm with the Head of Data Science and AI, where I gave an update on my work and asked questions. This was a good way to keep up with the internship work and interact with employees from the host organisation regularly. The internship allowed for flexible working hours, so that if unexpected circumstances arise and I couldn't work for half a day, I could still catch up after 5pm, or during the weekend.

However, as a general rule, I tried to not work during weekends and do most of my work between 9am and 5pm. I also found that working outside of my home environment, such as in a library or a cafe, improved my productivity - most days I worked in my college library. In order to monitor my progress, I set myself goals each week of what I wanted to achieve in my code. To relax and wind down outside of work, I went swimming in the mornings and practiced music or socialised with friends in the evenings after work.

Lasting Impressions

I very much enjoyed the internship experience. It was a valuable opportunity to explore how data science is implemented in a company as opposed to academia. Indeed, industry values accuracy and robustness over the complexity and novelty of a machine learning method.

Instead of focusing on developing a new model architecture as I would do in research work, most of my internship revolved around making sure the model did not predict unrealistic high or low temperatures, to guarantee that the heating in a building is managed in a safe and responsible way. The internship also broadened my awareness of the necessity of good datasets (few missing values, precise values and helpful measures), and the impact it has on model predictions. It was also interesting to see how code is developed in a professional setting, and the many tests and best practice checks that are implemented to maintain a pipeline where everyone can contribute. The internship has confirmed that I'm interested in data science as a future career.

ETRAIDING SOFTWARE

BA Mathematics, First Year Undergraduate, in person

Work Projects

The Data Quality Project involved analysing current RTS-2 bond post-trade data, and developing a classification of errors based on current ESMA regulations, as well as general context (e.g. a trade of volume in the trillions is clearly not true). Then we used basic data analysis tools such as Pandas to



develop a script that took data from a SQL database and produced a csv of errors. Finally, we produced our findings in a presentable format in Excel, with intentions to be sent to ESMA as well as current publication venues. The Liquidity Project involved researching current methods of assessing bond liquidity and developed code that used our trade database to calculate the

liquidity of each particular bond type. This is to be included in the firm's 'MCD', a website that will act as an advert to the EU as to why they should be responsible for producing the consolidated tape.

Daily Life

General Outline: Train from 7-9. Work from 9-5. Train from 5-7. Gym from 8-10. During working hours, I would just generally be working on tasks/waiting around for a meeting. Lunch at about 12, and then after I would go on a walk for 30 minutes along the Thames' path. The rest of the day usually consists of just continuing tasks.

Lasting Impressions

It certainly gave me a lot of exposure to working at a small firm. Everybody was really nice, and the culture was fantastic. Perhaps not as technical as I would have liked it to be, with a bit of consultancy vibes rather than the AI/ML I was expecting, but overall learnt a lot from the experience.

FENTICS TECHNOLOGY

Hongyi Chen, Pembroke College, MMath Mathematics, Third Year
Undergraduate, in person

Work Projects

During my internship with Fentics, I contributed directly to the development of their solvency capital requirement (SCR) evaluation software system. Collaborating with the team, I developed several programmes considered central to the system to completion. The most significant project I worked on was a series of input data integrity checks spanning management of assets, liabilities, and other user projects. Especially crucial were cross-table, cross-date checks that cannot be verified manually.

I also developed a random walk generator for interest rates via principal component analysis (PCA) on past data. Finally, I wrote a piece of code to help people working on the project test aspects of their programme from the front-end implicitly, allowing for fast, holistic reviews of code integrity. I worked almost entirely in the office with the team, and they were always helpful, let it be general ideas or coding shortcuts. Out of hours, I can always message them for help. I am grateful to have had such supportive and friendly company.

Daily Life

I moved to an Airbnb in London by myself before the start of the internship. I was able to find a location not far from the office, and I was able to walk to work every day. The team is very flexible with work times, and we all arrive and leave at different times. I prefer slightly later working hours, but I made sure that I could work with the team as much as possible. I would have lunch with them on occasion, where we talked about our life and experiences – and I learned a lot! Outside of work, I enjoyed walking and running along the Thames and visiting other parts of London.

Lasting Impressions

This internship was better than I could've imagined. It was a comfortable yet stimulating work environment, and I had the opportunity to work with some very inspiring people. This was my



first taster of an office job, and I'm happy to find that I enjoy its rhythm. I learned a lot of code from various packages – and a significant amount of finance, too. From readings and conversations, I gained a broader understanding of the finance and financial services industries. Over the course of the

internship, I realised I really enjoyed software development, which has led to a pivot in my future career direction. It was hard work, but I was never tired, and it was more than worth it.

FIDO TECH

MCompSci Computer Science, First Year Undergraduate, hybrid

Work Projects

During my internship, I worked with the front-end development team to create an end-to-end testing suite. This could later be used with tools like Github Workflows as a way to create integration testing for a CI/CD pipeline. The front-end team was comprised of 2 people, and during my internship one was working mainly on non-frontend related things. As such, I worked closely with the other developer on the team, who helped me convert my bug reports into tickets and gave me directions when I needed to understand something in their code. He also had experience with the tool I was using (playwright) and was able to help me if I had any problems.

I was also constantly checked up on by the wider team at morning scrum, where I said what I had done yesterday, what I would do today, and if there were any blockers. As we worked in an agile environment, I also showed my progress at bi-weekly demos and gave my input during sprint plans and retros. By the end of my internship, I had achieved about 25% test coverage, up from 0%. I had also written a handover document outlining what needed to be done for the remaining 75%.

Daily Life

I would wake up at around 6 and catch the 6.50 train from outside my house to arrive at work at 8.30. I would then tidy up anything I had been working on the day before, and usually if I had a pull request, I would submit it then. At 9.30 every day I would have scrum, where I spoke about what I had done yesterday, and what my plans for today were, as well as if I had anything

blocking me from getting work done. After scrum I would get on with my work, messaging the appropriate people on teams if I had any queries. Every other week we would have a demo on Thursday, where we showed what work we had completed, and answered any questions. Then, the next day we would plan what we did for the next 2 weeks, as well as talk about anything that went particularly wrong, and give feedback. At around 5, I would leave work and get the 5.40 train back home.

Lasting Impressions

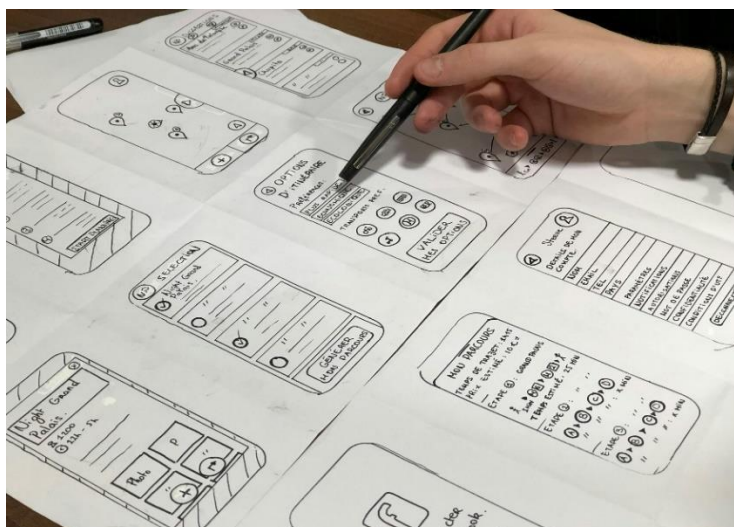
I enjoyed my time at FIDO and learnt a lot about professional software development and agile processes. I also learnt a lot of new tools like Typescript, Playwright and Git. I think the experience as a whole gave me insight into working in a startup environment, which I really liked. I would definitely pursue something like this for a future career.

MCompSciPhil Computer Science and Philosophy, Second Year

Undergraduate, hybrid

Work Projects

As an NLP engineering intern, I worked on FIDO's chatbot, askFIDO. The main functionality was set up, so I was tasked with improving it. This included prompt engineering and exploring



methods of information retrieval to ensure that the LLM behind the scenes did not hallucinate. In practice, this was a lot of experimenting, just trying various prompts and retrieval methods out and seeing which ones worked better. By the end of the internship, I managed to get shorter, more

accurate responses in a tone suitable for their app, as well as getting it to return a set response when it doesn't know the answer.

Before my internship at FIDO, I only had a little bit of experience with prompt engineering. At FIDO they compiled good introductory resources for me and gave me the time and space to explore the field. I greatly appreciated this hands-off approach, though my supervisor was always around and willing to give guidance whenever I was stuck. I also felt like I was gaining a lot (I was essentially paid to look into something I wanted to look into anyways). Working in the Agile framework done well again allowed me to have influence on what tasks I did, as opposed to just how I did given tasks. Finally, it was very fulfilling not only to have gained insight and knowledge from tasks, but to produce work that was appreciated.

Daily Life

This internship was hybrid, with 2-3 days a week in the office. On in-person days, I would take the 8:20 bus from Summertown into Bicester, before carpooling in with my supervisor. FIDO's office is outside Bicester town centre, and thus is inconvenient to walk to. So, the company kindly pays for a taxi in. Once I got in, I would usually make a coffee and say hi to the AI team (which I was a part of) before settling down to work. Apart from a 9:30 standup meeting (where everyone in the team gives a quick update on their progress), my days are devoid of meetings. Lunch was had at my desk (usually leftovers from the night before), chatting with the other intern most of the time. We would leave the office sometime between 4-5, and I would be home in time to make dinner with friends in Oxford.

On work from home days, the workday looked very similar, but just remote. Half of the days I was at home at my desk, with lunch hour spent cooking. Other days I would head into the college library and work from there for a change of scenery, perhaps moving to a coffee shop if I didn't have any meetings that afternoon. I would log off sometime between 5 and 6, and still have time to go for a walk in the park and grab dinner before the sun set.

Lasting Impressions

I thoroughly enjoyed the experience. Everyone was very nice and very helpful. Having learnt a bunch of techniques about prompt engineering, not just from reading articles but from trying it



out with the company's resources (both computing and data), I feel like I've gained a lot that I wouldn't have been able to just experimenting with prompt engineering on my own. With FIDO being a start-up that's only just transitioning to be a bigger company, I wasn't bogged down

as much by what technologies I was allowed to use - I could throw a proof of concept together with whatever open-source tools I could find, and they would figure out the specifics of making the product consumer-ready later on.

This combination of freedom, resources, and guidance was ideal. Regarding my career ambitions, I feel less inclined now to work in software development in future, not because of anything bad about my internship at FIDO, but rather as a matter of personal preference. This internship has been good for me to test the waters, and I'm still very glad I did it, even if it may not be what I end up doing in future.

What practical advice would you give to future interns?

Ask whenever you get stuck - chances are someone's encountered a similar problem before and knows exactly how to fix it, potentially saving you hours. For FIDO in particular, if they haven't moved offices since summer 2024, bring your own lunch - there aren't any shops within walking distance, so if you don't, you'll be reliant on coworkers to get you something while they're out (which to be fair they're willing to do).

FUSION ARTS

Yesmine Abida, St. Antony's College, MPhil Modern Middle Eastern Studies, First Year Postgraduate, hybrid

Work Projects

During the internship, I mainly did research for potential fundraisers for Fusion Arts and helped with ad hoc tasks in preparation of art exhibitions and events. I helped with four different events over the four-week internship and did applications for funds. The host organization was incredibly



supportive in giving me clear tasks as well as helping me with my professional and academic development by introducing me to members of the community whose work aligns with mine.

Daily Life

During my internship, I would go to the office around 10:30am, I would do a few tasks and then take half an hour for lunch, and then I would work until 5:30ish, usually in the afternoon I help more with tasks related to upcoming events. Outside of work, I hung out with my friends, went on walks and worked on my dissertation.

Lasting Impressions

I really enjoyed this internship and the experience. It was something I had never done before, because I had never worked with a charity/arts organization in the Western world. I gained a

perspective that confirmed I would like to work in the cultural sector, and I also networked with members of the community.

Clara Samantha Ann Saliba, Worcester College, MPhil Linguistics,
Philology and Phonetics, First Year Postgraduate, in person

Work Projects

I was responsible for the renovation and updating of several new buildings that Fusion Arts has recently acquired. I met with contractors, arranged fire safety, and collaborated with other organisations that might use the space. I also wrote grant applications and was able to secure time-sensitive permission for the organisation to apply to the Arts Council. I was given support in that while I was given responsibility, I was still accompanied by a staff member at meetings at the start of my internship. As I progressed in the role, I was then able to handle my tasks with more independence.

Daily Life

During my internship, I would usually arrive at the office around 10am. I'd always start by checking my email and schedule. My days could be varied-- sometimes I would spend almost the whole day on site, and sometimes I would be in the office working on grant applications. I socialised with other interns and with our manager, Kieran, over lunch or after work. We would often chat informally about the future of Fusion, the arts generally, or social justice.

Lasting Impressions

I'm most excited to have gained valuable project management skills from my internship. I got to put my budget and task management skills to work in the real world. It was also really wonderful to get to experience Oxford outside of the university and to explore outside of my academics. Because I work in language policy, it was really cool to see cultural policy at work in the day-to-day.

What practical advice would you give to future interns?

Don't be afraid to get your hands dirty-- you are capable of more than you think you are!

HONEYBUNS

MMath Mathematics, First Year Undergraduate, in person

Work Projects

During my internship, I had the opportunity to work at Honeybuns, a company known for its handmade cakes and gluten-free products. My project revolved around improving productivity



and efficiency in their production processes by applying principles lean manufacturing and time and motion study methodologies. I began by conducting a thorough literature review on time and motion methodologies, as well as lean manufacturing principles.

