UNIVERSITY OF OXFORD

CAREERS

THE INTERNSHIP OFFICE

Summer Internship Experience 2026











Feedback from some of the University of Oxford students who took part in internships in 2026 through the Summer Internship Programme.

Summer Internship Feedback 2026

This document contains feedback from some of the Oxford students who took part in internships in 2026 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. Please click on the index links to browse the feedback entries.

The reflections included here have been written by students who took part in internships through the programme. Each contribution represents the individual student's personal experience and perspective. To ensure readability and consistency, some comments have been lightly edited for grammar, length, and tone, but the substance of the feedback has not been altered. Both positive and critical observations have been included, to provide a balanced and authentic view of the range of experiences. When we receive constructive or negative feedback, we work closely with the relevant internship hosts to review and strengthen their professional practice, helping to ensure the highest possible quality of future placements.

Some students have given their consent for their name and college to be included; others remain anonymous and only their course and year of study have 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 that were officially recognised as top partners in 2026 for the excellent quality of internships provided, after at least three years of participation) are marked with a gold standard internship host partner badge.



If you have any questions about the feedback, please email summer-internships@careers.ox.ac.uk.

Go to internship host list >

Internship hosts by location

ARMENIA 5
CENTRAL BANK OF ARMENIA 5
TAP - THE ARMENIA PROJECT 7
BANGLADESH 11
ASIAN UNIVERSITY FOR WOMEN 11
BANGLADESH LEGAL AID AND SERVICES TRUST (BLAST) 14
BERMUDA 21
LIVING REEFS FOUNDATION 21
BRAZIL 24
EARTH SYSTEM SCIENCE CENTRE (CCST) / NATIONAL INSTITUTE FOR SPACE RESEARCH (INPE) 24
IGARAPÉ INSTITUTE 29
CHILE 32
CENTRE FOR SUSTAINABLE URBAN DEVELOPMENT (CEDEUS) 32
CHINA 35
GOTOCO 35
OXFORD UNIVERSITY INNOVATION (CHANGZHOU) LTD 64
TSINGHUA UNIVERSITY HIGH SCHOOL EDUCATION FOUNDATION 77
CYPRUS 84
CARITAS CYPRUS 84
CZECH REPUBLIC 86
ARETE GROUP 86
THE CASTLE BLATNA ESTATE 87
GERMANY 94
AIOMICS 94
DEUTSCHES LITERATURACHIV MARBACH 97
LEIBNIZ INSTITUTE FOR EDUCATIONAL MEDIA / GEORG ECKERT INSTITUTE (GEI) 101
TNG TECHNOLOGY CONSULTING LTD 103
HONG KONG 106
SUMMER INSTITUTE, UNIVERSITY OF HONG KONG 106
HUNGARY 113
CEEWEB FOR BIODIVERSITY 113
THE COLD WAR HISTORY RESEARCH CENTRE 115
TERRE DES HOMMES FOUNDATION 116
INDIA 121
AKSHAR FOUNDATION 121
BANASTHALI UNIVERSITY 134
THE BRITISH SCHOOL NEW DELHI 157
COUNCIL ON ENERGY, ENVIRONMENT AND WATER (CEEW) 161
INSTITUTE FOR MIND AND BRAIN (INMIND) 167
JAYSHREE PERIWAL INTERNATIONAL SCHOOL 180

Go to internship host list >

ITALY **183**
UWC ADRIATIC 183
JAPAN **188**
ASO GROUP 188
PASONA GROUP 190
KENYA **193**
ARIYA FINERGY HOLDINGS LIMITED 193
THE NASIO TRUST 195
MALAYSIA **200**
GOTOCO 200
PERU **204**
ALLIANCE FOR A SUSTAINABLE AMAZON 204
OTRA COSA NETWORK 206
UNIVERSIDAD DE PIURA 208
SINGAPORE **213**
TANGLIN TRUST SCHOOL 213
SPAIN **217**
UNIVERSIDAD DE MURCIA 217
SWITZERLAND **219**
JOHN ADAMS INSTITUTE FOR ACCELERATOR SCIENCE (CERN) 219
THAILAND **223**
GOTOCO 223
UGANDA **235**
ASHINAGA UGANDA 235
BRASS FOR AFRICA 237
PLAVIO UGANDA 240
UK **243**
AUGUR INITIATIVE LTD 243
BRITISH RED CROSS 244
CITIZENS ADVICE OXFORDSHIRE 248
CRU 252
ETRADING SOFTWARE 259
FIDO TECH 262
GEOPTIC 266
IQVIA 268
JUNIPER STRATEGY LTD 270
LEAD EXEC GLOBAL 273
MORGAN SPORTS LAW LIMITED 275
OXED & ASSESSMENT LTD 276
OXFORDSHIRE COUNTY COUNCIL 279
OXFORD INTERNATIONAL STUDY ABROAD PROGRAMME 282
PICKER 284
PRAGMATIX ADVISORY LIMITED 286
SCRUMCONNECT CONSULTING 287

Go to internship host list >

SOLDIERS OF OXFORDSHIRE MUSEUM 289
STOCKHOLM ENVIRONMENT INSTITUTE, OXFORD CENTRE (SEI) 291
SOUTH OXFORDSHIRE AND VALE OF WHITE HORSE DISTRICT COUNCILS 293
TNG TECHNOLOGY CONSULTING UK LTD 299
UFONIA LIMITED 301
UNIVERSITY OF OXFORD, ASHMOLEAN MUSEUM 303
UNIVERSITY OF OXFORD, BODLEIAN LIBRARIES – RARE BOOKS 306
UNIVERSITY OF OXFORD, CAREERS 308
UNIVERSITY OF OXFORD, CENTRE FOR TEACHING AND LEARNING 309
UNIVERSITY OF OXFORD, ENSPIRE OXFORD 314
UNIVERSITY OF OXFORD, MUSEUM OF NATURAL HISTORY 316
UNIVERSITY OF OXFORD, OXFORD LIFELONG LEARNING (DEPARTMENT FOR CONTINUING EDUCATION) 320
UNIVERSITY OF OXFORD, PITT RIVERS MUSEUM 332
UNIVERSITY OF OXFORD, PUBLIC AFFAIRS DIRECTORATE 339
UNIVERSITY OF OXFORD, PUBLIC & COMMUNITY ENGAGEMENT WITH RESEARCH 343
UNIVERSITY OF OXFORD, ST JOHN'S COLLEGE 345
UNITED STATES 347
ILLUMINATE CONSULTING GROUP 347
ZAMBIA 350
CRUCIBLE LUSAKA 350
ZIMBABWE 356
ECONET WIRELESS ZIMBABWE 356

Go to internship host list >

ARMENIA

CENTRAL BANK OF ARMENIA

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

Work Projects

I completed a research task together with one other intern under the supervisor of one central bank researcher. We were researching the competition impacts of non-price factors in consumer finance products from Armenian banks. The research project was fruitful and gave me the chance to do economic and quantitative analysis. I enjoyed completing what analysis I could, presenting it, and giving my many suggestions to the central bank. My supervisor was mostly helpful in providing all the needed data on time. There was a short period just before the end of the project when lots of very important data were provided quite late, but not without the bounds of professionalism. However, until quite late into my project, my supervisor had omitted to tell me that she would be away for the last week of my internship so I would have had little work or support. Luckily, I was able to leave earlier than planned.



Daily Life

Working hours were fairly lax and so daily life was relaxed and enjoyable. I often had breakfast at the canteen around 9-10am, worked until noon, had a 2-hour lunch, and then worked in the afternoon. There was a good social life among the interns (at least 20 of us) and we often used

the evenings to go out to restaurants or watch a film in the games room. The office was about 2 minutes away from the rooms, but I didn't find that my personal and workspaces encroached on each other.

My fear of stray dogs kept me in the compound a little more than I would have liked to, as walking down to town required walking past several stray dogs, which I preferred not to do alone. This is something I had not been warned about in advance, although I appreciate that the dogs were mostly harmless. There were ping-pong, snooker, and gym facilities. I played ping-pong but didn't use the gym as it was in a room with other social areas and hence not the most comfortable place to exercise. During the weekends I had ample chance to visit other towns, Tbilisi and Yerevan included which was very fun and enjoyable. We often did this with large groups of interns.

Lasting Impressions

I enjoyed the internship. The town (Dilijan) was very pleasant and the work was useful. There was, however, perhaps not quite enough of it. The organisation was perhaps not as professional as I had expected but this didn't have any concrete impact on me particularly. I feel I have learned a lot about Armenian and Caucasian culture and the difficulties of regulating the financial sector of a smaller, less well-developed country. My career ambitions remain unchanged, but the experience was certainly of use already in applications for further career-related positions. I found the staff to be friendly on the whole and enjoyed my stay.

What practical advice would you give to future interns?

To talk to previous interns about the particular difficulties of their internship. If one knows in advance what these are, it is possible to have an enjoyable and fruitful summer internship.

TAP - THE ARMENIA PROJECT

MPhil Modern Middle Eastern Studies, Final Year Postgraduate, in person

Work Projects

My tasks involved journalistic work across several pieces – research, expert outreach, site visits, interviews, and writing. This included a feature on Yerevan's oldest neighbourhoods, looking at their heritage amid redevelopment pressures, drawing on contacts referred through Urbanista's network; a photo-and-interview piece on labour migrants living in Yerevan, combining photography with recorded interviews; and a piece on the Iranian community and Iran-Armenia ties in Yerevan, using diplomatic and cultural context to frame personal accounts. Across this work, I drew on my MPhil background in Middle Eastern studies to ground the reporting, while adapting the writing for a general readership rather than an academic one – moving from field research and interview material to publishable narrative pieces.

Daily Life

I lived in accommodation provided through the internship, which made settling into Yerevan straightforward. I picked up the rhythms of the city quickly – getting to and from the office, finding local shops and cafés, and using Armenian and Russian day-to-day, which gave me a chance to practise the languages outside a classroom setting. Outside of work, I socialised with other interns living in the same accommodation, as well as with colleagues. Evenings and weekends were often spent trying local restaurants, walking through different neighbourhoods (useful for building a feel for the city relevant to my reporting), and occasionally travelling further afield in Armenia. Overall, I settled in well and felt part of a small group of interns and coworkers, which gave the internship a social dimension alongside the work itself.

Go to internship host list >

Lasting Impressions

The internship confirmed how much I enjoy combining research with fieldwork. I valued the urban research side of the work, which connected to my MPhil in heritage and urban transformation, and the chance to use my Middle Eastern studies background in the reporting. I also enjoyed learning about journalism and media – how stories are shaped for a general audience, and writing under real editorial deadlines, which was different from academic writing. Using Russian day-to-day was another highlight. Overall, I gained a better sense of how area expertise can be used outside academia, along with stronger research, interviewing, and writing skills. The experience confirmed rather than changed my career direction and strengthened my interest in work combining regional expertise with research and writing. I enjoyed the internship, and it left me wanting to keep engaging with Yerevan and the South Caucasus.

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

Work Projects

I was assigned to and worked part-time for three different journalistic outlets operating out of Yerevan, Armenia. These publications were: an international news outlet writing on Armenia's political and economic affairs, a magazine for 'digital nomads' and other people looking to immigrate to Armenia, and a magazine covering urban issues and culture in Armenia. Over the course of my two months in Yerevan, I wrote and published 4-8 pieces for these outlets professionally (though I know other interns who published both more and fewer than I did). I also got the opportunity to go on three 'reporting trips' outside of Yerevan, reporting on stories on topics ranging from AI factories to aid workers.

Daily Life

I made lots of friends, both among and beyond my fellow interns, and got a strong understanding of Yerevan, Armenian, and Caucasian culture, learning how to live largely on my

own in an area of the world I had never been to and had no connection to prior to the placement.

Lasting Impressions

I thoroughly enjoyed the internship and experience. I feel like I gained a better understanding of what I wanted my future to look like and learned a lot about myself as a person. I took on, survived, and learned from challenges I would not have thought I was capable of handling prior to the experience.

What practical advice would you give to future interns?

Have your trip logistics (eSIMs, contacts, etc) worked out before you get there and don't forget to take the time to relax and soak in the experience!

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

Work Projects



I was given the opportunity to work for two news outlets in Armenia – Hetq and CivilNet. These provide breaking news coverage and investigative reporting for Armenia and the Caucasus. As an intern I was allowed to choose what topics to cover and investigate. My interests included healthcare, authoritarian backsliding, and Armenia's rich culture. Both news outlets edited my stories, helped me find contacts and provided a nice workspace to help me learn about Armenia.

Daily Life

In Yerevan I shared a room with other interns, which was fun and social. We would go to work separately but often chatted around the English table and would hang out after work. The other interns provided a social

network and included lasting friendships, but my colleagues were also very nice. I played a lot of violin with one colleague in particular. On weekends I'd visit a friend outside of Yerevan or hang out and explore the city itself.

Lasting Impressions

I will remember the summer for my whole life. I immediately liked Armenia and plan to return after my studies. Working as a journalist is exciting in a country like Armenia. You have to understand its geopolitical position between the EU, Russia, and Iran and search for stories that are important to the country and interesting to your audience. After working at Hetq and CivilNet I am confident that I want to work in the Caucasus again as a journalist and spend more time learning about people's lives in Armenia.

What practical advice would you give to future interns?

Don't worry about publishing immediately. It gets easier over time and everybody takes a few weeks to be settled.

BANGLADESH

ASIAN UNIVERSITY FOR WOMEN

Mark Gordon, Magdalen College, MPhys Physics, Third Year Undergraduate, in person

Work Projects

I was teaching summer camp students aged from 15-18. I taught mathematics to them and helped them complete projects. There was a lack of organisation from the University I was working at, but they did provide good accommodation and three meals a day as well as organising two field trips we could go on.

Daily Life

I lived in university accommodation and ate in the university canteen most days. I would plan lessons / teach and in my free time I would explore the city of Chittagong where I was staying. I mostly socialised with the other summer camp teachers and some local friends I had made.

Lasting Impressions

I enjoyed the experience: it gave me a new perspective and insight into a very different culture. My career ambitions were not aligned with teaching already and this has not changed that, however, I did enjoy the time I spent there. I gained a lot from seeing a new place and I am happy to have helped my students even if it is in a very small way.

What practical advice would you give to future interns?

Be prepared to deal with a very different culture and a lack of organisation.

Arjjay Meghdoot, Balliol College, MChem Chemistry, Second Year Undergraduate, in person

Work Projects

My internship at Asian University for Women consisted of acting as a Summer School Chemistry Instructor for a group of about 150 students. I spent my whole month at the Asian University for Women designing the chemistry curriculum for the summer school, making teaching materials to aid the students, taking up to 3 chemistry classes each day, providing an introductory lab safety lecture for all the students as most students had not worked in a lab before, conducting the lab classes, and creating and invigilating the end of summer school chemistry exam.



Everything the students learned over the course of the month culminated towards them partaking in Asian University for Women Science Fair 2026, where the students were given a choice to do a project pertaining to any of the courses taught in the summer school (including but not limited to Maths, Physics, Chemistry, Public Health, English, Visual Arts and Photography etc). An overwhelming majority ended up choosing chemistry and presented brilliant projects.

My host organisation, Asian University for Women, were incredibly helpful in every step of the way. Each of us instructors were appointed a teaching assistant, who worked tirelessly beside us to make sure nothing in our lectures gets lost in translation to the students and outside of class times, the first point of contact for any queries a student had were the teaching assistants. I thank my host organisation for a hosting a seamless Summer School Program and for giving me this wonderful opportunity.

Daily Life

My internship at Asian University for Women as a Summer School Chemistry Teacher was in-person. The University is located in the second largest city of Bangladesh called Chittagong. Asian University for Women provided me accommodation in one of their teaching staff housing apartments. I shared an apartment flat with two full-time teachers of Asian University for Women who I became incredibly close with in the course of the month that I taught at Asian University for Women. Every evening after we came back from a day of teaching, the three of us would debrief together and then get dinner at the Asian University for Women's dining hall. To get to work every day, the University provided us with vans in the morning that took us from our accommodation to where we would be taking the classes.

Outside of work, besides my roommates, I socialised with the other Summer School Instructors. Every day after classes, we would get together to exchange stories about how the students were doing in each of our classes, watch movies together to de-stress, brainstorm together to make the classes more engaging and go around Chittagong city to try out the local food of Bangladesh for lunch. I also became incredibly close with my teaching assistant, who was local. She showed me various parts of Chittagong city and told me about the history of the city and its people.

Lasting Impressions

I thoroughly enjoyed my experience at Asian University for Women in Chittagong, Bangladesh. From a very young age, I had an idea that I wanted to be a professor when I grow up. This was the first internship I did that consisted of such intense teaching – something that resembles what a professor might go through every day. I was anxious at the beginning of this internship because what if I realised that I didn't like teaching? That would've meant I needed to think about alternate career paths, which is something I dreaded. However, I had the most brilliant time teaching some extraordinarily brilliant and wonderful students.

For the first time in my life, I feel confident in a dream that I always had. The one thing that really stuck with me is the hospitality of the people of Chittagong. From the Administrative

Officers of the University to all the students and teaching assistants, everyone was incredibly welcoming and extremely eager to do anything that would make all the Teaching Instructors feel at home. At the closing ceremony of the Summer School Program, there was not a dry eye in the house. Students showered us with handwritten letters, chocolates, notebooks, and other handmade gifts. Every student made it a point to get a picture with us and made sure to get our emails and LinkedIn so that they could keep in touch throughout their academic careers – and I sincerely hope they do.

BANGLADESH LEGAL AID AND SERVICES TRUST (BLAST)

Christopher Raphael Fenn, Magdalen College, BA Jurisprudence, Final Year Undergraduate, in person

Work Projects

1. Internal Report work:

   I analysed and rewrote Bangladesh Legal Aid and Services Trust (BLAST)'s draft 2025 Annual Report which a contractor had prepared. I also researched and drafted the new 2026 Annual Highlights Report's Legal and Criminal Justice section, highlighting the legal team's important work across the different clusters. I wrote 'highlight' stories on fighting mob justice, pushing for compensation for torture, BLAST's mediation work, its support for the Rohingya refugees and crucial public interest litigation.



2. TFGBV:

   I researched global approaches to tackling technology-facilitated gender-based violence. This involved attending a webinar and then researching different jurisdictions'

criminal law, policing and prosecution policies, training programmes, ‘take-down’ powers and platform accountability systems. I drafted a report for a barrister, to assist in her work advising government on reforms.

3. Medical Negligence:

   I was tasked with completing a short report for a barrister giving advice on how Bangladesh might establish a specialised body to investigate and compensate for medical negligence. This report would assist her in BLAST’s public interest litigation where the Court might require the government to establish such a body. I presented my findings to BLAST’s internal teams as well as a representative from the Trust funding the public interest litigation, and the sister of the victim. I also attended the launch of a victims' rights panel and pitched our reform ideas to the people who will actually be advocating for it.

4. Jagannath University PIL:

   I was looped in at short notice to help in urgent research for another public interest litigation against gender-discriminatory accommodation practices at public universities in Bangladesh. We looked into the policies regulating university accommodation in other South Asian countries, so that best practices could be used to convince the courts to call for similar systems in Bangladesh.

5. International Labour Organisation Work:

   I analysed the Labour Amendments Act 2026, which was introduced to bring Bangladesh’s labour law into compliance with its new obligations under the ILO’s Convention against harassment in the workplace. I critiqued where the legislation failed to deliver the protections which the ILO Convention requires.

6. Refugee Pro Bono Recommendations:

   I attended and took notes on a webinar prepared by PILNet and Thomson Reuters TrustLaw on their systems to match refugee rights organisations with law firms who could provide pro bono support. I then workshopped and wrote a proposal in which BLAST requests a pro bono law firm to research Bangladesh's obligations to refugees regarding their standing in

court. Any arguments which the pro bono firm can substantiate would be crucial in convincing more Bangladeshi judges to accept the standing of refugees before the formal courts.

7. Death Penalty Work:

   I presented a summary of the Safia Bano judgment from Pakistan's Supreme Court, which provided persuasive arguments against the execution of prisoners with severe mental illness. I also met with colleagues to discuss future steps for BLAST in their work against the death penalty; the role of the Constitution, protecting the mentally ill and responding to the prolonged use of inhumane 'condemned cells' for those on death row.

8. Lemon Case Compensation Research:

   I researched how other jurisdictions justify and quantify compensation for torture, for use in BLAST's landmark compensation for torture case.

Daily Life

I rented an Airbnb with one of the other interns, and our host organisations provided transport to and from work. I socialised with our colleagues, fellow Oxford interns, and other interns from work and who we met through work. Our colleagues threw a couple of nice parties which we were invited to, which was lovely. I found that for the language barrier, using translation apps to translate into spoken Bangla was very useful. Dhaka is not a very walking-friendly city outside of Gulshan, but since that was where we were based, we got to do a fair bit of walking to shops, eating in cafes and the like. We either ate out in cafes or ordered takeaway food, since the kitchen in our flat was very poor.

Lasting Impressions

I loved it – BLAST organised lots of work trips for us, to museums, monuments, field offices, the courts, and then most memorably to the Cox's Bazar refugee camps. I perhaps expected to leave Dhaka more often during those two months, but the trip to Cox's Bazar was still a brilliant

standalone experience. We were exposed to life in the slums of Dhaka, life in refugee camps, and the court systems that try to regulate all of it.

Most of the time problems are simply caused by resource shortages, but it was also eye-opening how political lobbying by the Bar Association there prevents common-sense judicial reforms that might help people and take down the court backlog. It's been the most interesting public law work I've done, and I will certainly look to do more pro bono work in future. There is a desperate need for it, and it was honestly incredibly fulfilling that the work I was doing was actually helping people.

What practical advice would you give to future interns?

Find reliable, good food quickly, or make sure you have a good kitchen. Most of the takeaway/restaurant food in Dhaka is quite oily, but there are a few good salad places and healthier options. Also, if you can, get travel insurance that comes with over-the-phone medical advice, that was really helpful when I got sick (as I imagine all interns moving to Dhaka for two months will).

BA Philosophy and Theology, Second Year Undergraduate, in person

Work Projects

I was placed with two organisations: BRAC James P Grant School of Public Health (JPGSPH), a public health organisation, and BLAST, an organisation that provides legal aid and more. With BRAC JPGSPH, I was placed with the climate change hub and given minimal work as they seemed not to be very organised in their internship provision. The only task I was given was to complete a literature review and write an essay on climate change denial. For BLAST, I was given tasks to edit and draft annual highlights reports, which included interviewing staff and collating stories.

My main task was to produce a report on possible climate justice interventions BLAST could be involved in. This included interviewing staff, collating research and papers, and then drafting a

report with three recommendations as to what BLAST could be doing to further climate justice in Bangladesh. I also did some research on a major tragedy for labour justice: the Rana Plaza event, transitional justice and read some death penalty cases for a study group. I also was part of a team researching medical negligence and producing a report on a proposed specialist board that would handle the investigation and compensation of medical negligence. We presented our work to staff lawyers and even a victim of med neg.

Daily Life

The organisations provided transport to and from the office, although BRAC JPGSPH was resistant to this, even though it was in their description that they would. Outside of work, I spent lots of time alone in my accommodation and going out to cafes and restaurants. I also spent some time with the other Oxford interns, going to restaurants, theatre productions, and art galleries. We socialised somewhat with interns we met in Bangladesh. I settled in fairly quickly as everyone at the BLAST office was friendly and reassuring. BRAC JPG didn't provide a very good orientation, it wasn't even clear who my supervisor was, and they mostly left me to my own devices.

Lasting Impressions

I did enjoy the experience, mostly the cultural experience I got from spending my summer in a new country with a different culture. I enjoyed learning about its history and struggles, as well as enjoying its culture through theatre, art and food. I also gained valuable professional experience: teamwork skills, communication skills, professionalism, confidence in the office and research skills. I was pleased with the tasks I was given by BLAST. The experience massively changed my career ambitions. I decided I didn't want to work in a job that had no purpose other than making money.

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

Work projects

Work projects at BRAC JPGSPH:

- Presentation for rapid review topic, proposing my ideas and my understanding of how to conduct a rapid review.
- Wrote an article protocol for a rapid review 'What are the Existing Barriers Affecting Access to Cancer Treatments for Rohingya Refugees?'
- Wrote a public health observation about a tea stall in Korail Basti.

I would say that BRAC JPG was notably disorganised and supervisors were difficult to reach and find. Deadlines and meetings were more often than not postponed and moved repeatedly, meaning I accumulated a lot of dead time between tasks.

Work projects at BLAST:

- 2025 Annual Report – Editing for concision and formatting consistency across the report, particularly the Gender Justice section.
- 2026 Annual Highlights – Writing up three highlights and ongoing work of the Gender Justice and Women's Empowerment cluster: Increasing gender-sensitivity by the Armed Police Battalions in Rohingya Refugee camps; Nari O Shishu Nirjoton Domon Ain (Amendment) 2025; Child Marriage Restraint Committees.
- Transitional Justice – Summary notes on judicial accountability and case studies of civil society led truth-telling initiatives. Formal notes on what Bangladesh could do.
- Appeals case – Case and appeals summary, legal recommendations and name black-out.
- Victim and Witness Protection Policy – Writing a 2–4-page summary document on the recommendations and proposed policy for ministers and policymakers.
- Miscellaneous – Harm Reduction document for a colleague to introduce the concept after our trip to Korail Bosti. Information on what it is, how other places implement it, and

additional resources were included in this document. Liberation War Museum newsletter excerpt.

BLAST was particularly excellent with supporting us as interns, providing us with virtually all the information we needed, organising meals and transport on our behalf, recommending places to visit, and gave great guidelines for assignments. They were available for all queries and responded in a timely manner.

Daily Life

For my daily life, I had two different experiences with BRAC JPGSPH and BLAST. For BRAC, I began the day at 7:30AM and was picked up as a courtesy of the internship coordinators and taken to the research hub office. I worked there until 3pm and ordered lunch from FoodPanda or brought food from home. For the latter, starting late July until the end of August, I was picked up and taken to work at about 8:15AM. I then worked on one of my ongoing projects until noon or 12:30PM when we had lunch, we then got off work at 4:00PM.

The workday included meetings with colleagues to discuss projects, and we had a weekly meeting with our supervisors to discuss progress and be assigned new tasks. Throughout the placement, we would be taken on field trips to different locations and offices or courts, and saw different sites relating to the work we did to enrich our experience. These field trips often lasted all day, and we had a few half day trips starting early in the morning and one overnight trip to Cox's Bazar outside of Dhaka.

Lasting Impressions

I greatly enjoyed my internship experience, and I feel I gained a deep insight into legal aid work, the legal system of Bangladesh, and what working in the humanitarian sector could look like. This has been immensely helpful in guiding my career path as someone interested in working in NGOs in future.

BERMUDA

LIVING REEFS FOUNDATION

Rosie Young, Merton College, MBiol Biology, Final Year Undergraduate, in person

Work Projects

My internship with the Living Reefs Foundation in Bermuda focused on coral conservation and restoration, combining laboratory-based coral culture with field activities. A major part of my placement involved the rearing and husbandry of newly settled coral spat, alongside assisting with larval settlement experiments, coral nursery monitoring and other routine coral culture activities.

My main project was an independently managed laboratory experiment investigating whether exposure to a low electrical current could increase the calcification and growth rates of coral spat. I was responsible for the day-to-day running of the experiment, including feeding the corals, cleaning and maintaining the tanks, and monitoring electrical and environmental conditions such as current, voltage, resistance, temperature, water flow and aeration. I also photographed coral spat using a microscope-mounted camera and used ImageJ to measure their diameter and surface area, recording and organising these measurements to assess coral growth.



Photo attribution: Rosie Young, 2026 summer intern

Throughout the placement, I received excellent support from the Living Reefs Foundation team. I was given considerable independence and responsibility for my own research project while

also having opportunities to work alongside colleagues on settlement experiments, coral culture and field monitoring. This combination allowed me to develop practical research skills, scientific independence and confidence while learning from experienced coral conservation researchers.

Daily Life

I lived at the Bermuda Institute of Ocean Sciences (BIOS), where I quickly settled in and made lots of friends with other interns who were staying there. There was a really friendly and social atmosphere, which made it easy to feel at home despite being somewhere completely new. On a typical weekday, I would have breakfast at BIOS before travelling by bus to work at Coney Island. The journey took around 40 minutes and included a scenic walk at either end, so even my commute was a nice way to see more of Bermuda. After work, I would return to BIOS for dinner and often go swimming or for a run.

We also had relaxed evenings with the other interns, such as movie nights. I did most of my exploring at the weekends. I visited beaches across the island and spent lots of time swimming and snorkelling. We also made some local friends who had boats, which gave us the opportunity to explore more of Bermuda from the water and snorkel in places that would otherwise have been difficult to reach. Overall, I found it very easy to settle into life in Bermuda and really enjoyed the balance between my internship and exploring the island.

Lasting Impressions

I really enjoyed my internship and feel that I gained a huge amount from the experience, both professionally and personally. One of the most valuable aspects was being given responsibility for my own research project. Managing an experiment independently gave me greater confidence in my practical research abilities and allowed me to experience the process of troubleshooting problems, collecting and analysing data, and working towards a research question within a limited timeframe. I also gained a much broader understanding of coral conservation and restoration.

Alongside my laboratory work, I was able to participate in coral culture and field activities, which helped me understand how experimental research can contribute to practical conservation. I particularly enjoyed being able to work both independently and as part of a small research team. The internship also gave me the opportunity to build lasting friendships and professional connections with people involved in coral research and reef restoration.

Living and working in Bermuda was an amazing experience in itself and pushed me to become more independent and adaptable. Most importantly, the experience confirmed that this is an area I would like to continue working in. It strengthened my ambition to pursue research in coral reef conservation and restoration and made me excited about developing the skills needed for a career in this field.

What practical advice would you give to future interns?

Bring practical clothes and shoes that you do not mind getting wet or dirty at work — Crocs were particularly useful! I would also bring some nicer outfits for evenings and weekends, as there are plenty of opportunities to go out and explore the island. A dry bag is extremely useful, as tropical rain can arrive very suddenly, and it is worth always having one with you to protect your phone and other belongings. I would also recommend bringing some US dollars in cash for when you first arrive. Most importantly, make the most of being in Bermuda outside of work.



Photo attribution: Rosie Young, 2026 summer intern

Explore as much of the island as possible, visit different beaches, go swimming and snorkelling, and get to know the other interns and local people. Some of my favourite experiences came from opportunities I would not have planned in advance, so be open to trying new things!

BRAZIL

EARTH SYSTEM SCIENCE CENTRE (CCST) / NATIONAL INSTITUTE FOR SPACE RESEARCH (INPE)

Parikshit Rajesh Dongarsane, Somerville College,
MSc in Environmental Change and Management, Final Year Postgraduate, in person

Work Projects

During my internship at Brazil's National Institute for Space Research (INPE) in São José dos Campos, I worked on two linked projects examining urban climate and heat risk in São Paulo. The first involved developing an enhanced Local Climate Zone (LCZ) map for São Paulo Municipality using Google Earth Engine, combining the Global LCZ dataset with Sentinel-2 imagery to better represent vegetation, water, and built-surface characteristics at 10m resolution. The second examined heat exposure and cardiovascular mortality across São Paulo State using ERA5 reanalysis data from 2000–2025, calculating the Extended Heat Index alongside air temperature and modelling their relationship with cardiovascular deaths.

My main tasks included processing multi-year satellite and climate datasets, developing rule-based classification procedures, conducting spatial and statistical analysis in R and Python, and producing GeoTIFF outputs and visualisations. Key achievements included identifying statistically significant nonlinear relationships between both heat indicators and cardiovascular mortality (adjusted R^2 of 0.86 and 0.78 respectively) and producing a spatially smoothed LCZ classification for the municipality. Throughout the internship, I received strong technical support from my host researchers, including guidance on remote sensing methods, access to

institutional datasets and computing infrastructure, and regular feedback on my analytical approach and report writing.

Daily Life



My accommodation was conveniently located adjacent to the institute, meaning my daily commute to the workplace took no more than 10 minutes on foot. This proximity made settling into a routine straightforward from the very start and gave me more time to focus on my research rather than travel. Life at INPE had a strong sense of community. Afternoons often included informal tea breaks with colleagues from the institute, which were a great way to unwind, exchange ideas, and get to know researchers outside my immediate project.

I was fortunate to have a supportive and welcoming supervisor, who regularly invited me to social events in the evenings and made an effort to include me in weekend activities as well, helping me feel part of the team rather than just a visiting student. Outside of work, I made the most of my weekends by exploring São Paulo city and the surrounding landscapes, which offered a striking contrast to the campus environment and gave me a deeper appreciation of the region's culture and natural beauty. Overall, the combination of a short commute, a welcoming research environment, and opportunities to explore Brazil made for a well-rounded and memorable experience.

Lasting Impressions

This internship left a lasting impression on me, largely because it was so different from my previous international experience in Europe, India, and the UK. South America offered a genuinely distinct culture, language, and way of communicating, which broadened my understanding of how differently societies and systems can operate. One striking example was

data accessibility: health and research data that would typically be difficult to access in other countries was openly available in Brazil, reflecting a different philosophy around open science that I hadn't encountered elsewhere.

Brazil's scale and resourcefulness also struck me, from its vast and varied landscapes to the sheer diversity within the country itself. I thoroughly enjoyed the experience and feel I gained enormously from it, both technically and personally. Working with unfamiliar datasets and systems pushed me to adapt quickly, while immersing myself in a new culture improved my confidence in navigating unfamiliar environments. The internship confirmed my ambition to pursue a career in climate and environmental research with an international dimension, and it deepened my interest in how open data and cross-cultural collaboration can strengthen research on climate risk, particularly in regions still underrepresented in this field.

