The Education Abroad Program office wants to hear about your experience abroad! Tell us about your experience by filling out the *Returned Student Report for Internships*. Your feedback will be used to help improve programs and services for future students and be a valuable resource for future students who are interested in working abroad.

The Returned Student Report consists of two parts:

- **Part A: Participant Information**
- **Part B: Internship Information**

Part A and B will be made public and available online to future students interested in learning more about the internship process and program. Education Abroad Program will preserve your anonymity by not revealing your name or any personal details.

### Part A

**Participant Information**

Please provide the following information.

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student Status:</strong></td>
<td></td>
</tr>
</tbody>
</table>
- Domestic
- International
- N/A |
| **Home Institution:** | University of Alberta |
| **Faculty:** | Engineering |
| **Degree Status:** |  
- Undergraduate
- Graduate
- Alumni |
| **Major/Minor:** | Nano and Functional Materials Engineering |
| **Current Year of Study:** |  
- 1st
- 2nd
- 3rd
- 4th
- Other
- N/A |

### Part B

**Internship Program Information**

Please provide the following details related to your Education Abroad Program Internship.

<table>
<thead>
<tr>
<th>Host Organization:</th>
<th>University of Leeds</th>
<th>Position Title:</th>
<th>Queen Elizabeth Scholar</th>
</tr>
</thead>
<tbody>
<tr>
<td>City/Town:</td>
<td>Leeds</td>
<td>Country:</td>
<td>United Kingdom</td>
</tr>
<tr>
<td><strong>Was your internship paid?</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
- Yes
- No |
| **Internship Period:** | From: 05/07/2016 (mm/dd/yyyy) | To: 08/07/2016 (mm/dd/yyyy) |
| **Did you participate on an exchange or summer program during your internship?** |  
- Yes
- No |
| **What working language(s) did you use in the workplace?** |  
- Arabic
- Cantonese
- English
- French
- German
- Spanish
- Mandarin
- Japanese |
| **Other:** |  |
What is your proficiency in these working language(s)?

<table>
<thead>
<tr>
<th>Beginner, Intermediate, Advanced, Fluent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluent (native language)</td>
</tr>
</tbody>
</table>

Prior to your departure, did you take any language courses? If so, what level?

| N/A |

How important is it to be proficient in the working language(s) for your internship?

<table>
<thead>
<tr>
<th>1= Not at all important</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 = Very important</th>
</tr>
</thead>
<tbody>
<tr>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What immigration documents (e.g. work, residence permits etc.) were required to live and work in your host country?

| N/A (I am a British citizen; otherwise a visa would be required) |

What issues (if any) did you encounter while obtaining these immigration documents?

| N/A |

What tips would you give to future students regarding their visa/work permit?

| N/A |

Position Details

What were your expectations at the beginning of the internship? Have these expectations been met?

I expected an enriching international experience while conducting engineering research relevant to my future career goal – this describes my time in Leeds very accurately! I have worked in many research laboratories before this internship, so I knew what to expect in regards to the work itself. I was extremely satisfied with the internship, except for the duration – I wish I could have spent 8 months in Leeds, or more.

Please describe the duties and responsibilities you had in your position.

As an engineering research student, I worked with my research group to develop a project, independently designed experiments based on a literature review, completed these experiments, and regularly discussed my progress and challenges with my research group while also presenting progress reports to a wider audience (i.e. the entire department) during monthly focus groups. Following my work, I contributed to a paper that will be published in a peer-reviewed journal in the coming year.

Please describe the working conditions (e.g. hours worked, atmosphere, environment etc.).

In comparison to other research institutes, the atmosphere at Leeds was incredibly relaxed (a bit too much for my taste – I routinely showed up before the lab doors were opened by the technicians!), and no particularly schedule was enforced. One of my favourite aspects of my working conditions was the camaraderie – I felt very comfortable around my lab group, and this led to me being more confident in expressing my ideas about the project during our frequent coffee breaks!

What challenges/issues did you encounter during your internship? (e.g. language barrier)

I found that the time afforded to the project was too short for what I wanted to accomplish, though I knew this from the beginning. I feel I could have made even further progress with a few more months in Leeds.
How has the internship impacted your academic and/or professional goals?

It’s furthered my laboratory experience – while I have extensive experience already, from labs in Canada and Germany, there are always new protocols and analysis techniques to learn. I expanded my professional network, and garnered more advice about my future choices in graduate studies.

How did you meet people outside of work?

Luckily, my lab group had very similar interests as I, and we got on very well, so I spent most of my leisure time with them in Leeds. I met quite a few people at gigs (live music is probably my favourite pastime) and actually got to know one band pretty well – I visited them in London rather often, as it was quite nice to have a local guide!

Housing Information

To the best of your knowledge, what housing options are available to students?

Residence was largely organised by the University of Leeds – many university residences are available, and the coordinator suggested a particular hall as it was the least expensive. We were also permitted the option to independently seek out accommodation, but all QES interns in Leeds chose to reside in the same hall.

What type of housing did you stay in?

- [ ] Private housing
- [ ] Company accommodation
- [ ] With a host family
- [x] Other: University accommodation

How satisfied were you with your housing choice?

1 = Not at all satisfied
2
3
x
4
5 = Very satisfied

What should future students be aware of when looking for similar housing?

• Lease agreements, deposits, tenant rights
• Utilities and furniture
• Location and neighbourhoods
• Safety and security
• Type of resources available to look for housing (e.g. Craigslist)

The hall we were in was the furthest from uni – about 30 minutes by bus. All other interns cycled to work, but I’m woefully incapable of such physical activity. 30 minutes on one bus was no problem at all for me, as it takes me 1.5+ hours and several transfers to get the University of Alberta every day!