Next, I closely observed

Honeybuns' production processes, focusing on both bakery production and packing (from ingredient handling to final packaging and dispatch). This hands-on observation allowed me to map the entire value stream and identify potential bottlenecks or inefficiencies. Afterward, I broke down each production process to develop a measurement model and began conducting measurements on the production line. I performed time and motion studies on both production processes, using historical production data alongside my own measurements. By applying various data analysis techniques, I gained a deeper understanding of the data and identified key processes that could be refined for improved efficiency. The production staff were highly cooperative, providing me with access to all areas of the production process and sharing their

insights on potential areas for improvement. The director (which was my supervisor) was instrumental in guiding me through the intricacies of lean manufacturing and offering feedback on my suggestions. The collaborative environment allowed me to test my ideas, refine my approach, and contribute meaningfully to the company's productivity efforts.

Daily Life

My daily life during the internship at Honeybuns was a blend of hands-on work and experiencing life in a rural area. I settled in quickly, thanks to the welcoming atmosphere of the team. Every day, I commuted to the office, where I collaborated closely with my colleagues. The Honeybuns team worked very well together, and I had the chance to socialize with them daily, whether it was during breaks, discussing our work, or simply sharing a chat in the office. This helped build a strong sense of camaraderie and made me feel like part of the team. Outside of work, the rural surroundings were peaceful, but at times, a bit quiet and uneventful.



Despite that, I enjoyed the slower pace, which gave me time to unwind after work. Overall, the experience was a balance of productive workdays and a tranquil environment outside the office.

Lasting Impressions

My internship at Honeybuns left a lasting impression, both professionally and personally. I thoroughly enjoyed the experience, particularly the opportunity to apply lean manufacturing principles and time and motion study methodologies in a real-world setting. The hands-on nature of the work allowed me to actively contribute to improving the production processes,

which was both challenging and rewarding. The supportive environment and collaborative team made it an enriching experience, and I felt that my contributions were valued. I gained a great deal from this internship, not only in terms of technical skills but also in understanding how a small business operates day-to-day. This experience gave me insight into the importance of efficiency and productivity in manufacturing, as well as how lean principles can be practically applied to make tangible improvements. It also helped me develop my data analysis skills, which I found to be highly valuable. The experience confirmed my interest in problem-solving and innovation, particularly within operational and business contexts. It has reinforced my ambition to pursue a career that involves both analytical thinking and real-world impact. This internship has motivated me to further explore roles where I can contribute to process optimization and efficiency improvements, making it a pivotal step in shaping my career path.

INSTITUTE FOR JEWISH POLICY RESEARCH

Rohi Cohen, Harris Manchester College, BA Philosophy,
Politics and Economics, First Year Undergraduate, hybrid



Work Projects

I worked as a data analysis intern for the Institute for Jewish Policy Research, a London-based think tank that specializes in the British Jewish community. Before I began my internship, the organisation thought about a project that would be best suited for my interests - the Jewish community's view on Israel and its political leadership - and I was thrilled with it. As an Israeli and a person who loves politics, this question was very well suited for my interests. Throughout the internship I analysed survey data using quantitative methods, looked for sources in English and Hebrew and wrote a report on the topic. While I have prior research experience, I have never worked as a data analyst and had a learning curve about the right methods and terms to use in my work. My boss and the entire think tank were very kind in explaining themselves and providing me with online learning resources about a new programme and methods I did

not know beforehand. Moreover, after I finished my first report, I had the opportunity to make my case about the next topic I would research and was given the independence to speak to different members of staff about the organisation's needs and interests. This allowed me to get a deeper look into how think tanks operate, what shapes their priorities and how to navigate such work environments.

Daily Life

The Institute for Jewish Policy Research is a hybrid organisation which works from their Camden office four days a week and remotely on Fridays. This was a very nice combination since it allowed me to get the full experience of what this organisation is like by sitting in meetings and



having coffee with people, while also having calmer days at home. I had a desk in the researchers' office, which included my boss, other interns and part-time researchers. This was a vibrant environment in which we shared ideas and helped each other out as well as discussed everyday topics. I must admit that it

was not a very social internship. I had lunch and coffee breaks with other interns, but no more than that. I don't see it as a fault, but just the reality of a small organisation. This would not prevent me from applying to work here again or looking for similar opportunities.

Lasting Impressions

The internship has solidified my desire to work in fields that have something to do with research, reading and writing - this could be at think tanks, academia, journalism or something else. It showed me how to incorporate data analysis and empirical methods into my work and how that strengthens my report and claims.

Moreover, because the issues I worked on are politically relevant and interest myself and many of the people in my life, I had a great time learning about it and gaining first-hand knowledge about Jewish life in the UK and the relationship between British Jews and Israel. Thanks to this aspect I think I gained both professionally and personally and am very happy I applied and was accepted to this internship. In the future I intend to apply to other research or relevant internships that will build on my current experience and expand the range of topics I know at least something about.

What practical advice would you give to future interns?

I would suggest future applicants for this internship have a passion (or ideally initial foundation) for research and be open and curious to learn new things.

IUVANTIUM

Mohammad Umer Sharif Shohan, St. Edmund Hall, DPhil in Clinical Medicine, Third Year Postgraduate Student, hybrid

Work Projects

During my internship at iuvantium (July 2024 – August 2024), I worked on a cutting-edge computational biology project focused on mapping and analyzing complex biological interactions using graph-based models. The objective of the project was to unravel the mechanism of action for a compound of interest by visualizing biological pathways and interactions at a molecular level. This allowed for a deeper understanding of how the compound might affect various biological systems. My main tasks and achievements include:

Developing a Graph-Based Model: I successfully implemented a sophisticated graph-based model using Neo4j to represent the intricate biological interactions underlying the compound's mechanism of action. This model facilitated the exploration of connections between biological entities, such as proteins, genes, and metabolic pathways, allowing for the prediction of

biological pathways potentially influenced by the compound. Data Integration and Analysis: A key aspect of the project was integrating extensive biological data from literature with advanced graph modeling techniques. By collaborating closely with both data scientists and biologists, I ensured that the data was accurately represented and biologically meaningful. This work contributed to a more holistic understanding of the compound's effects.

Visualization of Biological Pathways: One of my notable achievements was enhancing the visualization of these complex interactions. The model I developed provided an intuitive and interactive way to visualize the biological processes, which



helped streamline further analyses and hypothesis testing by the team. The team at iuvantium provided invaluable support throughout the project. I received consistent mentorship from senior data scientists, who helped me refine the graph-based modeling approach and ensure that it met the specific needs of the biological analyses. The biologists on the team were also instrumental in helping me interpret the biological data accurately, enabling me to align the model with real-world biological phenomena. This collaborative, cross-disciplinary environment greatly enriched my experience and learning during the internship.

Daily Life

My internship at iuvantium followed a hybrid working model, blending both in-person and remote elements, which provided a balanced and enriching experience. On a typical day, I worked from home, managing my tasks independently while staying connected with the team through weekly meetings and collaborative sessions. Each week, we had scheduled meetings where all the interns and team members came together to discuss our progress and receive feedback. Sometimes, we worked as a group on shared projects, which fostered collaboration

and teamwork. Other times, I focused on my individual project, which gave me the autonomy to apply my skills and manage my own workflow. These alternating modes of working helped build both independence and a strong sense of community within the team.

One of the highlights of the internship was the social aspect. iuvantium organized various social events that allowed us to connect beyond work. We often had restaurant meetups, where we bonded over meals and shared experiences. Additionally, I had the unique opportunity to meet with the company's advisory board on two separate occasions. These interactions provided insight into the broader strategic vision of the company and allowed us to engage with experienced leaders in the field. Outside of work, I made sure to maintain a balanced routine. I would take regular breaks throughout the day, often stepping outside to relax and recharge. In the evenings, I enjoyed spending time with my wife and friends and attending some of the social events organized by the company. These activities helped me wind down after a productive day of work and stay refreshed for the next day's challenges.

Lasting Impressions

My internship at iuvantium left a profound impact on both my professional development and career ambitions. I thoroughly enjoyed the experience, as it introduced me to a new area of computational biology while providing a deep understanding of how startups operate in the biotech space. One of the most valuable takeaways was gaining insight into the inner workings of a startup—especially the challenges involved in growing a company, securing funding, and attracting investors. This holistic view of the business side of science expanded my understanding beyond just the technical aspects and gave me a real appreciation for the complexity of entrepreneurship in the biotech sector. Beyond the scientific skills I developed, this experience sparked a strong interest in the entrepreneurial journey. It made me realize that, in the future, I might want to build my own startup, combining my technical expertise with the strategic and leadership skills I observed during my time at iuvantium. Overall, this internship not only solidified my passion for computational biology but also opened up new avenues of interest, specifically in the entrepreneurial and business side of the biotech industry.

Wenzheng Xiong, Somerville College, DPhil Pharmacology, Third Year Postgraduate, hybrid

Work Projects

Understanding the mechanism of action (MOA) of the compounds (LDH) will contribute to helping iuvantium develop theory, strategies and techniques for multilevel and multiscale immunobiological programming, thereby advancing the design of next-generation therapeutics. This



will be achieved by literature research, graph database building and data analysis of existing data sets. Conducting extensive literature research on the mechanisms of LDH-induced cytokine production and immune response, developing hypothesis models and knowledge graphs with Neo4J and Visio. Applied multivariate statistics and machine learning techniques (OPLS, RF, CCA) to analyse existing datasets, investigating the relationship between LDH and immune response. Authored scientific and technical reports and prepared presentations, providing crucial support for experiment design, investor communications, and strategic planning for future experiments and funding efforts. I also received support from the AI head, CSO and CEO.

Daily Life

My internship was a blend of in-person and remote working. Although there was no official office, the CEO generously offered his home as a workspace whenever it was available. Additionally, I met with the AI Head once a week to discuss progress, and the interns collaborated in person as needed to work on specific tasks. The company organized a fantastic

induction, which included a two-day workshop with the advisory board. This gave us valuable insights into the company and the project, helping us quickly familiarize ourselves with both.

Lasting Impressions

I enjoyed the experience, particularly the collaborative environment and the exposure to cutting-edge research in immunobiology. It was rewarding to be part of a small, dynamic team where my contributions directly impacted the project's progress. This experience not only sharpened my technical abilities but also gave me insight into the strategic thinking behind drug discovery.

IQVIA

MSc Applied Digital Health, Final Year Postgraduate,
hybrid



Work Projects

I gained valuable exposure to innovation in EMEA and strategies for engaging diverse clients, including those in the public sector. Developing a horizon scanning database was particularly insightful for my career. It was exciting to learn about various projects both within and outside the thought leadership team, especially digital health initiatives like DigiOne and AppScript, which were similar to several projects I encountered at Oxford.

Daily Life

I first learned about the team during my interview with Aaron and Tom after applying through the Oxford Careers Service. The team struck me as having a similar ethos to my university, especially after I read their white papers on digital health systems maturity in Africa. I was challenged to think critically about clinical and health system topics, which made me excited to work on projects in both areas. I rented out a flat within walking distance of the office in

Paddington. The team hosted a lot of social events outside of work. There were also great opportunities for professional development where interns were introduced to people outside of our immediate team within the company.

Lasting Impressions

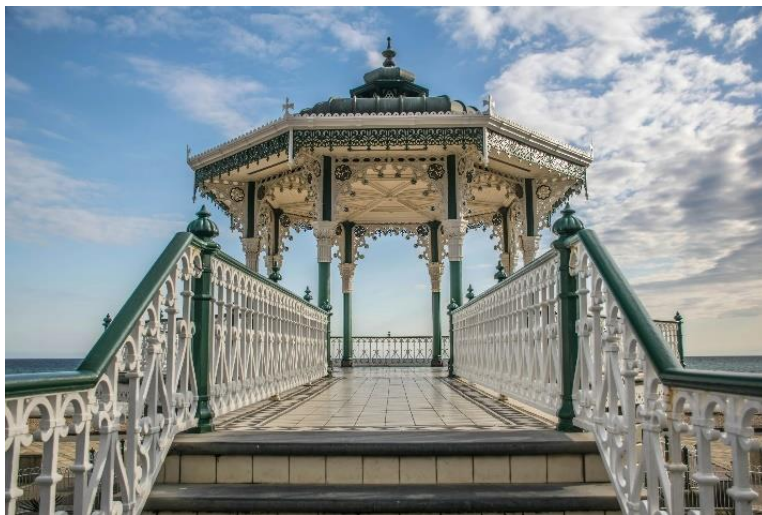
A fantastic team, truly driven by their work. It was easy to explore emerging issues and opportunities given the group's breadth of expertise. The work-life balance was excellent, and the mentoring structure was strong. Thanks to the diversity of perspectives, I never felt uneasy about voicing my own.

LANGUAGENUT

[Oliver Saint, Pembroke College, BA Spanish and Linguistics, Third Year Undergraduate, in person](#)

Work Projects

My internship was completed at Languagenut, an EdTech language-learning platform for schools and language institutes. My main project was to create a scheme of articles and blog



posts with language-learning resources for the upcoming academic year, which could be used as marketing tools. These ranged from cultural blog posts about festivals and events, to longer articles about linguistics and language-learning. I also carried out competitor research, as well as

researching and writing copy on the impact of gamified learning for language learning in schools.