Zoe Godard, St. Edmund Hall, DPhil Mathematics, Third Year Postgraduate, in person

Work Projects

I completed a 6-week internship at the Earth Systems Science Centre at INPE, under Myanna Lahsen’s supervision. The immediate challenge was our different backgrounds, her being a cultural anthropologist and I a mathematician. My task was to analyse data from surveys, part of a larger COMPON project, where approximately 90 Brazilian organisations answered questions relating to their views on climate change and climate-related policies, as well as their collaboration networks; I focused on the opinion questions.

I had to navigate learning and applying new mathematics (statistics for Likert ordinal survey data) independently whilst relating these tools to the social purpose of the project, guided by my supervisor, which was to uncover the role institutions play in Brazilian climate politics and identify obstructionism. Coupling the organisations’ opinions to their positions in the networks they form provided valuable insight into the interaction between network influence and climate policies. Alongside this, and to guide the research, I learnt a lot about the political climate in Brazil, how the narrative of and their attitude towards climate change differs to the rest of the

world, particularly the global north, and the barriers which obstruct real change. Although it was a challenge at times, my supervisor and CST offered me a lot of support which were key to my success.

Daily Life

I was fortunate to have been put in touch with some other students of INPE by my supervisor, from whom I rented a room during my time in Brazil. This allowed me to quickly and easily integrate social life at the institute and the city; they welcomed me into their friendship group, invited me to events, showed me how things worked and introduced me to their culture. CST was also very welcoming, and the atmosphere was very warm – it felt easy to socialise there.

My supervisor was an important support too. I engaged in the weekly dance classes offered at INPE, learning traditional Brazilian dances (samba, forró and bolero), which I was able to put into practice at real sambas and forrós! I also found a climbing gym, a tight knit community which welcomed me with open arms and invited me to climb outdoors with them. Brazilians are generally a very welcoming and open people, and, importantly, I was open to learning about their culture; I made an effort to learn some Portuguese, which was necessary outside of the institute as most do not speak English or even Spanish, and adapted to their customs. Although at times it inevitably felt hard and lonely, especially towards the beginning, the experience was extremely rewarding, I had a lot of support, and by the end I felt very at home and sad to leave.

Lasting Impressions

It is no exaggeration that this experience was deeply transformative for me. During my 6-week internship in Brazil, I was pushed outside of my comfort zone on all levels; from the new field and methods I explored to the new culture and language I was immersed in. Returning now to Oxford, I am excited to continue to engage in climate action and education, developing and applying what I learnt in Brazil. I created meaningful connections with the researchers of INPE, which I will continue to nurture; I was warmed by their kindness, openness, and willingness to share their work and experience. This attitude is one I look forward to bringing back to Oxford.

Go to internship host list >

The internship also confirmed two things regarding my career: I do not want to continue in research, certainly not immediately after the PhD, but I do want to be involved in the environmental sector. I learnt how deeply connected social science and climate change are, which has motivated me to learn more about the former and politics of the world. I am inspired to further travel the world, learn first-hand what projects exist to tackle climate change, how they work and do not work and contribute to them. I am uncertain of the exact shape my career trajectory will take, but I trust this is the right direction for me, which is completely thanks to this experience.

What practical advice would you give to future interns?

I would highly recommend finding accommodation through your supervisors or a contact from the host organisation; this was key to my success, as it allowed me to quickly and easily integrate social life. I recommend being very open to all experiences, saying yes as much as possible to new experiences, immersing into the culture. I also recommend making the most of your time there to talk to other members of the organisation; I had chats with many other researchers outside of my project, which broadened my horizons further and gave me a better flavour of the work going on at the institute. At my particular institute, people were very friendly and approachable, which made it easy. On a similar note, engaging with activities at the organisation is a great way to meet others and learn about their work.

IGARAPÉ INSTITUTE

Sasha Lee Cumming, Corpus Christi College, BA Philosophy, Politics and Economics, Final Year Undergraduate, remote

Work Projects

This August, I had the fascinating experience of interning with the Igarapé Institute. They are a Brazilian think-and-do tank based in Rio de Janeiro, connected with researchers and academics across the globe to produce groundbreaking research on leading climate and security concerns, with the goal of transforming their findings into meaningful action. I completed the internship almost entirely in Portuguese, as I am half-Brazilian and fluent in the language. This was an exciting challenge for me, being the first time I have utilised Portuguese in a professional context. My tasks throughout the internship included conducting an experiment to determine the optimal prompting strategy for translating academic texts with artificial intelligence, mapping out Latin America's broad network of indigenous organisations, and representing (and taking notes for) the Institute at Webinars.

My main task, and greatest achievement, however, was a research project on Brazil's asset recovery system that spanned the entire internship. This was a field I had never even considered before, but one that I can now talk about in great detail and with much enthusiasm. My job was to understand and map Brazil's current asset recovery system, compare it to that of other countries with similar institutional realities, identify what they do well and how this could be implemented within the Brazilian system.

I received continuous support from every member of the Igarapé team, with everything ranging from my work to my wellbeing. As a result, by the end of the internship, I was able to hand in work I was genuinely proud of and received positive responses across the board. My main goal was to meaningfully contribute in some way to their efforts to make the world a better place, and the assurance that I have done just that means so much to me.

Daily Life

One benefit of working for a Brazilian company from London was the time zone difference. Given that BRT (Brasília Time) is four hours behind BST (British Summer Time), my typical workday began at 1 PM rather than at 9 AM. This meant I was able to enjoy a slow start to the day and exercise in the morning, setting my brain up for a productive day ahead. The Institute was quite relaxed compared to other companies I have worked for, in that they allowed me to set my own working hours. There was no mandatory morning meeting, nor did they ever send me an urgent email telling me I needed to be on a call in 5 minutes. I was given plenty of notice about meetings (often between a few days and a week in advance), which meant I was able to clearly envisage my week ahead. I tended to then structure my workday around those meetings, ensuring I gave myself enough time beforehand to prepare for them.

On days with no meetings, I liked to head into my local high street and work in coffee shops. There, I would spend my hours getting on with my given tasks, often heading down research "rabbit holes" as I became fascinated by topics I had never even heard of before. I made sure to stay constantly alert to my emails, as well as to their platform on Slack, as, with remote work, these were the only ways they had of contacting me.

Lasting Impressions

This was an invaluable experience. Not only was it my first experience working in a think tank, cementing my interest in such environments for my future career, but I also learned more than I could have possibly imagined. I have walked away from my time at Igarapé knowing more about Brazilian politics and law enforcement now than when I lived there! It was also incredibly encouraging to see the immense efforts being made, at both governmental and civil levels, to improve the efficiency of Brazilian systems and their capacity to transform the products of crime into tools for social benefit and rehabilitation.

I won't deny this internship was challenging, but I am better for it. Proving to myself that I could produce high-quality research, unpick complex legal documents in another language, and present my findings to a board of accomplished professionals has made me far more confident

in my professional competencies and given me a wealth of material to discuss in future job interviews. Further, coming from a university so replete with pressure to pursue corporate careers in finance and consulting, I was delighted to immerse myself in a different side of the professional world; one oriented not around making money but around making our planet a greener, safer, better place.

What practical advice would you give to future interns?

In terms of practical advice to future interns, I would suggest creating a schedule and sticking to it as best you can. I struggled at times with my time management, which can be tough to stay consistent with when working remotely, but I found that whenever I had a plan, my day was much more manageable. Furthermore, do not be afraid to ask for help! Any time I asked for help, the team at the Institute was more than willing to advise me and was very friendly. A lot of my stress could have been reduced, or avoided entirely, had I asked for help sooner.

Finally, have fun! Enjoy it for what it is: a fantastic opportunity to soak up as much knowledge as you can. Your work does not need to be perfect. Much like Oxford tutorial work, they (as the tutors, in this metaphor) know you do not know everything and have a limited time frame; as long as you try your best, that is enough!

CHILE

CENTRE FOR SUSTAINABLE URBAN DEVELOPMENT (CEDEUS)



Lu Yu, St. Hugh's College, MPhil Latin American Studies, Final Year Postgraduate, in person

Work Projects

During my eight-week internship at the Centre for Sustainable Urban Development (CEDEUS) at the Pontificia Universidad Católica de Chile, I joined the Public Policy Unit and worked on a project exploring how scientific evidence can be more effectively connected with public policymaking in Chile, particularly in the context of sustainable urban development. My main responsibility was to conduct independent research on evidence-informed policymaking and the science-policy interface. This involved reviewing a wide range of academic and policy literature, examining four international case studies selected to reflect the Centre's four main research themes, and comparing different ways in which research and evidence have been incorporated into policymaking.

Based on my findings, I developed practical recommendations for how CEDEUS could strengthen its engagement with policymakers. At the end of the internship, I produced a 20-page report in Spanish and presented my findings to researchers and students at the Centre. I also had the opportunity to take part in seminars, workshops and other activities organised by CEDEUS, which gave me a broader understanding of its work across different areas of sustainable urban development.

Throughout the internship, I received excellent support from my supervisors and the wider CEDEUS team. Weekly team meetings and regular meetings with my supervisor gave me opportunities to discuss my progress, receive feedback and refine the direction of my work. The

team was very welcoming, and both formal and informal conversations with colleagues helped me gain a better understanding of the research and policy environment in Chile.

Daily Life

I settled into life in Santiago quite quickly and really enjoyed getting to know the city during my eight weeks there. I lived in a student residence with both Chilean and international students, which was a great way to meet people. We would often chat in the kitchen while cooking or spend time together in the shared spaces, so Spanish naturally became part of my everyday life. During the week, I took public transport to CEDEUS and spent most of my working day on my research project, alongside team meetings, seminars and other activities at the Centre. I usually had lunch with my colleagues, and I really enjoyed getting to know them outside of meetings. We talked about everything from work to everyday life in Chile, which made me feel very welcome in the team.



Outside work, I tried to make the most of living in Santiago. I explored different neighbourhoods, museums and markets, both on my own and with friends. Some of my Chilean friends also took me to their favourite places around the city, which was a lovely way to experience Santiago from a more local perspective. I also spent a lot of time with friends from my residence. By the end of the eight weeks, Santiago had started to feel familiar, and I felt much more confident speaking Spanish in both everyday and professional situations.

Lasting Impressions

I really enjoyed my internship at CEDEUS and felt that I gained much more from the eight weeks than I had initially expected. I had always been interested in Chile, and the country is also relevant to my broader academic interests in Latin America. Although the focus of the

internship was quite different from my own research, living and working in Santiago gave me the chance to get to know Chile in a way that would never have been possible through academic study alone. One of the things I valued most was working on a project that connected research with policymaking. Seeing first-hand how researchers engage with policymakers and exploring how academic evidence can be translated into practice gave me a much more practical understanding of the relationship between research and policy.

The experience also made me more confident working independently and using Spanish in a professional setting. Carrying out a research project and presenting my findings in Spanish was challenging at times, but also incredibly rewarding. Most importantly, the internship confirmed that I want my future research to stay connected to real-world social and policy issues. I finished the internship with stronger research skills, a broader perspective on Latin America, and a much clearer sense of how academic research can contribute beyond academia.

What practical advice would you give to future interns?

I would recommend making the most of the experience both inside and outside the workplace. Be proactive in talking to colleagues, taking part in activities, and getting involved in the wider life of the organisation rather than focusing only on your own project. If you are working in another language, don't be afraid of making mistakes. Using Spanish every day was one of the most rewarding parts of my experience, and I became much more confident over the eight weeks. If you are living and working somewhere new, I would also encourage you to make the most of your time there by exploring, experiencing local life and making friends outside work. Of course, this is just based on my own experience and every internship is different, but I hope you enjoy yours as much as I enjoyed mine!

CHINA

GOTOCO

Isabelle Carey-Young, Wadham College, BA Classics with Asian and Middle Eastern Studies, Third Year Undergraduate, in person

Work Projects

The internship I completed was with Gotoco and involved teaching young Chinese school children English by becoming a teacher at two separate schools, teaching for six days at each of them. I was expected to follow a timetable and create lesson plans and presentations with which to teach. I spent a week co-teaching a class of 22 students and another week solo teaching a class of 5 students. We taught the students how to talk about sports, how to buy and sell products, how to write stories, and even how to do the cha-cha slide as part of their talent show.



Photo attribution: Isabelle Carey-Young, 2026 summer intern

The work was very hands-on – you would plan the lessons throughout the long lunch break and in the evenings, and you would teach throughout the day, from 9-5. Gotoco gave us a 5-day induction to China, Chinese culture, and TEFL teaching before we officially began, which was very useful, and there was a coordinator with me in both of my schools to ensure my lesson plans were going okay, that I felt like I knew what I was going to teach, and to answer any questions I might have. I felt very supported throughout the internship.

Daily Life

My internship began with a 5-day induction in which to settle into China, explore (they organised some sight-seeing trips throughout the days), lesson plan, and understand better how to teach before the official internship started. We then went to our schools, were given inductions there on what the school expected, what our classroom space looks like, introduced to all the staff members, and taken out for a meal. We would teach 9-5 with a 2-hour lunch break in which to lesson plan, eat, mingle, and perhaps nap. After this time, the school would provide us with dinner where we would either eat in the canteen with the students or fellow participants, or in local restaurants where we would mingle with the school staff and chat.

You would share a hotel room with another participant, which was nice as we could chat about Chinese culture, lesson plans, and being away from home. There was not too much free time, but when there was some, I would go and explore the local area with the other participants and sometimes also with the school staff. At the end of the internship, we had a 5-day trip in which we were just there to explore, have fun, and relax, which was lovely and allowed us to become even closer friends with the other participants.

Lasting Impressions

I had an amazing time on my internship. It has made me much more confident, able to lead and communicate better, and adapt to constantly changing environments. I had never travelled abroad alone before and so I now feel a much more capable traveller now that I have been supported on my trip to China. Working with Chinese staff members with limited English has improved my communication abilities, and having to plan, lead, and reflect on lessons has made me a much more confident, assertive, and understanding person; it has also taught me the importance of adapting on the job and reading the room to ensure that everyone is learning, even if that means abandoning the original lesson plan!

The whole experience gave me a direct insight into TEFL teaching by making me become a TEFL teacher for 2 weeks. It has taught me that I quite enjoy teaching students and learning from them and learning about their cultures, even if it was rather difficult and tiring at times. It has

opened my eyes to this career path of teaching, and it has made it seem more achievable, should I wish to pursue it after I graduate.

What practical advice would you give to future interns?

Read all the information they send you, come prepared to work hard and prepared to be flexible, work with what you are given, even if it is limited information, and be prepared to have fun!

Justine Hervieu, Wolfson College, MPhil Development Studies, First Year Postgraduate, in person

Work Projects



Photo attribution: Justine Hervieu, 2026 summer intern

During my Gotoco summer internship in Hunan, mainland China, I had the privilege of delivering creative, interactive English lessons across two different placements, directly teaching 60 wonderful students and building their confidence in spoken English. From designing dynamic, games-based curricula to co-teaching alongside inspiring local educators, every day was an opportunity to spark curiosity and build meaningful cross-cultural connections.

Gotoco's exceptional support made this transformational journey possible, providing rigorous pre-departure TEFL training, free accommodation and food, and continuous on-site mentorship that allowed me to thrive as an educator. Being part of this program was an immensely rewarding experience that deeply enriched both my students' learning journeys and my own global perspective.

Daily Life

After starting the morning with a hotel buffet, we commuted to school together by foot or taxi. We always kicked off the day with 10 to 20 minutes of energetic warm-up games to get the students excited and engaged before jumping into our lessons. Although all the volunteers shared a synchronised timetable, we enjoyed complete creative freedom to design our own interactive curricula. Following an extended lunch break—giving us a chance to experience China's customary afternoon nap culture—we resumed afternoon activities, wrapping up instruction around 4:00 or 5:00 PM. After enjoying dinner at the school canteen, our evenings were spent playing sports with the kids outdoors or exploring the local town, before finally heading back to the hotel to recharge and lesson-plan for the next day.

Lasting Impressions

My internship was a deeply transformative experience that provided a true, immersive deep dive into the world of education. Being given real responsibility from day one was intimidating at first, but this "sink or swim" approach ultimately accelerated my personal growth. Stepping in front of a class of thirty young students with limited English proficiency quickly taught me that effective communication relies far more on positive energy, body language, and enthusiasm than on words alone. Spending so much dedicated time with the children reshaped my perspective on youth education, making the experience genuinely joyful and rewarding.

Working through challenging days alongside a supportive team of fellow volunteers built strong camaraderie, making every obstacle easier to overcome and deepening my patience. While this journey gave me a profound respect for the dedication required in the teaching profession, it ultimately confirmed that my primary career ambitions lie elsewhere. Nonetheless, the leadership, adaptability, and cross-cultural communication skills I developed will be invaluable assets in whichever professional path I pursue next.

Go to internship host list >

Ti-Jean Martin, Merton College, BA History, First Year Undergraduate, in person

Work Projects

My internship with Gotoco involved two intensive weeks of teaching middle-school aged students (c.10-12 years) at English-language summer camps at schools in Changsha, the capital of Hunan Province, China. Each camp lasted six days and aimed to improve the students' spoken and written English through a variety of teaching methods and activities. The first camp was focused on language learning through creative skills, and involved putting on, alongside a co-teacher, a play in English with a cast made up of my 14-person class, as well as teaching them two English songs to sing in the final performance, and teaching science, sports, and food tech lessons.

The second camp took a more academic approach and involved a variety of lessons that consisted of vocabulary learning on topics such as British history, sports, travel, and storytelling, followed by practical activity sessions for the students to use the skills they had learned. Like the first camp, this also involved a talent show, in which the children sang a song in English, and sports lessons alongside practical vocabulary learning. I received more than adequate support from Gotoco in terms of teaching methods, lesson planning, and strategies for engaging students for whom English was not a first language.



Photo attribution: Justine Hervieu, 2026 summer intern

Daily Life

I settled in very effectively, as the internship began with a 3-day training course in a group of 30 participants. This was led by experienced TEFL (Teaching English as a Foreign Language)

teachers with knowledge of working within the Chinese education system, and covered topics such as lesson planning, teaching strategies, activities to engage students, and examples of topics that could be taught. We then had a significant degree of freedom to plan within set topics once we were split off into our various school groups.

A typical day consisted of morning and afternoon lessons which began with an hour of vocabulary teaching, then a longer lesson of a practical activity after a break, as well as a lesson preparing for the end-of-camp talent show. We then had lunch, provided by the school, with the other interns and some of the teaching assistants, followed by a break in which we could prepare for our afternoon lessons. At the end of the day, the school also provided dinner, and following this we were free to socialise with our peers and by ourselves, both in sightseeing activities organised by Gotoco and activities of our own choosing.

Lasting Impressions

The internship was an incredible and once-in-a-lifetime experience. I was able to see and experience a country that I had always been interested in far more than I would have been able to as a tourist, by immersing myself in the culture and education system as well as seeing the sights and tasting the food. The work was incredibly fulfilling – when I signed up, I was not at all sure whether I would enjoy teaching, but once I had settled in, I was looking forward to every single day and was saddened by moving camps and leaving the students I'd gotten to know. I feel like I have gained a multitude of skills in terms of teaching, understanding children, and working within different environments, and the experience has definitely made me reconsider teaching as a potential career path, or at least a temporary form of work.

MPhil Modern Chinese Studies, Final Year Postgraduate, in person

Work Projects

Throughout this summer, I worked in Beijing, China, on a program sponsored through Gotoco. The actual program was run by UDream (an English language immersion camp in Changping, Beijing). My main tasks each day were to teach certain classes that I had been assigned to (for

example: classes on English pronunciation, culture, and situations, or in specialized courses such as the Public Speaking or Diplomat camps run by UDream). The first week was definitely the most difficult, as we had to adjust to teaching children and working out some of the kinks with the teaching materials we were provided, but after that it was pretty easy. I think my main achievements during the course of this internship were: gaining valuable teaching experience, helping foster a positive impression regarding English-speaking countries, especially of my home country, the US, and being able to share my previous experiences in Beijing and my language knowledge with my coworkers to help them get the most out of their time in China.

With regards to the host organization, Gotoco was very helpful in providing information regarding applying for visas, getting settled in China, and adapting to the lifestyle (albeit much of this I already knew from previous experiences). Once on the ground, most support was provided by UDream, and they were excellent! I cannot speak highly enough of them. Any problems we had, they would resolve them right away; on days where teachers were ill, they would arrange doctor's visits. They also provided us with Chinese teachers in our classes who were able to teach us more about China/Beijing and who we became quite close friends with over the duration of the program.

Daily Life

Working at UDream was an in-person internship. I think my experience is coloured a bit by having lived in Beijing twice previously. As a result, there wasn't much need for me to "settle in", so much as to get back into the mindset that comes with living in China. In this sense, I settled in quite quickly. The day-to-day routine was quite well-scheduled. Most mornings classes start at 8:30. Schedules were sent several days in advance for the upcoming week. Teachers all live on-site at Beijing Normal University's Changping Campus, so commuting to class was never more than a 5–10-minute walk. In addition, all food was provided through the program.

On days where you either did not have classes scheduled or on the few free days we got, most students would take the 45 minute to 1.5-hour trip into Beijing to see sights. On longer periods where we had days off, most students would travel outside Beijing. I, myself, was able to go to

Datong and Nanjing during two of these breaks. It's not much time off, but you can definitely see quite a bit in the time you're given. Outside of work, most times we (the English teachers and our Chinese colleagues) would go to one of two nearby malls to shop, eat, or sing karaoke. Changping is quite far from the rest of Beijing, and there's not much to do. This would probably be my only complaint.

Lasting Impressions

Overall, I really enjoyed this experience! I felt like UDream very much valued me, both as a teacher and as someone who can speak English and Chinese, and this made me feel very welcomed throughout the duration of the program. I entered this program just thinking it would be a stop-gap during this summer before I begin a year-long program in Taiwan, but instead I gained very valuable teaching experience which has refined my understanding of how to teach classes, what teaching styles work with different age groups, and some areas of my teaching style that need to be improved.

I plan to apply for my PhD during the upcoming year, and I think teaching over the summer has reified to me that I truly do enjoy being able to share knowledge with others and has made me more excited to continue moving in this direction in the future. I also think this program helped improve my Mandarin. While I'm not a native speaker, being able to work with/around Chinese speakers all day helped provide me with ample opportunities to practise, to listen, and to pick up slang that one wouldn't necessarily find in the classroom. I think this is quite a unique experience that's hard to get elsewhere. I also appreciate that this program gave us some time off to be able to travel. I had been wanting to go to Nanjing and Datong but had never found time. Being able to go to these two cities will definitely be a core memory I will carry along with me into the future.

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

Work Projects

During my internship, my main task was to organise the English lessons for Children in China. Every day I planned the lessons, prepared materials for English learning, and led the lessons during school hours. My host organisation, Gotoco, was very supportive during my placement. When I arrived in China, we had three days of orientation. We were taught some techniques on how the lessons should be planned and conducted. Then we were taken to camps located across Hunan province in China. Each group had a coordinator with them whom we were able to contact if we had any issues arise throughout the internship. We spent one week in each camp.

All weeks in all camps had the same schedule. This meant that once I prepared all lessons for my first week of teaching, I had more time to explore China in the second week as I didn't have to spend evenings planning. We were teaching a whole range of ages, from 12 to 17. But for each week we were teaching just one class, where all the children were approximately of the same age. The lessons covered a wide range of topics, including travel, fashion, British culture, employment, and many others. Overall, I am very happy with how the internship was organised.

Daily Life

I spent six weeks in China. During the summer, South of China is very hot, and I think most of the days the temperature was above 40 degrees C. During the entire internship, we lived in hotels. All of us lived in twin rooms, meaning we had to share a room with another person. It was always someone of the same gender. In the first location, the hotel was very close to the school, so we walked for about 10 minutes. In the second location, the hotel was further from the school, and every morning we were picked up by the school staff and taken to the school by taxi.

In terms of meals, we had breakfast in the hotels and lunch and dinner at the school. Chinese food is very different from Western food, and it takes time to get used to it. One of the challenges was that Chinese food was very spicy, and I always had to ask the cooks not to add spice to my meal. After teaching, the school would also offer us a second dinner somewhere in the city. We got to try all the traditional food in the area we were in as the school was taking us to different locations.

Lasting Impressions

One of the reasons why I picked an internship with Gotoco is that I wanted to visit China. After I had completed the teaching part of the internship, I decided to stay in China for a few weeks. I travelled to China's biggest cities using the Chinese high-speed railway. It was an amazing experience as I got to speak with many Chinese people. I was interested in this because, as I study Politics, I want to understand what people in China think about the West, disputed areas, Taiwan, etc. This been said, I never asked these questions directly. China is a communist state, and politics is considered a bad topic for discussion.

My interest in communist states and population is grounded in where I come from. I am originally from Ukraine, and we used to be a part of the communist state for seven decades. The Soviet Union has collapsed, but China seems to be thriving. I wanted to see for myself whether the Chinese Communist Party is taking the same approach to politics as the Soviet Union did. After my internship, I can now confidently say that I understand China better than I did before. I saw similarities with the Soviet Union, and I saw things that China did differently, which I think are the reasons it survived longer than the Soviet Union.

What practical advice would you give to future interns?

Do not take too many belongings with you if you are traveling abroad. It is always possible to buy something if you need it, but it is exhausting to carry it with you if you have to constantly change locations.

Nienke Crofton, St. Anne's College, MBiol Biology, Second Year Undergraduate, in person

Work Projects

I was working on an outdoor-education forest camp for kids in China (MST camping) organised by Gotoco. My main role was to act as an English teacher for the camp activities, teaching the kids in English about the activities and then spending time with the kids and speaking English to them, doing a TESOL certificate alongside. It required a mix of skills including language teaching skills as well as general skills for working with Children. There were a wide variety of activities ranging from arts and crafts and creative skills to extreme sports such as quad biking and paddle boarding. Gotoco provided a lot of guidance and support before the start of the internship, especially with obtaining a visa and preparing for travel.

They also organised a great end of internship trip with many fun cultural activities. However, during the internship it was clear that there was very minimal communication between Gotoco and the actual camp we were working at. There was only one contact person between the two and this resulted in quite a lot of miscommunication or general confusion about things like accommodation, work hours and certain situations regarding other volunteers weren't handled very well. Despite this, I still really enjoyed working at the camp and just learned how to go with the flow and be quite independent. My confidence in working with children, teaching and leading activities improved a lot during the internship and my efforts were praised and appreciated by the Chinese staff at the camp.

Daily Life

Daily life was intense but fun. We worked five days a week at the camp. We would arrive there for around 9am and then stay with the kids all day until our activities ended which could be from 5pm to as late as 7/8pm. We would have morning exercise with the kids before starting the activities. Each day would have 3-4 main activities and often would require going on a minibus trip, sometimes very far away. Each activity would have a 'lesson' which required us to

teach and explain the activity in English, highlighting some key words for the kids to learn. Then we would help the kids to do the activity, sometimes one-by-one, otherwise all together.

Each class had a main Chinese teacher responsible for the children as well as multiple teaching assistants. Since the children were mainly very young (3-6 years old), this was very helpful as they needed a lot of looking after. The Chinese teachers tended to be quite shy and didn't speak much English, here a bit of Mandarin really helped the dynamic. Evenings and weekends were free. This camp had a big group of interns, 10 of us in total. This was nice as we could hang out together to explore Dali city and surrounding areas. We would often go out to eat together and also go visit cultural sites on the weekends. We also made friends with some of the Chinese staff and often hung out with them on the weekends too (I think this is quite rare but I'm very grateful it happened!).



Photo attribution: Amy Pagan, 2026 summer intern

Lasting Impressions

Overall, this was a bit of a crazy experience for me. I absolutely loved being in China, although there definitely were some culture shocks. Working at a children's summer camp was also a new experience. At first, I found it very tiring, but over time I got into the flow and really started enjoying working with the kids. Also, as time went on, the Chinese teachers and teaching assistants became more comfortable and friendly which also made the experience much more enjoyable. I think I learned a lot, I was definitely challenged in multiple ways but was able to push through and be resilient. I was also able to improve my Chinese speaking and listening skills which I am very pleased about.

The fact that the camp was fully outdoors was also really nice, it was very refreshing to be outside everyday doing different activities and being away from screens and the city. Just as the kids benefitted from this, I did too. This experience wasn't really related to my career

ambitions, more just a personal interest in trying something new and also visiting China. However, it was good to work in a professional environment for the first time (even if it was not a typical environment) and learn some teaching skills. On a personal note, it confirmed that I would be very happy to spend more time in China if the opportunity arises.

BA Modern Languages (French), Second Year Undergraduate, in person

Work Projects

The work involved teaching groups of about twenty students aged 7-17 at summer camps in China for six weeks. I taught at three different camps: English speaking, diplomacy, and world technology and innovation. At the beginning, we received a day of training and there were teaching assistants to help communicate with the class. My main tasks involved leading classes, sometimes with others, as well as planning them; there was a range of abilities in speaking English, so I had to adapt to that. I also had to participate in gym sessions which often included basketball or team-building games with the students. It was good that the work was varied in this way, and I was able to work with people from different backgrounds across the programme.

Daily Life

Food and accommodation were provided, which was nice. The hours were long – from 8am-7:30pm with a 3-hour break in the middle, although we had occasional periods/days off. I socialised with the other mentors and was able to see what I wanted to see in China, including main tourist attractions and museums, as well as travel. A week in Xi'an was even included as I helped with a programme there. Unfortunately, I was not able to stay for the last week, but there was also a trip to the south of China included, where you could spend time seeing sights with the other people on the programme.

Lasting Impressions

I enjoyed the internship a lot, even if I was very tired at times, and I'm glad to have met the people I did. I feel I have come away with a different and renewed perspective on that part of the world and would definitely like to return. Although it does not necessarily align with what I would like to do in the future, it was definitely worthwhile and I am glad to have done it. I already knew teaching was not a career I am going to pursue but it made me consider working abroad in the future and maybe with younger people, too.

BA Modern Languages, Second Year Undergraduate, in person

Work Projects

My internship took place over the course of a month in Changsha, China. The internship consisted of a series of different tasks across the month, including a cultural exchange programme with a local family, a week-long university exchange programme, and a further week-long teaching placement at a middle-school summer camp. Due to the nature of the internship placement, the specifics of what exact programmes we would be working on during the month were not communicated to us before arrival.

We were given sufficient support from Gotoco on lesson planning and classroom management during our first few days in China and were given continued support during our placement. As far as I know, the Gotoco organisation serves as a 'middle man', so to say, between interns and external programmes organised by local partner organisations in China. It would have been helpful to know more about what exactly we would be undertaking during our time in China before departure.

Daily Life

It's hard to give a concrete answer regarding daily life during the internship, due to the ever-changing nature of the role. The internship was full-on, consisting of constant work throughout our time in China with limited time off. Throughout our time, we undertook 3 key tasks: family exchange, university exchange, and teaching.

These were all well organised and we were well supported as interns, however communication beforehand was often very limited. We were a group of 14 interns (mostly from Oxford), thus meaning we all had ample people to socialise with during our time in China and a good support network of like-minded peers. At the end of the internship, Gotoco provided us with a fully funded trip to Zhangjiajie in China, which was greatly appreciated and well enjoyed.

Lasting Impressions

It was a very enjoyable experience, and I would recommend it to others. I feel that the professional benefit was secondary to the personal gain through cultural exchange opportunities. Whilst it was great to have the chance to gain a TEFL qualification, on the ground professional development was somewhat limited, as we only had 6 days of actual teaching experience (which is what the internship was advertised to us as at the point of application), with the rest of our time filled with other cultural exchange activities that have only minimal benefit in the form of professional development. It would have been a good idea to provide interns with a better idea of what the internship might involve, warning interns that professional development would be secondary to personal/ cultural development.

MPhys Physics, First Year Undergraduate, in person

Work Projects

The original internship project was a 2-week placement in Hunan, China working as a trainee TEFL teacher/cultural ambassador. In the schools I worked as a co-teacher, teaching alongside another intern - however other interns on the same project had solo teaching roles. Personally, I taught two groups of ~25 students at two schools, who were between 6-12 years old (with most being concentrated at about 9 years.)

After the project in Hunan, I completed an extension in Malaysia, teaching small classes of ~6 students. This teaching was more academic (focussing on all skills), whereas the China projects were focussed more on speaking engagement. Prior to the China programme, but not the Malaysia programme, I received a short 3-day training as to how to teach in the camps which was invaluable to settling in properly in the classroom.

Go to internship host list >

Daily Life

Daily life consisted of waking up, eating breakfast in the provided hotel, transport to the school, teaching at the school, a two-and-a-half-hour lunch break at the school which could be used for lesson planning, more teaching, dinner at the school, before then returning to the hotel. Evenings were then your own, but some were used for lesson planning, other than that I mainly wandered around the local towns/cities and explored these at night.

On a few nights we had dinner with our Chinese colleagues, which was really nice and allowed us to build relationships outside of the personal setting. In Malaysia we had earlier starts, shorter lunches, and earlier finishes. This left the evenings as our own – which I used to explore Kuala Lumpur (where we were based for the weeks spent teaching.) We also used weekends (which we had free, unlike in China) to explore other parts of Malaysia, such as Malacca and Cameron Highlands.

Lasting Impressions

The internship has been a very worthwhile experience, as it allowed me to travel and gain critical life experience while doing so. It has given me a deeper appreciation for the role of teaching and allowed me to understand that I could not pursue a career teaching children of a primary school age (something I probably already knew.) However, it is most definitely a skill I could use or develop for more ad-hoc work, for example if travelling or through tuition in addition to other roles I complete at varying points in time. The role allowed me to hone time management, leadership, teamwork, communication and classroom management skills; which are in the most case invaluable transferable skills I can use in any industry.