The coordinators at Leeds were extremely helpful – the move-in and move-out processes were very smooth and I was never left without thorough information.

Health and Safety

Are there any specific health/safety issues that future students should be made aware of? What precautions can you recommend to mitigate or eliminate these issues?

Leeds, as a university and a city, is extremely similar to Edmonton and the U of A. I cannot think of any possible health/safety issues that would require special considerations aside from common sense.

Cultural Adaptation

What cultural differences (if any) did you find particularly challenging?

Very little, if any – I’ve spent a fair portion of my life in the UK, and I was happy to be back. All of my childhood comfort foods are only available in the UK!

What parts of your host country’s culture did you most appreciate?

As I mentioned before… the food. Mostly sweets. I so dearly miss battenburg and cherry bakewell tarts when I’m in Canada. I got to see all my favourite UK bands live!

I really enjoy pub culture. We don’t have many places in Edmonton where you can simultaneously drink a wine and a cappuccino.
Costs and Budgeting
Please describe your basic costs in Canadian dollars. This will help future internship students plan their own budgets.

<table>
<thead>
<tr>
<th>Costs</th>
<th>Amount</th>
<th>Brief Description</th>
<th>Roundtrip airfare to Leeds from Edmonton</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airfare to host country</td>
<td>$1200</td>
<td>Roundtrip airfare to Leeds from Edmonton</td>
<td></td>
</tr>
<tr>
<td>Visa fees</td>
<td>$0</td>
<td>Not required for British citizens</td>
<td></td>
</tr>
<tr>
<td>Books/term (if applicable)</td>
<td>$0</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Accommodation/month</td>
<td>$922</td>
<td>Varies according to exchange rate; £14.88/day</td>
<td></td>
</tr>
<tr>
<td>Meals/month</td>
<td>$35</td>
<td>I don’t eat very much; most of this was spent on coffee</td>
<td></td>
</tr>
<tr>
<td>Health insurance/month</td>
<td>$0</td>
<td>I have health insurance from my mother</td>
<td></td>
</tr>
<tr>
<td>Local transportation/month</td>
<td>$84</td>
<td>Varies according to exchange rate; £42/month</td>
<td></td>
</tr>
<tr>
<td>Personal spending/month</td>
<td>$60</td>
<td>Mostly live music and books</td>
<td></td>
</tr>
<tr>
<td>Communications/month (e.g. phone)</td>
<td>$14</td>
<td>Varies according to exchange rate; £7/month</td>
<td></td>
</tr>
<tr>
<td>Other travel</td>
<td>$1200</td>
<td>I spent an extra month travelling extensively</td>
<td></td>
</tr>
<tr>
<td>Visitor [Netherlands/Belgium/Russia/Georgia/France]</td>
<td></td>
<td>– my weekend travel within the UK contributed very little to this total.</td>
<td></td>
</tr>
</tbody>
</table>

What unexpected costs did you encounter? LAUNDRY. It is so expensive to do laundry at all university residences. One load, washed and dried, was £6 (about $12).

Funding your International Experience
Please indicate how you financed your program. This will help future students plan their own budgets.

- Scholarships from UAlberta
- Scholarships from Host Institution
- Student loans
- Personal savings
- Family contributions
- Employment while in host country
- Other: Queen Elizabeth Scholarship

Final Thoughts
What were some highlights of your experience abroad?

Undoubtedly the people I met and the friendships I made – both in and outside of the laboratory. I learned more about myself, what I want in a future research group, and I’m certainly considering graduate studies in the UK now! I also used the opportunity to visit my family (in Ireland, but also scattered all across England and Scotland), which was long overdue.

Partaking in research abroad reveals the tight-knit community of science that brings researchers together, and I aspire to contribute to it as it has certainly provided much guidance to me.

Would you recommend your internship program to other students? Why or why not?

Absolutely. There is much to be learned in going abroad, and this internship was extremely well-organised. Moreover, it is a very interdisciplinary program, affording opportunities for students of all areas of study.

Please provide any final information/tips for students interested in working abroad that you would like to share.

I don’t think I have any further information, but I would say to anyone who wants to go abroad... is to do so! Many of my peers express their desire to go abroad, but think it an unreachable or unreasonable goal. The position you want is out there, and funds are available if you look for them. It’s not very difficult, it just requires some foresight and planning.
Thank You

Thank you for taking the time to share your experience. Your opinion is important to us and will help enhance the programs and services for students working abroad.

To submit this report, please upload the report on Moodle (via the Education Abroad Online Pre-departure Course).

Protection of Privacy - The personal information requested on this form is collected under the authority of Section 33 (c) of the Alberta Freedom of Information and Protection of Privacy Act and will be protected under Part 2 of that Act. It will be used for the purpose of managing the consent for disclosure of personal information process; Parts A and B will be made available on the Education Abroad Program website to help future students learn more about the internship process and the internship program you chose. The Education Abroad Program will preserve your anonymity by keeping your name separate. Please direct any questions about this collection to:

Education Abroad Program
University of Alberta International
3-600 Enterprise Square, 10230 Jasper Ave
Edmonton, AB, T5J 4P6
Canada
(780) 492-6040, goabroad@ualberta.ca

☐ By checking this box, I grant the Education Abroad Program permission to publish Parts A and B of this report and place it in the Education Abroad website (www.goabroad.ualberta.ca) to assist students conducting research on Education Abroad Programs.

Full Name: Caitlin Micaela Guzzo  Date (mm/dd/yyyy): 09/10/2016