Daily Life

It was an in-person internship based in Brighton, in West Sussex. It was a lovely city to work in, especially during the summer months, and the office is right on the beach! The company had a relaxed atmosphere, and there were around 20 employees in the office during the week, who were all very welcoming. There were lots of opportunities to socialise with co-workers, whether at the annual summer party, cheese and wine evenings or volleyball.

Lasting Impressions

I loved my experience during my internship. I had always been interested in education, though being a teacher didn't appeal to me, and I also have a love for languages, so it was a perfect fit. I gained some much-needed business experience to broaden my future career options, which is vital with a degree that is not directly and obviously applicable to a career path (Spanish and Linguistics)! This internship has confirmed my interest in the broader sector and has helped me develop the skills I need for any similar sectors I may choose in the future.

What practical advice would you give to future interns?

This internship is perfect for a languages student with an interest in education or business. It was surprisingly flexible, and so you should come with an open mind to explore different aspects of the company. Then, be willing to voice your opinions on what you are interested in once you've completed a few different projects.

LOXLEY SOLICITORS

BA Archaeology and Anthropology, Second Year Undergraduate, in person

Work Projects

I completed research tasks on emerging and established topics, such as research into natural capital and nature markets as an area of law, and research into potential clients. I attended a



number of client meetings, relating to wills, power of attorney, and establishing trusts. I drafted documents including heads of terms and leases for property transactions, as well as private client documents, deeds of gift, and deeds of transfer. I looked into specific cases for clients, such as the legal history of boundary

transfers and whether conveyances were necessary, and if a claim could be made to family land based on the principle of proprietary estoppel. I was given extensive support by the host organisation, and never lacked work to do.

Daily Life

I stayed with a friend in Bristol, and each day drove 40 minutes to Loxley, and 40 minutes back.

I socialised entirely with my friend and his group, mostly on Friday and Saturday nights.

Throughout the week, my friend and I would hang out with his flat mates, and just generally live life in the same way we would at university.

Lasting Impressions

I gained a lot from it, mostly through discussion with my coworkers - learning how the other young people got into law was particularly helpful. It has made me think of a career in law, but more specifically by use of the SQE route rather than any conversion.

MALABERG

Ursy Reynolds, Lincoln College, BA Modern Languages, Final Year

Undergraduate, in person

Work Projects

At Malaberg I researched the 5 brands which are advertised by the firm and did both group and individual work with those brands. We completed tasks such as learning to write for video, scripting adverts, practising marketing emails and discussing prospect profiles. We were given steady supervision by the senior team, but also the opportunity to work freely and independently.



Daily Life

It was a social group of around 10 interns, which made it a nice and relaxing atmosphere. It was a 9-5, so after work I mostly just relaxed in the evenings, though once or twice I socialised with the other interns. We had free tea, coffee and energy drinks whenever we wanted and the atmosphere in the office was quite calm.

Lasting Impressions

I learned a lot about the psychology of advertising, and this experience will definitely influence how I consume going forwards, as well as how I think about marketing as a whole. For me, it was also really beneficial just to experience "office life", as I had never tried this before.

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

Work Projects

Every day consisted of various tasks. We were given a presentation each morning from a different member of the team, focusing on several aspects of copywriting and advertising, such as writing VSL intros, creating catchy headlines, composing pre landers and email marketing. Over the course of the week, we were given individual and group work tasks to put what we'd learnt into practice: we wrote our own copy for each of the Malaberg brands, working across different formats like email and advertorial. The copy training manager, who supervised the internship, reviewed this work at the end of each day, providing detailed feedback to help us improve. This culminated in a 1-1 session at the end of the internship to go through specific questions and ideas that had been raised over the two weeks.

While the individual tasks helped us get to grips with the basics of writing copy, like concision, audience awareness and captivating, the group work was useful in building a sense of teamwork: we bounced off each other's ideas and got a better understanding of how our own copy would be read / heard by someone else. I particularly enjoyed the friendly competition the team set us at the end of Week 1, for which we worked in pairs to compose a VSL intro for a brand of our choice and acted it out - this helped us think creatively and 'like directors' about the visual aspect of the copy.

Daily Life

I would walk to the office every day for 9am and stay till 5pm (with a 1-hour lunch break mid-way through the day). The structure of the days sometimes changed, but we generally started



with a presentation from a member of the Malaberg copy team on a certain copywriting format or skill, followed by some time dedicated to 'video learning', where we made notes on tricks from marketing gurus, and our individual writing tasks. Group work accounted for around 1 hour every day, where we

were either assigned in pairs or in larger groups to compose, re-write or 'stage' copy (in the case of video adverts). The fact that there were around 10 interns in total, around the same age / year of university, made it easy to socialise from the first day: the group work helped us get to know each other instantly. The team at Malaberg was also very welcoming, socialising with us during lunch hours or over coffee before the start of the working day. I enjoyed being in the office in person from 9-5 as it was a great way to get to know the team and the other interns, as well as ensuring focus and dedication. It also helped me get into a rhythm of waking up early to get into work on time and improved my organisational skills as I learnt to divide up my evenings between extra work, rest and leisure.

Lasting Impressions

I really enjoyed the internship and learnt a lot about the field of advertising in the process. Practising writing copy every day not only helped me gain a sense of the ideas behind written advertising or video scripts, but also helped me improve my writing as a whole. I learnt to be more concise and clearer, cutting out unnecessary words or confusing phrases, a useful skill for essays. I also learnt more about the psychology of advertising and how important it is to tap

into people's emotions in order to sell. Re-writing previous copy was also a helpful task, forcing me to use the supervisor's feedback to make the writing more compelling and effective. I was already interested in branding and marketing, but this experience has given me insight into the more commercial aspect of advertising and has made me interested in how to be creative and write creative copy within this commercial framework. Overall, it was an important and valuable introduction to Direct Consumer Marketing and has made me think more deeply about my career ambitions.

What practical advice would you give to future interns?

Be enthusiastic, read up on the different Malaberg brands beforehand so you are prepared to write relevant copy, and don't be afraid to voice your ideas! It's a friendly creative space where innovation is appreciated.

BA Music, Second Year Undergraduate, in person

Work Projects

Two-week internship with the days mostly filled by video analysis of existing ads produced by the company. Tasks during the week included writing headlines, catchy emails, and part of a video script all in the style of the company's existing advertisements. The host organisation provided close supervision during most days, opening each morning with a clear and well-delivered presentation. A concerted attempt was also made by the team to socialise with the interns and integrate them into the more human side of the office.



Daily Life

The days were 9 to 5 with a 1-hour lunch break at 12:30. Getting to work was relatively easy for me as I live in the city in which the offices were based - only a 30-minute walk away. Due to the high number of interns taken in by the company it was easy to socialise and meet other people my age with similar interests.

Lasting Impressions

Overall, I did enjoy my experience with the company. While I was ultimately not offered further employment, I feel I gained invaluable insight into the world of advertising. The greatest impact has perhaps been on my writing style which has benefited from the lean advertorial approach promoted by the company. My career ambitions do, however, remain outside the sector of marketing (though in the adjacent field of journalism to which many of the skills acquired in the internship are transferable).

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

Work Projects

I completed a two-week copywriting workshop. The main focus of the internship was our development and learning. Each day consisted of a video learning, analysis, individual work, and group work to give us a wide range of experience. We felt supported not only by the member of staff running the internship but also by the rest of the copywriting team. We met with various members of the company with ranging levels of expertise.

Daily Life

I walked to work every day, getting there about ten minutes early in order to settle in. As other interns arrived, we would all chat before going to the meeting room for an overview of the day's events and some group learning and discussion. We would then go to our desks and watch several set videos from industry professionals, making notes on anything we found

useful. Each day had a different focus so there was a lot of variety. We would also watch a video sales letter or a piece of copy of the day's focus in this time and would make notes based on various criteria. After this we would begin to produce our own copy based on our learning. This task would take the longest amount of time - some time before our lunch hour, and some time after - and then we would meet upstairs again for a group session.

Lasting Impressions

I really enjoyed the internship and felt like I gained a lot from it which will help me with my future career. The internship confirmed that I would like to be a copywriter in the future, and gave me some insight into the type of workplace I would like to be in.

Olivia Mai Griffiths, St. Catherine's College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

During my internship, I undertook what was essentially a 'crash-course' in copywriting. The company I completed my internship with own five brands which are broadly focussed on health



and wellbeing, and I worked on adverts, emails, and social media outputs for all of them at different points, providing me with a range of challenges. A typical day began with a presentation by a member of the company - including copywriters but also the CEO and the founder of the

company - looking at a specific aspect of copywriting and/or advertising. These presentations

functioned as helpful introductions to the market and the world of advertising, whilst offering the opportunity to ask questions and understand what copywriting entails.

Following this, I would usually analyse a Visual Sales Letter or email or social media advertisement, which helped to a) grasp the goals of each brand and b) understand what good copy looks like. Sometimes I would also have to watch online course videos on copywriting. The rest of each day consisted of writing my own VSLs, emails, and ads, before collaborating on similar projects with the other interns. I had to research my audience, science, competitor brands, and apply this research to my work. This range of independent and group work allowed me to develop my own skills whilst pooling knowledge and ideas with others, and made for a positive and friendly working environment. I received written feedback on a lot of my work from the internship leader, and group work was also given verbal feedback. At the end of the internship, I had a one-on-one meeting with the internship leader, in which I received detailed feedback on my projects, contributions to meetings, and my development throughout.

Daily Life

I commuted to and from work from my home which consisted of a 15-minute car ride and an hour-long train, and the office was a 2-minute walk from the station. I settled in very quickly owing to the friendly working environment and the 9 other interns, who were all very lovely. The office was very open, and I experienced a good mix of quiet independent working and discursive work. We were kindly provided with lunch on our first day, and tea/coffee throughout, as well as celebratory drinks upon completion of the internship, which were generous and much appreciated perks to the job. We had an hour for lunch each day, where interns and workers would eat together, and we usually took a post-lunch walk to break up the sitting down. Overall, it was a very social day-to-day experience which was incredibly positive.

Lasting Impressions

I did enjoy my internship, mainly owing to the positive social environment and the insight I gained into copywriting. I found the structure to work well, and I feel I gained confidence in my

workplace abilities. I did find, however, that I felt my writing was being somewhat 'dumbed-down', and that I wasn't necessarily putting the skills of my degree into best use - which is really



important to me. Whilst I enjoyed doing something completely different to my degree, and I found the research interesting and the writing to be quite fun at times, I'm not sure the brands I was copywriting for were fully aligned with my outlook on life. The people in the workplace were really lovely

and welcoming and supportive. I hadn't really considered copywriting as a career prior to the internship - partly because I didn't know what it was, exactly - but the experience has definitely opened copywriting and advertising up as an option for the future. I've also learned that ethics and CSR are really important to me and are very much a make-or-break factor when I'm considering a job. I also feel that the internship helped me to be confident in my academic writing, and that it reminded me of my potential to be successful in the future, which is always a bonus. The internship was definitely a valuable experience and I'm really glad I did it.

MORGAN SPORTS LAW

MPhil English Studies, Final Year Postgraduate, in person

Work Projects

At Morgan Sports Law, the internship consists of working on various tasks across a broad range of cases to support the firm's work in sports disputes. Some examples of my work include drafting letters to CAS, the Court of Arbitration for Sport, researching points of English law and sports jurisprudence, assisting in the search for an expert witness with an equine medicine

background, and preparing a witness statement for one of the firm's clients. I had never researched sports law jurisprudence or gotten the chance to perform English law legal research for a live matter before the internship, so those opportunities were particularly useful.

The internship also included assessments, including the Watson-Glaser test, a business development presentation, and a written research task. I really enjoyed the business development presentation, in which a fellow intern and I had to come up with a way the firm could expand its operations and present this idea to members of the disputes and marketing teams. The supervising associates and partners were very accessible, and it was easy to ask questions or get clarifications on a task if I needed assistance. The firm also arranged a dedicated session at the end of the internship to give us feedback on our assessments, which I found useful and appreciated.

Daily Life

The internship took place at the firm's London office, so I stayed in London for the duration of the two-week period and commuted via the tube or other public transportation.

The standard working hours at the firm were 9 AM to 5:30 PM, but being busy with projects and wanting to do my best



work contributed to some days where I stayed until 7 or 7:30 PM. The firm invited its interns to several social events, including a welcome lunch on our first day. We were also invited to the firm's annual Garden Party at the Managing Partner's home, since it was taking place on a Friday afternoon during the internship. That event was a great way to get to know other people at the firm who worked internationally, such as Switzerland. We were invited to firm coffees

and drinks in addition to this get-together, and the associates took care to invite us to lunch at the office or at nearby restaurants when they were eating together. Outside of work-related social events, I spent time between London and Oxford, where I was still residing, and visited museums and parks in both cities.

Lasting Impressions

I really enjoyed the internship and the opportunities it offered for me to contribute to active cases in a substantial fashion. The internship also provided a crucial foothold into UK law for me as a non-law international student. I had previous experience as a paralegal for a Manhattan law firm, but because I was doing a non-law graduate programme at Oxford, and did not have any UK legal experience, I was finding it very difficult to obtain a full-time paralegal job in London for after I completed my degree, which was my goal.

The internship with Morgan Sports Law allowed me to gain practical experience that confirmed my interest in the UK solicitor route. It also served as a try-out for a full-time paralegal position beginning in the autumn after the internship, and since I felt I was able to learn a great deal during my time with the firm, I was eager to pursue the full-time position. I am now working full-time for Morgan Sports Law as a paralegal, so I definitely gained a valuable experience from the internship both within the short work experience itself and for my post-graduate career.