What practical advice would you give to future interns?

Pack light – especially if expecting to travel around afterwards this is genuinely really helpful – I packed too heavy and ended up with an extra rucksack to carry around everywhere with me.

Andrej Susol, Balliol College, BA Modern Languages (French) and Linguistics, First Year Undergraduate, in person

Work Projects

Under Gotoco, I attended a 4-week in-person teaching internship in Dali, Yunnan, China. The internship consisted of teaching English to alternating groups of children aged between 3 and 13, with the smallest group being 4 children and the largest 17 children; there was therefore a lot of variation involved in how the teaching was handled. The general setting was that of a summer camp; the aim was to teach through exposure to the English language in naturalistic situations, and every day was centred around a specific theme/topic/activity. In this way, the children were encouraged to communicate with the leaders and amongst each other in English, participate in activities, and build their vocabularies in naturalistic settings, aside from more 'formal' segments of teaching.

My main tasks consisted of preparing a detailed timetable of the day depending on the specifics of the topic, as well as lists of vocabulary and grammatical structures to focus on. I had to evaluate the merits of the topic, decide on the approach to teaching it to the children, and suggest specific activities and games to go with the topic, e.g. if the activity of the day was 'horse riding', the lesson plan would involve teaching the body parts of a horse, safety measures, the ideal time for the lunch break, etc.

The parents of the children were extremely grateful for our work, and the children themselves were clearly having fun while learning. The summer camp was a partner of the host organisation (Gotoco), so the majority of support came from the camp itself, which included accommodation, meals, transportation; Gotoco itself was quick to respond to any questions, and offering assistance in problematic situations, such as when I had problems with my mobile phone.

Daily Life

I stayed at a hotel near the historical centre of the city of Dali. The room and the hotel as a whole were extremely pleasant and comfortable; breakfast and dinner were provided every

Go to internship host list >

day at the hotel restaurant, and the area was full of various restaurants and shops. The hotel also had a laundry room we could use. The hotel was family-owned, and the staff were very kind and accommodating. The day always started at 9am. The camp coordinator would pick us up (me and another intern) from the hotel, after which we would drive to a nearby resort where we would pick up the children, exchange pleasantries with the parents, and head to the main venue. The program of the day would then commence and follow the pre-established schedule. 12–1pm would typically be dedicated to lunch.



Photo attribution: Amy Pagan, 2026 summer intern

On average, the day would last until 5pm, but some days stretched out to 7pm, especially if the venue was further away. In the evenings I would spend my free time reading and generally relaxing, sometimes going on walks to explore the area and try some of the street food. On Sundays, I made sure to explore the city of Dali, such as the nearby old town, the majestic mountains or the beautiful Erhai lake. The other intern who I was with during this time would sometimes join me, but we mostly had our separate plans that we generally stuck to, although we got along quite well.

Lasting Impressions

Overall, I would say that the experience was both extremely enjoyable as well as very beneficial. My time spent in Dali cemented my aspirations to pursue a career in education, and although I will not aim to teach this exact age group, i.e. children, I am convinced that sharing knowledge and helping people in their growth is a worthwhile endeavour worth pursuing. The work itself was occasionally quite exhausting, especially in the weeks where larger groups of children attended the camp, and sometimes also stressful, such as when unexpected rain made it necessary to change plans at the very last second.

However, I view less-than-ideal situations as beneficial to my personal growth, especially in hindsight. I was not only able to hone my practical skills necessary for a career in education, such as organisation, patience, and creativity, but also practice thinking on my feet. Another greatly beneficial aspect of my internship was the cultural side; I gained first-hand experience with China and its people, culture, and values, something I would not have been able to achieve otherwise, and I view it as one of the greatest aspects of Gotoco's internships. I met many local people and even made some friends, with whom I still keep in touch through several Chinese social networks.

MBiol Biology, First Year Undergraduate, in person

Work Projects

I spent 24 days in China with Gotoco as part of their internship for teaching English in summer camps. We began in Changsha, Hunan province where we were introduced to the local area, tried the spicy local food and were given some sessions on how to teach effectively. Then, we split into smaller groups and moved to schools across the region. I was co-teaching a class of 15 6–9-year-olds with lessons on sport, drama, food and songs. Some students had little English ability at all before we arrived, so the teaching style was very expressive with lots of mime, fun games and drawings needed!

After this, we moved to a second school where I taught a class of 22 9-year-olds by myself. Having a large class definitely increased my confidence, and over time I learnt the best ways to keep the class engaged despite very different prior knowledge of English. One of the most rewarding parts of the experience was learning so much from my students about their culture, in a way which wouldn’t be possible through a holiday!

Daily Life

We had a co-ordinator with us on the internship who would drive/walk with us to school. We ate lunch all together in our group either at school or in a local restaurant. One of the highlights was being taken to some incredible restaurants by local teachers who like all the best spots and were very considerate of the fact I am vegetarian. We taught 9 hours with a long lunch break.

Often in the afternoon our coordinator would bring us coffee. During the school breaks, we would play games with the children like tag, hangman or noughts and crosses.

In the evenings we would eat out and then plan our lessons for the next day. Sometimes, we would visit a local attraction or play a local game in the evenings. I was taught how to play Mah Jong which was incredibly fun! At the end of the teaching, we visited Yangshou, a beautiful place with lots of mountains. Here we did scenic walks, cooking classes, calligraphy classes, Tai Chi and even a via Ferrara!

Lasting Impressions

I really enjoyed my internship experience, though it was challenging. It taught me a lot about thinking on my feet, particularly in lessons. For example, sometimes a class came back from lunch exhausted, sometimes a planned activity seems unsuitable and changing plans suddenly became a lot easier as time went on. I think the cultural exchange was a real highlight of this experience. We learnt local games, participated in cooking and calligraphy classes, learnt some Tai Chi and learnt some Mandarin!

Speaking with children also gave me a real insight to the culture in Changsha which I wouldn't have gained otherwise. They even offered us their favourite food and gave very generous drawings and gifts. The internship has really made me consider having a career abroad or working in teaching. I think I gained a true insight into teaching and now understand just how gratifying it can be.

MBiomedSci Biomedical Sciences, First Year Undergraduate, in person

Work Projects

I worked for 5 weeks in Dali, Yunnan Province in China with a summer camp. Kids from all over China attend these camps to be in nature and try new activities, and range in age (4-13). The other interns and I would conduct daily English lessons for our assigned camp groups and plan games/activities for them during free time. Typically, interns were separated into different

camps and worked alongside local Chinese counsellors. There was a variety of English levels between the kids, and we would account for them all. Basically, a very active summer camp.

Daily Life

I would wake up and get ready with my roommate, before meeting everybody else downstairs to travel to work. We'd get to work around 9, have breakfast, and split off to our assigned camp groups. Activities varied but included things like a hot air balloon experience, farm animal introductions, woodwork, group dances, etc. I would conduct English lessons introducing the various activities and have the children answer questions and learn new words.

During the activities I would play with the kids or accompany them. Lunch time was around 12:30 and then more activities afterwards. Work could end anywhere between 5 and 8pm, at which point we'd travel home and go for a run/straight to dinner as a group. We'd then relax the rest of the time. Weekends we used to explore the area, do a lot of hiking, and cultural exploration.

Lasting Impressions

China is an incredible place that's completely different to the rest of the world. I loved exploring it and being specifically in the Yunnan province meant we were constantly surrounded by nature. I did so much hiking it was amazing. Since I speak Chinese, I had no problem interacting with locals and our native coworkers, so I had a great time meeting all of them. I was also very lucky to have met some cool people also doing the programme. I thoroughly enjoyed the exchange portion of the internship and worldly exposure it offered. However, I think the organisation (Gotoco) was pretty slow at organising to begin with, and there were a lot of things done last minute which could've been easily avoided (e.g. could only book flights late, which meant they were expensive, as I hadn't gotten confirmation of an internship until a month beforehand). Same with Visa stuff, etc.

What practical advice would you give to future interns?

The work itself was very emotionally demanding and tired us out at the end of every day, especially considering the long work hours and constant attention from young kids. Definitely apply if you're passionate about that sort of thing and have lots of patience. Children are so sweet and lovely but can have wayyy too much energy.

Amy Louise Pagan, Pembroke College, BA Modern Languages (French and Spanish), First Year Undergraduate, in person

Work Projects





Photo attributions: Amy Pagan, 2026 summer intern

I completed a 24-day internship with Gotoco as an English Teacher Trainee in Hunan, China. During the first week, I was partnered with an undergraduate student studying English at Changsha Normal University, for whom I provided personalised English tutoring based on the grammatical errors I observed during the cultural exchange. During the second week, I taught a class of 20 students aged 11-13 at Changsha Huayi Middle School as part of a British immersion summer camp.

I taught for a total of 15 hours, creating a lesson plan and presentation for each class. The programme coordinators at Gotoco supported us at each stage; they hosted several online webinars about how to best prepare ourselves for the internship and what to expect, and, upon arrival, organised transport, accommodation, meals, and cultural excursions, such as an end-of-internship trip to Zhangjiajie National Forest Park. The

coordinators also provided detailed feedback on how to improve my teaching and lesson planning.

Daily Life



Photo attribution: Amy Pagan, 2026 summer intern

Upon landing at Changsha Airport, I was met by a programme coordinator from Gotoco who arranged a taxi to the hotel. I spent the first day getting to know my fellow interns as they arrived, as we had all flown from different airports in the UK. The first week was our orientation, during which the coordinators taught us what we'd need to survive in China, such as e-sims and VPNs, as well as cultural differences, such as avoiding mentioning Hong Kong or Taiwan as separate countries. At the end of the first week, we moved into teachers' accommodation at Changsha Normal University, where we completed a week-long cultural exchange with undergraduate students studying English, and provided personalised tutoring based on grammatical errors we had noticed.

At the end of the second week, we moved to a hotel near Changsha Huayi Middle School, where I taught a class of 20 students aged 11-13 as part of a British immersion summer camp; we took the bus from the hotel to the school together each morning, and usually walked back in the evenings, as it was only a 20-minute walk. Due to the language barrier, I mainly socialised with the other interns and the students we had met at Changsha Normal University, but I did occasionally speak to locals in very limited Mandarin. Outside of teaching, Gotoco arranged many cultural excursions for us; we had fully-funded visits to Orange Isle, Wuyi Square, Wenheyou, Li Zijian Art Museum, Yuhua Museum, Tongguan Kiln Ancient Town, Fengying-Xili Historical Lane, Fire Palace, Yuelu Mountain, Xiangjiang River, Ferong Ancient City, and Zhangjiajie National Forest Park.

Lasting Impressions

I feel that this internship was an invaluable opportunity to explore an entirely new country and continent whilst gaining a Level 3 TEFL qualification as well as in-person teaching experience. Before the internship, I didn't have much knowledge about what exactly Teaching English as a Foreign Language entailed, especially in a country whose language I don't speak. Having completed the internship, I feel much more confident in my teaching ability and would be less hesitant to pursue teaching abroad as a career, although my main career ambitions still lie in the field of translation and interpreting. I would love the opportunity to undertake further internships with Gotoco in the future.

What practical advice would you give to future interns?

When travelling to China, opt for a physical e-sim rather than a digital one, as many services in China require a Chinese phone number, which is only available for physical e-sims.

DPhil Education, First Year Postgraduate, in person

Work Projects

A short summary of the work would be a teaching internship taking place in Hunan, Southern China. It was a three-week project with the first at Changsha Normal University and the second at a local middle school. Both projects were both challenging but culturally expanding. We could not have received a kinder or more welcoming reception from the local people that we met and their host organisations. We mentored first year undergraduates as well as delivered a summer school to 11 - 12-year-olds. Our final week provided us with a chance to explore more of rural China, as did a middle weekend where we were taken by local families to visit ancient towns and hike mountains. The days were intensive yet rewarding.

Daily Life

We bonded quickly as a team, as we had to share rooms, eat dinner and work together pretty much from day one. Everyone was very positive and receptive to team working. In the evenings

we were given time after dinner to explore the local town as well as to get to know one another. Our teaching weeks were intense with us working hard together to plan lessons, design activities and deliver a summer school as a team working often late into the night and the early hours of the morning. This strengthened our working bond further, as did the need to be ready for unexpected yet carefully thought-out events such as our weekend family activities. We would be picked up by coach, with a positive outlook on the day, often not knowing where we were going, with early starts and very late finishes into the night yet finding wonderful discoveries when we did.

Lasting Impressions

I feel that I gained a lot from the experience and am very grateful to have been offered the opportunity.

BA History, First Year Undergraduate, in person

Work Projects

I taught at a summer school in Hebei province in China. I was there for about 6 weeks and then went to Guilin for a week of activities. My first week consisted of promotion for the summer school because it was fairly new. I was supposed to get teacher training but that didn't happen. I ended up trying to figure out teaching myself. I taught between the ages of 5-12 in small classes. I taught oral language lessons. I made lesson plans for the various classes. Even though the programme wasn't quite what I expected, it was valuable in improving my flexibility and communication skills. I taught one lesson a day because the school was very small, they didn't get as many students as they planned. My teaching improved over the internship. Sometimes we went to different schools so that children could practice their English.

Daily Life

It was a culturally immersive experience; the other interns and I were invited to dinner and parties with other colleagues. We went to local museums and parks. On the weekends we were able to travel, so we went to Beijing a couple times. I saw the Great Wall of China. Tiananmen

Square and the Forbidden City. The weather was really hot and sunny. We ate most meals at the school canteen. Some evenings we would go to the local park for a couple hours. We mostly socialised amongst ourselves because only one person at the school spoke any English so communication could be tricky. We spoke to people who came up to us in public. I walked to work because the hotel was about 5 minutes away from the school. If we did go around the city then we got taxis, often because it was too hot to walk. We got fast trains when we travelled to Beijing and then to Guilin. In Guilin we met with other people interning at different schools and we cycled around the local area.

Lasting Impressions

I enjoyed the experience, but I would not want to teach as a career. I gained communication skills and confidence in presenting. I think the school should have been better with training. They expected professionally trained teachers and were frustrated when they realised we weren't. I now want to have a career where I am able to travel and work in different countries. I think I am interested in either consulting focusing on geopolitics or a think tank.

Tarana Varma, The Queen's College, BA English and French, First Year Undergraduate, in person

Work Projects

The work we were given was to explain tasks in English, and I did this once. I received no support from the host organisation as no one explained my role nor did they give me anything to do that made me feel in any way necessary to the running of the camp.

Daily Life

I was not made to feel particularly comfortable at our accommodation, as no one from the camp was there to greet us or explain anything to us when we arrived. I enjoyed socialising with the other volunteers.

Lasting Impressions

This was a thoroughly bad experience, made bearable by my interest in the country, the language, and my interactions with the other volunteers. I do not feel that I gained any good experience from the camp itself.

What practical advice would you give to future interns?

If someone were to be interested in this course, I would highly recommend a great deal more research into the specifics of the location they are being assigned to. However, I believe the onus here is far more on Oxford to provide greater information, and for this instance, a warning.

BA Classics and English II, Second Year Undergraduate, in person

Work Projects

We spent the first half of the programme staying at a Chinese university and were paired with Chinese students studying English to offer them 1-1 support with their language learning. Throughout this week they also guided us through activities and lessons relating to traditional Chinese culture. In the second part of the programme, we taught English to children in middle school. We were given a timetable of lessons to follow and expected to plan each lesson beforehand, with the first few lesson plans being marked by our programme leader. They also offered us lots of support and teacher training sessions at the beginning of the programme before any teaching began.

At the school we taught in pairs and were each in charge of classes of approx. 20 students, for six lessons per day. We were encouraged to make getting the children to feel confident speaking English aloud our main lesson objective to offer something different to what they may be used to within their term-time education. This meant planning a wide range of activities into each lesson and building relationships with individual pupils to ensure they understood their tasks and felt confident to communicate with us.

Daily Life

We arrived in China as a group of approximately 15 students and met our programme leaders who were very welcoming and friendly. Throughout the trip we moved locations several times and each time our accommodation in hotels with shared bedrooms was arranged for us. We spent the first few days of the trip in teaching preparation sessions or doing arranged group activities together, such as visiting museums. This made it easy to get to know everyone quickly as we spent the majority of every day together, so I was surprised to find I settled in and found friends quite quickly.

Our days were then usually scheduled with either work (at the university or school) or group activities/meals from the morning until late afternoon each day. Most of the time we then had the evenings to explore by ourselves, so often I caught the train with friends I had made to a different area of the city we were staying in or walked around the local area to explore what was nearby.

Lasting Impressions

I enjoyed the internship very much; it was quite challenging at times, especially when we first began teaching the school children, but overcoming those moments has definitely boosted my confidence in the long term. I was quite nervous about the social aspect of the programme and whether I would feel comfortable spending an extended period of time abroad with new people, but this worry quickly disappeared once I arrived and I found everyone to be really friendly and supportive.

I was also apprehensive about teaching for the first time but I'm glad that I did this and would now have the confidence to do it again. So overall I feel I gained a lot of confidence and valuable knowledge and experience in teaching. Although I did enjoy my teaching experience, I now feel that I would not take this up as a full-time career, though I would be open to participating in a similar short-term teaching experience.

A message from Richard Lloyd, Gotoco Director:

"We started Gotoco in 2012 as Oxford students, and our programmes have always been built around the kind of summer we wanted for ourselves - real work experience, a qualification that counts and the chance to live somewhere new. Over 5,000 participants later, it's still just as rewarding to read about what people take away from our programmes.

Taking responsibility for planning and delivering lessons and working alongside local colleagues in unfamiliar environments helps participants develop leadership, communication and adaptability skills that will serve them well beyond the classroom. It's great to read about the pride participants take in their students' progress and how their experiences have helped shape their career ambitions. The relationships formed with students, colleagues and local communities are also central to the cultural exchange we aim to offer.

Working around the schedules of overseas schools and summer camps means some programme details come together later than we'd ideally like, but we always aim to confirm and communicate these as early as possible, and to keep students informed throughout the process.

Every year, we seek internal feedback from all participants and review it in detail. If a programme or participant experience doesn't meet the high standards we aim for, as happened for a small number of participants this year, then we make changes to the placements we offer the next year. For 2027, we have reviewed all programmes and made a few changes to the placements we'll be offering, and to how we'll run our structured programme check-ins with participants and local hosts in the first few days of placements to pick up on any issues early on.

We're really looking forward to welcoming another group of Oxford students next summer."

Go to internship host list >

OXFORD UNIVERSITY INNOVATION (CHANGZHOU) LTD

Daniel Ning, Corpus Christi College, MEng Materials Science, Third Year Undergraduate, in person

Work Projects

My internship with Oxford University Innovation Changzhou was in Longcheng Intelligent Manufacturing Laboratory. This company specialised in a variety of characterisation techniques for equipment monitoring, the creation of manufacturing mother machines, and AI systems; their research aided the development of better automation and manufacturing capabilities for next generation factories. Supervisors were assigned after arrival, with some flexibility in changing groups to pursue your interests. Initially, I was assigned a materials AI group, but I ended up in an agricultural robotics group lead by Professor Liu. Professor Liu was one of the pioneers of agricultural robots in China, and his group consisted of PhD and masters students, with people working on computer vision and mechanical design. Robots were designed for harvesting kiwis, pineapples, grapes and apples.

I was assigned to a PhD student who coded the computer vision software for detecting fruit, and designed a four-armed apple harvester. My project involved using YOLOv5 to train a custom data set for object detection. My assigned PhD student was very welcoming and supported me with implementing the code on my laptop and providing resources for me to learn computer vision. By the end, I had gained an insight into computer vision and successfully trained an apple detection model. In addition to our projects, we had industrial visits and had an official opening ceremony where we introduced ourselves to our supervisors and seniors members of the company. The industrial visits included a tour of an AI Wonderland, Li Auto Manufacturing, and a carbon fibre and composite centre. I particularly enjoyed visiting Li Auto Manufacturing, as I was blown away by the scale and capabilities of the manufacturing robots and production lines.

Daily Life

Living in Changzhou was pleasant. Although the city was not a tourist destination, it had a nice environment for daily commutes and work, with good infrastructure and a lot of greenery. The apartment complex we lived in housed many of the people who worked in the innovation park, and their families. It was conveniently situated opposite a small shopping mall, which was a popular place for locals to go to. The shopping mall mainly consisted of food and drinks, but also included a supermarket, barber, pharmacy, well-equipped gym, and other small amenities. The apartments were very comfortable to live in, with fairly modern 1- or 2-bedroom flats, containing bathrooms, kitchens, and laundry rooms. After some deep cleaning and furnishing, my apartment became a great place to live.

Most interns walked to the office, but I opted to use rental e-motorbikes which were good to use after verification (DiDi brand only). As there were only 10 interns in total, we soon got to know each other and would socialise and travel together. The shopping mall had a great variety of restaurants and shops to eat from, so cooking was not necessary. I opted to buy a steamer which greatly improved my breakfast experience with various buns. Lunch was provided by the company in a canteen, and tasted nice too. During the weekends, I travelled to nearby cities including Nanjing, Shanghai, Suzhou, Wuxi, and Hangzhou, which were all well worth travelling to. With the highspeed rails, getting around the country was relatively cheap and speedy.

Lasting Impressions

During the internship, I had the opportunity to witness the technological advancements being made in China's manufacturing industry, in both Longcheng Laboratory and the companies we visited. I thoroughly enjoyed the internship, with regards to working, living and travelling. I was able to learn about the unique world of agricultural



robotics, and gain insights into computer vision. This internship gave me valuable insights into industrial research, and working in an intelligent manufacturing laboratory. By branching out to a new field of expertise, I was able to expand my knowledge and consider new career opportunities.

However, as the internship was only in its second-year running, there were organisational aspects that could have been improved on. For one, the supervisors were only available midway through my internship, so a lot of time was spent self-studying and exploring China before work officially began. It is worth noting that although the internship has flexibility in start dates, the reality is that the best experience is had if you start on the 1st July with the majority of interns. Despite this, the supervisors were very professional and aimed to provide meaningful work for the interns. It was an honour to work with experts in the field, in a company at the forefront of intelligent manufacturing in China.

What practical advice would you give to future interns?

Get your VISA sorted around the start of Trinity term, as soon as you can. The process is very straightforward but involves two trips to London. A Chinese phone number is very useful for using services in China. Set up Alipay or WeChat pay as these are the most common forms of payment. Student IDs can often give you discounts when visiting tourist attractions. Use Rail12306 to buy cheaper train tickets. Trip.com is great for booking hotels. The Oxford VPN works well, but all VPNs can be temperamental.

Either get an e-sim with plenty of data or get a Chinese sim card. Be proactive with emailing the organiser for more information. Some interns got Chinese lessons. A lot of opportunities are through asking the right people rather than being advertised to you, so get to know people. Be wary of more expensive prices for foreigners. The DiDi e-bikes can be passport verified, but you need a selfie with you holding the passport and the information double page. Lots of things require mainland China ID which can be frustrating.

MEng Materials Science, Third Year Undergraduate, in person

Work Projects

When I initially arrived at the internship, I carried out some pre-reading tasks. I was introduced to some of the research group's previous work and so was able to familiarise myself with their work. After a few days of discussion, it was decided I would join an ongoing project for an industrial client. This project was a request to develop an AI assisted materials analysis tool. I carried out research tasks both related to materials science and machine learning methods and reported them to my team. By the end of the project, we had managed to achieve the objectives set by the client and handed our work over to another team.

Over the duration of the project, we required regular communication with the client and so there were some occasional gaps in work. However, my supervisor constantly checked in with us and made sure we had adequate tasks during these periods. The internship organisation provided several events during the program such as a welcome event, and industrial visits. This allowed us to experience some other aspects of the laboratory and working life.

Daily Life

My working day would start at 8.30am, each day I would clock in to the office and start my tasks. Lunch took place from 11.30am - 1.00pm. Many of my colleagues would take this opportunity to return home and rest or many would take naps at the office desks. I would then clock out of work at 5pm and return home. It has been interesting to see the differences between work and research culture in China compared to the UK and the general layout of the day. The internship programme provided a single occupancy apartment for me during my time in China. It was a nice experience to see the apartment feel more and more lived in during my time there.

There was a small shopping mall opposite the accommodation that was convenient for shopping and trying different food places. Navigating the language barrier was surprisingly easy as many interactions were dictated through phones or the basic Chinese that I picked up. On the weekends, I travelled to the surrounding cities (Nanjing, Wuxi, Suzhou, Hangzhou and

Shanghai) to explore them. This was both fun and culturally interesting. I enjoyed learning about each city, and a little about their ancient histories. On the program, there was a group of around 10 interns who I would have lunch with and get to know outside of working hours. It was nice to learn about everyone's different experiences both inside and outside of the internships.

Lasting Impressions

This internship has been an extremely insightful experience into the world of AI and machine learning within research. I think I have gained both academic and life experience, and will look back on my time during this program fondly.

MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

I was working with one other intern, plus our supervisor, on a laser cutter calibration project. We worked in both the company office and in the lab to run experiments and evaluate our results and processes. Using a least squares method, we measured the initial error using a high precision camera and computer vision programme in python. Then wrote a programme to edit the laser cutter input to minimise error. We successfully reduced errors of 200 micrometres down to 8 micrometres.

Daily Life

The provided accommodation was around a 20-minute walk from the office and lab. I got to work either by walking, hiring a bike or getting a taxi as most transport options are very affordable in China. Outside of work we were located very close to a mall, so we often went out to eat, this mall also had a gym which I got a membership for. Additionally, at the weekend we often took the high-speed trains to nearby cities to explore.

Lasting Impressions

I enjoyed the experience and think I have gained valuable skills and knowledge which will help me when deciding my next steps.

Timothy Chadwick, Jesus College, MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

I was making machine learning models for fault diagnosis on electric motors. I first learnt some background skills in python and machine learning techniques, then evaluated the performance of different types of models on accurately identifying faults.

Daily Life

Work hours were 9-5, with a 1.5-hour lunch break in the middle where I would eat with the other interns and socialise. Outside of work hours I would travel a bit with the other interns and explore the local area.

Lasting Impressions

I enjoyed the internship a lot, I gained a lot of useful experience in the machine learning sector, and it was also a great cultural experience.

Jack Ingram, St. Anne's College, MMath Mathematics, Second Year Undergraduate, in person

Work Projects

The project was to design a system that could provide high precision measurements of the diameter of corrugated pipes, based on images taken of said pipes from a fixed camera setup. This system would be used for quality inspection and was part of a package of software that the laboratory was providing to a nearby factory. I was tasked with comparing different subpixel edge detection algorithms to determine the best one for this use case, as well as looking at

different algorithms to fit circles to the data produced by the edge detector, from which to extract the outer diameter of these pipes.

I was given an in-depth project summary, which outlined several potential issues I might run into, as well as several algorithms I might implement to potentially get around them. I was also given further guidance after each of the weekly reports that I would make. When I asked for an extension on the work after I realised that I was going to get it finished much before the end of the internship, it was quickly provided.

In order to complete the project, I had to begin by reading several papers describing the algorithms that I would then have to go on to implement. While there were many libraries containing the algorithms premade, the use case was specific enough that I still had to do a fair amount of programming myself. I was able to produce a system that was well within the precision bounds, and I also produced an in-depth writeup of the project, as well as a graphical user interface to aid in the selection of different algorithms, and the fine tuning of the parameters. However, the dataset provided by the factory was not large enough to know if my product would generalise fully to their use case.

Daily Life

The residence provided by the internship employer was nice; I was sharing the 2-bedroom apartment with one other intern. Work was a 20-minute walk away from the apartment. They gave sufficient time to recover from the jetlag before the work started. The lunch provided at work was good and had good vegetarian options. Much of the lunch breaks were spent playing various card games with the other interns in the office and then (after the card games were outlawed for resembling gambling too much according to the other office workers) various online games, including a lot of chess, also against the other interns.

In the evenings, I spent a lot of time calling people back home, and I also spent some time playing various games in the shared space of the apartment complex with the other interns. During the weekends, I visited several of the cities around Changzhou, including Shanghai, Nanjing, Suzhou, and Hangzhou. I did some travelling on my own, as well as some with the

other interns, as well as some tourists who we met while there. After the internship was over, I travelled to Beijing first before going home. This was a great experience and being able to see that much of China was an opportunity I was really glad for.

Lasting Impressions

I really enjoyed the experience, and I'm very glad to have gone on the internship. This internship was perhaps less directly related to Machine Learning than I would have initially liked, as this is still a field I am most interested in career-wise. That being said, there were some useful skills that I picked up which carry over, for example the same programming libraries used in machine learning I also used for this computer vision project.

On top of this, the way the internship was set up – me being given an interesting, difficult problem, and then having a lot of freedom to decide how to solve it – was exactly how I would like to work in the future, and I think that this internship has really motivated me to try to find a position that gives me similar freedom and access to interesting problems. While China is not a place I can see myself going back to, I'm very glad that it was an international internship, as I think it gave me a very similar introduction to this sort of job, whilst broadening my worldview and providing me with so much more understanding of the world, when compared to a domestic internship.

BA Philosophy and French, First Year Undergraduate, in person

Work Projects

My projects primarily consisted of working with my colleagues, liaising with the other international organisations present, greeting government officials and business leaders, supporting marketing operations, attending AI conferences and investor pitches, meeting with foreign diplomats, conducting research on one person companies, asking key questions to clients, and helping with paperwork and slide decks.

I received any and all help from my Chinese colleagues, and the few other foreigners working in my office helped greatly too. I was working for an American venture capital firm with offices

based in China, so it was an international organisation with a subsequent international outlook, and my colleagues were familiar with foreign business practices, organisations, and norms.

My host organisation was kind enough to provide a shared apartment, which was clean and modern and shared with a fellow intern. Equally, they provided me with a £450 flight subsidy. I was grateful that many people in my host organisation also spoke English so that I was able to pose them many questions and got them to help with everything from tickets to deliveries.

Daily Life

Daily life consisted in getting to work in the morning, often through DiDi (Chinese Uber) as it was very cheap and I used it often when it was extremely hot in the morning. Lunch was provided. I helped with whatever work there was to be done either during the morning or the afternoon. I would then walk back to the apartment complex in the late afternoon/early evening and grab dinner at the local mall right outside my apartment complex that had many affordable restaurants.

There was a basketball court in the apartment complex, a small gym, and a table tennis set that I often used in the evenings. Equally, I occasionally went into the city centre during the evening for dinner, to shop, or to walk around the streets of the old city. Every weekend, I would visit a nearby city, and I also got some time off to travel further afield.

Visiting other cities on the weekend was certainly a highlight, as it was a thoroughly enriching cultural experience. Due to the amount of time I was there, there were many weekends where I was able to go to cities in my province or nearby provinces. On weekends where I was not travelling, there were also bars and zoos in my host city.

Lasting Impressions

More than anything, the experience will stay with me as my first, and hopefully not last, time in Asia and in China. I was struck by the profound kindness and curiosity of the local population, who often stopped to take photos with me as well. I gained greatly from the experience of

living and working abroad, adjusting to a place with different cultural norms, customs, and a different way of life.

It changed my perspective on how the economy could be structured, with the Chinese system offering both advantages and disadvantages. In terms of career ambitions, I certainly would like to return to work in China or Asia more broadly in the future. Venture capital is now a much more appealing prospect as well, as the internship showed me that I have the skillset – such as organisation, communication, analytical skills – necessary to succeed in this field.

MSc Computer Science, Second Year Undergraduate, in person

Work Projects

I was not given a concrete project overall but had small "projects" given to me. These were market research tasks for teams in the entrepreneurship hub, especially concerning the European and North American markets (so researching things like market size, developments, prices, regulations, etc). The first time I had to do this I was given advice on the headers and things that would be useful to research. I also did some marketing for another team in the entrepreneurship hub, which involved thinking of how to advertise the product on social media, helping out with website design and finding social media influencers to contact to help with promoting the product.

Daily Life

I settled in well and was given contacts in case I had further questions or emergencies about life in China. When I had questions, they were answered quickly. I walked to work each morning, which took about 15-20 minutes and was convenient. Outside of work I travelled to other cities in China and also learnt Chinese with a tutor (this was completely separate from the internship). I mainly socialised with the other interns and my coworkers in the office.

Lasting Impressions

My overall impression was that this was an interesting, new and enjoyable life experience for me, especially as I was living in a country where I didn't know the language. However, professionally/academically I didn't really gain anything. I think the main thing I gained was discovering that I enjoyed learning Chinese, so I'll continue that in the future. In terms of career ambitions, this isn't the sector I want to work in in the future, so it hasn't affected them. My goal was to use this as an opportunity to explore a new sector to see if I find it interesting; however, I probably won't work in it in the future.

Tianyu Chen, St. Edmund Hall, MEng Materials Science, Second Year Undergraduate, in person

Work Projects

I was assigned to a project group in a manufacturing intelligence lab which aims to create an AI tool that could be used to identify and analyse SEM or optical figures of as-fabricated cemented carbide from a local industry. By the end of my internship, our group’s product had progressed a lot using appropriate segregation methods algorithms so that it can translate input scanning results into an official industrial report of the WC cemented carbide products. My supervisor provided a necessary explanation of the national standard for industry and gave us a lot of opportunities to understand some realistic situations or difficulties in the market, which was very helpful.

Daily Life

I settled in a local talent apartment which is around 1.5km from my workplace, which was quite convenient for me to commute via riding electric bikes. In my free time I explored various districts of the city, tasted local food and discovered some tourist attractions. I also had opportunities to visit nearby cities during weekends. I usually socialised with other interns and employees from the workplace.