NUFFIELD DEPARTMENT OF PRIMARY CARE HEALTH SCIENCES

[Adam Gordon-Boyle, Worcester College, Medicine, Third Year](#)

[Undergraduate, hybrid](#)

Work Projects

I worked in the Health Economics department. Given I had limited experience of studying economics, my supervisor provided two introductory lectures into the field of health economics, and particularly the use of computer simulation models in evaluating cost

effectiveness of dementia care. My supervisor then provided 6 research papers for us to read and evaluate the health economic model used in each case. We discussed each paper and our



answers to a set of regular questions each week with the other intern. Alongside this, we were tasked with reviewing the existing literature about dementia biomarkers, specifically amyloid and tau that can be detected in CSF, plasma, and through PET

imaging. Better detection of Alzheimer's disease dementia, especially at the pre-symptomatic stage, is crucial to ensure prompt delivery of disease modifying treatments once they are approved by UK regulators. This was in preparation for a project the team is due to start working on in the autumn that involves analysing the utility of dementia biomarkers with a large UK dataset.

The literature review took the form of a table with the following column headings: population, study aim and design, methods, key findings, and key limitations. Given this is such a fast-moving field with a huge volume of literature, we chose to focus on papers that were published in the last five years. Lastly, my supervisor provided general insight into a career in academia by organising meetings with other members of the Health Economics team and facilitating our attendance to seminars of interest.

Daily Life

I was fortunate enough to secure accommodation a short walk away from the office; therefore, I chose to work in the office most days. Living so close to the office also meant that I could easily return home to make lunch every day, which was a good way to break up the day and save money on food. Moreover, I was living in Worcester college accommodation, which was very convenient since I attend that college. My working hours were roughly 9:30 to 5:30 for

Monday to Friday. However, my supervisor was flexible around the hours worked as long as the tasks were completed to a high standard.

Everyone in my department was very friendly, and there were coffee mornings in the departmental building twice a week, which were good opportunities to meet people working in different research teams. My fellow intern was the main person I socialised with as we were working on the same project. Given that I live in Oxford for most of the year, I was able to spend time with friends who were also staying in the city for the summer. I particularly enjoyed running around the city and exploring some of Oxford's restaurants and cafes with my partner.

Lasting Impressions

I feel as if the internship could be an important step in progressing my research career.

Beforehand, I envisioned a career practicing as a doctor alongside clinical research, and the internship reaffirmed that objective. I enjoyed exploring the economics behind healthcare as this is something that has not been taught in detail so far in my medicine course. Whilst I do not think I would like to work purely as an economist, I would be interested in using some of this experience during my clinical career as well as potentially exploring policy making in the future.

Furthermore, research into dementia in Primary Care was not something I was familiar with beforehand; my research experience during my undergraduate degree was in cardiovascular medicine. After speaking to some team members, I was particularly excited to hear of how Health Economists work alongside clinicians, basic scientists, and policy makers. In this vein, I will continue working with the team looking at the use of biomarkers in dementia diagnosis and care whilst I am studying clinical medicine. I hope that this further helps me build my research skills and grow my network of medical researchers working in the field of dementia and beyond.

OPSYDIA

MCompSci Computer Science, First Year Undergraduate,
in person



Work Projects

As part of the project, I was actively involved in the decision-making process, including meetings with team leaders to determine the project's direction. I chose to focus on developing a replacement for existing third-party software that was used to interact with the laser's settings. The project required creating a new solution from the ground up, which began with developing a prototype using the Windows Presentation Foundation (WPF) framework in C#. I selected C# and WPF for the initial phase because I was already familiar with the language and framework, which allowed for faster development and testing of core functionalities. After completing the prototype, the final version of the software was developed using the Flutter framework with Dart. This shift was necessary to meet compatibility requirements with the rest of the company's software.

Throughout the project, I participated in three standup meetings with the software team each week. These meetings were crucial for tracking my progress, discussing any challenges, and requesting assistance or additional information when necessary. The collaborative environment was beneficial, as most of the software team members were frequently in the office and readily available to provide guidance or technical support, ensuring that development stayed on track and any obstacles were addressed promptly.

Daily Life

During my internship, my daily routine evolved depending on the phase of the programme. The first week was focused on cybersecurity training and completing necessary administrative tasks, such as filling out forms and becoming familiar with the company's internal systems. The

training was informative and essential, especially given the importance of maintaining high security standards in the software I was working on. The other weeks consisted of programming and meeting with various team members. The team made me feel welcome from the start, and I quickly settled into the role thanks to their friendly and supportive attitude. I alternated between commuting from my home and staying at a relative's house. The drive from home took about an hour and a half, while the commute from my relative's house was a shorter 45-minute journey.

Outside of work, I had the opportunity to socialize regularly with different members of the company during lunch breaks. These interactions were valuable not only for building



professional relationships but also for learning about the various teams within the company. There were also occasional larger gatherings for special events, which gave me the chance to meet people from other departments and further integrate into the company's culture.

Lasting Impressions

I thoroughly enjoyed my internship, and it left a positive impression on me. One of the highlights was gaining hands-on experience with new technologies, specifically learning the Dart programming language and the Flutter framework. This was a valuable addition to my skill set, as it allowed me to develop multiple platforms at once, one of the advantages of Flutter compared to WPF.

In addition, I further developed my expertise in C# and the WPF framework, building on my existing knowledge and enhancing my proficiency in these areas. The internship provided me

with real-world insights into software development, reinforcing my passion for the field. I particularly enjoyed working on a project that involved direct feedback from the consumer. This experience emphasized the importance of creating user-centric software and the satisfaction that comes from delivering solutions that meet specific needs.

The collaborative environment and feedback loop with both the team and the end-users were especially rewarding and solidified my interest in pursuing a career in software development. Overall, the experience confirmed my desire to continue in this field, particularly in roles where I can directly interact with clients and end-users to develop tailored software solutions.

OXFORDSHIRE COUNTY COUNCIL

MPhil Comparative Social Policy, First Year Postgraduate, in person

Work Projects

I did a 6-week internship with the Oxfordshire County Council with their group on Central Oxford Placemaking. Most of my time was allocated to a specific project (COMPF) while also spending some time working with railways. The first week primarily consisted of onboarding, background reading of relevant documents and brainstorming what I would like to do as my primary tasks. After that I worked more independently on two reports under the COMPF team where I analysed and wrote a report on how two different areas/aspects of Central Oxford could be improved and what resources it would take to do so. This work consisted of doing site visits to the relevant areas, speaking to stakeholders, doing some analysis, researching what has been done elsewhere and if there was any academic literature on it, and finally writing up a report for each of the areas.

I also received feedback as I was making progress to guide the reports. Alongside this I participated in team meetings within the larger team and heard what other people were doing, while also presenting my own work and getting constructive feedback. In addition to these main tasks, I assisted on other smaller projects within COMPF and helped with projects related

to railways as well for example regarding the expected bills related to railways from the new government's King's speech, and supporting a colleague setting up a public survey regarding railways in Oxfordshire.

Daily Life

I worked in-person at the County Council Office although it was possible to work from home if need be. The timings were quite flexible as long as it was 37 hours a week within normal working hours, so I would usually work 8.30/9-16.30/17 with approx. half an hour lunch break. As I lived



centrally in college and the office was so central it was only a 5-10 min walking commute. In the beginning, as it was the summer holiday period it was a bit more difficult to get to know everyone, so it took a while to settle in.

However, as I got to know more people and the other intern started as well, we got into a good habit of eating lunch outside or if the weather was bad, we would sit in the common area within the Council building. It was a good way of getting to know other people outside the student community in Oxford and getting some different perspectives on the city. There was a good mix of age groups working there, with many new starters within the last half year, so it was relatively easy to meet others at a similar life stage, through for example, the young people's network that the Council runs. There were also opportunities to socialise within my own team, where we did a site visit followed by a pub trip.

Lasting Impressions

Overall, I really enjoyed the internship and thought it had a very good balance of learning a new workplace and tasks, while not being too stressful during the summer vacation. I was very good at asking for input so that I felt I had some influence on my own tasks while also being a valued member of the team, which overall made it feel like I made a meaningful contribution to the overall project.

The internship has given me confidence in a professional setting that being in academia doesn't give and has also given me some valuable non-student connections in Oxford. This surprisingly gave me a different perspective on the city, and I think I can appreciate it better going back to being a student within it now. Although the specific policy area is not within social policy and probably is not something I would work directly with in the future, I still got insights on what I enjoy in a job and what I felt this kind of job was missing compared to what I would ideally want to work with. Therefore, it was very useful to guide what I would like to work with in the future.

Francesco Cipriani, Jesus College, MSt in Greek and/or Latin Language and Literature, Final Year Postgraduate, in person

Work Projects

At Oxfordshire County Council, I took part in two projects. The first was called the Central Oxfordshire Movement and Place Framework. The aim of the project was to research ways that Oxford city centre could be rendered a more sustainable and pedestrian-friendly environment. My role was firstly to support the team by researching specific schemes, such as Little Clarendon Street and Five Mile Drive, in order to establish how these areas could contribute to and be aligned with the overarching project.

Furthermore, I was also given the task of arranging the material that had been collated and trying to find themes between the different schemes which could allow them to be grouped thematically. The reason for this was to make the material digestible and easily understandable

when presented to the senior board, whose purpose was to approve or reject the direction in which the project was heading. This meeting occurred towards the end of my internship, with a positive outcome. The second project to which I contributed was called the Interim Improvement Programme. The aim of the Programme was to identify and implement changes to Oxford Railway Station in order to improve the state of the station building and forecourt area while the works on the Botley Road overbridge are still ongoing. My role was to liaise with representatives from the Council and Great Western Railway (the station's operator) in order to understand the proposed changes and arrange them in a document. This document was then presented to the Chief Executive Officer of Oxfordshire County Council for approval, a meeting which also ended successfully.

Daily Life

As an intern at Oxfordshire County Council, I went into the office, located in County Hall, almost every day. I would get into the office at 9:00am and stay until the end of the day, which for me was typically between 5:00pm and 6:00pm. However, the Council and my supervisors were very

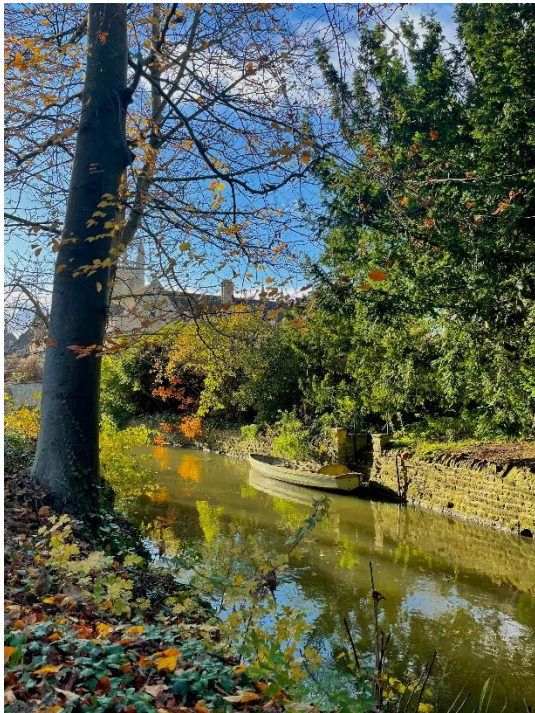


flexible with hybrid working, meaning that I sometimes worked from home. The office was full of people my age so there were plenty of socialising opportunities. For example, on my first day, I attended a Young People's networking event, where I met several employees under the age of 35. Following on from that, we often had lunch together as a group, and there were several organised evenings at the pubs near County Hall. The kind of work I did day to day also varied. While there was definitely a lot of work carried out sitting at my desk, I really appreciated the number of site visits that were also organised to the project areas. Some highlights for me included a walking tour of Oxford's

waterways, a narrowboat tour of the canals and river, and a trip to London to examine the public art displays at several of the key stations (such as Paddington, King's Cross and those along the Elizabeth line).

Lasting Impressions

Overall, I really enjoyed the experience at Oxfordshire County Council. My supervisors and everyone at the Council really included me in their work and made me feel a part of the team



from the beginning. I was always encouraged to share my opinion, and my thoughts were always taken seriously and discussed. The work I was assigned was broad, extending over a lot of different industries and sections of the Council. This gave me a better understanding of how the organisation worked and I particularly treasure the improved understanding of how local government functions which this internship has given me. I was particularly pleased that by the end of the internship I had actually achieved concrete results in both my projects.

The meeting with the senior board for my Central Oxfordshire Movement and Place Framework was received positively by the team, paving a clear direction of the future course of the project. Similarly, the Interim Improvement Programme was approved by the CEO of Oxfordshire County Council. Feeling that I significantly contributed to the step was particularly rewarding. Although I am not sure whether this experience has proven to me that working in local government is what lies ahead for me, it definitely gave me a lot of confidence in my ability to work in the professional world. I now feel much more ready to make the transition from studying to working full-time.

What practical advice would you give to future interns?

The first piece of advice I would give to future interns is to apply for as many internships as you can, rather than cherry-picking the ones you believe are most suited to your interests or background. On the one hand, this is because you might be surprised at what you find interesting once you gain first-hand experience in it. On the other hand, it is always useful to practice writing CVs and cover letters targeting them to different companies and different industries. This will teach you how to present your skills and passions in an effective way in a wide range of contexts. Secondly, I would also advise future interns to try and carry out the internship for as long as they can. I think that this is the way to understand whether you truly enjoy the working environment and industry, as well as ensuring that you achieve something concrete by the end of your experience, leaving you more satisfied with your time there.

UNIVERSITY OF OXFORD, CAREERS SERVICE

Charlie Bowden, Jesus College, BA History, Second Year
Undergraduate, hybrid



Work Projects

My internship was focused on the production of the 2025 Oxford Guide to Careers. This involved copy editing and proof reading editorial content; liaising with Careers Advisers to ensure new alumni profiles were being supplied; selling advertising space in the Guide to external employers; communicating regularly with the Guide designer to ensure all elements were being sent in a timely manner; advising on social media marketing strategies for the Guide's online publication; dealing with email enquiries related to the Guide; and generally ensuring the production timeline for the Guide was being kept to.

In the course of the internship I sold around £5,000 of advertising space by emailing employers who had advertised in previous years, increasing the total ad revenue for the Guide by around

1/4 over a few weeks; created a variety of social media marketing templates to be used to advertise the Guide at various points across the academic year; and completed all required tasks according to the timeline despite delays from external employers. I received plenty of support from the host organisation, including regular check-ins with my line manager, and was made to feel part of the family at the Careers Service, including receiving invitations to employee social events whenever they came up.

Daily Life

As this was a hybrid internship my daily life depended on whether I was working in the office or working from home. I was given a tour of the office on my first day and quickly settled into the routines there, eating lunch with colleagues most days and trying to make conversation whenever I passed people in their offices. As I was living at home during the internship I commuted via train, a journey which lasted around 50 minutes followed by a 15-minute walk to the office.

I did very little in Oxford outside of work as I usually headed straight for the train station, though sometimes I caught up with friends who were also working in Oxford for lunch or visited my college to drop off some books. When working from home I had a dedicated workspace set up which helped me get in the right mindset for the internship. I was able to remain social even when working remotely by checking in regularly with colleagues via Teams. To try and replicate the exercise from commuting to the office, on remote working days I tried to spend an hour walking in the evenings to relax and take my mind off things.



Lasting Impressions

I thoroughly enjoyed my internship experience, and I definitely feel that it gave me a valuable insight into the world of publishing and the many different roles and activities that are part of the industry at large. The experience confirmed for me that I would like to pursue publishing as a career path after the completion of my degree while also giving me an insight into other areas of work like marketing and sales. The social environment was very pleasant and welcoming too, enabling me to easily build a network of colleagues who were happy to speak to me to provide career advice or just chat about my day.

The hybrid working format meant that commuting on days in the office was not too much of a hassle, especially since everybody was on a hybrid schedule so working from home was part of the regular office routine. I left the internship confident that I had some genuine accomplishments to put on my CV, that I had gained some useful experience for the world post-graduation, and that I had been able to build a network of contacts and connections to make use of in the future. My lasting impression was definitely a positive one.

What practical advice would you give to future interns?

It is important for internships based in one specific location that you figure out how your living and travel arrangements will work - will you find some accommodation close to the office, will you commute, how will you commute and how often? Going into the internship knowing how you can fit your time outside to your time there is very important and enables you to focus on the work you are given rather than on what you will do when you are done for the day. If your internship is paid, make sure you are aware of the arrangements going in - will you need to fill out a timesheet? Will you be paid weekly or monthly? Will you need to fill out tax forms?

UNIVERSITY OF OXFORD, CENTRE FOR TEACHING AND LEARNING (CTL)

Medicine, First Year Undergraduate, in person



Work Projects

As a group of six interns, we were tasked with conducting an investigative project on disabled students' experiences at Oxford. Over the course of ten weeks, this involved developing a



research framework, understanding the various stakeholders and status quo, designing an investigative approach (surveys, interviews, and focus groups), collecting data, analysing the data collected, drafting a set of recommendations, and presenting our findings

through a series of outputs. The project was conducted as a partnership between students and staff, and we had the opportunity to work closely with staff members from the Centre for Teaching and Learning and the Disability Advisory Service. Although their guidance was instrumental in guiding our investigative methods and making sure our recommendations were actionable, we were still given considerable autonomy over most aspects of the project.

Daily Life

The internship was conducted in-person at the CTL office space at Littlegate House, but we were given the flexibility of working remotely throughout the week. Being able to work in

libraries and cafes throughout Oxford was a big plus. The office space itself was great for collaborative work and meetings, and integrating hybrid settings was seamless for the most part. We were similarly given a great deal of flexibility with our working hours: besides 20 core working hours, we were free to distribute our remaining hours across the week however we wished. The staff were incredibly welcoming and often reminded us to take breaks whenever necessary.

Lasting Impressions

Being able to get a glimpse into how the university works from the other side, more specifically how educational policies are designed and implemented, was definitely interesting. It was very heartening to see that the staff at the CTL and DAS really valued the insights from our investigations, and to know that our work would continue to inform policy making in the future. Over the ten weeks, the range of work we were involved in meant that each of us interns were able to leverage our own strengths and prior experiences to take the lead on specific aspects of the project while also diversifying our skill sets, e.g. by conducting student interviews, incorporating ethical research principles, and analysing qualitative data. This also meant that each of us could feel a sense of ownership over our final outputs.

UNIVERSITY OF OXFORD, ENSPIRE OXFORD

**MEng Materials Science, Second Year Undergraduate,
hybrid**



Work Projects

Within this internship I had one main project - I had to look into the gender diversity in the founding teams, C-suite members and board members of the spinout companies of the University of Oxford. I collected this data for each of the companies online and recorded it in an excel spreadsheet. I then completed detailed data analysis on the gender diversity in each of

these roles now, how it varies between the academic divisions of the university from which the spinout was derived, as well as comparing the current situation for gender diversity in these roles to that in 2020.

Once I had completed the data analysis, I wrote up my findings in a detailed report and presented these to the rest of the team during one of our fortnightly meetings. I had a supervisor who directly supported the work I did for my project, but the rest of the team were also very friendly and helpful when my supervisor was on annual leave, and eventually when she left the company, so I felt like I could ask for additional help as and when I needed it, without being judged.

Daily Life

For this internship, I worked in a hybrid manner, working in the offices in Oxford on Monday and Tuesday, and then completing the week working remotely. This helped me to balance



getting experience of office life and meeting other members of the team, and working in my own home, and seeing my family over the vac. I travelled to Oxford by train on Monday morning and travelled back home on Tuesday. The commute was quite tiring and so splitting it over two days helped. When I was working in person, I stayed the night in my college accommodation, and the rest of the time I stayed at home.

Within my internship, I also got to attend their annual company dinner and farewell socials for a few key members of staff which were different experiences to day-to-day office work, but also gave me a feel for the sorts of communities which can be formed in a workplace environment. Being invited to join in with these events, despite being new, made me feel like a welcome and valued member of the

team. The internship was standard working hours, and so in the evening, I was able to continue my usual extra-curricular activities.

Lasting Impressions

Overall, I really enjoyed the internship. In terms of the work that I had to do, I didn't really learn any new skills, but I did get to apply and develop a lot of pre-existing skills. What I gained was more an appreciation of the office environment, being in team meetings, attending work socials and building connections. These are things that cannot be learned in a degree - you need to be in an office environment. I have always wanted to go on to study for a PhD and then go into research.

I love collecting and analysing data, as well as writing up my findings in a report, which will all be part of a research career. This internship has not changed my future ambitions, as I still want to go into research, but it was an enjoyable experience during the vac. It also taught me that I like hybrid working. I do enjoy the aspect of being surrounded by others and easily able to ask for help in the office, but I find commuting very tiring and so having a few days at home definitely helps me to ensure I don't burn out.

What practical advice would you give to future interns?

There were no UK based internships which were directly related to my degree, so I thought instead about transferrable skills which could apply to an internship. In my degree I need to complete practical work, collect and analyse data, and once per term write it up in a long report. These skills were essential in my internship, and so what I would say is don't be afraid to do something slightly different from your degree as you can still learn a lot and develop the skills you already have.

Applying to internships via the Summer Internship Programme is a much simpler and quicker process than applying to more general internships. All I needed to do was provide a 1-page CV, a 600-word personal statement, and then have one short interview. This took a few hours in total but was a very manageable time commitment around my degree, which is part of what

made the programme appeal. It is worth reading through the opportunities on offer and applying to ones that sound like you might enjoy, as you might get the role, and I believe that doing an internship is definitely worthwhile, for building skills, workplace experience and confidence.

Greta Sikora, Brasenose College, BA Economics and Management, First Year Undergraduate, hybrid

Work Projects

I collected and analysed data on hundreds of Oxford-affiliated startups. I helped out at outreach events. I conducted interviews with startup founders and wrote startup case studies which were later published on the website. I helped with communications and marketing. I had the opportunity to choose my own tasks, work at my own pace and think independently, while I was constantly supported by my manager and received feedback on my work.

Daily Life

I worked at Oxford, so my environment did not change much after the term ended. I worked 2-3 days from the office, and 2-3 days from home every week. This was a good mixture of remote and in-person work, which meant that I got to know my colleagues well, but I did not have to travel every day.

Lasting Impressions

The internship provided me with invaluable experience regarding my future career. I am using my published articles and my new insights into the world of startups for most job applications. I also really appreciate the new connections that I gained.

UNIVERSITY OF OXFORD, MUSEUM OF NATURAL HISTORY



MEarthSci Earth Sciences, Final Year Undergraduate, in person

Work Projects

I completed my internship at the Oxford University Museum of Natural History but was mostly based in the Department of Earth Sciences as that is where the x-ray diffraction (XRD) machine that I was using data from was situated. My first task involved compiling a spreadsheet to identify, categorise, label and define which data files on the machine corresponded to sedimentary rocks that were Cambrian in age or older. I also had to document the number of files of each file format, and



whether they had been analysed or not. After this I was taught how to prepare the samples to create XRD scans of the powdered rock sample to deduce their bulk mineralogy, and their more specific clay mineralogy – this included flattening the powder to a near uniform thickness between samples.

Once the data had been retrieved, I was taught by my supervisor at the museum and technical staff within the Department of Earth Sciences, how to use the software to analyse the data. I was well supported by my supervisor at the museum, who I was in regular contact with through email and at the museum, and they also supported flexible working. The museum team

themselves put on a number of enjoyable activities alongside the internship for all of the interns to optionally engage with. When organising the internship, the staff communicated very well and were very helpful when needing support or clarification on any matters.

Daily Life

The nature of the work I was doing for the internship allowed flexibility in my day-to-day life during the internship. I was able to work in-person, at either the Oxford University Museum of Natural History (or the Department of Earth Sciences as both myself and my supervisor had affiliations there, as well as the equipment being located here) or remotely. Once I had downloaded the data from the XRD machine, I could choose where I wanted to work on the spreadsheet as I did not need to be confined to the XRD lab, however, on the later days of the internship when I was preparing the samples, this had to be done within the Earth Sciences laboratories. I walked to and from work each day, to either the house/college accommodation I was staying in.

The workday was mostly 9 to 5, but there was slight flexibility in these hours depending on commitments, provided the work was done to the standard expected by the supervisor. In the evenings I mostly socialised with existing friends who were also staying in Oxford over the summer. As I was very much familiar with the surroundings and my supervisor during the internship, it was very easy to settle into the internship.

Lasting Impressions

I enjoyed my internship experience; it gave me a taste of what studying a PhD may be like and confirmed that is what I would like to do. It also reminded me of my ambitions to work in a museum for part of my career, as well as doing research. I practiced and learnt new skills which I can apply to future research, as well as improving my organisational and time-management skills to use more generally.

MPhys Physics, Third Year Undergraduate, in person

Work Projects

Over the past six weeks I have thoroughly enjoyed working for the museum as an intern, both in my day-to-day role cataloguing fossils from Bracklesham Bay, and engaging in the wide-ranging extra activities learning about the museum's collections, its history and the wonderful



people who work here too. It has been lovely to work with my counterpart intern; we have really helped keep each other sane after long days of tweezering through microfossils! I am also extremely grateful for all of Eliza's help and encouragement, she has really helped make this internship varied and fun!

An absolute highlight that would be impossible to not mention, was our day's fieldwork digging for mammoths near Cirencester! From learning about the quarry's geology, extending a trench to try and uncover Pleistocene bone material (we were unlucky!), sieving through spoil heap material, seeing a mammoth tusk be plastered for removal, to being handed a tiny bit of mammoth tusk to take home, this was an amazing experience, and I can't thank Emma and Duncan enough for taking us and organising for the interns to have this once in a lifetime opportunity!

Daily Life

My daily work has involved sieving, sorting, identifying and cataloguing fossils collected from the Bracklesham Group, a middle Eocene marine environment. We have lovingly referred to our daily work as sorting 'sand', as most of our time has been using tweezers to sift through and

identify hundreds of thousands of microfossils, which no longer look like sand to our trained eyes! Hundreds of species of Gastropod and Bivalve are present, amongst rarer finds of echinoids, shark and ray teeth, fish and turtle bones, scaphapods, forminifera, coral, crab claws and more! Most of our fossils are from the 'Paul Clasby Collection' although we have sorted and reidentified specimens from other historic Bracklesham collections too. We have catalogued our findings into the EMu database, as well as written biographies about the people who have donated specimens to the museum, including Paul Clasby, Louise Hildebrand (née Purton) and Francis Henry Butler.