Lasting Impressions

It is generally a very good experience, and I gained a lot from it, including first-hand market information of industrialised materials engineering, AI tech application in materials science field as well as seeing the functioning of some of the latest process machines. This internship refreshed some of my outdated views about what I will learn and work with in the future, which is very helpful to construct my future career plan and make it more realistic and practical.

MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

During my internship, I worked on a laser cutter calibration and accuracy-analysis project. The aim was to detect cross centres in images of an N×N grid, convert pixel coordinates into physical millimetre offsets, and use these errors to correct galvo inputs. I implemented and applied two centre-detection methods: an automatic OpenCV pipeline using grayscale thresholding, Canny edge detection, Hough line transform, line filtering, robust means, and intersection; and a manual method where the user clicks the central cross. I then converted pixels to mm, corrected camera rotation using least-squares line fitting, and generated final offset tensors.

For calibration, I built degree-3 polynomial features and used least-squares fitting to obtain X and Y parameters, then applied the mapping to commanded .txt coordinates to produce modified galvo inputs. I also created plots comparing raw measured positions with original versus modified points, which helped verify detection and correction quality. Achievements included producing offset data, polynomial parameters, and visual results for a 9×9 grid.

The host organisation provided the GitHub repository, sample images and grid data, a precalculated pixel-to-mm constant, access to laser cutter context, and regular technical supervision. My supervisor gave feedback on OpenCV methods, calibration strategy, and result interpretation, which helped me refine the workflow.

Daily Life

During my internship, I settled in quickly at Golden Phoenix Talent Apartment, where I had a private room. The environment was comfortable and quiet, which made it easy to rest after work. I usually commuted to the lab by electric bike, starting at 8:30 a.m. and finishing at 5 p.m. This routine gave me a good balance between work and personal time. At the lab, I worked closely with my project partner and supervisor. The atmosphere was friendly and collaborative; whenever I met problems with image processing or calibration, they were willing to discuss solutions with me.

Lunch was a highlight – the food was delicious, and it was a good chance to chat and relax with colleagues. After work, I sometimes explored Changzhou, visiting local streets, parks, and restaurants. My supervisor also gave me valuable professional advice, which helped me improve both my technical skills and my understanding of the project. On weekends, I continued exploring the city and enjoyed some personal time. Overall, the internship was very rewarding. I did many things I had never done before, and the experience was especially helpful for my professional development. I felt welcomed, supported, and motivated throughout.

Lasting Impressions

I gained a great deal, including practical skills in image processing, data analysis, calibration, and scientific plotting, as well as confidence in tackling unfamiliar tasks. The experience confirmed my ambition to work in engineering or applied computer vision, where precision, problem-solving, and teamwork matter. It also showed me that I enjoy hands-on R&D and want to continue developing these skills in my future career. Overall, I left feeling motivated, more capable, and grateful for the opportunity. It was an unforgettable period of growth.

Go to internship host list >

TSINGHUA UNIVERSITY HIGH SCHOOL EDUCATION FOUNDATION

Calum Sarch Thomas, Worcester College, MEng Engineering Science, Third Year Undergraduate, in person

Work Projects

Teaching in China is an experience I will never forget! From the schools and their students to the city and its incredible cuisine, every part of this experience was special. I had the pleasure of teaching students in Beijing, Xuanhua, Xiong'An, Kaifeng, and Zhengzhou about British culture. I taught them about British food, animals and places. The students impressed me with their intelligence, dedication and enthusiasm, and they particularly shone during games like Bingo, Splat, or T-shirt design competitions. In turn, they shared their own culture with me, teaching me about China's history, economy, art and local dishes. My main tasks included lesson planning, performing lessons, doing cultural activities with the students (like taking them to museums), organising a musical, and writing reports to the sponsors.



I received some support from Tsinghua University Education Foundation. This included a rough curriculum and lesson planning advice, accommodation, and food. Additionally, playing football and badminton was a great way to connect, giving me insight into what the students were passionate about beyond the classroom. Overall, this was an incredible experience shaped by the inclusiveness of the school, the charm of China's cities, and its delicious food. I hope future students get as much out of our exchange as I did, and I look forward to seeing cultural exchanges like this continue to flourish in the future.

Daily Life

My daily life involved waking up around 7 am, going to breakfast, teaching lessons before and after lunch, and doing cultural activities in the afternoon and evening, before sleeping at 10 pm. I have included a rough itinerary below:

- (9th July – 12th July): Participated in cultural activities and lesson planning in Beijing.
- (13th July – 15th July): Participated in cultural activities and giving 4 English classes and touring ancient city gates/a pottery workshop with students in Xuanhua.
- (16th July – 19th July): Participated in cultural activities and giving 12 English classes and touring Yuerong park with students in Xiong'An.
- (20th July – 26th July): Participated in cultural activities and giving 3 English classes and directing an English musical in Kaifeng City.
- (27th July onwards): Participated in cultural activities and giving 4 English lessons and report writing in Zhengzhou and Beijing.

I settled in nicely, as I arrived on the 7th of July. This gave me two days in the student dorms to get used to China and make friends with the other volunteer teachers. I stayed in the school's student dorms, making commutes very easy. To get between the schools, I took high-speed trains. Outside of work, I visited lots of tourist destinations in China, such as the Great Wall. I socialised both with the other volunteer teachers and the students.

Lasting Impressions

Overall, my month teaching in China was an incredible and deeply rewarding experience. It reinforced my belief that education is one of the most effective ways to bring people from different cultures together. By sharing knowledge, learning from one another, and building genuine friendships, we were able to create meaningful connections that extended far beyond the classroom.

I deeply enjoyed the experience and gained many practical skills from it, such as lesson planning, teamwork, leadership, conciliatory skills, and limited Mandarin proficiency. The experience has inspired me to become a teacher. I sincerely hope that more opportunities for

international educational and cultural exchanges like this continue in the future, as they benefit both students and teachers while fostering greater global understanding.

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

Work Projects

During this internship, I taught classes of middle and high school students across different regions of China. I was given a lot of autonomy over the structure and content of my lessons with the responsibility of preparing them myself. I was also responsible for delivering presentations on university admissions, allowing me to develop my ability to present to larger audiences. The internship also included a number of excursions in each location. We were taken on a tour of a Unitree Robotics factory, where I was asked to take part in an interview discussing the Chinese robotics sector. The host organisation provided us with accommodation, train tickets between locations and food across the duration of the internship.

Daily Life

One thing I really enjoyed about the internship was how varied it was, with no two days the same. However, a standard teaching day would normally begin at about 07:00, where I would wake up in a high school dormitory shared with other interns. We would eat breakfast in the school canteen before heading to our first lesson at about 08:30. Although the school day would last from 08:30 to 17:30, we would generally teach 2 or 3 40-minute lessons per day, with a 2-hour lunch break in the middle of the day. We might also have an afternoon or evening excursion to learn about Chinese culture. These excursions included a trip to a theme park, sightseeing around Beijing, a visit of China's largest date factory and meals out.

Lasting Impressions

I really enjoyed the experience and found it very interesting. What I gained the most from was the insight into China's education system and culture, which were both vastly different to those of the UK. I also enjoyed the autonomy I had over my lessons, giving me the opportunity to try

out different ideas across my classes. I felt that this autonomy provided me with valuable experience in working independently. Although I really enjoyed teaching, I am not sure I would like to do it for a career. Overall, while the internship provided me with useful transferable skills, I am not sure it had much impact on my career ambitions.

Clara Sancha, St. Peter's College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

I interned with the Tsinghua University High School Education Foundation, teaching English to middle and high school students (aged 12–16) across Beijing and several counties in Hebei and Henan provinces. The project paired international volunteers with Chinese student partners to deliver English lessons alongside talks on culture and intercultural communication, aiming to broaden the local students' horizons and understanding of the wider world. My main tasks involved designing and preparing my own teaching materials – including stories, images, and presentations introducing my home country, hometown, and university – and adapting these to suit each new group of students as we moved between schools in Xuanhua County, Xiong'an New Area, Minquan County, and Zhengzhou.

I taught across four different schools over the placement, managing distinct age groups and varying levels of spoken English. The host organisation provided strong structural support throughout: local programme coordinators checked in during the school day and held group review meetings each evening, while an overall programme coordinator maintained regular contact across the full month. Alongside teaching, the Foundation ran a Chinese Culture Learning Programme for participants, and I was also paired with a Chinese volunteer teaching partner at each school to help with translation and classroom delivery.

Daily Life

Daily life moved between structured teaching days and periods of travel between provinces, which gave the placement a sense of adventure and variety. After arriving in Beijing, I stayed in the Tsinghua University dormitories, sharing meals at the school canteen and getting to know

both Chinese student volunteers and fellow Oxford students. An opening ceremony and ice-breaker session helped with this early on. Early days included visits to the Summer Palace, and the Tsinghua campus and museum, which introduced us to some of the culture and history of Beijing before teaching began.

Once teaching started, each programme at a school (Xuanhua County, Xiong'an New Area, Minquan County, Zhengzhou) followed a similar rhythm: mornings and afternoons in the classroom, evenings spent preparing materials for the next day's lessons or joining group review meetings with coordinators. High-speed rail journeys between provinces broke up the routine and gave us time to see more of the country. Outside of teaching, I socialised closely with my Chinese volunteer partners and other Oxford interns, sharing meals and conversations that often became informal cultural exchanges in themselves. Local museum visits and free days, including a trip to the Great Wall rounded out the experience.

Lasting Impressions

I loved the experience. I hadn't imagined I would go to China or Asia during my time at university, but suddenly there I was on the plane! It was a hugely rewarding experience, with some of the best moments centring around incredible meals with the Chinese teachers and students from the schools we were teaching at. It was these moments of hospitality and generosity, and the ways we found to communicate across language barriers, that I will treasure. The teaching experiences at each school were very different but equally rewarding. I loved getting to know the fellow Oxford volunteers and volunteers from Chinese universities. Moreover, it was amazing to be able to see the Chinese students grow in confidence with their spoken English over the time we worked with them.

Prity Laloux, Magdalen College, BA Philosophy and French, Second Year Undergraduate, in person

Work Projects

The aim of this internship was to provide English language teaching and support to students in different parts of northern China, mostly in rural schools. We taught in 4 different week-long

summer programs, for students ranging from primary school students to the end of secondary school students. We were told that our main aim was to teach students about British culture, and our lives in the UK.

We were also told that we should give students the opportunity to practise their spoken English to improve their level. Across the program, I created two lesson plans which I rehearsed and improved throughout different summer programs, adding more interactive sessions as I practised. This helped me improve the students' confidence in their English and to build connections with them through teaching them about different cultures.

As a cohort of Oxford interns, we also had to prepare performances with lots of our students at the end of various summer programs. To do this, we created our own group performances designed around the students' interests. We also had the students perform their favourite English language songs. The host organisation provided translation services, ensuring that if the students didn't understand what was going on, they had someone to go to. They also gave us guidance on what the aim of the classes was. Additionally, they provided lots of cultural activities for us during our days off, allowing us to learn more about Chinese culture.

Daily Life

We usually stayed in the schools hosting us and followed a similar schedule to our students. On days where we were teaching, we would wake up at around 7am, have breakfast at 7:30 and start our first classes at 8:15-8:30; We would teach two to three classes before lunch, which we would have together as an Oxford cohort with some of the Chinese university students who were also teaching in the summer programs. In the afternoons, we would teach 2-3 more classes before the school day was over.

Sometimes, our classes would be normal presentations delivered to students about British culture and Oxford University life. In that case, teaching was mostly individual and in a more traditional classroom setup. However, on many occasions we would spend afternoons preparing the performances with our students. This required involvement from all 5 Oxford students at once and made the classes much livelier.

We teamed up to teach the students songs, dances, and to rehearse their lines together. Once the school day ended, we would have the chance to explore the cities we were staying in, and sometimes to socialise with the students we taught by playing sports with them. Dinner would be at around 7pm and we were free to do what we wished before we had to return to our dormitories by 11pm.

Lasting Impressions

I very much enjoyed my internship with the Tsinghua University High School Education Foundation. I gained exposure to China, a culture I had not previously experienced directly. I had the chance to meet lots of new people; from the students I taught, to the Chinese university students I worked with, and the teachers working for the charity and in the local schools. This meant I was exposed to people with very different life experiences to me, which I found very valuable. I also learned a bit about life in education, which has helped me gain some clarity on what kinds of roles I would want to pursue in the future.

Perhaps more crucially for me, I had the opportunity to experience working life in China. As I studied Mandarin Chinese for 10 years in school, I was glad to have the opportunity to gauge my level in the language within a local working environment. I also now know more about the working culture in the country, which will help me decide whether I eventually want to work in China at some point in the future. I also made some wonderful friendships with the other Oxford students on the internship, through our shared experiences as teachers and our adventures on the weekend.

Go to internship host list >

CYPRUS

CARITAS CYPRUS

BA Arabic, Second Year Undergraduate, in person

Work Projects

At Caritas Cyprus, I helped migrants navigate the asylum-seeking process. To do so, I learnt how to make and renew labour cards, acquire child benefits, amongst other administrative tasks that enable individuals to participate in society. In addition, I visited a refugee camp where I partook in activities with children as well as offering English classes to adults. I also had the opportunity to give one-on-one classes to a person at the centre who came in on a regular basis. I managed to see her progress in only a very short amount of time.



Daily Life

I walked to work every single day and arrived at around 9am. Most days I would sit in the centre with my laptop waiting for walk-ins to ask for any help. If I couldn't offer the necessary support, I would direct them to the relevant person/organisation to fulfil their needs. Some days, I would help with the storage area where we organised any goods (clothes, toys, books etc.) that had been donated to the Non-Governmental Organisation (NGO). Finally, I would go with other interns to Kofinou refugee camp (approximately an hour away) to play with children for 2 hours or give an English class to adults there.

Lasting Impressions

This internship was an extremely formative experience that I very much enjoyed doing. I gained a deep understanding of the impact of migration policies on small countries like Cyprus and the importance of NGO's in offering support to vulnerable people. This social work has truly changed my career ambitions in life as I would like to pursue a career in the NGO sector.

BA Arabic, Second Year Undergraduate, in person

Work Projects

I worked at Caritas Cyprus as a Migrant Services Intern and helped with Arabic translation, English classes, documents/administration assistance, and distribution of humanitarian aid.

Daily Life

I was given three hours of training on my first morning, then subsequent training weeks later. I socialised with the other interns and colleagues in my spare time, travelling with them around Cyprus. My working hours were 9-5/6, with one hour for lunch.

Lasting Impressions

I really enjoyed the experience and learned a lot through the process. I gained an understanding of the migration process in EU countries and the struggles facing asylum seekers.

What practical advice would you give to future interns?

Ensure you take every opportunity you can to understand the sector you are working in, whether through socialising with full-time colleagues or participating in company-wide initiatives.

CZECH REPUBLIC

ARETE GROUP

MChem Chemistry, Second Year Undergraduate, in person

Work Projects

When I first joined, I started by researching and familiarising myself with the structure of a private equity fund, the investment lifecycle and key trends in the markets that ARETE operates in. I then further built my technical skills in financial modelling by underwriting potential real estate acquisitions and building leveraged acquisition models. This developed my understanding of GP/LP waterfalls, cash flow mechanics and lease structures in logistics real estate specifically. As the transaction progressed, I created investment memoranda and pitch decks for the investment committee to support the execution process.

To wrap up our learning, I worked closely with the interns in other departments on our final project, which was to create an integrated fund design; my role was to determine the fund's risk-return strategy, investment thesis and deployment pipeline. This was presented to senior management at the end of our internship, where we had to defend our theses and also received very useful feedback. Each intern was assigned a mentor, usually an analyst or associate, to answer queries and support our work closely. We also had weekly 1:1s with our managers, usually a Team Head, to provide more feedback and go through the previous week's work.

Daily Life

The social aspect of this internship was amazing. The working culture in the firm and in the wider country was very friendly, with very reasonable hours and many after-work drinks and socials being organised every week. Being in a new country also naturally allowed the interns to

interact with each other on a day-to-day basis, and we were given lots of free time over the weekend to explore the city and even travel to nearby countries. Accommodation was provided for this internship, which was located in a very convenient location about 15 minutes away from the office by tram. Transport in Prague is also relatively cheap compared to the UK.



Lasting Impressions

I thoroughly enjoyed the experience. On the technical side, I believe that it strengthened my CV and also boosted my confidence in applying my prior financial modelling skills in the real world. It also gave me an insight to which parts of the work I enjoyed more (or less), which helped me narrow down my long-term career prospects for the future. For example, I found myself most interested by the underwriting and transaction processes, as opposed to the asset management side of private equity. Finally, I am very grateful for the opportunity to live abroad medium-term; I got to experience a different culture and travel alongside working, which made the summer extra productive.

THE CASTLE BLATNA ESTATE

Isma Shahid, Oriel College, MSt in Modern Languages, Final Year Postgraduate, in person

Work Projects

My main tasks included the following:

- Providing English translations for castle brochures/guidelines/webpages in Czech.
- Making improvements and updates to the written English castle tour guides.
- Creating social media (mainly Instagram and TikTok) marketing content.

- Verifying and completing a Hildprandt family tree to be potentially displayed at the castle in the future.
- Helping with making improvements to a digital map of the castle grounds.
- Helping to create a social media brand kit to make future social media output more uniform and professional.
- Occasionally helping out with morning alpaca walks and alpaca picnics.
- Helping out with setting up/packing up events held on the castle grounds.

The host organisation would provide support through weekly meetings with my supervisor where we would talk about what we have been working on, ask for new tasks to work on, and discuss any questions, clarifications, concerns, etc. The supervisor would also be accessible for any queries by text or email in between our weekly meetings. Either the other interns and I would split our tasks evenly between us based on our individual strengths/interests, or we would collaborate together on larger projects. I would say that the workload was very manageable.

Daily Life

It was easy to settle in since the accommodation provided by the internship is nice and fully equipped, with a Lidl only a 10-minute walk away. The accommodation is in an ideal location on the edge of the castle park grounds, less than a 5-minute walk from where we would go to work in the castle's cafe. Blatna is a small town, so it is easy to get to know it fairly quickly. It was particularly helpful setting up a meeting to get to know the other two interns prior to starting the internship in Czechia since we were already introduced to each other by the time we arrived – we would do everything together as flatmates, colleagues, and travel buddies. Having each other helped greatly to settle in quicker.

Our routine was usually going to the castle cafe sometime between 9-10am on weekdays, completing our tasks on our laptops in the cafe (going back to our flat for lunch), and leaving around 5pm. Food and drink at the cafe is discounted, which is good for snacks in between. The cafe manager is very friendly. Sometimes we would help Stephanos (the castle owner) walk his

dog in the castle park in the evenings, which was always fun. In general, the castle staff are nice and approachable. During the weekends, if there was no event for us to help out with, the other interns and I would often travel to Prague for the day via the 416 bus (about 1 hour 40 mins).

Lasting Impressions

I really enjoyed this internship (on both a social and professional level) and would definitely recommend it – I was able to try out new skills related to content creation and marketing, whilst also learning the fascinating history of Castle Blatna. The projects that were set for us were both engaging and manageable, so I was not stressed out by the tasks and would still have some time for travelling in between. Although I was initially intimidated by the social media tasks due to my lack of experience, it was actually one of the responsibilities I ended up enjoying the most. Teamwork with the other interns was definitely instrumental to the smooth delivery of our tasks.

My favourite thing about working at Castle Blatna was the unique opportunity to attend some of the interesting events held there (like the orchestra and open-air planetarium showcase). The alpacas were also so cute – and the other animals that roam free through the castle park (the deer and peacocks) is surreal! I feel like I gained a really exciting and unforgettable experience (although I already had a job lined up for afterwards, so it hasn't yet impacted by career ambitions). I am especially happy with the friendships I gained from this internship with the other Oxford interns and the castle staff. I was able to get to know some really interesting people, which has made the experience even more enjoyable.

What practical advice would you give to future interns?

Before travelling to Czechia, definitely try to set up a meeting with the other Oxford interns – they will be your flatmates and coworkers, so your whole experience may go a lot smoother if you can get to know each other beforehand and maybe find some common interests. It also may be useful to look at Castle Blatna's events page beforehand so you have an idea about what kind of events will take place during your time there. Don't be afraid to try and do a little

travelling in your free time – our schedules are generally flexible (particularly on days with no events at the castle).

BA German & Linguistics, First Year Undergraduate, in person

Work Projects

I worked as an intern within Castle Blatna, working on a variety of longer-term projects over the 8 weeks I was there, alongside general on-the-ground assistance with events. I helped produce marketing content for the castle's Instagram account, producing around one per day, and also used my skills as a German student to edit and proofread the German translations of the 3 different castle tours. On top of this, I completed a preliminary research project on creating a retractable roof covering to help weather-proof the castle courtyard as an events space.

I was extremely well supported by the Castle Blatna management, which provided me with 24/7 accommodation near my workplace throughout my internship. Our progress was followed directly through weekly meetings with a member of management, but members of staff were always reachable during the workday for questions or support. We were frequently asked to work on weekends, outside of the typical schedule, but were always allowed to recoup these free days at a later date.

Daily Life

The three interns were provided with a spacious, well-equipped apartment with direct access to the castle grounds, and castle management were quick to respond to any concerns we had - for example, we had a problem with power cuts caused by parts of the fuse system being easily overloaded, but this was quickly rectified by the castle maintenance team. We typically came to work between 9:30 and 10am each day. Our workspace was typically the castle cafe, which was extremely comfortable, though it was occasionally a bit busy. We had access to a skeleton 'post plan' provided by castle management, which provided three post themes per day for us to allocate between us.

We broke for lunch between 12 and 1, usually just returning to the apartment, which we often followed with an ice cream from the cafe. We then worked until 5pm, when we returned to the apartment. We mainly formed social connections between ourselves (that is, the three interns); however, we also got on well with members of the cafe staff and owner, as well as our overall boss, the castle owner, who sometimes invited us to walk his dog with him.

Lasting Impressions

Overall, I greatly enjoyed my internship experience – the work was interesting and highly diverse, the location was beautiful and the commute extremely quick, and the staff were welcoming and helpful. It was an excellent insight into the inner workings and concerns which come under consideration with the management of a site of cultural heritage, including balancing preservation and generating profit.

This also represented only my second experience of workplaces as a whole and especially helped me to become more proactive when responding to workplace or employer requirements – aiming to go beyond the exact request and fulfil the actual overall task. This experience has fuelled a greater interest in working in or adjacent to property management, as I found the work working closely with the castle and its rooms (tour guides, roof research) the most engaging, as well as it being where I felt I was most effective. I do wish I could've worked more with the castle's German-language messaging as a whole.

What practical advice would you give to future interns?

Make sure to make the most of your time – it passes surprisingly quickly, and we ended up squeezing so much into the last week! Don't be afraid to ask questions if you're confused by the workload – everyone's super friendly.

MSt in Comparative Literature and Critical Translation, Final Year Postgraduate, in person

Work Projects

I did marketing, events, and cultural heritage work for the castle. I worked on the website, helped run events, made new graphic designs for the tour guides, helped with the English guides, assisted with the alpacas, and more. I had a highly successful social media post about the Green Room, and also contributed towards making a new brand guide, which the castle has been using in their social media. I also did translation work for a wedding brochure and suggested a corporate brochure for the organization.

One of my other research projects was for grandstand options for castle events so that they would not have to rent grandstands. I felt extremely supported by my organisation. We had weekly meetings with Ivana, our supervisor, and any of the other castle workers would also be more than happy to answer any questions we had. I felt that I was given the appropriate resources to complete my tasks and included as part of the castle team, which is rare for an intern. I had a lot of fun, and it was also great to get a further insight into Czech culture over my summer at Castle Blatna.

Daily Life

Because our apartment was right next to the castle, it was extremely easy to settle in. Getting to work was a short walk to the castle cafe, which was beautiful in the mornings. It was great being able to live with the other two interns, and we are still friends. Outside of work, I socialized with the other interns (taking trips to Prague, cooking together, going on walks in the castle grounds). I am very happy that the three of us worked together as well as we did!

We also chatted with the castle team, who were very friendly and welcoming and included us on work events with the castle team (such as team birthday celebrations, or orchestra concerts). It was great living and working onsite, we also got to take walks in the castle park whenever we wanted (which had fallow deer, peacocks, and a lake), which was a great break or

evening reset. Overall, daily life at the internship meant we were kept busy but also had time to relax and take trips around Prague and the Czech Republic to explore the country.

Lasting Impressions

This internship was a fantastic experience and was one of the best internships I've done. I learned much more about what goes into cultural heritage and the restitution process, as well as what goes into maintaining a historical landmark. I also learned much more about Czech history, which is something that compared to other regions I knew relatively less about. This internship has encouraged me to pursue a career in cultural heritage, as well potentially fill gaps in my conservation knowledge, which I am realizing I still have and would love to improve. Because of this internship, I would like to continue gaining experience in cultural heritage, museum, and diplomacy work in Central and Eastern Europe. I felt very supported during the internship and also learned valuable skills such as social media marketing. I improved other skills such as event management and my research skills. Overall, my experience was extremely positive. I both learned a lot and have clearer career ambitions.

What practical advice would you give to future interns?

Make sure you bring cash (Euros or Czech Koruna). Some restaurants in Blatna do not always accept card or Apple pay.

GERMANY

AIOMICS

Victor Angelov, Mansfield College, MEng Engineering Science, Final Year Undergraduate, remote

Work Projects

The main focus of my internship was researching and improving OCR (Optical Character Recognition) solutions for processing documents and extracting information from scanned pages. I began by researching current OCR models, pipelines and benchmarks before implementing and testing several approaches, including PaddleOCR and Paddle VLM. My main tasks involved developing and comparing different OCR/VLM model configurations, testing them against provided document bundles, and evaluating their accuracy, speed and cost. I also worked on combining OCR and VLM processing using CPU and GPU parallelism, image pre-processing for poor-quality scans, and provenance features such as side-by-side document viewing and image extraction.



Towards the end of the internship, I helped move the OCR pipeline to Google Cloud Platform, where testing showed improvements in both accuracy and processing speed compared with Gemini on the test data. I received support from the host organisation through onboarding and security guidance, regular team meetings, discussions with my supervisor, access to test data and performance metrics, and feedback on my results and suggested improvements. This allowed me to progressively refine my work and evaluate the different approaches against the project's requirements.

Daily Life

As my internship was remote and consisted of 20-hour work weeks, I was able to organise my working hours around other activities and plans throughout the summer. I found the workload very manageable, and the flexibility of remote working allowed me to maintain a good balance between being productive and enjoying my time outside of work. My daily routine generally involved setting aside dedicated periods to work on my assigned tasks, which included researching different approaches, implementing and testing solutions, and documenting my progress.

Working remotely also meant that I had to manage my time independently and make sure I stayed on track with my tasks. Regular meetings with the team provided structure to the week and gave me opportunities to discuss my progress, receive feedback and understand what I should focus on next. Outside of my working hours, I was able to spend time with friends and family and enjoy my summer activities. Overall, I found remote working suited me well, as it gave me a lot of flexibility while still allowing me to gain valuable experience and remain productive throughout the internship.

Lasting Impressions

Overall, I really enjoyed my internship and found it to be a valuable experience. It gave me the opportunity to apply knowledge from my studies to real projects and gain a better understanding of how technical work is approached in a professional environment. I gained a lot from working with technologies and areas that I had limited experience with before the internship, particularly OCR, vision-language models, cloud computing and document processing. I also developed my ability to research different approaches independently, compare their performance and adapt my work based on the results.

Being involved in team meetings and discussing my progress and findings also helped me become more confident in communicating technical work. The internship gave me a better understanding of the development process beyond simply writing code, including testing, evaluating performance and considering factors such as accuracy, and processing time and cost.

Go to internship host list >

It also confirmed my interest in pursuing a technical career, particularly in software development and AI-related areas. Overall, I feel that the experience has given me useful practical skills and a clearer idea of the type of work I would like to pursue in the future.

DPhil Primary Health Care, Third Year Postgraduate, hybrid

Work Projects

My internship projects included:

- Implementation work including assessing the existing implementation playbook, recommending focused improvement over rebuilding, and structuring the work around retrospective after-action reviews of two live software deployments, targeted revision of existing artefacts, and a cross-site field-notes log to create a genuine feedback loop between deployments.
- Producing systematic written feedback on the redesign of the customer onboarding portal.
- Carrying out structured quality assurance and user reflections on the main Aiomics platform.

Daily Life

I worked remotely, typically from cafes and coworking spaces. Unfortunately, there was not much opportunity to be in person with the team as it is a remote company.

Lasting Impressions

I enjoyed the contrast of the role from my typical studies and the opportunity to work within a startup environment. The oversight was a bit haphazard, though this was potentially to do with the fully remote nature of the work and the nascent stage of the company.

DEUTSCHES LITERATURACHIV MARBACH



Catriona Robertson, Magdalen College, BA English and German, Third Year Undergraduate, in person

Work Projects

I worked as a research intern at a renowned German literature archive, which I chose because of its specialism in one of the authors I am studying for my degree. My mornings were spent doing research for the archive. This involved a wide range of activities and an insight into how an archive functions on a day-to-day practical level, as well as a detailed technical level. I filed manuscripts and letters from famous authors as well as researching information about known and unknown ones, edited academic writing etc. I especially enjoyed working with the original manuscripts. It was interesting to deal with items that belonged to some of my favourite authors!

I additionally assisted with the organisation of two conferences, the annual conference of the German Rilke Society and an international conference on Literary Agents. The archive is also attached to the German Literature Museum, so I was able to get an insight into how the exhibition there was curated. In the afternoons I was free to do my own research in the archive and used this to delve deeper into projects I am doing in my final year by taking advantage of their expansive holdings of hard-to-find texts and materials. The host organisation was very supportive. There was a wide network of people I could go to if I needed help and the first couple days of the internship mainly consisted of tours and introductions to the different parts of the archive, and of meeting lots of the different people who work there.

Daily Life

I was living in the Collegienhaus, an accommodation block right next to the archive built especially for temporary researchers there, so it was very convenient for work, which started between 9 or 10am most days (with a couple of earlier exceptions when I was working at the

conferences). There was one other intern who was partaking in the Oxford summer internship scheme, as well as several other research assistants from surrounding universities, so there were plenty of people to socialise with after work (although not so many places in the small town that we were in – nonetheless I enjoyed exploring it! It was quaint and very quintessentially German).

Living right next to the archive meant no time was taken up with commuting, so I had lots of time in the evenings and enjoyed cooking in my flat and going on runs. On the weekends I travelled to some of the nearby cities, Stuttgart and Heidelberg, once with a visitor who came to see me and once to see a friend who lived there. Although they were places I'd been to before, it was nice to see them through new eyes as someone living in the area.



Lasting Impressions

This internship made up the last month of my year abroad for my degree, so it was indispensable for my German – as the only English person there I spoke German all day every day, and in lots of different contexts. This is probably the primary thing I gained. That being said, I would say that an internship in a foreign country where you are surrounded by people who are all from there can be a bit alienating, especially in group conversations, something I already knew from my year abroad. I really enjoyed the internship. As someone who loves literature, it was excellent to be in a place where everyone else did too and wanted to talk about it even when work was over (in a healthy way)!

I wanted to use it as an opportunity to see whether I would be interested in working in academia in the future, by figuring out how exactly it operates and what researchers do when dealing with archive materials, examining how that differs from writing your average Oxford essay with material readily available on SOLO. Although I'm still not sure if academia is

something I want to go into (my general impression was that it's a hard field to do well in!!), it certainly made the field a lot more transparent for me and I am closer to deciding.

What practical advice would you give to future interns?

Don't be afraid to ask questions. The host organisation is not expecting you to be a pro. Ensure that you know whether you need a visa or not for international internships. It's sometimes hard to find out, because they don't tell you.

Anton Fery, The Queen's College, MSt Modern Languages (German Literature), Final Year Postgraduate, in person

Work Projects

I interned at the Deutsches Literaturarchiv Marbach (DLA), one of the biggest and most important archives for German literature in the world. My main tasks were research related, such as finding relevant literature or information in relation to ongoing research projects. Additionally, I helped with the organisation of events at the archive and the nearby museums, which included tasks such as recording the events and providing technical support in general.

Another part of the work was cataloguing and sorting archival material; this was the work I personally enjoyed the most, because it allowed me to work hands-on with archival material and to learn more about how archives function in general. The host organization and especially my colleagues from the research department were all very kind and helpful, whenever I had questions. Since there were always multiple other interns and student assistants present at the DLA, I had a social network of people around my age, who I also could turn to for advice or other questions.

Daily Life

The setup of the internship is very convenient, as there is housing provided by the DLA. The so-called 'Collegienhaus' is only a couple of minutes away by foot from the archive, meaning there is practically no commuting time. Furthermore, the Schiller-Nationalmuseum and the

Literaturmuseum der Moderne are also located on site, which one can visit for free as an intern at the DLA. This provides an excellent opportunity for spending time in the museums after work. Marbach itself is a small but picturesque town; I've enjoyed many sunsets from the terrace of the Collegienhaus and went jogging through the lovely landscape of rolling hills. Additionally, I visited the nearby towns Stuttgart and Ludwigsburg and spent time with other student assistants working at the DLA.

Lasting Impressions

The internship definitely left a lasting impression on me. It made me seriously consider working in an archive or library in the future, possibly after my planned PhD. In any case, I am definitely planning on coming back to the DLA in the future, as they provide scholarships for PhD-students, which I plan on applying for in the future. I have enjoyed the internship and gained much from it. Especially the tasks, which allowed me to actively work with archival material were very beneficial and provided me with new skills and knowledge.