Another task was resolving an enquiry form about an ammonite, supposedly from Kimmeridge Bay, although, having been there fossil hunting myself, it certainly didn't look like it! Being preserved as limestone coated in iron oxide, I suggested that perhaps it is Portland Stone from a very



nearby formation and was likely the species *Phylloceras serum*, likely around 150 million years old. I found settling in very easy as all the museum staff were extremely welcoming. Each day I walked to and from work, and sometimes, the interns would go for dinner together in the evening, which was very nice. We also often went to eat lunch in the park together.

Lasting Impressions

I relished the opportunities given in the internship and enjoyed every moment of it; I look back as having had a memorable, valuable and fun summer! So much so that I've also planned a day trip with my family to go and see Bracklesham bay this summer, as I want to share with them all the expertise I've gained over the internship with them and find some specimens for my own collection to remember my wonderful time here. I am excited looking forward to PhD's in my

future, where I might be able to combine my love of geology and my physics studies as I move forward.

What practical advice would you give to future interns?

Make the most of every second as it goes so quickly! I would also recommend that you talk to as many people as possible, and try to see their workspaces also, to get a great sense of the scale of the wonderful work at the museum.

PICKER

MBiomedsci Cell and Systems Biology, Third Year Undergraduate, hybrid

Work Projects

I was tasked to contribute to a literature review regarding the links between patient experience and clinical effectiveness and safety, staff experiences and cost. My main task was to screen a total of 10,000 articles sourced from PubMed, using Rayyan, a tool for literature reviews, to decide which articles were relevant to the review and which weren't.

I also experimented with the AI functionalities of Rayyan, which turned out to not be very reliable. This task gave me more experience with literature reviews, but it was slightly repetitive and tedious. My manager was very supportive and was available whenever I had any questions, which I greatly appreciated, and she made sure to check in with me at least once a week through Teams.

Daily Life

I aimed to work from the office two days a week, given that I find it more pleasant to be able to socialise. However, most people in the office would have lunch at their desks and not together, which limited the opportunities for socialising. All other colleagues from my specific team worked from home, which made it more challenging to connect with them, but they were

available via Teams for any questions I might have, which I appreciated. I was given a laptop stand, a keyboard and a mouse, as well as a laptop, which was very helpful as it made remote working more comfortable.

Lasting Impressions

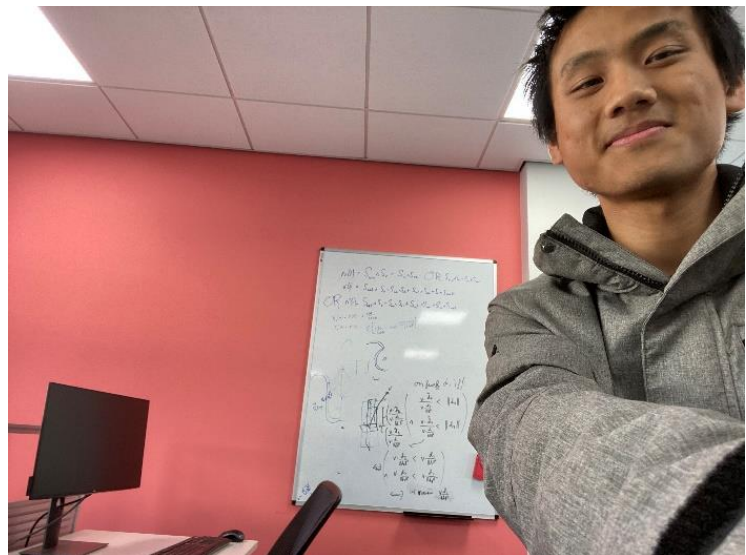
I was very glad to have an opportunity to take part in an internship in a charity. However, I would have liked to have been given more varied tasks, rather than working on a single literature review by myself. It did help me get quicker at screening articles and gave me experience conducting literature reviews and using software such as Rayyan. I don't think this experience helped me to confirm my career ambitions, although it did tell me I need contact with other people and more teamwork and interactions with others.

PLYABLE

Parkin Pham, Oriel College, MPhys Physics, First Year Undergraduate, hybrid

Work Projects

Plyable is a company specialising in composite/metal moulds. Customers upload CAD designs for which moulds are designed and automatically priced, then the customer will then be connected to supplier network to purchase the order. My work was in the automated moulding algorithm, which uses mathematical and



geometrical algorithms in C++ to automatically generate mould designs. The first part of the codebase I worked on was the algorithm to detect optimal directions to pull the part from the mould.

My contribution was to prioritise directions that have a high area weighted perpendicularity score using a new gradient descent objective function. I also extended our gradient descent algorithm from a single pull direction to multiple pull directions. After this I worked on adding an extruded scribe line surface that runs along scribe lines, parallel to the surface and intersecting the part. This is added to the final CAD design to mark out for manufacturers where to cut the part and drill holes. Then I worked on the algorithm to split CAD designs into moulding surfaces using parametric surfaces instead of polygonal meshes. I also worked on the algorithm that detects holes that will need to be machined into the part instead of moulded, improving its accuracy.

Finally, I worked on the algorithm to add backing structure faces to CFRP moulds, fixing bugs with cropping, and improving the placement for airflow holes to appear more natural. I also made many smaller contributions and bug fixes, including on the frontend and backend of the site, totaling about 30 pull requests during my 14 weeks. Plyable was incredibly supportive, as I had 2 incredibly skilled mentors who guided and reviewed my work and pushed me with difficult projects. They were also flexible with the option to work from home when needed, which was greatly appreciated.

Daily Life

The company was located quite close to Oxford, only a 15-minute commute by bike from college accommodation, so I went into the office most days. They were also quite flexible with many of their employees working part-time schedules or from home, and they also allowed me to work from home whenever I wanted. Onboarding was fairly easy; I had a quick introduction to the company and the code I would be working on and then given a laptop which I would be using. After compiling and setting up the codebase I quickly wrote code and contributed PRs within the first week.

The team followed a typical agile structure, where every 2-week sprint, we would be assigned various issues from the list to work on for that sprint guided by a long-term roadmap for features. Typically for each issue I would try to understand the requirements and ask clarifying questions to my colleagues if needed. If it was a bug, I would attempt to replicate it and track down what code was causing the bug. I would make a branch, write the code with the necessary changes, then make a pull request, which would be reviewed by colleagues, who would suggest potential changes and improvements, before the code is merged in. A typical day for me was a standard 9-5 schedule, with a 30–45-minute break for lunch in the kitchen.

Lasting Impressions

Overall, this experience at Plyable has been profoundly enjoyable for me, and I have amazing lasting impressions of my time here. I learned so much from this internship, working with C++, which I had fairly little experience in beforehand, but came to



enjoy as I learned more. I also enjoyed being able to apply geometrical intuition and mathematics to software problems, and I hope the skills and experiences I have gained here will be useful in future software development.

Being exposed to engineering and manufacturing teams was also a plus and opened my eye to the challenges of these industries, and how technology can be applied in unexpected industries to provide value for customers and organisations. I think this experience has definitely shifted my career ambitions to perhaps look towards more mathematical, research-oriented software development, as so far, I have found this work to be very interesting.

What practical advice would you give to future interns?

Always ask questions! Don't be shy, you're there first and foremost to learn, and you won't contribute anything if you don't know what you're doing. Don't be afraid to ask as many clarifying questions as possible, until you understand the requirements completely. You might think you're being annoying, but I can assure you, your colleagues are more than happy to help and impart their knowledge onto you, and questions asked now will save time and headaches later. If possible, try to seek out a mentor, who may be a boss or a colleague. Hopefully they can guide you and answer some questions at work, but also give more general advice on career prospects and outside of work. Also try to engage outside of your team, to interact with and learn about the organisation as a whole.

PRAGMATIX ADVISORY

Ayushma Maharjan, Linacre College, Master of Public Policy, Final Year Postgraduate, remote



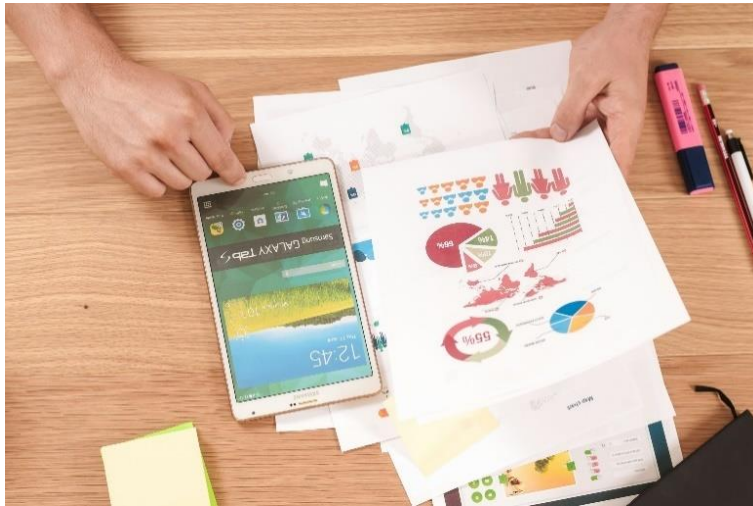
Work Projects

During my internship, I undertook a project focused on assessing the impact of the United Kingdom's Net Zero Policy on the development of green jobs and the evolving skills landscape. The project aimed to explore how the UK's commitment to achieving net-zero emissions by 2050 is driving demand for a greener workforce and the skills required for such transitions. To achieve this, I was responsible for gathering relevant data, conducting rigorous analysis, and producing a comprehensive report that outlined key findings. The report included actionable recommendations designed to support the development of green jobs and facilitate a smooth transition for the workforce into a more sustainable economy.

A core part of my work involved identifying reliable data sources, processing large datasets, and applying advanced analytical techniques to uncover trends and correlations. I also focused on

interpreting policy impacts and understanding how sectors such as renewable energy, construction, and transportation are affected by net-zero goals. My final report not only provided a detailed overview of the current state of green jobs and skills in the UK but also offered strategic recommendations on improving workforce readiness for the ongoing green transition.

As an international student, the host organization provided invaluable support throughout the project. They facilitated my understanding of the UK's policy environment and helped me



navigate the intricacies of local data sources and regulatory frameworks. The team guided me in accessing relevant databases and provided continuous feedback on my progress, ensuring I stayed aligned with the project's goals. Their support greatly enhanced the quality of my work and my ability to

make meaningful contributions to the organization's objectives. This collaboration was instrumental in helping me gain both professional skills and insights into the UK's green policy landscape.

Daily Life

I completed a remote internship that operated on a five-day workweek, from 9 AM to 5 PM. The internship followed a unique virtual office structure, designed to replicate the dynamics of a traditional in-person office. Every morning at 9 AM, we would log into a continuous Microsoft Teams call, which remained active until the end of the workday. This setup allowed us to communicate seamlessly with colleagues throughout the day, much like one would in a physical office setting. We could turn on our microphones and engage in conversations whenever necessary, creating a collaborative and interactive environment.

Outside of work, I took advantage of the long summer days by going for walks, meeting up with friends, and enjoying coffee or drinks in the evening to unwind. These activities helped me relax and recharge after the workday. I also dedicated time to personal development by taking online courses and reading books, which enriched my learning experience and kept me motivated throughout the internship. This combination of work, social interaction, and personal growth made my remote internship both productive and rewarding.

Lasting Impressions

My internship left a profound and positive lasting impression. I truly enjoyed the experience, particularly the unique virtual office setup that allowed for constant collaboration with my colleagues, creating an engaging and interactive work environment even while working remotely. The experience gave me valuable insights into the professional world, especially in the context of the UK's green policy landscape and sharpened my skills in data analysis and policy evaluation.

I gained a lot in terms of practical experience, from working with real-world data to delivering actionable recommendations. The structured support from my host organization also contributed significantly to my professional growth, as I was constantly guided and encouraged throughout the project. This hands-on experience has given me more confidence in my abilities to handle complex projects and collaborate effectively in a professional setting.

In terms of career ambitions, the internship has confirmed my desire to pursue a career that merges policy analysis with sustainability and environmental impact. Working on a project related to green jobs and skills solidified my interest in this area, and I now feel even more motivated to contribute to the global green transition in future roles. The experience has certainly shaped the direction of my future career path in a meaningful way.

What practical advice would you give to future interns?

My practical advice to future interns is to give 100% to every task and embrace the learning process fully. The more effort you invest, the more you will gain from the experience, both in terms of skills and professional growth.

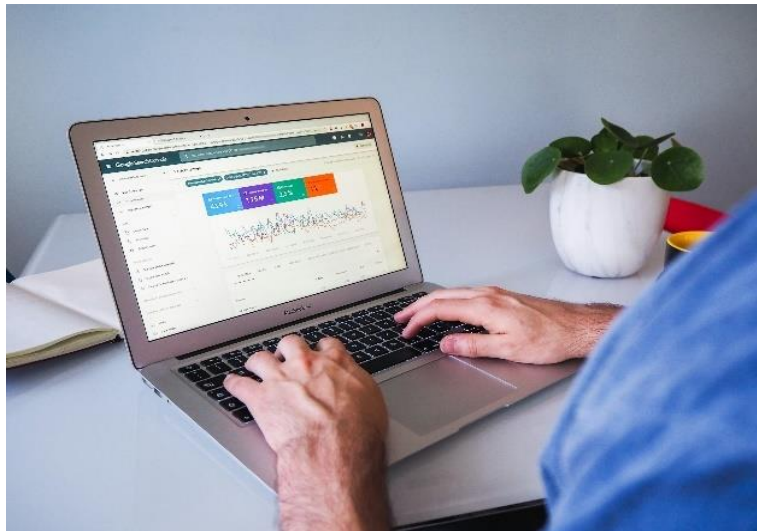
REDFIELD & WILTON STRATEGIES

William James Gough, St. Hilda's College, BA Philosophy,
Politics and Economics, First Year Undergraduate, remote



Work Projects

My internship was at Redfield and Wilton Strategies, an opinion polling company which is primarily focused on the UK and USA. The main task I had to do was write up opinion polls.