What practical advice would you give to future interns?

I would recommend one to bring a personal project, or multiple, to work on during the time at the DLA. Also, I do believe that a general interest and fascination for archives and literature is fundamental for getting the best experience. There will be days when there is less work, for which I either recommend asking for additional tasks or getting to work on your own projects. Also, I would strongly recommend to ask about the opportunity to get to know or work in other departments besides research, as this allows one to learn new and interesting skills and to get to know the different aspects of an archive.

LEIBNIZ INSTITUTE FOR EDUCATIONAL MEDIA / GEORG ECKERT INSTITUTE (GEI)



BA Modern Languages (German) and Linguistics, Final Year Undergraduate, in person

Work Projects

I completed a placement at the Georg Eckert Institute, gaining an insight into the world of academic publishing. As part of my time there, I completed the following tasks:

- Copy-edited academic articles for the Journal of Educational Media, Memory, and Society (Berghahn, New York).
- Supported book proposals being made to Palgrave Macmillan and Bloomsbury Academic: copy-edited proposal documents and sample chapters.
- Crafted key words and abstracts to promote article visibility.
- Researched, selected, and liaised with over 70 peer reviewers.
- Participated in the AI-based Educational Media from an International Perspective conference held at the GEI in October 2026.
- Participated in a workshop for editors of German academic journals about the challenges that AI presents to the field and how they can be dealt with.
- Attended a GEI Fellowship Colloquium (October 2026).
- Conducted an original research project and wrote an article titled “HIStory Lessons in Germany: Exploring the Impact of the Genderverbot on Educational Resources”. This involved using the extensive library at the institute.

My host organisation provided me with all of the tasks and explanations of how to go about them, apart from the research project which I conducted independently. However, at the end of my time at the institute, I received extensive feedback on the project and hope it will be published in the journal in future.

Daily Life

I chose this internship because it is in the city where I lived and worked on my year abroad (though it was a brand-new workplace for me!). This meant that I already had friends in the city and spent all of my free time with people that I already knew. I also trained with the swim team that I trained with when I lived here on my year abroad. I think it would have been hard to make friends and build a social life during such a short placement if you didn't already have connections, particularly as there is just one intern in the workplace. However, this was not an issue in my case.

Lasting Impressions

I got a lot out of my internship and appreciated that the placement was run in such a way that I gathered detailed insights into lots of different parts of academic publishing workflows. It has confirmed that I want to work in publishing but revealed many challenges specific to academic publishing that have allowed me to rethink whether I want to pursue that particular direction.

The highlight of my placement was having an opportunity to speak German on a daily basis; therefore, I would like to emphasise how important it is that international opportunities continue to be offered – particularly to Modern Languages students. The placement did not require you to be a German speaker, but I feel that I got a lot more out of it because I am. For example, I attended additional meetings and teambuilding days that were conducted in German.

What practical advice would you give to future interns?

Future interns going to Braunschweig are welcome to contact me for specific advice about making the most of their time in the city.

TNG TECHNOLOGY CONSULTING LTD

Interdisciplinary Bioscience (BBSRC DTP), Third Year Postgraduate, in person



Work Projects

The tasks I worked on include the following:

- Full-stack software development on a project extending an internal skill analysis platform.
- Migrating master-data management for skills from Confluence to the new skills management platform, with features for search, filtering, duplicate validation and cascading-deletion warnings.
- Extending the platforms existing category changelog to a unified changelog also covering skills, including database migration and historical data import from Confluence via API.
- Pair-programming the integration of an AI-powered profile review tool, covering major refactoring to integrate into existing structures and components.
- Developing a job-coordination system using PostgreSQL advisory locks to manage concurrent profile checks across multiple backend pods.
- Creating a new REST API endpoint for triggering profile checks.
- Designing and implementing a dummy-data seeding system for local testing, runnable via a single CLI command.

Daily Life

Daily life included working in the office 9am – 5/6pm. There was the option to also work remotely which I did for maybe about 2 weeks in total out of the 12-week internship, while my supervisor was away on holiday. I had daily meetings that were 30 minutes duration on average. In these meetings I could update my supervisors on recent progress and outline goals for the day. Sometimes these were longer when discussions became more technical or I had a more fundamental conceptual question. There was opportunity to learn from the bi-monthly

"techdays", where I could sign up to talks and workshops on technical topics such as Kubernetes, architecture, SCRUM, software design principles etc.

I lived in an apartment close to the city center which was about a 45-minute commute to the office via the metro and bus. Having the option to work remotely if I wanted made this more convenient. I socialised with other interns and with friends visiting me from elsewhere. The city provided ample options for outside work activities. The parks and rivers were particular sources of relaxation and enjoyment during the summer.

Lasting Impressions

I enjoyed the internship and feel like I gained a sense of life in industry outside academia. I gained technical skills and understanding in software, although in the age of AI it is less certain how valuable these will be to prospective employers in the future. I also gained professional communication skills through working as part of a close-knit team with daily meetings.

What practical advice would you give to future interns?

My advice would be to think carefully what you want out of the internship before you start or even choose to do an internship.

MPhys, Final Year Undergraduate, remote

Work Projects

During my internship, I completed the following tasks:

- Built an automated expense-review engine (Kotlin, Spring Boot, AWS) that sends receipts to an LLM with JSON-schemaconstrained prompts, parses verdicts, and routes to auto-accept / auto-reject / human review with SQS-driven retries and selfhealing.
- Contributed over 120 commits to a Kotlin/AWS/Slack product, leveraging hexagonal architecture, Arrow-kt, coroutines, DynamoDB, and AWS CDK (TypeScript).
- Maintained a strong testing discipline employing parameterized JUnit, MockK, Testcontainers, and fixture-generation tooling in Python.

- Migrated legacy enterprise PL/I systems to modern Java architectures in an Agile environment following intensive software development training.
- Designed a PL/I ↔ Java functional-equivalence testing pipeline integrated into the core migration codebase (C/libcurl SQL bridge, DuckDB SQL executor, and Kotlin EXEC SQL transformer), accelerating the verification process for translated code by 40%.
- Utilised Gradle to automate the build and deployment of the module, handling collaborative development and CI/CD pipelines in Java, Kotlin, and ANTLR.
- Extended an ANTLR4-based PL/I preprocessor (grammar changes, strategy-pattern include resolution) used in a production AI migration product.
- Built LLM-agent evaluation infrastructure (Harbor framework, custom Python agent, prompt enforcement for OpenRewrite tool use).
- Acquired deep domain knowledge of PL/I syntax, compilation, and runtime environments to ensure high-fidelity language translation.

Daily Life

This was a remote role, so this was my usual daily routine.

Lasting Impressions

I really enjoyed the experience and learnt a lot about the software development landscape. Especially in the evolving world of agentic coding, I was able to get an experience during a pivotal time in the industry. The supervisors taught me about good architecture and the essence of software development.

HONG KONG

SUMMER INSTITUTE, UNIVERSITY OF HONG KONG



Lewis Peter Smith, Jesus College, BA Philosophy, Politics and Economics, Second Year Undergraduate, in person

Work Projects

For this internship I worked with a teaching partner to deliver a series of lessons, on a topic of our own choice, to a group of high-school aged students. To ensure our teaching plan appropriately met the brief of cross-cultural enrichment, we designed sessions which used the medium of mythology to teach concepts from our own fields of study (philosophy and psychology). The culmination of our teaching was the students planning and delivering their own Capstone presentation, based on what they had learnt, to an audience of their peers and parents. In the two weeks preceding our teaching, we received a two-week course of lessons from the host organisation to help us deepen our knowledge of education and help us design instructive and engaging lessons.

We were also provided with a generous budget for the purchase of resources to support our teaching. This supported us in producing a course of lessons designed to allow the students to engage with some higher-level philosophical and psychological concepts that they had likely not encountered before. I was particularly impressed with the development shown by the students over the relatively short period of time, especially since many were initially quite nervous about communicating in English. Their final Capstone presentation demonstrated an excellent ability to convey an understanding of moral philosophy, psychology and comparative mythology.

Daily Life

Hong Kong is a strikingly vibrant and exciting city to spend time in. It is definitely worth spending the first couple of free days just walking around and taking it all in. Regular working days involved a short trip on the MTR from the shared accommodation to the Hong Kong University (HKU) campus. All the international interns lived in the same student accommodation block, so there was a strong sense of community from the start. Most lunchtimes were spent in a group with the other interns, either eating on campus or at a nearby restaurant. Hong Kong has a plethora of places which provide a relatively cheap restaurant meal, so food acted as a great opportunity to get to know and spend time with the other interns.

Throughout the programme we attempted to maximise our free time to explore Hong Kong as much as possible, including hiking up the Victoria Peak, visiting Sai Kung in the New Territories, attending the horseracing and visiting night markets in Kowloon among many other things. The city really comes alive at night, when it shows off a slightly different face. The nightlife was fun and provided the opportunity to meet some different and interesting people, although most places are relatively pricey. Getting the ferry across Victoria Harbour at night with a view of the skyline was also a must-do experience.

Lasting Impressions

The experience was extremely enjoyable, and I would absolutely recommend it to others. While I am not sure I will pursue a career in education, the experience still developed my ability to plan and deliver a project which required compromise and following a somewhat difficult brief, given the varying levels of English within the class. The opportunity to immerse myself in a different culture also strengthened my desire to work overseas or pursue a career that allows me to travel. Given I had never been to East Asia before, I found living in Hong Kong both exciting and profound.

Beyond this, the programme also allowed me to meet and connect with a number of interesting and varied people from around the world, which I found especially valuable. The experience of

both undertaking a project and living in a new place with a group of similar-minded people, fostered meaningful community and companionship, in a way I may have not expected given it was just a short period of time. For me, the opportunity felt like it provided an important life experience that will leave a strong impression, not just on my career aspirations but also on the way I think about the world in general.

BA History and English, Second Year Undergraduate, in person

Work Projects

I worked with several colleagues to teach groups of students a variety of subjects in English, with the goal of exciting them about learning, along with improving their comfort of using English as non-native speakers. We worked towards a final capstone project after two weeks of work, taking the form of a created play performed to parents and the rest of the cohort. My class received first place among ten according to both the judges' and audience vote. We were consistently supported by Hong Kong University's brilliant Summer Institute staff, who were always helpful and available. They responded promptly to requests or queries and always went above and beyond to support staff and student welfare.

Daily Life

We had two weeks of training, where we would take the MTR one stop to the university for a three-hour training class at 9am. After lunch, we were free to work within our teaching groups to prepare lesson plans and materials independently. This built to two weeks of teaching, where we began at 9:30am and would teach students in sessions of varying lengths until 5pm.

Lasting Impressions

I greatly enjoyed the internship, we had a structured experience, but that still left ample free time to explore and enjoy the city. I left with a myriad of new friends and an awareness of new opportunities.

BA History, Second Year Undergraduate, in person

Work Projects

I taught English as a foreign language for two weeks on the University of Hong Kong's Cross-Cultural Summer Enrichment Programme. As a University of Hong Kong Cross-Cultural Summer Enrichment Programme Teacher, I was provided with two weeks of training in appropriate and effective teaching methods by members of the university's Faculty of Education. During this time, I also planned a two-week course on a cross-cultural topic of my choice with my teaching partner: a student currently studying at the University of Hong Kong. We elected to teach our students about the history of the regions of Hong Kong. I then delivered this program over the course of two weeks to a class of twenty students.

As well as the ten lessons we taught them, the students also received two lectures from faculty members, watched a film and attended a High Table dinner to which we were also invited. At the end of the program the students had to deliver a project on a cross-cultural theme – our students performed a song and several scenarios showing how food brings people together across international divides. I felt well supported by HKU, who provided clear instructions and training throughout the internship.

Daily Life

Every day, I woke up at approximately eight in the dormitory room provided by the university – this was in Jockey Club Student Village Three and was shared with another intern participating in the program. We walked down a hill to the local metro station (Kennedy Town) and took the MTR's Island Line one stop East to HKU. We would then walk to our morning training session (or class during the latter two weeks of the program). At lunchtime, the interns all went to one of the campus canteens to get lunch together.

During the first two weeks we had the afternoons off to do lesson planning – we were allowed to access the university's library and Learning Commons to have a space in which to do this. During the latter two weeks, we had classes to teach after lunch. In the evening, after returning to the dormitory to change, the interns usually got dinner together before going out to enjoy

the evening or explore the city. Owing to the low fares on the MTR, it was incredibly easy to explore Hong Kong from here: we went to several beaches, visited the main tourist attractions (Tai Kwun, Aberdeen Harbour, the Star Ferries) and were able to walk to and from Victoria Peak from our accommodation.

Lasting Impressions

I very much enjoyed the experience of working as an English foreign language teacher on the University of Hong Kong's Cross-Cultural Summer Enrichment Programme. Firstly, the Cross-Cultural Summer Enrichment Programme gave me another opportunity to explore Hong Kong after visiting the previous summer. Hong Kong is an amazing place: there is so much to see and do, and I would recommend it as a destination to anyone. HKU itself was also an interesting organization to work for. My sessions with members of the Faculty of Education gave me some valuable teaching related insights, which I will bear in mind for the rest of my life – but this is not the only thing I think I gained from working for the Cross-Cultural Summer Enrichment Programme.

I also gained experience from other aspects of the programme, such as the logistical requirements required to travel halfway across the world and work. Through having a roommate and a teaching partner, I gained experience of how to collaborate effectively with another person in order to deliver high-quality work without arguing over small matters. Through teaching a class for 20+ hours in two weeks, I gained experience of how to motivate and interest people in things they may not otherwise find that engaging.

What practical advice would you give to future interns?

Keep your eyes open for emails from HKU if you are granted an interview. Their deadlines for completing the forms they send to you as part of the onboarding process are very tight.

MBiol Biology, Second Year Undergraduate, in person

Work Projects

I was a teacher at Hong Kong University. It was great, we received two weeks of teacher training and then I was paired with another intern to teach a class of 16-year-olds. I felt supported the whole way, and I enjoyed working with my co-teacher. The students were very respectful, and I felt I grew as a teacher. I also felt I helped certain individuals in my class develop confidence in an unfamiliar city at a young age, especially an unnamed student who suffered from severe anxiety, which she said I helped alleviate. I also helped her get to the hospital in a panic attack, so I feel I developed my responsibility skills while doing a good deed too.

The two weeks of teacher training were useful, and the scheduled contact hours were ideal: useful but also accompanied by a lot of free time to plan lessons with my co-teacher and explore Hong Kong. Alongside my teaching skills, I developed my social skills and independence navigating a new group of young people in an unfamiliar city. I also developed my planning skills; having to plan 10 lessons alongside a co-teacher, spurred on by the responsibility of having a class of interested students.

Daily Life

My daily life included waking up in the student accommodation, which was pleasant and on the 13th floor of a tower block. I'd say hi to my roommate before we both hurried downhill (not too fast so as not to sweat in the humidity) to the air-conditioned metro station. A short metro to the university and we'd join the teacher training or teach our own lessons. We taught from 9 till 11:30 and 1:30 till 5 every day of the second two weeks, and teacher training involved a 2-hour session each morning. I enjoyed both types of work greatly, but what I enjoyed most were the evenings and weekends spent with the rest of the cohort.

It was truly a great experience; 12 university age students from different corners of the globe, diverse but like-minded, all exploring Hong Kong as a cohort. It was very fun and there was a strong community spirit. We ate at restaurants every night on the back of the £1000 stipend, a

nice leveller in terms of budget for us all. We spent many nights watching the sun set over Victoria Harbour, or visiting islands, beaches, or air-conditioned shopping malls. I enjoyed the cohort community very much and I'd recommend it to anyone.

Lasting Impressions



I enjoyed the internship thoroughly. I always was interested in teaching and this internship reaffirmed that. I enjoyed the teaching, the cohort community, and exploring the city. It truly was an amazing opportunity! The major factor is that everything is paid for! The flights, accommodation and £1000 to spend over a month in Hong Kong – where food is surprisingly cheap. The most lasting impression for me is my boosted enthusiasm for teaching, as well as the friends I have made, both from Oxford and around the world – amazing connections have come naturally from this.

I am now a "Fung Scholar", putting me in connection with a large business network based in Hong Kong. Furthermore, the personal development that comes from exploring a new city is probably understated to my own estimation – it has certainly benefited my confidence – how much is hard to gauge. Not only was I afforded the opportunity to travel to China, for free, something I would never have had the budget for alone, but I was also able to get my flights reimbursed for a "layover" in Islamabad, allowing me to travel through Pakistan for two months, a long-term dream of mine that will stay with me forever. I recommend this internship to anyone.

HUNGARY

CEEWEB FOR BIODIVERSITY

MBiol Biology, Final Year Undergraduate, hybrid

Work Projects

This summer, I completed a communications internship at CEEweb for Biodiversity. I completed a range of communication tasks including producing articles and content for the website, organising and delivering project activities, producing analytics reports, and assisting in reach-out and advocacy to stakeholders for CEEWeb's activities. I also completed tasks beyond communications, including assisting in proposal development, giving me a wider understanding of how NGOs operate.

My main achievements included writing an article on Peatlands and related EU regulation, which will be published on the website. In addition, I produced an infographic on sustainable food systems to accompany CEEweb's board game activity, resolving an issue raised by many partners that the messages in the game were not clear enough. CEEweb supported my work by providing me with feedback and relevant workshops, including project proposal development and social media analytics.



Daily Life

My internship was based in Budapest. Initially, moving abroad for two months seemed daunting, but I quickly made friends by attending events I found on Facebook or Meetup. My favourite way to meet new people was by attending local run clubs. These run clubs often did collaborations with coffee brands or cafes, and always ended at a bar or restaurant, meaning it

was a great way to socialise. I attended these run clubs throughout my stay and always enjoyed them. In addition to run clubs, I joined a local rugby team, which was one of the highlights of my trip.

Although sports was my main way to meet people and unwind, I also met up with friends for other events including English film showings, drinks, and dinners. I also tried to explore outside of Budapest by visiting Lake Balaton, the wine region, and Vienna. My work was mostly remote but occasionally involved meeting with other colleagues in co-working spaces. As someone who does not work well in their room, I usually worked remotely from local cafes.

Lasting Impressions

Working for an environmental NGO gave me crucial insight into how NGOs operate, including how they acquire funding, the range of tasks involved in project delivery, and the requirements for reporting results. After learning about the large amount of work needed to meet climate and biodiversity targets in my degree, it was interesting to see how this work is achieved on the ground. Since learning about the importance of policy change in achieving environmental targets, I have been keen to learn more about environmental policy.

Working at CEEWeb was a great opportunity to learn about this, including how experts advise the EU, the importance of advocacy, and the uptake of new regulations on the ground. Overall, through this internship, I learnt much more about NGO operations and governmental policy, which has encouraged me to pursue a career in sustainability and environmental policy. Outside of work, living in a new country and meeting people from across the world was an experience I am truly grateful for.

THE COLD WAR HISTORY RESEARCH CENTRE

MPhil in Russian and East European Studies, First Year Postgraduate, hybrid

Work Projects

For my work with Corvinus University and the Cold War Archives, I completed a chronology of documents that were written between 1953 and 1968. While my work focussed primarily on the Soviet Union (as I speak Russian), I was also given significant leeway to pursue topics of interest outside of this sphere, such as my interest in Czechoslovak and Yugoslav history. In these endeavours, however, I received very little support – my project supervisor was in another country and largely unresponsive, and thus I spent the first week of the internship unaware of how the internship functioned or what I was to be doing at the archives.

Very few people at the archives seemed to know about my position, or the task I was to complete, so I spent a while quite confused and lost on this subject. However, once I was informed of my task, it was relatively easy to work on, self-motivate for, and complete, despite the lack of significant oversight. In some ways it was enjoyable to have a mostly self-directed internship: however, I would have appreciated more responsiveness from the host, especially at the start of the internship.

Daily Life

For my internship, I booked a flat in the south part of Budapest and shared this with a classmate from my department. I arrived the day my internship started. Due to the delay in information about what I was to do, I had some time to settle in and explore the city before my work began. Once I knew my tasks, I would take the metro into work and then work on my chronology document for anywhere between three to seven hours. After this, I would usually either walk home and enjoy the sights, or take the tram to a sight, restaurant, or new neighbourhood.

While I did talk to one intern and live with another, overall, I was fairly socially isolated during this period, as there were not many other interns present at the internship, and there was very little social organisation or events at Corvinus ongoing at the time. I did socialise a bit at the conference held in the end of July, however. Overall, I found my time in Budapest to be quite enjoyable, but it might be a difficult internship for people who are particularly extroverted.

Lasting Impressions

The internship was for me, a lovely opportunity to better understand the world of academia and explore the city of Budapest. I gained an in-depth understanding of academic work and studies that would have otherwise been inaccessible to me. However, this chance to engage in depth with academic work made me realise that I am likely unsuited to an academic career: while I enjoyed my internship, I have difficulty picturing myself doing that sort of work in the long term.

Thus, the internship provided me with significant insight on my career and future, even if it was not the result I was expecting from the internship. I am grateful for the opportunity, and also the chance I had to explore the city of Budapest and interact more with Hungarians, especially considering the recent political changes in their country that were very interesting for me to observe and investigate.

TERRE DES HOMMES FOUNDATION



Leen Al Massalma, St. Antony's College, MSc Migration Studies, Final Year Postgraduate, in person

Work Projects

I completed an 8-week research placement with the Children and Youth on the Move (CYM) / Migration and Displacement programme at Terre des hommes, based in their office in Budapest, focused on localisation and engagement with refugee-led organisations (RLOs). My main task was conducting a comprehensive desk review, collecting an initial pool of 248 potentially relevant documents, then narrowing them down to 89 core sources across academic

literature, NGO and UN sector guidance, and Tdh's own internal frameworks. From this, I produced a full analytical report examining the forms displaced-led organising takes, the power dynamics and risks that shape INGO-RLO relationships, principles for ethical and meaningful engagement, and how organisations can sustain self-organisation and embed accountability across the project cycle.

The report culminated in ten thematic recommendations and a standalone Practical Toolkit, including an Excel-based stakeholder mapping database and a companion guide, designed for programme staff to use directly. Throughout the placement, I had regular supervision and brainstorming sessions with my supervisor, and additional check-ins with colleagues across the organisation, including the Child Protection Regional Advisor for Europe and the Regional Programme Coordinator for Africa, which gave the research a genuinely cross-regional grounding.

Daily Life

My internship was in-person, based at Tdh's office in Budapest, on the Pest side of the city. I lived close to the Danube, which quickly became part of my daily routine, walking along the river at sunset, where many people gather to sit or stroll. On weekends, I explored the city on foot, including climbing up to the Citadel on the Buda side with another Oxford intern I met during the placement, which gave a brilliant view over both halves of the city. Budapest turned out to be a genuinely lively place to spend eight weeks, with plenty to discover within walking distance.

My colleagues at the Tdh office were consistently warm and welcoming, and went out of their way to introduce me to Hungarian culture. I picked up some of the language through a fun, informal language session with the team, learned about Hungarian food, and heard about the country's history from colleagues keen to share it. That mix of a rewarding research placement during the day and a new city and culture to explore outside of it made for a memorable two months.

Lasting Impressions

This internship gave me a genuinely deep introduction to how localisation commitments translate, or come short of translating, into everyday practice within an INGO. Working through the desk review meant constantly testing my own assumptions against the evidence. I thoroughly enjoyed the research itself: the topic was an exact match with my existing academic interests and the direction I hope to pursue further, ideally through a PhD, and the pace of the internship suited that kind of deep, evidence-led work well.

If anything, the experience confirmed my path. It made me more certain that this is the field I want to continue researching. I'm leaving Tdh with a much stronger practical understanding of how ethical, meaningful partnership with displaced-led actors actually gets built and with real enthusiasm for continuing to research refugee leadership, both academically and in future applied work.

What practical advice would you give to future interns?

Ask your supervisor to clarify scope and expectations early, and don't be afraid to revisit that scope as the research develops. My scope changed meaningfully once I understood what the organisation actually needed. Take advantage of any opportunity to speak with colleagues outside your immediate team; some useful context for my report came from conversations with colleagues working on related issues elsewhere.

Noha Mahgoub, Linacre College, MSc Social Data Science, Final Year Postgraduate, hybrid

Work Projects

During my summer internship with Terre des hommes (Tdh) in Budapest, I worked on reviewing the potential use of digital solutions and AI for children and young people affected by displacement. This is an important and increasingly relevant area, particularly with the rapid development of technology and the opportunities and risks it brings for vulnerable communities who are already facing the challenges of displacement. My work involved

communicating and having discussions with different employees across the organisation to understand the current work and needs. I also carried out a desk review and reviewed existing digital solutions, looking at their potential benefits as well as the risks associated with their use for children and young people affected by displacement.

As part of the project, I produced a final report reviewing the solutions and providing guidance and recommendations for the organisation on the opportunities and risks identified. The organisation was very supportive throughout my internship. The team was welcoming and approachable, and colleagues were willing to share their knowledge, answer my questions and provide guidance when needed. This support helped me understand the organisation's work and contributed to a valuable learning experience.

Daily Life

My internship was based in Budapest, and this was my first time visiting a European country. Alongside the knowledge, skills and new experience I gained from my work at Terre des hommes, living in a new country and adapting to a different environment became an important part of my overall experience. At the beginning, settling into a new place and learning how to navigate a different country and culture was not always easy. However, I gradually became more comfortable with my new surroundings and learned to adapt to a different daily routine.

I travelled to the office each day and enjoyed getting to know the city and experiencing life in Budapest outside of work. During my free time, I explored the city, visited different places and had the opportunity to experience its culture, architecture and everyday life. I also enjoyed socialising and meeting people during my time there. Being in a new environment encouraged me to be more independent, open-minded and adaptable.

Lasting Impressions

I am very happy with the overall experience and proud that I was able to step outside my comfort zone, adapt to a new country and culture, and complete a meaningful internship. Living in Budapest made the experience especially rewarding, and I enjoyed getting to know a city rich

in culture and with beautiful architecture. Professionally, the internship allowed me to explore a new field and consider a new career path through working with an NGO. It gave me the opportunity to connect my interest in technology and data with social impact and humanitarian work, while gaining new knowledge, skills and experience. Overall, the internship has encouraged me to continue exploring opportunities at the intersection of technology, data and social impact, including within the NGO and humanitarian sector.

Go to internship host list >

INDIA

AKSHAR FOUNDATION



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

Work Projects

My work with the Akshar Foundation focused on supporting its operations at one of its two focal school partners in Mumbai, India – namely, in the neighbourhood of Dharavi. The principal focus of the internship was estimating the net social benefit of vocational programmes Akshar has introduced to build marketable skills in adolescent students. This required gathering data on program costs, conducting qualitative interviews with a wide variety of stakeholders involved in the programs (including translating answers back from local languages where there was a language barrier) and sourcing appropriate proxies to provide monetary values not already given for certain benefits or costs.

Besides this we were also tasked with supporting Akshar's teaching activities, leading teams of around 6-8 students on a project of our choice (I chose documentary-making) as well as delivering spoken English lessons to another class. By the end of the 4 weeks my students had mastered introductions, gained a solid grasp of the difference between 'present' and 'past' tenses and how to use the former, and were starting to build skills in the latter. 4 teams in my other class completed documentaries and gained important exposure in how to adapt interview questions to the background of the interviewee, how to conduct background research on a topic of their choice, etc.

Due to unforeseen weather-linked delays, we were unable to complete the social impact project – but we ensured a wide range of qualitative evidence as well as quantitative proxies were available for the Akshar team to carry forward in continuing it. The Akshar staff were impeccable – constantly attentive to all manner of needs, and very friendly to boot – from

constantly helping us structure our time, to providing translation where needed, and even to helping arrange food, plumbing and a visit to the doctor.

Daily Life

Akshar provided student accommodation in Wadala, about 30 mins' drive from our workplace. We were provided a travel stipend that funded a cab journey to and from work, as well as a meals stipend to cover our 3 meals – our accommodation was ensuite but lacked a kitchen. Owing to the nature of the area, finding hygienic food in Dharavi was difficult, but Akshar helped – so we took breakfast in Dharavi, Akshar arranged for home-cooked meals for lunch, and dinner we sorted out at our accommodation by online delivery. Work hours were from 9:00 AM to anywhere between 3:30 and 4:30 PM on most days, with weekly or biweekly online meetings with Akshar supervisors based in Assam afterwards. On weekends, the Mumbai interns would explore the city at our own pace, with friends made amongst the Akshar team.

Lasting Impressions

The experience was invaluable. Despite India being my country of origin and having worked with NGOs in other parts of it before, I still felt that interning with Akshar taught me a lot about the social work landscape there that I hadn't fully appreciated. There is a real fulfilment in actually working directly with the intended beneficiaries of 'development' work – our students were exceptional learners and very well-motivated, and the joy we got from seeing they'd learnt something new and were able to apply it is something I will cherish. That too, India is a very different cultural milieu to Oxford – the skills you pick up in getting used to navigating it would stand anyone with interest in an international career in very good stead.

BA History, Second Year Undergraduate, in person

Work projects

My internship with Akshar Foundation focused on the way the organisation found and applied for funding. Akshar runs government schools and relies on grants and corporate partnerships to fund its expansion, so the quality of its applications has a direct bearing on how quickly it can

grow. My main task was to improve that process. Rather than writing applications one at a time, I created master documents pitched at different industries, which could then be tailored to individual donors. To build them I researched a large number of companies: what they had funded before, what their CSR commitments actually committed them to, and how they described the causes they backed.

I then wrote applications against that research, showcasing Akshar's main achievements in the terms each donor was most likely to respond to. Visiting the schools and collecting stories from the children gave me the specific detail those applications needed. The support I received was consistent throughout. Staff made me feel welcome and were quick to help with anything I needed, whether that was explaining how the Foundation operates, reviewing drafts before they went out, or dealing with the practical side of living in India for the first time.

Daily Life

I stayed in accommodation provided by the Foundation, which was a short walk from the office. That made the routine straightforward: I could be at my desk for 10am without much effort, and I never lost time commuting. The working week ran Monday to Friday, usually from 10am until around 4pm. Most of that time was spent at the office, researching potential donors and drafting applications. The exceptions were site visit days, when I travelled out to Akshar's government schools instead. Those days looked completely different: less desk work, more time spent watching classes, talking to teachers about how the schools were run, and speaking with the children. They broke up the week and gave me material I could not have got from a screen.

Weekends were my own, and I used them to see as much as I could. I spent a lot of time exploring Guwahati, and I also travelled into Meghalaya to go trekking, which was one of the highlights of the placement. Having the accommodation, the office, and the city all close together meant the transition between work and everything else was easy, and I settled into the rhythm of it quickly.

Lasting Impressions

I enjoyed the internship a great deal, and the lasting impression is of how much I gained from being exposed to a line of work I knew very little about beforehand. Fundraising and development are not something I had ever considered in any detail, and seeing how much of an organisation's ability to do its work depends on it was genuinely eye-opening. I came away with a much better understanding of how a non-profit actually operates day to day, and how the funding side connects to everything else.

On a practical level, I improved research skills, at writing persuasively for a specific audience rather than in general terms, and at working independently on a project with a clear outcome. Working in an unfamiliar country also taught me a lot about adapting quickly, which is not something you can really learn in a classroom. In terms of career ambitions, the experience confirmed more than it changed. It reinforced my interest in work that has a clear social purpose and gave me a much better sense of what that looks like in practice rather than in the abstract. I would be glad to work in a similar environment again, and I now have a clearer idea of what to look for.

Idabell Rosa Binns, Balliol College, BA History, Final Year Undergraduate, in person

Work Projects

There were four key components to the internship project:

1. Teaching English to level four students (do check what level of English you will be teaching before you arrive)
2. Visiting Government Schools where the Akshar Foundation was involved.
3. The Akshar Mela (a school fete)
4. Writing a policy report on one of the UN's Sustainable Development Goals.

The host organisation was very receptive to offering support when asked. When researching the SDG5 report, staff members at Akshar were more than willing to find the right person for me to interview.

Daily Life

At 7:30 am we would be picked up and driven to the Akshar Forum school. Between 1-3pm we would finish our in-person tasks at the school. Usually, the other interns and I would go to a cafe to work on our SDG presentation and report, as well as prepare lessons for the following days. There were three occasions out of the six weeks where we had to be in school on a Saturday – Independence Day, Teacher's Day and the Akshar Mela event.

It took around a week to adjust to the heat and humidity. What we would do after the working day would vary – sometimes exploring the city, going to new cafes or places to eat. The others interns and I socialised together. Two weekends we had trips away, one was to Kaziranga, and a second was to Shillong.

Lasting Impressions

After adjusting to the climate, the internship was an incredible experience. I have gained a lot of insight into how NGOs operate and how far their impact can spread. The task I particularly enjoyed was writing the sustainable development goal report. This showed me how policy writing can be accompanied by real-time experiences.

It demonstrated that I am very interested in the policy and research writing side to NGO work. It also made me reflect that I would feel most comfortable remaining in the UK to work. As much as going abroad to India was a really rewarding experience, and I learned a lot about my own adaptability, I would much prefer to remain in the UK. Short stays abroad would work for me, but permanent stay would be something I might struggle with. I also would really like to work in a UK sector that focuses on education, policy writing and sustainable development.

What practical advice would you give to future interns?

Don't underestimate how hot and humid it will be! But also, how adaptable we are as humans. Make sure to receive all the vaccines that are recommended for this region of India and bring mosquito spray! I also experienced a couple of health issues but it was surprisingly easy to

receive medical attention and keep the Internship organisers in the loop – they were very helpful with advice.

Harriet Alice Breakey, Somerville College, BA Literae Humaniores, Final Year Undergraduate, in person

Work Projects

My internship was related to teaching and documentation. The main tasks were related to teaching lessons to students, and documenting this process and things learnt along the way. I planned and taught English speaking, entrepreneurial skills and FLN classes to students aged approximately 13 years old. I also ran lessons for my 'personal project'; this was a project I designed myself to teach students something new. This was related to creating abstract paintings which helped develop social emotional learning. My class created 6 abstract pieces which related to the 'Akshar values' and can be displayed in the school.

I also completed a case study which looked at the benefits of taking part in vocational training sessions. Students at the school participate in vocational training sessions run by the Akshar foundation – my case study looked at whether this would impact their future career prospects or job opportunities. The host organisation guided me through the process, providing tips for lesson plans and prompting ideas for my project and case study. They gave tips on how I could connect to my students better. The host organisation facilitated all my lessons, sometimes providing resources and sometimes a translator.

Daily Life

My internship was in Mumbai so daily life was quite different to what I am used to in the UK. I struggled a bit when I arrived with the lack of personal space; the internship providers wanted someone with me at all times until the other Oxford intern arrived. It took a while to settle in but one way I got used to things was by exploring the local area. I would go to more westernised areas for a bit of familiarity every now and then. The other intern and I joined a local yoga studio and tried a dance class. We went to lots of different local restaurants and tried different foods.

We made friends with the other people in our hostel, and we spoke a lot about life in India. We met up with other interns and went sight-seeing which was great fun. To get to work every day we would take auto rickshaws or Ubers and at school someone would deliver us tiffin boxes for lunch. At the school itself the standard of education was low, and it was a disorganised environment to work in. The toilet and drinking water facilities were not something I was particularly used to, so I made sure to be prepared with plenty of hand sanitiser, tissues, and a water filter.



Photo attribution: Harriet Breakey, 2026 summer intern

Lasting Impressions

The internship has completely shifted my perspective and I'm so grateful for the experience. I had no idea what to expect but I'm so glad I went for it! Having never travelled outside of Europe before, living and working in an unfamiliar country was an entirely new experience. I now feel far more comfortable travelling alone and am eager to explore more of the world as well as go back to India. I would say that having the opportunity to experience a different culture has left the largest impression on me and following this experience I have decided I would like to spend some time living and working abroad.

I am far more aware of career possibilities in spheres related to my interests and I have a better idea of what I want to do with my life. The internship itself was a great experience, I learnt a lot about the Indian education system and the benefits of vocational training; interestingly, a similar model is beginning to be implemented in the UK as well. I learnt teaching skills as well and got the opportunity to do research and conduct interviews which was really valuable.

What practical advice would you give to future interns?

If you are doing an international internship, be as prepared as possible with things like alarms and water filters and mosquito nets. Even if you end up not needing them, it can give you peace of mind to be prepared for all eventualities. A nice way to get to know the local area is by joining a club or doing an activity; this helps you to feel more integrated into the surroundings.

It can be helpful to know some words or phrases in the local language. It can be quite overwhelming at first but try and go with the flow and lean on the host organisation for help and support. Make the most of it and get stuck into new experiences.

Nathan Cohen, Worcester College, BA History and Politics, First Year Undergraduate, in person

Work Projects

My internship was primarily based in an Akshar-intervened government school in Varanasi, teaching 10–14-year-old students. I was placed alongside one other Oxford intern, and it was the first time that Akshar had placed interns in Varanasi. We were given a selection of around 12 students from a class of 25, with students selected based on their English fluency levels. After an initial few days of introducing ourselves and observing the Akshar model in a number of schools in the Varanasi area, we got to work on a programme teaching foundational English skills, believing this to be the best use of our skills as humanities students, with the eventual aim of using this greater fluency to understand poetry.

However, we were then told by Akshar to pivot towards a curriculum of Maths and Science, which we delivered through a project in which students would plant spring onions, monitor their growth in journals, and present their findings in group posters that would be presented to students and teachers. The project itself was hindered by the headmaster's insistence that we teach our 12 children in front of the rest of their class; persistent disruption and an inability to engage our students as much as we had hoped posed real barriers to our teaching. Akshar was helpful in providing us with translation, facilitating more precise teaching instruction that was otherwise impossible due to a severely limited level of English proficiency amongst students.

Daily Life

A typical day would see myself and my fellow intern wake up at around 7:00am, be given breakfast by the host of our homestay, and then get a rickshaw to our school for around 8-8:30am. We would spend the first half hour discussing our lesson plans with Akshar staff, before we would then deliver our lesson from 9:00- 11:00am, with a short break for the students in the middle. A typical lesson would involve us presenting a PowerPoint, working through new concepts as a class, before giving worksheets for more individual work.

After teaching, we would sometimes stay at the school for an early lunch, and then take a rickshaw back to our homestay, usually taking a nap before our host gave us lunch. Afterwards, we would usually spend the day lesson planning, or in virtual meetings with Akshar staff/interns based in other cities. Beyond that, my fellow intern and I would sometimes meet up with Akshar staff for sightseeing and/or dinner, or would otherwise go into the city ourselves to explore specific areas.

I was definitely struck by how busy, loud and chaotic Varanasi was as a city; the consequence of this was that we were less inclined to leave the homestay for a short walk or casual outing, as going into the city was instead more of an 'event' that required a lot of energy. I found the food very good (especially as a vegetarian); however I did certainly tire of Indian cuisine by virtue of having it so often, which did lead me to lose my appetite for many stretches of the placement.

Lasting Impressions

The internship was definitely an experience and is certainly one that I will not forget anytime soon. To be completely honest, it was one in many ways defined by the challenges that it posed; the culture shock of India, a severe language barrier, conflicting priorities and inconsistent communication from Akshar, all of which restricted the extent to which we were able to make an actual difference with the placement.

The flipside of this, however, is that these very challenges were highly insightful; though these were not necessarily the lessons that Akshar envisioned me drawing from the placement, it certainly illuminated the severe challenges faced by NGOs in dealing with conflicting priorities

of stakeholders, whilst demonstrating the dangers of bureaucratic structures within NGOs in obscuring the location of accountability. I also felt that it provided me with an unparalleled insight into the challenges of the Indian education system; for me, an internalised sense of inferiority felt by most government school students due to their socio-economic background and the often regimental nature of the education system was the most resonant takeaway.

Additionally, having to highlight the many issues that we experienced to Akshar was helpful in pushing me beyond my usual people-pleasing tendencies, and encouraging a more direct style of communication. I certainly remain interested in a potential career in the NGO sector, whilst now more acutely aware of the challenges that I would face in pursuing such a career.

What practical advice would you give to future interns?

I'd recommend other interns be ready for things not to go as expected and to be adaptable. Both the internship itself and the wider culture shock of India were incredibly difficult to navigate, but I think that anticipating that level of difficulty and retaining the mindset that this is a unique life experience are sufficient in overcoming that difficulty.

I remember reading that many previous interns purchased gym memberships, and that's honestly something that I regret not doing – I ended up doing very little exercise during my placement, which I think harmed my general mood and wellbeing.

Anna Hagan, University College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

I spent six weeks as an intern with Akshar Foundation in Guwahati, Assam, India. I was based in the organisation's model school, Akshar Forum, where I taught a group of three children English for 1-2 hours each day (excluding two weeks where we ran a summer camp for the older half of the school). The internship was very much self-led: we had a responsibility to monitor our students' skills and development and plan lessons accordingly, but the content of this was entirely up to us. For instance, I noticed a strong tendency towards rote learning and so

planned activities that focused on comprehension and independent sentence construction, often in response to a picture or object.

By the end of the six weeks, my students had significantly improved: alongside developing verbal articulation and general confidence, they were able to write their own sentences, unprompted, and tailor each of these to past, present, and future tense. Alongside this, we had to plan a two-week summer camp for the older half of the school, engaging them in activities from 8:45 to 12:30 each day. Communication was a bit of an issue for this: we didn't know the ages we were working with until the first day, had no guidance/structure to follow, and were only told about our responsibilities midway through the first week.

That said, it went really well and was a lesson in adaptability and creativity: I would, however, suggest that the next interns reach out of one of us and we can expand on what it was like so you have a chance to think a little about these things before you come and even bring resources (we had to order simple things like sports equipment which could have easily been sourced second hand in the UK). Following that, we spent two weeks preparing for Akshar Mela, a yearly school fair that doubles as a day of fundraising and an opportunity to showcase the unique structure of the school. Running through all six weeks, we were also travelling to government schools around Assam, visiting homes of parents, and writing up our observations into a document that detailed how Akshar's work progresses one of the UN's Sustainable Development Goals.

We wrote these up into a full report and spent much of the last week finalising these before handing them in on the penultimate day of the internship. All the Akshar team we worked with were lovely and so helpful: if we ever had a question or any discomfort, they would jump at the opportunity to make us more comfortable and answer any of our queries. On the weekends, we travelled to some amazing places and met some incredible people: beyond Guwahati, we went to Kaziranga, Shillong, Sora, and a resort just outside of Guwahati.

Daily Life



We would get up each day around 7am and be picked up at 7:30am by the Foundation driver, who would take us directly to the school. We would then work until the early afternoon and be driven back. Following that, we'd usually go to a nearby cafe with air conditioning and get some work done with a coffee. Two of us managed to sign up to a gym for the month, so we would often go to the gym after doing some work and then head back for dinner in the evening. Our room was basic but had everything we needed. There were, however, regular power cuts, water cuts, some low-level ant infestations, and a small leak – it was completely fine, and if anything, a valuable lesson in how privileged our 'basic' housing is in the UK.

The women in the hostel were all so kind – from taking us out around the city to providing me with medicine when I was sick, they were all so eager to help and get to know us. In terms to adapting culturally, it took a little while to adapt to the attention you get (especially if you're white, blonde, and a woman), but I ended up feeling safer than I feared. Food also took a while to figure out: I had some of the best food I've ever tasted, but sourcing protein, fresh fruits/vegetables, and simple things like bread to make a sandwich for breakfast instead of rice and sabji was difficult.

Lasting Impressions

I loved the six weeks I spent with Akshar Foundation. It's hard to summarise the full impact of the internship in such a small statement, but the stories I heard and people I met with expanded my perspective so much. The work the Foundation does is truly making a difference: it's a fantastic organisation to be a part of and witnessing change on the ground, through the people who experience it, is an incredible thing. I felt like I learnt so much from the students

and the lives they've lived. Engaging with the UN's SDGs also made a difference for me: I found it so interesting to observe work on the ground and make critical observations about where the model is thriving and where it needs work in order to promote the larger goal.

It's definitely made me more interested in pursuing NGO / charitable work in the future, and also potentially think about what a career in global politics would look like. I would recommend this internship to anyone who wants to engage in something meaningful, support a Foundation who is working for so much good, and also challenge themselves in the process.

What practical advice would you give to future interns?

Come with some toilet paper in your luggage, lots of insect spray (I couldn't find any sold anywhere), hydration tablets, and a small set of metal cutlery if you don't want to eat with your hands. Download 'Mony' and just familiarise yourself with UPI as it's the primary method of payment (I found 2 places across the entire six weeks that took card). Don't entirely bank on this app working, however (mine never did): almost everywhere also takes cash so I'd recommend taking a lot out in the UK as you will spend it across the six weeks.

Follow simple advice like agreeing a price in the Uber before embarking on the journey, knowing the real price of things like mangoes in the market before buying them, and always carry some cash with you in case the UPI doesn't work (if you have a foreign bank account, you can't pay to personal UPIs, only government registered businesses, so all Ubers have to be by cash). Address staff as 'name ma'am / sir' and be respectful with taking shoes off when entering any home space. Above all, be prepared to adapt and experience something entirely new – have fun!

BANASTHALI UNIVERSITY

Elma Besic, Hertford College, MChem Chemistry, Second Year Undergraduate, in person

Work Projects

I completed 3 chemistry mini projects with another intern who studies chemistry, under the supervision of researchers at Banasthali. We first had a briefing with the department to decide what we wanted to do – we chose to base our projects around instruments they had in their labs that we had never used before, then they came up with project titles for us and guided us through how to use the machines, and the work we would have to do.



Photo attribution: Elma Besic, 2026 summer intern

Our projects ended up being computational chemistry (effects of conjugation on energy predictions and effects of varying functionals and basis sets within the DFT model on calculations), studying the binding of a drug to DNA using a fluorescence spectrophotometer and ITC, and a study on zinc and varying environmental conditions using a corrosion cell. We ended our time at the department with submitting three reports (one per project) and presenting our work to a group of chemistry researchers (which involved putting together a PowerPoint). Note: we only did this work and were put in touch with the chemistry department because we requested to, to the person who organised the internship (otherwise, we would not have done any of the above).

Alongside this, I attended various Indian culture classes – dance, art, cooking, sitar, Hindi, history and ethos (Sanskrit and French were also offered, but I opted out of these classes). I did yoga every morning and tried out horse riding while I was there. I also participated in other projects with all the other interns, including putting together a languages showcase (where

there was dancing, singing and recitals), a panel discussion, attended an Independence Day parade, and we were taken on many trips around India (relatively close to the campus).

Daily Life

All the interns stayed in the 'guest house' on campus (where we were the only guests); our rooms were perfect – we had double beds, air conditioning and ensuites. We had 6 day weeks, with Tuesdays off. A regular day for us would be 7am yoga (optional), 8 am breakfast, academic classes 9am-12/1pm (Hindi language and, for me, chemistry), lunch 1pm-3pm, finishing with cultural classes 3/4-6pm (Indian dance, Indian history and ethos, art, sitar, cooking). Some of us then took part in sports 6-7pm (I tried horse riding), and we all had dinner at 8pm.

This was the foundation of our learning at Banasthali, but we also had many side projects that we completed during our time. We auditioned girls and put together a show for a languages showcase, took part in an Independence Day parade, attended an Indian festival celebration, and we were all part of a panel discussion. We were all given bikes to get around campus as it was quite large, and we spent most of our days just with each other (as our classes were never mixed with the Banasthali students).

We befriended a few students there but did not manage to spend a lot of time with them, as both of us were kept busy. There was an 8pm curfew in place for all students, including us, and the food was pure vegetarian only. On Tuesdays, they took us on trips around India (this included Ranthambore Fort, Jaipur, Agra and the Taj Mahal, and Niwai).

Lasting Impressions

I think the experience was almost perfect – it was the perfect combination of academic pursuits, Indian culture and sightseeing. I formed really, really close bonds with many of the other interns, and we will stay close even now that it's over. It was really useful, academically, to gain the skills of using instrumentation that other undergraduates have perhaps never even heard of. I think this will give me an advantage if I apply for lab-based internships or jobs in the near future (which I am planning on doing), and it's useful to have worked in a post graduate

lab and have gained experience in public speaking, specifically speaking and presenting academic research to chemistry researchers.

They taught me so much while I was there, guided me through the projects closely, and gave feedback after me and the other chemistry intern had finished our presentation. Also, I gained so much knowledge about Indian culture – for example, I can speak conversational Hindi (which I never imagined myself doing, ever), I know how to dance Khatak at a basic level and have topics to talk about with people from an Indian background. Most importantly though, I saw the first of the seven wonders of the world, and so much more on the trips they took us on.

What practical advice would you give to future interns?

Bring a poncho!!!! It is monsoon season in August, and the rain gets extremely heavy, and there is flooding (the guest house is surrounded by dry ground that turns into mud that you can get stuck in when the rain starts). Make sure you know how to ride a bike (well), as the campus is quite large and you can't walk to most of the classes. Communicate with the organiser of the internship – they are very flexible, but you have to be clear with what you want out of the internship (if you want it to be more academically heavy, tell them, if you want to opt in/out of a class, let them know). There are a range of sports available (horse riding, aerobics, martial arts, sword fighting…) but you have to seek these out yourself – it will not be timetabled/given to you.



Photo attribution: Elma Besic, 2026 summer intern

Bring very light but modest clothes (shoulders and knees covered, at least) – there is a dress code on campus. On trips, there is no dress code, but many people still dress modestly. Get a physical tourist VISA (don't try to get a student VISA – you don't need it and it's much harder to get). Try to coordinate with a few other interns to get on the same flight if you can (easier for transfer to the campus). Long skirts are a pain – I couldn't wear mine at all on campus because you can't

cycle wearing them (they just get stuck in the bike) – linen trousers are the best. I wore long skirts only when we went on trips. Bring a handheld fan – it was insanely hot. You need a notebook for classes (there is no Wi-Fi on campus, other than in the guest house).

Constance Waite, Worcester College, MChem Chemistry, First Year Undergraduate, in person

Work projects

The internship took place on the campus of Banasthali, and we were provided with food and accommodation. As a group, we organised and produced a programme of dances, songs and acting for a language day event, hosted a Q&A session with students from the university, took part in a cross-cultural event and a recorded interview for students making a documentary on our visit. Individually, I completed a mini programme in chemistry, tasked with writing 3 lab reports on experiments we did and a joint presentation at the end with another intern who also studied chemistry. We also took part in assessments in some of the classes such as French, Hindi and dance.

In terms of support given, the University staff involved with our stay were excellent. The preparation emails were helpful and by consensually sharing other interns' contacts, we were able to get in touch a while before we headed off to India which reduced some stress. They were very accommodating with all our needs such as dietary requirements and choices of activities. I was particularly grateful that they organised with the chemistry department the programme that I completed. Any queries were addressed quickly, and help was provided in booking trips to see landmarks such as the Taj Mahal. In addition, at the end of our internship, we had to write an 8–10-page report on our experience at the University.

Daily Life

A typical day started with yoga at 8am (optional) and breakfast at the guest house before morning classes. Each person's classes in the morning were slightly different. For me, these were French, Hindi, and two hours of chemistry. We would typically have lunch provided by the guesthouse but on some days, we would go to the market to eat at some of the cafes/

canteens. During the lunch period, we could work on completing our projects. In the afternoon, around 4pm we would have creative classes such as art, Indian dance, sitar/tabular, cooking or design.

From 6-8pm there was an opportunity to join sport classes such as running, football, gymnastics and more. I took part in aerobics and used the gym. On our day off, we went on two university organised trips and one which was self-organised. Our trips were to Agra, Jaipur and Pushkar. The University also provided bikes for each of us to get around campus. Some nights we enjoyed meals out at the different restaurants on campus. Throughout the internship we got a chance to speak and hang out with some girls from the University and talk about their experiences there, as-well as India as a whole.

Lasting Impressions

I would say I've gained a lot of confidence socially and professionally. It was challenging at times to be so far from home, living in such an insular environment with people I didn't really know well. The language barrier between us and the staff was also difficult at times. However, through the internship, I have learned how to cope in an unfamiliar environment, especially with that barrier, and how to prioritise different aspects of my time to ensure I stay well and productive to take part.



Photo attribution: Elma Besic, 2026 summer intern

I was lucky enough to be involved in the chemistry lab at the University, completing tasks they had set for us. Having to complete reports and a presentation for a different department was great for me to refine my communication skills in my reports to ensure clarity but also my own understanding of the concepts. The presentation allowed me to focus on key areas and practice communicating in my subject.

I enjoyed learning and practising Hindi, it was great to see how much more I could understand after completing a month of classes. I realised how much I like to learn languages. We were also involved in a lot of public speaking events such as language day programmes, the Q&A, and the recorded interviews. This was great for my confidence, practicing articulation of speech and thinking on the spot.

What practical advice would you give to future interns?

Try to get the contacts of the other interns early on so you can coordinate flights. Ask to do subject specific classes.

BA Sanskrit with Classics, First Year Undergraduate, in person

Work Projects

The internship is structured more like an exchange programme, so work projects are limited. Rather, the University tried to incorporate the girls into various pre-existing projects. One of the main ones involved working with PhD students of Banasthali to compare aspects of Indian and UK Folklore. My main responsibility also included contributing to the organisation of a cultural showcase representing both India and the UK.

I helped coordinate auditions and rehearsals with Banasthali students. I also delivered a presentation on Sanskrit meter based on my studies with Prof. Anita Jain. I received support from the staff, particularly Dr. Shalini Chandra, Manish Sir, Prof. Anita Jain, as well as other teachers who provided academic guidance. However, that being said, the communication amongst the staff sometimes seemed to be lacking.

Daily Life

The routine at the internship was a little bit rigorous despite the accommodating nature of the University staff. There was an optional yoga class at 7 AM every morning, which was a good way to start the day. However, it would get tiring at times as the only day off was Tuesday, and

this day would be used for our excursions or day trips. Thus, throughout the duration of the internship, I did not get any days to rest.

We were provided with bicycles to get to various classes as they were on different parts of the vast campus. Our last classes of the day were typically at 5 PM, which meant it would be around 6:30 PM when we got back to the guesthouse. The workdays became even longer when we had to organise the showcase, as almost all our free time was spent in rehearsals or editing the music, etc. We typically socialised with the students of the University, especially PhD students, or those who participated in the showcase with us.

Lasting Impressions

It was a very enriching experience to do my internship at Banasthali University. Most of the staff were very helpful and welcoming, especially the staff at the Guest House, who made my stay very comfortable and homely. The teachers were also beginner friendly and answered our questions with patience. However, in the initial days, the timetable wasn't set as there were only 2 interns. I would recommend instructing most interns to arrive within a certain date so that it is easier to organise group classes. We also found it difficult to communicate with our art, dance and Sitar teachers when we were unable to attend classes.

Another challenge we faced was the showcase, as we only had 5 days and were asked to incorporate the performances of Banasthali students as well. We were able to manage this because of the cooperation of the students, as the venue was changed the day before. I am thankful to Manish Sir and Shalini ma'am who helped us organise this. I would like to add a point that the visit to the Digambar Jain temple in Niwai made a lot of interns uncomfortable as it was very unexpected and we haven't had much prior exposure to this form of Jainism. The temple itself was beautiful, and the people were hospitable but the interaction with the monks was unnecessary.

Amelie Procter, St. Hugh's College, BA Law with French law, First Year Undergraduate, in person

Work Projects

Alongside the academic activities, my day also consisted of many practical classes. For example, I learnt the Indian instruments of Sitar and Tabla with the help of patient and talented teachers. There were also Indian dance classes, which consisted of learning routines in both Rajasthani dance and Katak dance. One of my favourite classes was the cooking class in the Home Sciences department, where we learnt how to make many Indian dishes such as Paneer Butter Masala, homemade naan bread, samosas and chai tea from scratch. These recipes will definitely be something I try to replicate at home!



Photo attribution: Amelie Procter, 2026 summer intern

At the end of the day, there were opportunities to join various sports activities or go to the on-site gym. It's safe to say the days were tiring but extremely rewarding and I feel as if I have learnt so much in such a short space of time. It is the culture of Banasthali and the attitude of the teachers and students there which made it such an interesting place to study, and there were always activities to get involved in, such as group discussions on women's rights and panel discussions on 'a world without borders'.

Daily Life

My days at the University were organised around the 5-fold education system of which Banasthali follows. This is a holistic approach to education combining physical, practical, aesthetic, moral and intellectual elements. Thus, the day started early and was always jam-

packed, with yoga class in the morning to mentally and physically ground myself at the start of the day.



Photo attribution: Amelie Procter, 2026 summer intern

Learning Hindi language was a highlight, as its structure is so different from the other languages I speak, so it was fascinating to try and master the basic phrases. Due to my studying law at Oxford, the University allowed me to spend some time in their Law Department, joining Constitutional, Criminal, Contract and Jurisprudence classes as well as helping with their pro-bono initiative.

I found these classes an amazing opportunity to compare the Indian legal system with my degree and deepen my understanding of international legal disputes. This is something that I will take into my future career aspirations for working internationally on cross-border legal matters. As my degree is Law with French Law, I was also able to join advanced French classes, where we studied French poetry and I expanded my love and knowledge of the French language. I found the enthusiasm of my French teacher inspiring.

Lasting Impressions

My month at the Women's Residential University, Banasthali Vidyapith in Rajasthan, India, was a culturally and academically enriching experience. Through this internship, I feel I have learnt so much about Indian culture, from actually being in cities, to speaking to local people. The University was also generous enough to organise some incredible trips for us interns. Visiting the Taj Mahal was one of my favourite memories, as well as strolling the markets in Jaipur and Pushkar. Overall, I am extremely grateful for the internship office and for Banasthali, for giving me the opportunity to take part in this enlightening and fulfilling experience.

What practical advice would you give to future interns?

Sort out your Visa and vaccinations as soon as possible. Get in touch with other interns before you go. Take charge of what you want to do on this particular internship and tell the University – they are very open to suggestions so if there are any projects you want to complete or specific things you want to study, just ask them.

Jasmine Zoe Kajal, St. Edmund Hall, BA Jurisprudence, Second Year Undergraduate, in person

Work Projects

During my time at Banasthali University, I took part in classes and lectures held at the law department. I learned about the foundations of the Indian Legal System, and took part in classes concerning constitutional, criminal and jurisprudential law. Alongside this I also attended cultural classes, associated with the Fivefold ethos of the University. I took part in Hindi, Sitar, Classical Indian dance and much more. Alongside this we were tasked with projects to do with the University Students.

First, we (Oxford Interns) took part in a Q&A with approx. 200 students. Here we were asked about life in Oxford, and how we found India. We also got to ask the girls questions. Secondly, we organised a Language & Culture Showcase. This was to demonstrate different languages and cultures through a range of dancing, singing and acting. Throughout this we were supported and set tasks mainly by the International Relations Office and also had PHD Students as a point of contact too.

Daily Life

During my time on the Internship, we were able to stay in the New Guest House. This was a great space for us, with great rooms, and the dining room where we ate together as interns. We were provided 3 meals a day, usually consisting of different vegetarian dishes. Alongside this, we usually had around 5/6 hours of classes, with a long lunch break, and evenings free. We were provided with bikes to cycle around the campus with. Tuesdays are the only day off at the

University, so every Tuesday we were able to go travelling outside of the University. The University organised two trips for us; one to the city of Jaipur, and the other to the Taj Mahal.

We could pick where to go for the other Tuesdays that we were there, but that meant organising that between ourselves. Regardless the University had taxis that we could use, which was very helpful. As a group we were very tight knit and would spend a lot of time with each other, but we also had opportunities to socialise with the students from all levels of education whilst we were there.



Photo attribution: Jasmine Kajal, 2026 summer intern

Lasting Impressions

The Internship was an incredibly enjoyable experience. Firstly, I was able to gain an insight into studying abroad at a different University and learn the foundations of the Indian Legal System. Secondly, I was able to experience great cultural immersion. This was done through things like Hindi lessons, Sitar classes, Indian classical dance lessons. But this was also done through the opportunity that we had to travel around the state of Rajasthan and visit the Taj Mahal. I gained a life experience and opportunity that I would not have had otherwise.

What practical advice would you give to future interns?

I would advise future interns to travel to the internship together/leave together at the same time to make the journey less stressful and to have the guarantee that someone will be there with you. I would also recommend preparing for the heat and the bugs – bring lots of sunscreen and bug spray, since these were massive lifesavers. But remember that it is monsoon season too. The University also has a dress code, so it is good to prepare for that – sandals/flipflops or a form of these are also very helpful for your day-to-day activities on campus. The New Guest House is very significant for your needs, as it has air con in the bedrooms. And make the most of every opportunity!

Reyhan Sila Ucar, Exeter College, BA English Language and Literature, First Year Undergraduate, in person

Work Projects

My internship was more akin to a study abroad programme, whereby I stayed at a university in India for 4 weeks and attended classes (of my choice) on any subject I liked. The main priority of the University was to introduce us interns to Indian (more specifically Rajasthani) culture, hence many of our classes were targeted towards attaining this type of knowledge. My main tasks and achievements revolved around learning something new and demonstrating it, for example performing a song we learned on the sitar to an audience or having a full conversation in Hindi with our teacher at the end of our stay. Aside from this, us interns were given many opportunities to organise events and trips either on our own or with the other students studying at the University. An example of this is the showcase we put on in our first week, where us interns had to write an hour-long performance (we chose to write a sort of skit) and audition the students who wanted to partake.

Putting on this show felt like a massive achievement because it involved so much organisational work as well as a lot of leadership on my part (as I wrote, casted, directed, and acted in the play). Banasthali was incredibly supportive in many ways: financially, they provided amazing accommodation and food for the entirety of my stay there. In terms of my goal (to see India, travel around, experience its culture) the University helped to organise many day and overnight trips to both the surrounding areas, and further away but more famous areas, such as Agra (to see the Taj Mahal) and Jaipur. Our coordinator (Dr. Shalini Chandra) was very easy to communicate with in the time leading up to our arrival, and once we were there, Dr. Manish was so hands-on, going well out of his way to ensure we were given every opportunity.

Daily Life

Settling in was so easy because of the support provided by the University. Dr Manish came to pick three of us interns up from Delhi airport (a 5-hour drive from the University) and bought us two meals along the way to make sure we weren't hungry when we arrived, despite the fact

that the guesthouse we were staying at hosted a late dinner for us anyway at around 11PM when we arrived. The guesthouse employed around 5 workers to cook us three meals a day, serve it to us and then wash our dishes afterwards.

On top of this there were two receptionists, two ladies who could speak both English and Hindi fluently and would help coordinate between us and the other workers, as well as support us in our general daily life during the internship. For example, at one point I got a horrible allergic reaction from my bug bites and one of the receptionists took me to the local hospital and stayed with me there for 3 hours (until I was sent back home), translating for me and the doctors and making sure I was comfortable the whole time.

Daily life was incredibly flexible – you decide which classes to go to, if you want to go to class that day, what extracurricular activities you want to do, and so on. My average day looked like this: 06:30: wake up and get ready 07:00: yoga (with a guru leading and other interns participating, held in the gym) 08:00: breakfast provided by the guesthouse.

09:00: 1st class – for me, this was design, where we practised traditional Rajasthani tie-dye, block printing, embroidery, and more. 10:00: 2nd class – for me, this was Hindi, where we practised conversation primarily. 11:00: 3rd class – this alternated week by week. For the first week, I had an Indian literature course focusing on feminist retellings of the Ramayana. For the second week, it was Indian history. Third week was Rajasthani folklore. Last week was Indian ethos.

12:00: lunch at the guesthouse, then wind-down time. Interns were advised to nap during this time because it gets insanely hot. 16:00: 4th class – for me, this was a musical class. I alternated between tabla (a two-headed drum) and sitar (similar to a guitar). 17:00: 5th class – dance class. I alternated between kathak and guma (traditional Rajasthani dance). 18:00: optional sports/extracurricular.

I tried out horse-riding, gymnastics, and badminton, but by the end I would be so exhausted by this time and would just rush to the guesthouse to nap before dinner. 20:00: dinner at the guesthouse. 21:00: free time, often involved some type of event with the other students or just hanging out with the other interns in the guesthouse. Outside of work, I would mainly explore

campus and spend time with the other interns. We loved to try the different food available on campus (as there were two markets on site) and watch movies together, or practise dance and music.

Lasting Impressions

Most of my lasting impressions came from the people I met and the places I went to outside of Banasthali University. This internship was such an amazing chance to get to meet other people in Oxford who I otherwise would never have come across, for example I made friends with four post-grads, none of whom studied my subject or went to my college, so if it weren't for the internship I probably would never have met them, let alone get to know them. The students and professors at Banasthali were also so lovely and welcoming, and I am still in contact with many of them now, who have offered to host me if I ever return to India (this is how strong the bonds we made were!).

Finally, visiting other cities, ruins, temples, forts, markets, etc. during the internship was amazing because we got to go to so many places with a local who we knew and trusted, in a taxi driven by someone we trusted and already paid for. On top of this, being able to stay at a city for a few days then return to campus was great because many of these places could be incredibly busy and overwhelming, and without the cool-down time at campus in between visits, I doubt I would have been able to enjoy them and take in as much as I did. Because of this approach to visiting a completely new country and travelling there by myself, my impression of India is not clouded over by the anxiety and exhaustion I may have had without this support.

What practical advice would you give to future interns?

Take every opportunity you're given and explore as much as possible!

Lana Vitorovic, Kellogg College, MSc Child Development and Education, Final Year Postgraduate, in person

Work Projects

My internship at Banasthali Vidyapith was mainly a cultural exchange i.e. experience as a foreign exchange student at an international university. I attended several classes, including Hindi, Sanskrit, Indian History, Indian ethos, cooking, Kathak dance, and Sitar. We also got the opportunity to specialise in our subject specific field. Mine was education/psychology. I attended classes, gave some presentations, and did some assignments as part of my internship. The University was very supportive in curating a timetable in which I was personally happy with. In this way, the experience felt very tailored. I would also add that they were very receptive to changes in your timetable. Thus, I was able to change my timetable according to my preferences.

I really enjoyed Hindi, education/psychology classes, and Kathak dance. As part of my education classes, I gave a 20-minute presentation, completed a 25-page report on a given assignment (appraising a psychological tool and producing a coherent report), submitted another PowerPoint presentation (on a topic on the syllabus), and had some opportunities for teaching during the classes. The classes were full of discussion and interaction, and I felt very fulfilled with that.

Daily Life

I settled in quickly because all the other interns were already in a solid routine by the time I arrived. That is, I arrived 2 weeks after the first group of interns arrived. The group dynamic was very welcoming, and all the other interns were very helpful in helping me get around the University, showing me how to do laundry, how to get meals and snacks etc. The guest house was brand new for interns and it was excellent quality.

There were two young women who worked at the guest house who facilitated our settling in, and we all became close with them by the end. We got to classes via bike that was provided to

us by the University, and we were emailed our timetables before we arrived. I socialised with all the interns (14 in total), and this made the classes really enjoyable.