Essentially, a spreadsheet of polling data would be sent to me, and my job was to turn the data into words that could be digested by the general public, following a specific writing style used by the public. The two main types of write-ups I would do were polling trackers and case studies. Polling trackers would

report on the same set of questions as asked before and talk about trends and how the data has changed over time. For example, this summer I wrote up several 'swing state' polling tracker articles, which showed how the polling data in the US election has changed over time in the key swing states.

Case studies on the other hand are focused on one particular topic and what the data has to say about it. For example, I wrote up a case study on various polling questions related to the assassination attempt on Donald Trump. Case studies tend to be more in-depth and do not tend to have follow-ups. The other main task I would do was research. I would look into data, collect it in a spreadsheet and calculate various outcomes with the data. For example, I did some research into the 2025 local elections: which councils were up for election and which areas Reform are most likely to do well in.

I also did some research into the results of the 2024 UK Election, creating spreadsheets breaking down the results by constituency and demographics. In terms of support, there was a particular person who oversaw both myself and my fellow intern and they would often set tasks, check on progress and give comments and feedback. Other people in the company also offered support on the tech side of things. Every week, we would have a virtual meeting so that each of us could report on what we were up to. I felt as though I had lots of support and could always message if I needed anything.

Daily Life

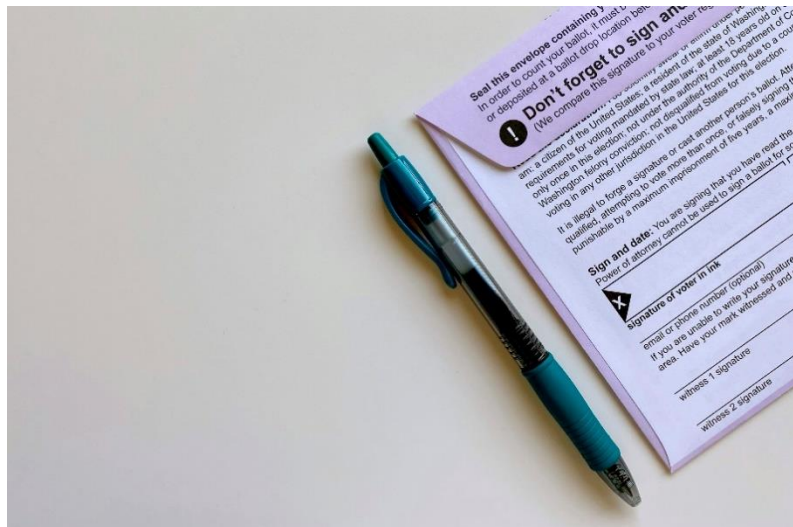
For my internship, I worked 9-5 at home, 5 days a week. My daily routine was always to wake up at 8 o'clock and sort myself out before logging on at 9. At around 1 o'clock, I would have a half-hour lunch break. At 5 o'clock, I would normally let my overseer know that I was logging off before switching back over to my home account on my laptop. I found there to be many pluses in working from home (no travel time, being able to wake up later), but I also made sure I did certain activities to keep my morale high.

To counter the lack of face-to-face contact, I would organise physical meetups with friends, usually at least once a week. I also made sure to engage in activities which allowed me to take a break from the computer screen after a day of work, including reading and exercise. I also made sure that I spent as many of my evenings as possible doing activities that I enjoy, in particular watching films with my family. I would also always get to bed by midnight to ensure that I got a

healthy night's sleep, maintaining my energy for the job. Throughout the internship, I got into a pretty steady routine and my mental health was very good for the entire duration.

Lasting Impressions

I have been interested in opinion polling as a potential future career after I finish my degree for a while now, so the experience was incredibly helpful in understanding what it is actually like to



work for a polling company.

While I have long been interested in polling, I would not have been able to say exactly what it would be like to work for a polling company before the experience.

Now I know that if I were to work at a polling company, my job would be largely focused on

research and analysis - particularly writing up polling results. Overall, I enjoyed the experience. There were parts of the job that I preferred to others (i.e. I typically preferred the analysis/write-up parts to the research parts), but that is to be expected of any job. I definitely feel as though it is a job that I would enjoy doing full-time post-degree.

I feel as though I gained a lot from the experience. Not only has it confirmed that I will seriously consider working for a polling company as an option after I complete my degree, but I found the process of applying for the job helpful for the future as well. Having to perform a couple writing tasks before doing an interview was a helpful process to experience as it is likely to be something I will have to do again in future when applying for jobs. While I am not 100% certain that I would like to work for a polling company post-degree, the experience has made it more likely that I will go for such a job.

What practical advice would you give to future interns?

Only that people of all years should apply for these internships as they are incredibly helpful and rewarding experiences.

Holly Brooker, St. Peter's College, BA History, Final Year Undergraduate,
remote

Work Projects

As an intern at Redfield and Wilton Strategies, I was a full member of the research team from day one. This meant that I was able to help with drafting poll scripts, completing overview write-ups of polling data, as well as doing more in-depth case studies on topical areas of polling. Across my internship, I had the opportunity to write about everything from the American public's perceptions of Joe Biden's age following the Presidential Debate, to opinions on abortion in key swing states.

Write-ups which I contributed to were published on the company website and sometimes picked up by major news organisations. Alongside these day-to-day tasks, I also had the opportunity to work on a longer project analysing the UK General Election results, which attempted to explain exactly where each party gained and lost votes. I put together analysis on the rise of Reform UK by constituency, and the impact this may have on 2025's local elections.

My colleagues at Redfield and Wilton were very supportive in my work and were always around to answer any questions I had, even though we were working remotely. Due to the fast-moving pace of politics, we often had to work to tight deadlines, and in times like these, I felt like I had the full support of the team as we worked towards the same goal. It was through these collaborative moments that I was able to learn the most and bounce ideas off the team.

Daily Life

My hours were very consistent across my internship, working remotely from 9am to 5pm every weekday. I was able to take time off around midday for lunch. Whilst I was always busy, my tasks were not always the same, which kept the internship feeling fresh and dynamic. Some days I would work on two or three tasks, whilst other weeks I would work on one project for a number of days.

As such, my day-to-day routine was very flexible, but always within the hours of 9am to 5pm. At first, I took some time to adjust to working from home, since it was not something that I had done since the pandemic. I found that what worked best for me was making the most of my free evenings by seeing friends, going for walks or making dinner for my family. I also created a dedicated workspace, that I made sure not to return to in the evenings, which also helped to maintain my sense of work-life balance.

Lasting Impressions

I really enjoyed interning at Redfield and Wilton Strategies and would highly recommend the



experience to any prospective applicants. As someone who wants to work in policy and politics in the future, I found these eight weeks to clarify and confirm many of my career ambitions. As someone who is deeply interested in politics, it was fantastic to work during the Summer of 2024 and see first-hand polling

data from both the UK and US General Elections. Working at Redfield and Wilton meant that I was at the very heart of the election, often seeing trends before they were fully picked up on by the media.

My eight weeks of interning showed me the important role that polling plays in campaigns, politics and policy, and the experience has certainly encouraged me to look into this industry more in the future. On a professional level, I gained fantastic experience from my time as an intern. I had the chance to be part of a large data analysis project, giving me more confidence in my quantitative research skills. My favourite aspect of the internship was the chance to write-up this analysis and form conclusions from the polling. It certainly developed my own writing skills and deepened my political understanding. The internship was rarely a solo experience. I had the opportunity to work alongside other members of the team, including the other intern from Oxford. I found this to be a particularly valuable aspect of the internship, as this collaborative approach allowed me to learn a lot and think about things in new ways.

What practical advice would you give to future interns?

I would encourage future interns to be passionate and keen to learn. I found the willingness to learn and keep an open mind to be the most important part of my internship, and it helped me to learn a lot and become better overall. Even if you do not always know all the answers, being passionate and curious will stand you in good stead.

STOCKHOLM ENVIRONMENT INSTITUTE, OXFORD CENTRE (SEI)



**Matilda Noble, St. John's College, MBiol Biology, Third
Year Undergraduate, hybrid**

Work Projects

My internship was focused on assisting with the development of a website for sharing climate change adaptation resources. During the course of my internship, one of my main tasks was to adapt content found elsewhere to fit the format of the website in WordPress. This meant I got

lots of copy-editing experience, and also gained a lot of experience in effectively summarising long scientific articles to make them more accessible. Additionally, I created several original pieces of content to upload to the website. I was able to be creative and decide what I wanted these pieces of content to focus on, and I chose subjects such as the upcoming COP29 and Climate Anxiety.

Another task I had was to update old pieces of content such as introductory articles, and this involved carrying out comprehensive research on the topics to identify areas that were out of



date and add in new sections to reflect new thinking and opinions that had emerged since the articles had been written. Aside from website development, I also aided in the promotion of the website through LinkedIn by designing a LinkedIn strategy for the company and creating a

variety of template posts to go alongside the strategy. I created videos and infographics through Canva to support this work and increase the companies LinkedIn engagement. I received weekly check-ins with a line manager throughout the course of the internship to ensure that I didn't run out of work, and to provide any needed guidance.

Daily Life

My internship was a mix of online and in-person which I enjoyed as it meant I didn't get bored of either working style. In-person days involved a long commute to and from the office which I managed by downloading podcasts and taking books with me to read on the train. This meant that I actually ended up not minding the commute and taking it as valuable time to decompress.

On days working from home, I stayed focused and motivated by removing distractions from my environment and taking brief breaks to walk around when I got restless. I also made sure I maintained a good routine and avoided working from my bedroom to maintain a good separation between working and non-working time. After work I made sure I left the house and got some exercise, as well as seeing friends and eating dinner with my family. I found this was really important and helped me to break up the days and relax once I had finished work.

Lasting Impressions

I found my internship incredibly interesting and intellectually stimulating. I feel that I learned a lot from it and made important new connections in the industry that I want to go into. I also feel that my contributions to the company during my internship were valuable, and my expertise and knowledge were used to make improvements. This feels very rewarding, and I am proud of the work that I produced while doing the internship.

However, I think I also learnt that the style of this internship is not what I want to do as a career. I think that this realisation is valuable, and I'm glad that doing this internship has given me guidance on the careers that I would be interested in pursuing in the future. It has confirmed for me that I would like to take on a more active career such as conservation work where I am not working at a desk every day.

SUTTON CROFT

Archie Edwards, Pembroke College, BA History, Second Year

Undergraduate, hybrid

Work Projects

I was mainly tasked with gathering information for the projects that Sutton Croft was working on or wanted to pursue. This included examining how other organisations delivered the HAF project and extracting what they did well/poorly for application to the areas that SC oversaw. I

also had to travel to Dudley to carry out in-person evaluations of companies that had been tasked with HAF delivery. Other projects included: creating a research document illustrating the changes in laws surrounding assisted living and niches in the market; contacting HAF deliverers to assist with maximising the booking of places; and aiding Afghan refugees move from temporary to permanent accommodation.

Daily Life

I was online (by my computer) every day from 9-5:30 as I was contracted 37.5 hours a week. I had a check in session once a week on a Monday for a team catch-up. The rest was almost all



independent reading and research which led to a low-stress environment. However, I also had irregular calls when needed that I organised with the team. The exception was once a week for the second half of my internship, I would travel to Dudley to meet Sancha, HAF

Dudley's Overseer and the most helpful contact in Sutton Croft. We would then carry out in-person inspections of HAF providers, which gave a real insight into the good the scheme was doing. This variation vastly improved my experience.

Lasting Impressions

I enjoyed the experience; it has increased my work experience and has provided me with relevant skills for the future that I wish to pursue.

SYNERGY GLOBAL CONSULTING

Silvia Borin, Kellogg College, MSc Migration Studies,
Final Year Postgraduate, in person



Work Projects

I worked on a variety of consulting projects from day one. Most of them included advising natural resource companies on the best strategies to guarantee a good social impact to their operations and assets. This included assessing the social risks to operations such as mining activity in remote areas. The output of our work was in the form of manuals, ppt etc. tailored to clients' needs.

Daily Life

I was welcomed by a great team of co-workers, received an onboarding session which included getting to know the UK office employees and some other people from the global team. I also received training in the basic skills of a consultant. I worked hybrid, meaning I went to the office a few days a week, while for the rest I worked from home.

Lasting Impressions

I greatly enjoyed the experience, so much so that I will keep on working there on a full-time basis. I feel more confident working in contact with clients as I had firsthand customer experience during my internship.

What practical advice would you give to future interns?

Don't be shy, you will get the most out of any internship if you go out there and ask questions to senior employees. Always be curious and ask if you can in any way support them with their

ongoing projects. This will not only allow you to learn more but will also allow you to make a lasting impression on the team.

TMP PUBLIC C.I.C.