I arrived on 17 Aug, at a time when the interns were getting assessed in several subjects, including French, Hindi etc. I was obliged to join in on these assessments even though I had just arrived, but I did not find these assessments challenging or difficult to adjust to having just arrived. But that is something to perhaps bear in mind. If you have the option, join earlier than later. It also felt perhaps like I had been missing out on weeks of fun that all the other interns were already involved with, but on the plus side, this meant they were all brilliant guides to help me to settle in.

Class was from 9am-12pm, and then from 4pm-6pm. At 6pm, you can join in sports – of which there are so many options e.g. horse riding, gymnastics, gym etc. Between 12 pm and 4pm you have a long break, in which you can manage your time accordingly. If you had assignments, this would be a good time to do those in as the rest of the day is very busy. I would grab a coffee with the other interns after class, have lunch with everyone, do my assignments, or rest. This time is completely up to you.



Photo attribution: Jasmine Kajal, 2026 summer intern

Often, the students from the University would like the foreign exchange students to get involved with their class projects. For example, there were several documentaries, interviews, and events in which we were asked to get involved with. So, the 4-hour free time does fly by. Every Tuesday is a day off in which the University organises a trip to cultural heritage sites and day trips. We visited Jaipur, the Taj Mahal and Pushkar, all of which were so much fun.

Lasting Impressions

I had a great time at Banasthali University. I experienced the internship both with 14 interns in total and then just 3 interns after the others had left. These were very different experiences. Both had their positive qualities, but it was very fun and most enjoyable with a big group of interns. Days were full of laughter and friendship. I have come away with friends for life from spending every day with the other interns. This also made the classes much more enjoyable, for example, with Kathak dance, it is a better experience when 8 people are dancing rather than 2. I learnt a relatively significant amount of Hindi and learnt a lot from my department of education classes.

Most importantly, I had important conversations with the students at Banasthali and formed meaningful connections. I learnt from their culture via conversations about women in India, marriage, religion, and family. I had never been to India before and knew relatively little about its history. Learning about the modern culture and how it impacts everyday life was interesting and broke down some western misconceptions that perhaps pervade in western media and discourse. It is these kinds of conversations that cannot be learnt in textbooks or classes in the UK. I feel ineludibly more knowledgeable and grateful for the experience.

What practical advice would you give to future interns?

Bring modest clothing covering shoulders and knees – bring many as you get sweaty each day from cycling in the heat. Bring a waterproof coat and an umbrella as July/August is monsoon season in Rajasthan. Try all the classes but don't be afraid to say no to some after having tried them – you can't do them all and you get tired very quickly. The days are long and hot, and you are there for a month, so don't burn yourself out.

BA Human Sciences, Second Year Undergraduate, in person

Work Projects

I studied at Banasthali Vidyapith University in the Tonk district in Rajasthan, India for 3 weeks. We participated in an array of classes that were arranged for us, including arts, music, dance,

languages, and various science classes. The internship organiser was very accommodating to each student's requests on which subjects they wished to study, including creating a 3-hour workshop for students who wished to study sociology from an Indian perspective. The staff at the University were very accommodating and always made sure we were well looked after.

However, the programme did suffer from some organisational issues (e.g. lessons being cancelled without us being informed, as well as scheduling us tasks very last minute and failing to inform teachers that we would not be at the lessons as originally intended. A highlight of the experience was that we helped organise a performance of dance, singing, and acting with the students at the University. It was an enriching experience to see traditional Rajasthani dances and singing in person, and to see all the hard work and talents of the students pay off.

Daily Life

Each day, we had the option of attending yoga in the morning (at 6am) before starting classes at 9am. The day often began with beginner Hindi lessons, where we learnt valuable everyday phrases as most of the interns, including myself, were complete beginners. Our next classes varied depending on the area of interest for the intern. I participated in an array of Indian history, Indian culture, and sociology lessons, which were usually planned out by one of the professors especially for the interns.

We also had lessons in Rajasthani folklore, where we compared traditional Rajasthani folklore with English folklore, which was very interesting. After lunch, we participated in more creative lessons, including art and design, where we tie-dyed cloth using traditional dyes and used block stamps to decorate cotton using the traditional Rajasthani block printing method. We also had dance lessons where we learnt the traditional Rajasthani dance of kathak, as well as music lessons, where we learnt sitar. In the evenings, we were able to join in with the sports classes, including aerobics, gymnastics, and badminton.

Lasting Impressions

I learnt a lot about Indian culture, particularly Rajasthani culture, which I did not previously know much about. Banasthali Vidyapith University prides itself on being a site where a rich culture is maintained and preserved. As a social sciences student, it was interesting to see how culture is perceived and examined from a non-Western perspective, particularly surrounding cultural norms that are heavily criticised in the West, such as arranged marriage. The University helped us to arrange day trips on our days off, including to Jaipur and to visit the Taj Mahal, which were incredible experiences.

This permitted travel enabled me to feel as though I saw lots of Northern India during my internship, considering we were based at Banasthali for the majority of the internship. We were incredibly welcomed by the University and several of the staff went above and beyond to ensure that we were comfortable and looked after; if we ever needed anything, we could always go to them for help. This assistance made me feel very safe at all times which enabled me to enable fully with the culture and learning provided by this unique internship.

Kayla McKinnie, Wadham College, BA Philosophy, Politics and Economics, Final Year Undergraduate, in person

Work Projects

The main bulk of the internship was cultural activities (such as Indian dance and Sitar) and classes on Indian history, ethics, and Hindi. However, when I requested, I was also able to work on a project in the Department of Mathematics and Statistics and sit in on coding labs. While I think I got something personally from the cultural activities, I think working on the project made the internship more worthwhile for my CV. My project involved comparing the returns of education in the Indian and UK wage labour market. I used PLFS and the Quarterly Labour Force Survey data.

I first estimated ridge-regularised Mincer earnings equations in R, using ridge to handle collinearity among age, schooling, and experience while keeping the regressors identical across both models. I then hand-coded a threefold Blinder-Oaxaca decomposition with bootstrapped

standard errors. The coefficients component was statistically zero; endowments were driven almost entirely by hours worked; and a large negative interaction showed that each country underuses its highest-return input. During my project, I met with my supervisor three times and emailed her frequently for feedback.

Daily Life

I arrived in Delhi and Dr Manish met me to take the 6-hour drive to Banasthali. There were approx. 12 other interns while I was there, but because we came and left at different times, I think there were about 16 total. It was good to have other interns to socialise with; it made adapting to new social norms and language a little less challenging. We all stayed in the new guesthouse, which was a very nice accommodation; we each had our own rooms and ensuites. We were also given three meals a day. We had a pretty packed schedule and had some kind of class from 9 am to 6 pm each day, six days a week. This was quite intense, but we were told we didn’t have to attend everything if we couldn’t.

On our day off on Tuesday, the University organised excursions for us, which were very interesting, although I still felt a little like we were on a tight leash. This was the only time we could leave campus, and even then, University staff accompanied us. I also had the opportunity to socialise with students from the University, which was perhaps the most rewarding and insightful experience I had.

Lasting Impressions

I think my lasting impression comes more from the cultural aspects of the internship than from my work project. I've taken away that you can learn a lot about a culture from what you read online or in the news, and even if it's accurate, you don’t really understand it until you're there. I wouldn’t say my opinion of India changed dramatically, but I do think it is now coloured differently. I also think that, as someone who has worked with data before, but always as a social scientist, it was useful to work in the Department of Statistics, as it improved my methodological rigour.

That said, I don’t think I learnt any skills I didn’t already have; instead, I had another opportunity to practise them. I think this comes down to me asking to do the project and it being quite self-directed. I knew before the internship that I wanted to go into research, and this once again confirmed how much I enjoy that kind of work. This was very reassuring as I finish my undergraduate degree!

What practical advice would you give to future interns?

Don't be afraid to ask for what you want to do and say no to what you don't. You will find yourself being asked to do lots of massive favours for people where you have to do a lot of work but don't get a lot out of them; it is socially more acceptable to just say no to these things. At the same time, they will also be very accommodating if there is something you want to do, but you need to ask! That goes for both projects or work-related things you want to do and any places you want to visit.

Lia Jobanputra, St. John's College, Human Sciences, Second Year Undergraduate, in person

Work Projects

We did not get given one singular work project to complete while at Banasthali. A lot of what we were given was subject-dependent and based on what we wanted to do. All of us had to complete a 10-page report on our time at the University. We all attended daily Hindi language classes and Indian classical dance classes and most days we had other classes including French, Indian history, Indian culture and ethos, cooking, tabla, sitar etc. I chose to spend additional time with the University's Biology and Sociology Departments, attending lectures with Banasthali students and engaging in discussions with professors. Furthermore, outside of classes we were kept busy with other projects given to us by Manish Sir. These included a showcase for language day where we had to audition girls from the University and put on a production that integrated both Indian and English culture.

A lot of our lessons also focused on exploring the cultural differences and similarities between these two countries which I found very insightful. We also spoke on a panel to around 180 girls

from the University to talk about Oxford University and our impressions of India and Banasthali. For Indian Independence Day we were also tasked with holding flags and taking part in the procession. Towards the end of the internship, I worked with a student from Banasthali to put on a cross-cultural event that was well-attended. Overall, the work you put in at Banasthali is mostly up to you, but I would recommend saying yes to as much as possible to get the most out of your experience.

Daily Life

When we landed in India, we were met at Delhi airport by Manish Sir and a PhD student. I would recommend coordinating your flights to India with a few of the other Oxford students as this made settling in a lot easier for me. On the four-hour drive to Banasthali, Manish Sir took us to his favourite Rajasthani restaurant and Kulfi spot in Niwai, giving us an immediate taste of Indian culture and allowing us to bond with each other.

When we arrived on campus, we were met by the staff at the guest house who made us feel very welcome, offering us chai in the dining hall. The accommodation was far beyond my expectations – we all had our own rooms with an ensuite. The University also provides you with three meals a day at the guest house, although you do have the option to eat out at the many food markets and restaurants on campus. I would recommend Spicy Bite as the food is mouth-wateringly good.

The way it works at Banasthali is that you have classes six days a week, with Tuesdays acting as the 'weekend'. Every Tuesday us interns were allowed to leave the campus to explore the rest of India. Since we landed on a Monday, the day after our flight we woke up at 7am to get a taxi to Ranthambore fort with the Oxford interns who were already at the guest house. The next day we had our induction where we got a tour of the campus and got to know everything going on at Banasthali (which is a lot). Following the induction, our days consisted of classes from 9-5 (with an optional yoga at 7am for those who can get up early).

Most classes are just with the Oxford interns and a teacher, so you pick stuff up very quickly and get to know everyone really well. On our second Tuesday off, we went to Jaipur, exploring

the city and ending the day with a meal at Chokhi Dhani. The week after, us interns organised our own trip to Pushkar where we stayed in an Airbnb for two nights. On the final Tuesday, the University took us to the Taj Mahal which was an unforgettable experience.

While I mostly socialised with the other Oxford interns, I made some close connections at Banasthali, especially with the PhD student who met us at the airport on the first day with Manish Sir. Our nights at the guest house consisted of eating dinner with everyone as a family, staying up late drinking chai and then dancing on the courtyard outside of our rooms. The PhD student I became close with, even taught some of us a Rajasthani folk dance which we performed at the showcase.

Lasting Impressions

Overall, my time at Banasthali will definitely be remembered for life. I now have friends who I would consider as family on the other side of the world who have told us that we are always welcome back at any time. I think that what you put in is what you get out at Banasthali. I gained so much from the experience – my self-confidence and ability to speak in public definitely improved.

I went from having never considered myself a dancer in any regard, to performing choreography front row at the showcase in front of lots of people. We also learned to have resilience and adaptability when being constantly faced with new situations. The experience for me was more about cultural immersion than about my career, but it has encouraged me to apply for more jobs with a global focus that may involve travel.

What practical advice would you give to future interns?

The communication we received from Banasthali prior to arrival was rather limited. I would say that applying for a tourist VISA should be fine. My E-visa got rejected, but I was able to get a physical VISA which involved going to the VFS consulate in London. I had no problems with immigration at Delhi airport. Keep in mind that while the University says they will pick you up

from either Delhi or Jaipur airport, it is a 4-hour drive from Delhi and only 1.5 from Jaipur. That said, I had a great experience on the drive.

I would say that the University is too flexible with start and end dates. We still had interns arriving when most of us had been there for weeks. I would recommend coming at the start of August and leaving late August/ early September, so you don't miss the induction and have the full experience. I would also reach out to other people on the internship to coordinate your flights so you can all get picked up from the airport together.

THE BRITISH SCHOOL NEW DELHI

Natasha O'Reilly, Lady Margaret Hall, PGCE Secondary English, Final Year Postgraduate, in person

Work Projects

Alongside observing, assisting, and teaching lessons in my chosen subjects, I also read through personal statement drafts, gave feedback, and organised and led meetings with students to discuss their university applications. Most meetings took place with a university admissions guidance counsellor and the student and their parents. I offered my advice and experience, made suggestions on where to apply to, and how to write a personal statement. I mostly supported Oxbridge applicants with choosing written work submissions and writing their personal statements. I also gave presentations with the other interns about UK university application processes (Oxbridge in particular), which were delivered to students and parents. Finally, I helped out during university fairs.

Daily Life

I was in a hotel with the other interns, which meant we were able to go out together and explore Delhi and surrounding areas. During the week, we were driven to school around 7:30am and went to our 'intern room' to prepare for the day. Usually, our supervisor would come in and talk us through some meetings or plans scheduled, or to check on how we were

doing. We went about our day, teaching lessons, creating PowerPoint presentations, reading through personal statement drafts, or meeting with students and/or parents.

During free periods, break and lunch, we could either continue with work or have some down time by playing table tennis at the school, going to the school cafes and tuck shops (for which we were allocated daily stipends), or just chatting with each other. Once school ended, around 15:20, we were driven back to the hotel, where we had the evening free to ourselves to go to markets, temples, or simply have a movie night together.



Once a week, we were taken to host families for dinner and a cultural experience. Sometimes the school organised trips for us in the evening, such as going to a temple, or watching a school production and even making use of the school's swimming pool! The school also organised weekend activities for us. We went on an Old Delhi food tour, spent the day at a parent's luxury resort, went on a guided trip to the Taj Mahal and Agra Fort, and had dance and cooking classes. As part of the school's NGO project, we also spent one morning volunteering.

Lasting Impressions

This was an incredible experience. We were taken good care of, and the school was really generous in the activities they planned for us. The staff were helpful, friendly and welcoming, students at the school were so lovely, and the general atmosphere made us all feel at ease. We were able to approach our supervisor with any issues, and when most of the interns were stuck at the hotel with food poisoning, the school sent some of their nurses over to check up on us. The school made it a priority to value our own cultural immersion and experiences, as well as giving us interesting work experience. They also helped us plan transportation and activities for weekends away, which was definitely appreciated!

What practical advice would you give to future interns?

If possible, book a flexible or one way ticket! You can decide later on whether you want to go home earlier or stay in that country and continue to travel solo or with other interns. It's such an amazing opportunity to get to know a foreign country as a group and have support from the school to ease you in, and it also makes onward travel much easier since you have better bearings of the country and culture.

Freya Gray, Worcester College, BA Geography, Second Year Undergraduate, in person

Work Projects

As an International Teaching Intern at The British School (TBS) in New Delhi, the role is split into two. I was based in the College and University Guidance Office (CUGO) but most of my timetable was based around being in Geography lessons for iGCSE and IB classes. Here, I would observe, teach or support with classroom activities. I often found I was just sat watching or would teach topics of particular interest to me – it was left up to me to get involved, but the teachers were very encouraging. The teaching experience also included planning lessons and marking assignments too.

Within CUGO, I would attend some guidance meetings and read personal statements from students who are applying to the UK. This was to give feedback and answer their questions about student life in the UK. Once a week, the interns would give an assembly to different year groups about university applications. TBS were super supportive of us, making sure that we were settled within the school but also planning a cultural immersion calendar of activities for us in the evenings and weekends. Furthermore, they made sure the school nurses supported us whenever illness cropped up. Knowing this support was always there was invaluable and gave me a lot of confidence.

Daily Life



School would send cars to pick us up at 07:30 every morning. The day was structured around 8 lessons of 45 minutes each. There would be 2 lessons, break, 3 lessons, lunch and then 3 lessons. The school lunches were really good and there was a generous snack allowance that we enjoyed. We would be dropped back at the hotel by about 15:30 each day. The school covered breakfast and dinner at the hotel. The food here was fine but got a little repetitive!

There were interns from Oxford, Cambridge and a few different US colleges too. We formed a group and would go out in the evenings or weekends to local restaurants, landmarks, temples etc when there was not a school organised activity. We found that we always had energy after school to do something after a short rest. The school were also very generous in organising host families and tours for us that were paid for. When we had free time, they would also help us make plans and give us great suggestions if we wanted. Some weekends we travelled and would stay in cities further afield.

Lasting Impressions

I enjoyed the experience a lot and would recommend it to anyone. It was definitely challenging at times, but I took a lot from those moments. I think it gave me valuable insights into what it is like to move abroad and work there, not just visit somewhere on holiday. For anyone considering moving abroad, I would recommend this to see what it is really like. I also found that it gave me more insights into teaching and how much work goes on behind the scenes, such as the planning, meetings and marking of assignments. This feels important to have

experienced, as this took up a significantly larger chunk of time than I expected (although I always had enough time within the school day in my planning periods).

Furthermore, the school were so supportive, helpful and keen for us to see as much of India as we could, so I feel that we had a fantastic cultural immersion too. I liked the structured nature of the internship for enabling me to travel whilst maintaining a sense of routine. I could not have felt more looked after and am really grateful to TBS for the opportunity.

What practical advice would you give to future interns?

Laundry is expensive at the hotel but there is no choice – humidity means things won't dry in your room. Remember Indian plug adaptors! An eSIM is more expensive but it's great to have signal as soon as you land. ATMs can be hard to find sometimes – it might be easier to bring cash and change at the airport. A headscarf is really useful for visiting temples and things. Bring DEET with you. Reach out to the school with any issues – they were so helpful!

COUNCIL ON ENERGY, ENVIRONMENT AND WATER (CEEW)

Gaurangi Agarwal, St. Antony's College, MSc Economics for Development, Final Year Postgraduate, in person

Work Projects

I was interning with the Foresight Team at the Council and my work primarily involved synthesising important research to be presented in global gatherings. My study would be spanned across research from the Council on Energy, Environment and Water (CEEW) that covered various verticals like industrial decarbonisation, clean air, green hydrogen, water systems etc. I would also need to be up to date with frontier innovations and the policy environment worldwide, with regards to environmental sustainability. My team was incredibly supportive and patient in giving me the time to absorb their culture and way of working and would always be readily available in case I ever needed any advice. I was happy to achieve all

the projects that we had laid out on the first day of the internship and it was a great feeling to see all of them come to shape.

Daily Life

We were hosted in guest house that was adjacent to our office building. This promised a lot of convenience in commuting to the building – we often found ourselves sitting in the building together and working till late with no rush. The settling in process was quite smooth with the organisation taking care of the accommodation and food.

The best part was that all of us eleven interns were based in the same accommodation building. That acted as the perfect ice breaker and enabled us to become the strongest support systems for each other. We would have our meals and go to work together every day and that was the ideal social bond I would have desired out of any work setting. We would also often plan outings together in and around Delhi and that gave us a great opportunity to unwind from work and learn more about each other.

Lasting Impressions

The internship experience has been quite holistic and fulfilling. The breadth of research that my team was involved with has certainly left me more informed about environmental sustainability and advocacy. I will be sure to take forward more consciousness in my research. The social bonds that came out of this internship are also the ones I will cherish for a very long time.

BA History, First Year Undergraduate, in person

Work Projects

I was tasked with finding potential institutions and influencers to partner with for an ongoing project which included preparing presentations, risk assessments and drafting correspondence letters. I also had to update the company's internal Publications SOP. During the internship, I had a family emergency to attend to which the organisation was very supportive about.

Daily Life

Settling in was relatively smooth. The organisation provided us with accommodation and daily meals. The office was located near the accommodation provided so it was a quick walk. Outside of work, I explored the city and visited some tourist spots with the other interns.

Lasting Impressions

I enjoyed the experience because I was able to understand how think tanks operate and the kind of work environment they seek to promote.

BA Human Sciences, Final Year Undergraduate, in person

Work Projects

I was working for the sustainable food systems team with a particular focus on political economy. The project we were working on was centred around agricultural practices in Sri Lanka. We looked to make three recommendations or community development projects, that would both grant farmers and communities better control, while supporting a shift to more climate resilient agriculture. The main report had mostly been written by the time I had arrived, but I supported the development of the literature review, a series of draft editing, and citation checking. I was assigned a buddy who had also been an intern but had interned for longer than me, and it was mostly through him that I recorded my tasks and could ask for support.

Daily Life

Settling in was pleasant, the HR team were very present during the onboarding process. A handful of interns had arrived on the same day, so it was easy to make plans to explore after taking some time to look at the campus and unpack in our rooms. We also had roommates that were assigned based on arrival times, so immediately I was introduced to someone else and did not feel alone. Getting to work was fast and simple, with the office and accommodation being situated on the same campus – the walk there and back took no longer than a minute.

Outside of work, on the weekends, groups would use the time off as an opportunity to travel, but many weekends were also spent in Delhi (where we were based), given that the city has much to offer. In Delhi, we were able to spend time outside of the office with a range of colleagues and other interns who were not from Oxford. Each of our teams were very welcoming and we weren't trapped in an Oxford bubble for some of the time.

Lasting Impressions

I enjoyed the experience overall and I would say that it has redirected me a bit. Seeing how AI has started to shape the policy and research space was a bit disheartening. I think it has made me reconsider a career in policy by providing an insight into what the field might look like by the time I enter it.

Olivia Carter, Keble College, BA Jurisprudence, Second Year Undergraduate, in person

Work Projects

I completed an internship with the legal operations team at the Council for Energy, Environment and Water (CEEW) based in New Delhi, India. I was given long-term and short-term tasks to complete over a 6-week period, these included researching the new Data Protection Law in India and subsequently drafting a data protection notice which would be given to all individuals who participated in any research project with the company.

Additionally, I created a data protection agreement for third parties that CEEW works with, to ensure that the data being shared between parties complies with the new form. I also created a due diligence requisition list for the company, so that when engaging with others, the company was receiving the documents necessary to ensure legal compliance etc. I also worked a bit on AI prompts my supervisor could use when comparing contracts. Overall, I received a lot of support from the host company, they were very attentive and looked after me and the other interns.

Daily Life



Our accommodation was on site where the office was located, so I could get up, get ready and head over to the office for 9, with the option of a complimentary breakfast if I was hungry. We had an intern hub where interns from all teams could work and network, with a variety of other workspaces around the office. Complimentary lunch was provided, and all the interns would sit together and chat. After work, the other interns and I did a variety of things; we found a local gym to go to, or we went out and explored the city. On weekends, we tried to take trips to other parts of India.

Lasting Impressions

I had an amazing experience; it was great to explore a new country, meet new people, and gain practical experience in the legal industry. I gained valuable transferable skills and knowledge that will support my future career. It confirmed that I want to work in the legal sector, and it broadened my view of what that can look like.

Giulio Santiapichi, Linacre College, MSc Politics Research, Final Year Postgraduate, in person

Work Projects

I was a research intern at the Council on Energy, Environment and Water (CEEW), where my main role was to research potential political barriers to the implementation of the EU-India Free Trade Agreement (FTA) from a European political and industrial viewpoint. I mapped stakeholder positions, thus researching parliamentary speeches, policy briefs, publications by relevant associations, etc... In the end, I produced a policy brief for the organisation, mapping

out all the relevant actors on the EU side which could play a role in the implementation process of the EU-India FTA.

This served to advise Indian stakeholders and political representatives (before sitting down to enter negotiations) on what could be the key areas of potential concern for Europeans, in order to ensure a smooth implementation process of the agreement in the coming years. I also worked on analysing the EU and the UK's steel industries, examining how effective these have been in recent years on 'greening' their industries, in pursuit of the green agenda. The team at CEEW provided invaluable guidance and support throughout the entirety of the internship – continuously following us through each step.

Daily Life

We were assigned accommodation inside the ISID Campus, right next to our work office. The accommodation consisted of a two-bedroom shared room with an en-suite toilet. All interns were put on the same floor, and we were given breakfast, lunch, and dinner from the company. Whilst we developed great friendships amongst the cohort of interns, it was also a great chance to build friends at CEEW – with whom I am still in contact with today. We would normally work from 9-5 on average and then have spare time in the afternoon to explore Delhi, including going to the gym and the bar etc.

Lasting Impressions

It was an incredibly enriching experience, both from a professional and cultural perspective. The experience has aligned with my career ambitions and definitely confirmed my curiosity for travel and for meeting new people and embracing new cultures.

What practical advice would you give to future interns?

Take every opportunity you can to have fun and try experiencing as much as possible!

INSTITUTE FOR MIND AND BRAIN (INMIND)

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

Work Projects

The internship project was a self-selected research project. I chose to do mine working with audio files that the hospital had collected from patients who had finished treatment. I did a qualitative study of the emerging themes mentioned in the audio files with respect to things like stigma, family support, what each patient attributes recovery to, hospital experience, and self-concept change mirrored through language.

The original audios were in Malayalam, so I had to translate the transcripts using an AI model. We were also assigned a patient each who we could talk to so that we could practise the clinical aspect of psychology rather than solely research and analysis. I produced an article with the intention of publishing it in one of the psychology journals in Kerala, however, I did not get it completely finished during the internship so am still working on it now.

Each day we would attend activities such as group therapy, yoga, drawing, Zumba etc, and interact with patients. It was very self-guided and we could do as much or as little as we pleased with regards to research, and we were encouraged to work on what we wanted to – whether that be a series of observational pieces, marketing for the hospital, a services analysis, quantitative research, organising activities, or a mixture of research and clinical, which is what I chose to do.



We were able to contact Dr Manoj, and he was good at answering our questions; however, the internship was rather disorganised and we only found out what our task was for the internship on Wednesday of Week 1, so spent the first few

days a bit confused. A little more guidance would have been helpful, but people were always willing to answer questions and help.

Daily Life

I arrived on the Sunday and unpacked, before joining the other interns for tea and a snack in the canteen. Our daily routine consisted of a morning meeting at 9am, then group activity at 10am, snack at 11-11:30am, another activity at 12pm, and lunch at 1:20pm. This was then followed by another activity at 3pm, tea and snack at 4pm, between 4-5pm work finished and we had supper at 7pm.

We were able to attend whatever activities we wanted to go to; they had things on offer like Zumba, yoga, drawing, drums, group therapy, karaoke, drama and poetry. You could attend as much or as little as you liked and work on research projects in between. Some of the other interns would play badminton in the evening before supper and do yoga in the morning before breakfast too! To get out of the hospital a little more, we would often eat breakfast in our accommodation and then go out in the evenings for supper.

We worked from Monday to Thursday and on the weekends we all explored India, going to places like Mumbai, Bangalore, Munnar, exploring Kerala's backwaters and beach trips. There was also a local gym about 300m from the hospital which we would sometimes go to in the evenings. It was easy to socialise with the other interns and the patients who were always chatty and wanting to play games such as Uno and Carrom.

Lasting Impressions

I thoroughly enjoyed the experience. It was amazing to be able to explore India and experience psychiatric care infrastructure in another culture with a higher stigma level. Being able to explore the country on the weekends was also amazing and I feel like I gained an amazing cultural experience. It was also the first time I have done a qualitative study, so I really feel like I have gained confidence working with data in that respect. I also feel like, as someone considering studying psychology after finishing their degree, being able to gain both clinical and

research experience has been incredibly valuable in refining my future choices with regards to further study and my career. It was also lovely to be able to meet other students from Oxford who I would not otherwise have interacted with, and I have come away with some amazing memories, an amazing experience, and some amazing friends.

BMBCh Graduate Entry Medicine, First Year Undergraduate, in person

Work Projects

I was at a psychiatric hospital, where I was able to get involved in as many activities with patients as possible. I attended yoga and Zumba sessions, which were my favourite, but also tried group therapy, karaoke, games and sports such as badminton and volleyball. The main project of the internship was a short research project. We had freedom in choosing what we wanted to do out of the suggestions provided by the supervisor, or we could come up with our own project. I ended up receiving a database which I had to tidy and then analyse using a statistical software, before writing up a report. Staff at the hospital were generally very supportive – you did have to figure things out by yourself or just ask, as I did not receive an induction per se, which is fine, but it just means the first week was a bit chaotic.

Daily Life

I was the last out of 5 interns to arrive and so had not received an induction from staff members, but instead by the other interns who already knew how the hospital worked. We shared a room between 2 people (with a bathroom) and the kitchen was shared between all of us (though all meals were provided for us at the hospital). On Wednesday (or Thursday) of the first week, we had an online meeting with our supervisor who suggested research topics and asked how we were settling in etc. We then started working on the research questions.

I socialised with the other interns, we had a very nice group, and we ended up not only spending days and evenings together, but we also travelled together on the weekends. I also socialised with the patients and spent quite a lot of time just chatting to them and attending activities, or playing games etc. I also met very nice staff members and made good friends

among them. On the weekends, I travelled around the South of India, going to Munnar, Trivandrum, and Kochi, as well as Mumbai.

Lasting Impressions

I really enjoyed the internship. I will remember the conversations I had and the patients I got to know for a long time to come. The internship solidified my desire to become a doctor and made me even more interested in the human brain. I truly enjoyed talking to patients, learning about them as people and about the symptoms they were experiencing. I also enjoyed getting to know Indian culture, music and food, travelling, trying new things and visiting new places.

I have witnessed a different way of life, as well as different way of delivering holistic psychiatric care. I have seen inpatient and outpatient management and consultations, and witnessed how delivering that holistic care works in a community-centred setting. Overall, the internship has really solidified and confirmed my career ambitions of becoming a doctor.

What practical advice would you give to future interns?

Talk to staff and ask if anything is unclear. It may be that no-one talks to you, in a way assuming that you know – so just ask them, they are all very nice. The staff rotation is quite high, so chances are the psychologists have not seen other interns before, as they train there themselves for a short period of time. Start working hard on your research project during weeks 1-3, so you can actually finish before the internship finishes.

Ella Davies, Worcester College, MSci Experimental Psychology, First Year Undergraduate, in person

Work Projects

I completed a one-month internship at the Institute for Mind and Brain (InMind) based in Kerala, India which is a mental health hospital containing both inpatients and outpatients. We lived at the back of the hospital and got to engage with patients as much as we liked which was

very interesting and good practice for the future. We were given ideas for research projects that we could do (qualitative, quantitative or other).

This was quite delayed and we didn't get much support on this with only a couple last minute Zoom calls, however, it was still very interesting to do and to analyse the data sets provided. We then completed the projects over the 2nd-4th weeks (although none of us fully completed it in time due to delayed start of the project). We also joined in lots of daily activities which were very fun and got lots of support from other staff, although communication was sometimes difficult due to the language barrier.

Daily Life

We lived in a building at the back of the hospital which contained 4 rooms, each with 2 beds, as well as a kitchen area. We went into the hospital around 9am for a morning meeting and then throughout the day would work on our projects and take part in activities/talk to patients. At the beginning of the internship, we did a lot more of the activities and then less of them as the weeks went on. We generally ate breakfast in our own kitchen but had a great lunch (traditional banana leaf style) in the hospital, and for dinner we either ate in the hospital or sometimes ate somewhere else.

We did evening trips into the nearby town for dinner and activities such as massages. We then did different weekend trips as the internship was only Monday-Thursday. Some of these we did as a group and some individually. I went to Munnar, Trivandrum, Varkala, Mumbai and Kochi during my trip on the weekends. Generally socialising was with just the other interns, but we got on very well with the staff during the day too and enjoyed regular activities like Zumba and yoga.



Lasting Impressions

I thoroughly enjoyed the experience. Although it started off a little daunting and it definitely felt a bit disorganised throughout, it was an amazing experience to be able to immerse ourselves into hospital life. As someone considering going into psychology, I found it was really useful to confirm that this is something I would be interested in and to learn from the staff there about their experiences and styles of work. I also found that completing a research project in a small timeframe was a great challenge.

As a first year undergraduate, I haven't had much experience in writing research reports and so this was great practice, and it was also lovely to be able to learn and get advice from the other interns studying a range of subjects. Furthermore, as the research is your choice I loved getting to research something that I was drawn to (gender differences in mental health) which meant that it was still very enjoyable and not only did I gain different skills but I also feel like I provided good practical research for the hospital.

What practical advice would you give to future interns?

Before starting the internship, I would recommend interns to know what they want to get out of the internship the most. As it is not necessarily the most organised or rigidly planned internship, you can mould it how you want – whether that is spending a lot of time with patients and staff or doing research. Also make the most of your time off as you're in a beautiful country!

Riya Arya, St. Hilda's College, MSc Biomedical Sciences, Second Year Undergraduate, in person

Work Projects

The project looked at how does length of hospital stay affect engagement in group therapy sessions: I collected data from the EMR, conducted statistical tests, wrote a report and also interviewed patients. I was able to ask questions to the supervisors and ask for any help if required.

Daily Life

Accommodation and food were provided by the hospital. We started work at 9am but this was flexible. We could participate in group activities, talk to patients, talk to the psychiatrists and assistant psychologists and work on the research projects. I mostly socialised with other interns and the patients. Outside of work we explored the nearby area and on weekends went on trips to other cities.

Lasting Impressions

I enjoyed it and got lots of valuable experience. I gained insight into working in a psychiatric institution and conducted my own research project for the first time. This gave me access to direct patient contact and in person experience at a health institution.