MPhil International Relations, First Year Postgraduate, remote

Work Projects

I researched a variety of issues relating to the intersection between climate change, social conflict, and security issues. Much work was related to critical minerals and the green energy transition. I worked on spreadsheets, reports, and briefs. I also attended an event where I took notes. I was in close contact with my supervisors at work and got guidance where needed.

Daily Life

My internship was remote, so I used various locations to work. Initially, I worked in my department. Later, I worked from home. I made sure to maintain some spatial separation between where I work, sleep, and relax.

Luckily, I had a desk and screen available, which made



working from home comfortable. I also made sure to maintain a consistent schedule and routine so as not to work too much or too little. After work, I tried to include some other activities outside of the home to stay active and move enough.

Lasting Impressions

The internship was very interesting and a good learning experience in terms of the content of my work. As the work was remote, I unfortunately did not get a proper impression of office work, which I would have liked. In this sense, the internship was more similar to my academic work, which I am already very familiar and comfortable with. I would have liked to learn more about office routines and professional work relationships, but I was aware that this would not be the case in a remote internship.

Teresa Habib Meriggi, Merton College, BA Philosophy, Politics and Economics, Final Year Undergraduate, remote

Work Projects

TMP is a non-profit that looks at near-term climate, social, and environmental risk. I was lucky enough to work on two projects during my time at TMP, the first focused on modelling the impacts of climate change on biodiversity, and the second on the impact of climate change on wind energy supply chains. The first project on climate change and biodiversity was a pilot project for the Accelerator for Systemic Risk Assessment (ASRA), which is a relatively new organisation funded by the UN foundation.

I found this organisation super exciting as they work with interconnected risk systems and the idea of polycrisis, which is becoming a hot topic. The most interesting part of this project for me was writing a research report on different techniques used for modelling climate risk on biodiversity. I also researched, organised, and helped conduct expert consultations with academics and conservationists.

Overall, I learned an incredible amount about conservation, which is something I've always been interested in. For the wind supply chain project, I did a lot of market-based research and data handling on spreadsheets. This was a nice juxtaposition to the more qualitative side of the biodiversity project and has really helped me develop my research and data handling skills. I am

also handling the expert consultations with journalists, academics, and industry specialists. Everyone has been very welcoming, and always offered to help if I get stuck or am confused with something that I need to do. They also were very clear that having a good work/life balance, especially when working from home, is very important! They made sure I wasn't overworked, which I am always quite hesitant about going into any internship.

Daily Life

My internship was fully remote as TMP does not have an in-person office. I found this quite challenging at first, but it helped to get into a routine. I would get up early in the morning, go



for a quick run or gym session, and then get back and start my day. I would take a full hour for lunch to take a break from my screen, and then after work I would make sure I either went for a walk or did something social. In terms of the work itself, we had a companywide

monthly meeting where everybody gave an update on what they were working on, which I found really insightful as to how the company worked as a whole.

During my time there, I only worked on two projects, so it was interesting to hear from others about the conferences they had gone to, countries they had travelled to, and all the things they were getting up to. I also had weekly meetings for the projects I was working on, and a weekly check-in with my supervisor. Most of the time, however, I was independently getting on with tasks I had been assigned. I found that I was most productive when I spent an hour or so on a task and then switched to another for an hour before switching back. That way I could keep my mind focused and engaged as my mind would keep having to work on different things rather than getting fatigued just on one task.

Lasting Impressions

I really enjoyed my time at TMP. It is a very friendly and welcoming place to work despite the fact that it is a completely remote company. My supervisor was lovely and always there to answer any questions I had, the same with the rest of the team. I had applied to the internship because I was interested in doing something climate related but wasn't sure exactly what was out there – I would definitely be interested in pursuing a career in something similar to what TMP does. This is not only because I think their work is important as climate change is becoming more and more of an issue, but also because the work was really interesting. It involved a lot of research and synthesising of new ideas, which meant I was constantly learning new things and developing my ideas. This is the kind of work I would like to do in the future. Moreover, experiencing how the company operates in terms of monthly/weekly meetings, managing my tasks, writing external emails to potential collaborators, communicating my research etc. has all contributed to the development of my professional skills and I am very glad that I applied for and undertook this internship over the summer break.

TNG TECHNOLOGY CONSULTING UK

MMathCompSci Mathematics and Computer Science,
Third Year Undergraduate, hybrid



Work Projects

I was working on developing an internal application for the company to do with acquiring clients. It allows the partners to send out profiles and portfolios of the consultants to better inform potential clients of skills available at the company. The company provided the necessary support for me to complete my tasks effectively, I would highly recommend a future student doing an internship with TNG, as they are well prepared and setup for internships, and will provide lots of useful experience and learning opportunities.

Daily Life

I was working in person in the company's office in Oxford. This was beneficial as I could get the assistance of other employees working there, especially useful during my first week or two with the company. The company also provides help for working from home, so I could spend some days doing that. It was good to have the



flexibility, however in general I found that I preferred working from the office, as otherwise it could feel quite isolating due to the remote working nature of the job.

Lasting Impressions

I enjoyed the internship, I learnt many new skills and developed existing skills. It has confirmed that this is the sort of job I want to go into after university, at least in the near future. I feel that TNG also provided many opportunities to continue my learning through their "Techdays" which happen every two weeks and allow an opportunity to further develop skills.

MCompPhil Computer Science and Philosophy, Third Year

Undergraduate, hybrid

Work Projects

I worked on building a tool to benchmark new open source LLMs based on the company's own internal use cases. This involved using a framework in Python to query their API, writing software from scratch, using source control (git) and analysis of numerical results. I also contributed to a bug fix in the open-source framework that I was using. The company provided

me with a lot of people to ask questions to if I needed help, and additionally I enjoyed a weeklong onboarding with software workshops.

Daily Life

I worked from the office in Oxford and walked to work every day. It was an 8-hour working day, usually from 9-6pm with an hour of lunch. I enjoyed getting to know the other people working from the office, and they provided good resources such as standing desks and two monitors. We had a few board game nights and there was a good combination of full-time employees and other interns to get to know.

Lasting Impressions

I really enjoyed the experience, and it has improved my confidence that I can do well working in software engineering. I think it has made me more likely to pursue a similar job in the future, or even potentially join the company I was working with. I learned a lot about how software consulting works and about the company's culture.

MEng Engineering Science, Second Year Undergraduate, remote

Work Projects

My project was based around using generative AI to edit a vision for the future of a city, designed to be an interactive museum exhibit. I didn't have any overarching goals for the project but was rather involved in the day-to-day development of the system. However, I mainly focused on the user interface and interconnections between it. My main achievements were mostly introducing new, better-architected solutions to replace the old and complicated ones, as well as introducing a far more widespread test harness to ensure everything was working as intended. The support I received from my host organisation was mostly via my 'PAN' (supervisor). Other members of the host organisation also readily and quickly helped me when I had queries or problems, whether technical or not.

Daily Life

I was working from home. My host company had some useful resources for managing working from home which I used. One thing I found particularly helpful was having my work set up not in my bedroom (made possible as my company provided home-working equipment (monitor, mouse, webcam, etc.)); this allowed me to have separation between work and life. Other things that helped me were to go for a short walk or do some exercise immediately after finishing work, to emulate a commute of sorts and to temporally separate work and life.

Lasting Impressions

I did enjoy my internship, particularly the onboarding, which took place on-site in Munich. I think in hindsight I should've arranged to remain in Oxford to work out of my host company's



Oxford office rather than work entirely remotely from home. I have learnt a huge amount from my internship, and I have successfully confirmed that software development is a potential career avenue for me. I am actively considering further employment with my host

company, whether in a part-time capacity during my time at university or in a full-time job once I graduate.

What practical advice would you give to future interns?

Always try to have the option of going into the office (at least semi-) spontaneously open, as working entirely from home as an intern can get quite lonely!

WHITE AND BLACK LIMITED

BA Theology and Religion, Final Year Undergraduate, in person

Work Projects

I was given trainee tasks in the sectors of corporate, commercial and litigation as well as a day in marketing to learn the business aspects of a commercial firm through an event day.

Daily Life

I would commute from a friend's house on a quick journey to work, spend my day, occasionally go into town for lunch, come back to the office and leave at a reasonable time.

Lasting Impressions

The experience was amazing, the amount of information and advice for the future I was given was phenomenal as well as lasting connections being made. It confirmed that the areas of law I was interested in proved to be interesting in practice.

What practical advice would you give to future interns?

Just apply, rejection is part of a learning process and if you don't ask you don't get.

XP POWER

MCompSci Computer Science, First Year Undergraduate, hybrid

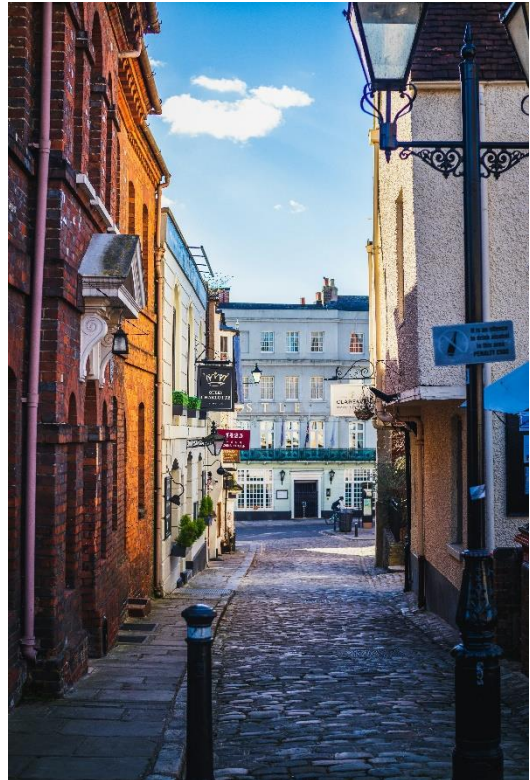
Work Projects

I worked with the Data and Reporting team, writing python scripts to help migrate data from outdated systems like i5 to a SQL database, as well as SAP. I mainly worked on this, as well as creating some PowerBI reports that audited data usage from the SQL database. I also used

Azure to automate some data processing that was done manually on Excel spreadsheets. The team structure was flat, so any questions I had I was easily able to direct to my co-workers, who helped me with technologies like Azure and DataBricks that I had not used before. I also had regular 1-1s with my manager regarding my progress.

Daily Life

Tuesdays and Wednesdays I would commute from my house to work via train and arrive around 8:15. I would usually work until around 10/11 where I would start to have meetings, and then take a break for lunch. At lunch there were usually some snacks in the break room so I would grab some and maybe speak to some people if they were mingling. After lunch I would usually have some more meetings, before getting some more work done and heading home at 5:15. Mondays, Thursdays and Fridays I worked from home. This was a similar schedule to Tuesdays and Wednesdays, but I would usually not have as many meetings.



Lasting Impressions

I really enjoyed learning a lot more about data governance. In my degree, we do not really touch on systems management and maintenance, which I did a lot of in this internship. I was able to develop some skills I already had as well - specifically with python, as I got experience working with large datasets, meaning I had to think a lot more about the complexity of the operations I was using. I think I would like to do something related to data in my career, and taking this internship contributed to me deciding to take the Databases course in my second year.

UNITED STATES

ILLUMINATE CONSULTING GROUP

MEng Materials Science, Third Year Undergraduate,
remote



Work Projects

At Illuminate, I worked with top universities from around the world. As an analyst, my role was to collect, filter and analyse data to provide insights regarding our clients' performances. This



involved benchmarking their performance against competitors and analysing historic trends to suggest improvements. A large part of my role involved scraping and cleaning data from websites. This required the use of Python and advanced Excel skills. I was given a fair amount of training for

the latter and received mentorship from more experienced colleagues. I was treated as a full-time employee and was provided responsibilities equivalent to those of an actual analyst. This made it a fulfilling experience. I am unable to provide details regarding the client projects as the information is confidential. However, a lot of the work revolved around improving the academic performance of the universities. I worked across several client projects and attended meetings where I broke down their broad objectives into actionable targets. I would then work on, and structure recommendations based on the results of my analysis.

Daily Life

The internship was remote, so I returned home to Mumbai, India. One could work from anywhere as the firm was quite flexible with the work hours. I usually worked from 5pm – 1am by choice. This allowed me to focus on academic revision for my final year during the day. The workday would start with an hour-long team meeting where every intern would report their progress to the managing director. We would then have the opportunity to ask questions and clarify any doubts. Finally, the managing director would update us on the client-side progress with ongoing projects and give us general advice regarding some key tasks.

After the meeting, for most of the internship, I would then spend my time collecting and cleaning data for the company's database. We were taught specific names and formatting conventions that helped us stay organised throughout the process. Finally, at the end of the day, we would write a 'daily log' email to the rest of the team with an update of all the progress we had achieved throughout the day. While I didn't do anything to relax or wind down with the firm, the flexible work hours meant that I had the freedom to choose my activities during the day. I chose to spend it doing some academic revision while also making time for other events with friends and family.

Lasting Impressions

While I would have preferred working in-person, I enjoyed my internship. I gained real work experience in a corporate setting that will help me succeed in the future. I also developed my Excel skills and my ability to work with very large data sets. Furthermore, I learnt to work effectively in a global team as the employees of the company hailed from different parts of the world. I also enhanced my ability to communicate task-oriented goals effectively.

The experience really helped me confirm my career ambitions. I am doing a STEM degree, but I wanted to work in a more fast-paced and dynamic work setting where I could leverage my entrepreneurial mindset. After my experience at Illuminate, I am confident that I want to work in a client-facing role where I also can solve challenging problems.