BA Human Sciences, Final Year Undergraduate, in person

Work Projects

I completed a research project on the use of patient reported measures on understanding improvement in psychiatric care. Alongside this, I was involved in daily interactions with psychiatric care patients. Parts of this internship were very rewarding.

Daily Life

Daily life involved being in the hospital from 9 to 5, which included a combination of interacting with patients and producing a research report. Settling in was a struggle. Outside of work I was involved in a local cricket league which was very enriching and a good form of social interaction.

Lasting Impressions

I do not think the lasting impressions from the internship are overly positive. I do think it was a valuable life experience, but the internship itself seemed too self-directed, with very little support or guidance. I definitely gained the ability to produce independent research. The

experience has revealed to me that I do not have interest in working in a clinical setting in the future which is hopefully useful to find out.

MSci Experimental Psychology, First Year Undergraduate, in person

Work Projects

As an intern at InMind, we were given a tour of the facility and received information as to what data we would be able to access. After a first initiation type of day, we were free to start working on a research project of our choosing. We were given a list of recommended research questions, but we were also free to propose our own research questions. The majority of potential research questions relied on quantitative research, as we were given access to many quantitative data points, but there was also the option to do more qualitative projects. For my project, I decided to go the qualitative route, and by the end of the internship, I had a research paper detailing my findings from interviews with the patients at InMind.

Outside of the research paper, I also collated my findings into a feedback form for the institution that could be distributed to staff with suggestions on how to improve patient life. Our work was largely self-paced, but we had weekly check-ins with Dr. Manoj to ensure that we were on the right track and to provide advice. While this was certainly helpful, the check-in meetings were very short and happened online, so it did end up feeling like a largely unsupervised internship.

Daily Life

The time we woke up in the morning varied based on whether we wanted breakfast at InMind or not—breakfast was from 7:30-8, and while I always enjoyed the breakfast options, the early timeframe meant I often chose to snack from something in the kitchen near our living quarters. Our official time to be at InMind started at 9, with the option to attend a daily staff meeting. This was interesting to attend, but not always helpful, as it was always conducted in Malayalam (Kerala's primary language). Afterwards, we were given the option to attend any activity we wanted. Attending activities was a fun way to better understand patient life at InMind and

provided an environment to get to know the patients that was less imposing than a strict interview.

Whenever we weren't attending activities, we would be at a workspace on the upper floor where we could work on our research project. The last activity of the day was scheduled from 3-4 PM, so we often ended up with quite a lot of free time in the evenings, which was great for going on walks, visiting nearby waterfalls, or getting an Uber to Thrissur, the nearest major city. We worked Monday-Thursday, so we often left for a new destination on Friday morning and returned Sunday morning. We definitely made the most of these weekend trips, even though we didn't leave Kerala. I definitely recommend a visit to Munnar—the views are well worth the long car drive.

Lasting Impressions

Overall, I enjoyed the internship experience, although I often wished it was slightly more structured. While I appreciated the freedom in choosing my own research project and timeline, the entire experience often felt a bit aimless. While Dr. Manoj was always a point of contact we could reach, it was never clear to what extent we could interact with the other staff at InMind. It would have been nice to have a psychologist that was actually on-site show interest in our projects, but outside of an introduction on the first day, they never made any effort to contact us.



Additionally, while our output was a research paper, it was never made clear if this paper would be shown to anyone outside of Dr. Manoj, who we submitted it to. It would have felt more significant if we had the opportunity to present the results of our research to a group, even if it was a small audience, as it was often difficult to find the motivation to work on the paper. Ultimately, it was very valuable for me to get the experience of observing the inner workings of a psychiatric facility. It made me re-evaluate my

personal interest in the field and absolutely contributed to helping me make a more informed choice about my future career paths.

MSci Experimental Psychology, Final Year Undergraduate, in person

Work Projects

The main project I was working on was mostly self-led and consisted of a quantitative data analysis project investigating the interactions between self-report (prescribed) drug attitudes at admission and general wellbeing and drug attitudes at discharge within an inpatient psychiatric facility in Kerela. Alongside this project, daily tasks included running and being a part of various activities with patients (inc. Zumba, yoga, group therapy, other sports and vocational activities), and causal discussions with inpatients at the facility. The administration team were helpful in aiding us to navigate the data and access what we needed to, and we had weekly meetings with the head of the facility to discuss progress and ask any questions. The research project itself was mostly self-directed, however.

Daily Life

The workday was 9-4pm from Monday to Thursday and included running and being a part of the activities listed above. Gaps in the day were filled with conversing with inpatients and working on our individual research projects. Our days off included further work on our projects and we managed to fit in a lot of travelling around Kerela including weekend trips and hikes. As there were four other interns with me, we hung out together a lot, whether that be playing cards and chatting in the kitchen, going for walks or going out for food.

Lasting Impressions

I had a very positive experience overall. I found it very fascinating to witness and be a part of a psychiatric institution outside of the UK and was able to compare the differences to the UK. Speaking to patients helped me develop better social skills and 'bedside manner'. While I feel like I could have had more support on the research project end of things, it definitely allowed

me to develop my problem solving and coding skills which I'm sure will be vital for my final year at university.

Aside from the academic aspect of the internship, this opportunity also provided me with the ability to explore a completely new country and culture and gain more overall life experience. I would say that this experience didn't necessarily sway me to or against my potential career choices as I have always been pretty sure I would like to continue in the field of psychology beyond my studies. Whether that will be more clinical or research oriented, I am still unsure.

What practical advice would you give to future interns?

Speak to previous interns! They gave the best overview and advice on what to expect from the internship.

MSci in Experimental Psychology, First Year Undergraduate, in person

Work Projects

I completed an internship working in a private mental health hospital in India, where my role was focused on both interacting with and supporting patients, as well as on conducting research on a question of my choosing. I collected qualitative data on the effect that the presence of a carer has on changes in mental health of the patient. This internship gave me the opportunity to write a research paper, start to finish, including research, data analysis and write-up.

The organisation provided us with a dataset that we could use in our analysis; however, the data was not very clean or complete, providing some challenges and causing us to have to collect more information from patients and their online medical records. The nurses, activity coordinators and reception staff were very helpful in answering any questions we may have had and in including us in the everyday life at the hospital, for example, allowing us to lead certain activity sessions, including us in dances and celebrations and making us feel like part of the team.

Daily Life

The day always started with a general meeting with all the staff, which we attended, although since we did not speak the language, it was semi-helpful. There was a group of 5 of us interns, so we worked closely together throughout the days and explored the area as a group in the evenings and on weekends. After the morning meeting, we were expected to attend 1-2 of the 3 daily activities to interact with patients and show our faces; in between, we had a workspace within the hospital that we could use to work on our individual research.

Interns who did qualitative research were provided with a list of patients they could interview for their research, which they would do in between activities and patient socialisation. In the evenings, we would explore the area around the hospital, driving to the city, waterfalls and other natural sights. On the weekends, we explored cities further away, allowing us to experience all the different aspects of Kerala, the state we were in.

Lasting Impressions

The internship was super helpful in allowing me to gain some insight into clinical psychology. It has taught me how to properly analyse, clean and work with real-life data, improving my coding and statistics knowledge. It has also confirmed my career choice of not going into clinical psychology. I have previously worked in sectors that I would have never assumed I would enjoy and therefore wanted to try out working in the clinical sector. It has also shown me that I enjoy the research aspect and will focus on working in research within a different sector of psychology in the future.

A message from Dr Manoj Therayil Kumar
Director, InMind (Institute for Mind & Brain), Kerala:

"We thank this year's interns for their thoughtful feedback and have taken it on board. This year we offered students a wider choice of projects, and this delayed the start of their project work. For next year we are making the following changes:

- *Research, analysis and clinical work will be fixed and agreed with each intern in advance of arrival.*
- *Clinical work will be a core part of the internship. Each intern will be allocated a fixed number of patients, with a comprehensive workup supported by a named clinical psychologist.*
- *There will be a clinical presentation by an intern every day from Monday to Thursday.*
- *Draft presentations of project work will follow a tighter schedule.*
- *We are setting up an online portal through which all supervision will be carried out and recorded.*

We look forward to welcoming the next cohort."

JAYSHREE PERIWAL INTERNATIONAL SCHOOL

Rebecca Kate Khan, St. Anne's College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

Across 6 weeks, I worked in an international school in India, helping students with their IB exam preparations and applications to colleges around the world, including Oxbridge and the Ivy League. In the classroom, I observed lessons, learning directly from teachers how best to structure and deliver content to engage the students. I then applied this knowledge to my own lesson plans, which I had the opportunity to teach under the supervision of the teacher. This included lessons on Edgar Allen Poe's short stories, and the graphic novel Persepolis.

I worked with several students one-on-one, helping with the drafting of their personal statements/essays for universities across the world, giving detailed and tailored feedback. As a group, the other interns and I put together and delivered a presentation for the Grade 12 students on creating an Oxbridge application, complete with advice and examples.

Daily Life

As we were living in the boarding houses inside the school, we were fully immersed in school life, starting our days with breakfast in the canteen. The school day began at 8, and I would have 2 lessons to attend throughout the day, usually in the morning. Lunch was provided in the staff room, and after we would have free time. Sometimes we used the school facilities: playing badminton, using the gym, or swimming. On weekends and afternoons, the school arranged sightseeing activities for us around Jaipur and the surrounding



Photo attribution: Jayshree International School

areas, including a weekend trip to the Taj Mahal. They also set up cultural exchanges, where we were invited to students' homes to witness religious festivals and traditions. They provided drivers for us, and we were frequently accompanied by a guide to ensure our safety while travelling around.

Lasting Impressions

I thoroughly enjoyed the time I spent on this internship, and the school took excellent care of us throughout our stay. I felt that we became valued members of the school community, gaining friendships and connections that have left a lasting impression on me. The experience affirmed my love of teaching and gave me the opportunity to help students to move forward in their academic lives with confidence and passion, which was very rewarding. Teaching remains an area of interest for me as I now go into the final year of my undergraduate career.

MMath Mathematics/Mathematics and Statistics, First Year Undergraduate, in person

Work Projects

I was asked to design and present revision activities for maths topics in the IB diploma syllabus. I planned revision classes with games and activities to keep the students entertained, whilst also learning. To help me with this work, I was given the IB maths textbooks, so I knew what content I needed to cover in my lessons, and I also spent a week shadowing other classes before starting to prepare my own classes.

The teachers whose classes I taught in also gave me feedback for my lessons. The classes I taught seemed successful. I was told by the teachers that they would use the activities I planned in future classes, and the students would let me know that they enjoyed my lessons.

Daily Life

The day would normally start at 8. I would have 2 lessons a day in which I would either be shadowing a class or teaching one - I would normally teach 2-3 lessons a week. For the classes I

was shadowing, I would just sit in the corner of the room and watch the lesson, I was sometimes given copies of the worksheets they would do, so that I could follow along better. If I was asked to teach a class, I would be given a couple of days to prepare. So, I would spend my time outside of lessons making PowerPoints and coming up with lesson plans.

As part of my internship, I was also supposed to help students applying to UK universities with their personal statements and UCAS applications. So, I was occasionally asked to give a student advice about their personal statement, or a student would come to me and ask for help. But this was not a big part of my role. Outside of work, I would mainly hang out with the other interns. We would have meals together and hang out in the evenings. The school also had great sports facilities, so we'd play badminton or go to the gym frequently. The school also allowed us to go sightseeing – mainly during the weekends/holidays – so we got to see a lot of the city we were in.

Lasting Impressions

I really enjoyed the internship. Getting to visit India was an incredible experience. We got to do a lot of sightseeing in Jaipur, and the school also organised a trip for us to see the Taj Mahal, which was amazing. I feel like I have gained a lot from this internship. Through teaching, and having to explain mathematical concepts, I developed my communication skills more and I was forced to test my creativity to come up with interesting and engaging lesson plans.

This experience was also incredibly rewarding as I was told that the students enjoyed my lessons and that the activities I made would be used in the future. I am not sure whether I want to go into teaching, but this internship definitely made me consider this career more.

What practical advice would you give to future interns?

You can ask to be given more work to do. The experience is so much more rewarding and interesting if you have work to do, so you can ask the teachers to let you teach more classes or ask if there is anything more you can do.

ITALY

UWC ADRIATIC



Jiayin Wang, Exeter College, MSt Comparative Literature and Critical Translation, Final Year Postgraduate, in person

Work Projects

During my internship at United World College (UWC) Adriatic campus, I supported the organisation and delivery of two alumni reunion weekends, working across event coordination, fundraising, alumni engagement, and communications. Before the events, I assisted with logistical preparation, including maintaining spreadsheets and participant information, producing name badges, putting up posters, and setting up the college shop. I helped coordinate check-in and conducted and recorded video interviews with thirteen alumni, using professional cameras and microphones.

I was also closely involved in the fundraising process, supporting the execution of gala dinners featuring auctions and voluntary donations. Following the events, I designed feedback questionnaires to evaluate the weekends and gather suggestions for future reunions, and contributed to editing the college's annual alumni social report. Last but not least, I redesigned the current UWCAD alumni website after researching and benchmarking websites of other UWC schools.

Daily Life

I settled into life at UWC Adriatic very easily. Before we arrived in Italy, the host organisation sent us a detailed document covering our journey, accommodation, the local area, and practical advice for travelling during our internship. They also maintained good communication with us throughout the process and arranged an informal meeting before our work began, where we

could learn more about the organisation and ask questions. Our accommodation was in the Old Offices, only a three-minute walk from our workplace. Our working hours were flexible, usually beginning between 8 and 9 a.m. and finishing around 3 or 4 p.m. We had coffee and lunch breaks, which gave us plenty of opportunities to socialise with other colleagues. I particularly appreciated how welcoming and helpful my colleagues were, both socially and when I asked them for career advice.



We also interacted extensively with alumni during the reunion events and interviews. Outside work, we spent much of our free time exploring Italy (Venice, Udine, etc.) and neighbouring countries (Ljubljana, Slovenia and Rovinj, Croatia). As we lived only a few minutes from the port, I often ended the working day by sitting by the sea and watching the sunset. Overall, the internship gave me not only valuable work experience but also a memorable glimpse into everyday life in Italy, which I really appreciate.

Lasting Impressions

I benefited enormously from this internship, particularly because I have long been interested in both event coordination and fundraising but had previously encountered them as separate fields. This was my first opportunity to see how closely the two can work together, and learning from experienced professionals was particularly inspiring. I also appreciated the breadth of responsibilities we were given, from managing spreadsheets and designing questionnaires to gathering, compiling and analysing information, as well as contributing to fundraising planning and strategy. The internship also gave me a valuable insight into how an organisation such as UWC Adriatic operates.

By learning about the responsibilities of colleagues across fundraising/development and communications, I gained a much more comprehensive understanding of how different teams contribute to a shared goal. As this was my first experience working in an office environment, I was also struck by how supportive and collaborative a healthy workplace could be. I thoroughly

enjoyed the experience and feel that it has confirmed my interest in pursuing work involving event coordination and fundraising. It has genuinely given me a much more tangible understanding of what these careers actually look like, allowing me to think about my future ambitions in concrete terms.

What practical advice would you give to future interns?

My main piece of advice to future interns would be to ask for help and ask questions. Of course, this applies when you're stuck on a particular task. My colleagues were always very willing to explain things or provide hands-on support when needed. However, I would also encourage interns to ask questions that go beyond their immediate responsibilities. If you are curious about your colleagues' career paths, what a particular field looks like in practice, how to build a professional network, etc., find a suitable moment when your colleagues are less busy and have a conversation with them.

I found these informal discussions particularly interesting and often unexpectedly helpful. Even when the advice was not directly applicable to my immediate plans, it gave me a much clearer understanding of the working world and of the different possibilities available to me, and what to expect from entering the workplace as a recent graduate. I would really encourage future interns to make full use of the expertise and experience of the people around them, rather than limiting themselves to the tasks listed in their job description.

Yamini Sivaraman, Hertford College, BA German and Linguistics, Second Year Undergraduate, in person

Work Projects

This internship was four weeks in Duino, Italy. We were helping the Communications and Development Office of UWC Adriatic with their two annual alumni reunions. The internship had three main parts: preparing for the alumni weekends, hosting them and then after the alumni weekends, writing about them for social media. In terms of preparing for the alumni weekends, the main focus was helping to set up the gala dinner, alumni shop and put up posters. During

the alumni weekends, we facilitated check-in, carried out video interviews, and helped out with the auction.

During the auction, we went around in person fundraising and got the opportunity to talk to some of the alumni. It felt amazing to hit our fundraising target after the first reunion weekend. After the two alumni weekends, we spent some time writing our impressions and summaries of them to be used across their website and social media. In the final week, we also came up with a strategy for how they could improve their alumni website page.

Daily Life

We started most days between 8-9am and then would finish between 3-4pm. Although the starts were sometimes earlier than expected, the fact that we lived a two-minute walk away from the office made mornings super easy. The early starts also meant that we were left with lots of time after work to explore and relax. I mainly just socialised with the other Oxford intern, as there aren't many other people our age around at the school during the holiday period. However, some volunteers from UWC Adriatic came to help on the two alumni weekends and so I was also able to socialise with them at the weekends.

After work, I would normally go swim at the port and grab an ice cream. For dinner, we would either get a pizza or make some pasta at the accommodation. Our days off after the reunion weekends were normally on a Monday and Tuesday. The other intern and I used these days off as a chance to explore the surrounding area – we went to Rovinj, Croatia and Ljubljana, Slovenia as they were just across the border from us. Inside Italy, we visited Trieste, Udine and Venice.

Lasting Impressions

I found the internship fantastic. It was a great chance to explore Italy more and I loved the opportunity to unexpectedly travel to Croatia and Slovenia. I had also never heard of UWC before I came and didn't realise how big the UWC community is. One thing that stood out to me was how varied the internship was, as it spanned across three departments:

communications, events and fundraising. This meant that whilst I had primarily been interested in the communications side, I also got some insight into fields I hadn't considered before.

Whilst I may not pursue a communications or event planning career long term, I did really enjoy the task at the end where we devised a website strategy, and that has given me a clearer understanding of what I want in a career. Overall, what stayed with me the most was the strong sense of community at UWC Adriatic that you also become part of as a result of working there.

JAPAN

ASO GROUP

BA Medical Sciences, and Clinical Medicine, Third Year Undergraduate, in person

Work Projects

My internship with the Aso Group combined both community outreach and business exposure. The first half of the placement focused on teaching, working with children aged nine to fifteen on English skills as part of the Global English Programme. The second half shifted to business and management, touring business sites and learning about day-to-day operations across a wide range of sectors, from a cement factory to the finance department, foreign affairs, and a hospital visit alongside the medical consulting team.

Throughout, I contributed through presentations on UK culture, as well as teaching English to employees, and by the end had developed a wide range of professional and personal skills through this cultural exchange. Achievements included delivering numerous presentations to different departments and successfully teaching across multiple class levels during the outreach programme. The support from the host organisation was brilliant throughout, with constant, day-to-day support from staff who went above and beyond to make sure I was well looked after.

Daily Life

A typical day began early, with a morning activity followed by lunch with colleagues, then further activities in the afternoon. In the first half of the placement, mornings and afternoons were dedicated to teaching, while in the second half, this shifted to department visits and business activities. Days were consistently busy from Monday to Friday. Getting to work varied depending on location, sometimes on foot to one of the main local buildings, sometimes by

local transport such as trains or buses. For longer journeys, this was always supported by a member of the Aso Group.

Evenings and weekends were generally free, giving plenty of opportunity to explore both locally and further afield, including trips to Fukuoka, Miyajima, and Hiroshima, and navigating everyday logistics and interactions in Japanese, from drugstores to restaurants. Socialising happened both inside and outside of work: daily lunches with colleagues were a constant, alongside events like a barbecue the CEO hosted for around seventy staff, a bowling evening, and other informal lunchtime gatherings. Settling in did involve some culture shock initially, as this was my first time visiting anywhere in Asia, but I adjusted quickly and soon felt at home.

Lasting Impressions

This internship has left a lasting impression on me, both personally and professionally. I thoroughly enjoyed the experience, from the daily immersion in Japanese culture to the breadth of what I learned across such different settings, from business sites to hospitals to classrooms. I feel I gained an enormous amount, not just in terms of professional skills like presenting, teamwork, and adaptability, but in how I think about medicine itself. Seeing education and community outreach in action, alongside witnessing a different healthcare system first-hand, has confirmed rather than changed my career ambitions.

It reinforced my belief that good medicine has to be understood in a wider social and cultural context, connecting directly back to my earlier research on the social determinants of health. Comparing the Japanese and English healthcare systems also gave me a genuinely new, comparative perspective on the NHS, and pushed me to think more critically about what holistic care can look like. Beyond medicine, this experience pushed me outside my comfort zone in the best way, and I'll carry the confidence, curiosity, and cultural awareness I gained from it into both my medical training and my future career.

PASONA GROUP

MPhil International Relations, Final Year Postgraduate, in person

Work Projects

During my internship with Pasona Group on Awaji Island, I worked on projects connected to the company's regional revitalisation initiatives. Pasona has developed a significant presence on Awaji Island, using business investment, tourism, cultural projects and employment creation as part of a broader effort to support the local economy and attract people to the region. The internship gave me the opportunity to observe these initiatives first-hand while contributing to projects designed to promote the island and Pasona's activities. My main responsibilities focused on marketing and content creation. I completed marketing projects aimed at communicating the appeal of Awaji Island and its regional revitalisation initiatives, considering how local attractions and projects could be presented effectively to different audiences.

I also planned and produced video content, allowing me to apply creative and digital communication skills in a professional environment. Through these projects, I gained practical experience of marketing while developing a much stronger understanding of the opportunities and challenges involved in regional revitalisation in Japan. Throughout the internship, Pasona staff provided guidance on project objectives, feedback on my work, and insights into the organisation's wider regional strategy. This support helped me work independently while ensuring that my projects remained relevant to Pasona's objectives.



Photo attribution: Pasona Group

Daily Life

During my internship on Awaji Island, I stayed in an older, traditional ryokan-style building, which made the experience feel quite different from my usual daily life. Living there also gave me an opportunity to experience a quieter and more rural side of Japan. I settled in quickly and became familiar with the local area and the routine of travelling to work each day. For my daily commute, I took Pasona's shuttle bus between my accommodation and the workplace. This made getting to work straightforward and gave my weekdays a regular routine. I also spent a lot of time with the other interns, both during and outside working hours. Talking with people from different backgrounds and sharing our experiences of the internship was one of the most enjoyable parts of living on Awaji Island.



Photo attribution: Pasona Group

Outside of work, I explored the island and spent time relaxing with the other interns. At weekends, I would sometimes travel into nearby cities, which provided a nice contrast to the quieter environment of Awaji Island. I also used my free time to meet friends in Japan. Overall, the experience allowed me to combine professional work with an enjoyable experience of everyday life in a different part of the country.

Lasting Impressions

Overall, I found the internship a very interesting and valuable experience. One of the strongest impressions I took away from my time on Awaji Island was the people I met. I enjoyed getting to know the other interns as well as the people I worked with at Pasona, and these relationships made the experience particularly memorable. The internship also gave me a much better understanding of Japanese working culture. Having previously studied and spent time in

Japan, it was valuable to experience a Japanese workplace first-hand and become more familiar with its everyday routines, expectations and communication styles. I learned how to adapt to a different professional environment and became more confident communicating and working with people in Japanese.

Perhaps most importantly, the experience made me feel more certain about my future. Before the internship, working and living in Japan was something I was interested in pursuing, but experiencing it directly gave me greater confidence that I could successfully work in this kind of environment. I came away feeling more independent and capable of adapting to life and work abroad. The internship therefore not only gave me useful professional experience, but also confirmed my interest in building an internationally focused career involving Japan.

KENYA

ARIYA FINERGY HOLDINGS LIMITED

Benjamin Horsell, St. Peter's College, BA Economics and Management, Final Year Undergraduate, in person

Work Projects

My main responsibility was to oversee the company's SEO and GEO strategy, and also to explore how AI could be incorporated in the company's marketing. Gloria, my boss, gave me a roadmap of tasks to complete over the 11 weeks, which I viewed as more of a guideline, but was very helpful to start with. In general, I was left to my own devices most of the week and then would have a weekly check-in with Gloria to explain what I'd been doing – an arrangement which suited both of us well.



Photo attribution: Benjamin Horsell, 2026 summer intern

As part of my role, I was able to write an article and get it published on a Kenyan financial news site, which was a fulfilling experience that will hopefully help me professionally. Overall, my efforts to improve their online presence proved fruitful, increasing organic traffic to their website by 30%. The company was very keen to incorporate AI and implement it within its workflows, and I was allowed to collaborate with various other departments in addition to my own to learn about AI use-cases and offer support. This open and collaborative nature in the office allowed me to learn far more and gain more from the experience.

Daily Life

I settled in well; my apartment was well located and instructions for getting in were clear. Getting to work was easy, it was a 30-minute walk away or 10-minutes by Uber bike. Initially, I mainly socialised with the other interns but later also made other friends who lived locally and were very keen to show me their way of life.

Nairobi has a lot to offer so I spent many weekends there, but it was very easy to get away for the weekend to nearby national parks, which allowed me to see incredible wildlife and enjoy some fresh air. The office was happy with me occasionally taking a day off either side of the weekend to do so. My colleagues also invited me to things from time to time, although there weren't many youngsters, so I socialised more with people from outside the office.



Photo attribution: Benjamin Horsell, 2026 summer intern

Lasting Impressions

The experience was transformative. I learnt a lot in the role and was fulfilled with the day-to-day work, but learnt even more from simply living in Nairobi and enjoying life there. It has made me consider moving there in the future and opened my eyes to a range of new roles and industries I would not have considered otherwise. I am very grateful to Careers, University of Oxford for facilitating the internship, and I thoroughly believe all Oxford students should attempt to undertake one international internship during their degree – it really taught me far more about life than I could have learnt from my studies alone.

What practical advice would you give to future interns?

Don't be afraid to go to events alone and strike up conversations with random people – everyone was extremely friendly and very keen to get me involved in Kenyan life. There were

often fun events at Ngong racecourse which were great opportunities to meet people, I met a lot of my friends through those.

Leave some space in your bag to bring cool things back! The proper national parks are pretty expensive but I recommend Sanctuary farm in Naivasha, you can camp there for pretty cheap and then walk or horse ride amongst all the game which, in my opinion, was a more enjoyable and more authentic way of experiencing it than being in the back of a 4x4.

THE NASIO TRUST

MPhil Social Anthropology, Final Year Postgraduate, in person

Work Projects

We were tasked with reimagining the Nasio Trust's existing Empower Her programme, which focuses on improving women's financial literacy, expanding their business opportunities, and strengthening their ability to provide for their families and contribute to their communities. As part of the project, we produced a 10,000-word impact report evaluating the effectiveness of the previous programme and providing recommendations for improvement. We also developed a comprehensive training manual designed to support both trainers and participants in delivering and engaging with the programme. To inform our recommendations, we conducted interviews with community members and Nasio staff and observed financial literacy classes delivered by programme trainers.

Alongside this, we developed a child sponsorship report examining potential funding routes for Nasio and recommending ways to restructure its existing sponsorship model. Our aim was to move away from models that may encourage dependency and instead promote long-term sustainability, community ownership, and self-reliance, while reducing the extent to which communities' development is centred on continued reliance on the Trust. Together, these outputs sought to strengthen Nasio's programmes by placing greater emphasis on sustainable, community-led development and long-term economic empowerment. We also had the opportunity to build a house, visit children at the local school and visit the local hospital.

Daily Life



During my internship in Mumias, Kenya, I worked as part of a group of 12 interns, including three Kenyan interns. Our days typically began at 8am with a communal breakfast and morning meeting, where we discussed priorities, reflected on the previous day's work, and divided into smaller teams. Much of our time was spent developing the child sponsorship report, alongside fieldwork such as conducting interviews, distributing surveys, visiting the resource centre to monitor financial literacy classes for young mothers, and supporting childcare activities. Settling into the community was made easier by the welcoming nature of the Nasio community and the opportunity to work closely with local staff, community members, and the other interns. We travelled to and from our work placements together, which gave us time to build relationships and learn more about one another.

Outside of work, we socialised as a group, spending evenings together and getting to know the Kenyan interns and other members of the local community. We also had opportunities to take day trips into Mumias, allowing us to experience more of the local area and culture. Overall, the internship combined structured professional work with meaningful community engagement, giving me the opportunity to develop practical research skills while building relationships beyond the workplace.

Lasting Impressions

My internship in Mumias left me with a stronger understanding of what community-based development work looks like in practice. I enjoyed the experience overall, particularly the opportunity to work directly with community members and see how programmes are implemented beyond the planning stage. The experience presented an opportunity to

overcome challenges and work on adaptability through the workload being more than what was originally communicated and expected because of the brief changing several times.

Adjusting to a different working environment and balancing fieldwork with longer-term report writing required flexibility and patience also enabled me to develop my teamwork skills. I gained practical skills in conducting interviews, distributing surveys, analysing information, and contributing to programme evaluations. More importantly, I learned that development work requires listening to communities and understanding the circumstances in which programmes operate, rather than assuming that an intervention will work in the same way everywhere.

Therefore, I was able to put my anthropological degree to good use within a professional context and not solely academic. Working alongside Kenyan interns and Nasio staff also made me more aware of the value of local knowledge in shaping projects. The internship has confirmed my interest in work that combines research with practical social impact, particularly around women's economic empowerment and community development.

Going forward, I am interested in pursuing roles that allow me to combine research, critical thinking, and community engagement while continuing to develop a more nuanced understanding of sustainable development. While the experience was enjoyable, it would've been more enjoyable if interns had more of an opportunity to go to a mixture of urban areas (and not solely rural areas) more frequently perhaps through partnering within another NGO that does similar work in an urban context. That way, we could get experience in strategizing and accounting for the differences between problem-solving in both contexts.

Tala Al-Chikh Ahmad, Somerville College, BA French and Arabic (EMEL), Final Year Undergraduate, in person

Work Projects

My internship with the Nasio Trust focused on understanding the inclusivity, accountability and community engagement of its development programmes in rural Kenya. Working as part of a small team, I conducted qualitative interviews with programme beneficiaries to gather feedback on their experiences and perspectives. We visited a range of programme sites,

including schools, community spaces and mosques, which allowed us to engage with beneficiaries and observe the different contexts in which the organisation operates. Alongside fieldwork, I analysed existing project reports and organisational documents to understand programme structures, participant selection criteria and approaches to gender, disability and social inclusion. I then contributed to analysing our findings and producing a final report and presentation for the organisation.

We had with daily debrief sessions providing an opportunity to discuss our experiences, challenges and progress. We also presented our findings part-way through the internship to UK and Kenyan management, allowing the organisation to identify any gaps in our research. Further practice sessions prepared us for presenting our final findings to the charity's Board of Trustees. The experience developed my qualitative research, interviewing, data analysis and report-writing skills, particularly in an international development context.

Daily Life

My daily life during the internship was a mixture of fieldwork, team discussions and independent research. As the internship involved collecting qualitative data, a significant part of my time was spent travelling to different programme sites and speaking with beneficiaries and community members. We visited a variety of locations, including schools and mosques, which gave me the opportunity to see different aspects of the organisation's work and engage with people from different backgrounds. I lived in a shared compound with the other interns and spent much of my time with the rest of the team outside working hours as well as during the internship itself.

Living together made it easy to socialise and share our experiences of the placement, particularly after days of fieldwork. We also had regular team briefings and daily debrief sessions, where we discussed what we had learned and any challenges we had encountered. At weekends, we had more time to explore the surrounding area. We took trips outside the immediate community, including visits to Lake Victoria and Kisumu. These weekends provided a chance to experience more of Kenya beyond the internship and to spend time together as a

group. Overall, the experience involved a close balance of work, living and socialising with the other interns.

Lasting Impressions

My internship with the Nasio Trust gave me valuable experience of working within a not-for-profit organisation and provided an opportunity to develop skills that I will carry forward into future academic and professional work. In particular, conducting interviews and collecting qualitative data in a community setting strengthened my confidence in engaging with people from different backgrounds and adapting my approach to different contexts. The experience also gave me a more practical understanding of some of the challenges involved in designing and delivering inclusive development programmes.

Working directly with beneficiaries, alongside analysing organisational reports and project documentation, showed me the importance of considering community perspectives when assessing whether programmes are reaching and responding to the people they are intended to support. Living and working in Kenya was also personally valuable. Being immersed in a different environment and working closely with other interns encouraged me to become more adaptable and independent, while the opportunity to travel at weekends allowed me to experience more of the country outside the workplace.

Although the internship helped me clarify the areas of work I am most interested in, it also confirmed my broader willingness to continue working in the not-for-profit sector. I particularly value the opportunity to combine research and analysis with work that has a direct connection to communities and social issues. The experience therefore contributed to my interest in pursuing future opportunities within the sector.

MALAYSIA

GOTOCO

Sophia Kearns, Corpus Christi College, BA Classics, Third Year Undergraduate, in person

Work projects

My experience with my programme overall was very good. The school has some working-in-progress aspects, such as needing to streamline classroom sizes and the end of the school day, however it was clear that my experience was important to them, and that they would provide me with any help that I needed. The fact that the top levels of management were keen to take us out for a meal and get to know us, and whenever I saw the boss or shareholders, they would stop to ask me how things were going, created this feeling that I was a valued member of the company and it was important how I was finding the experience.

My biggest achievements were definitely the bonds I created with my students and seeing them become not only more fluent in their English skills but also in their overall confidence. I felt so proud of all of my students and the progress they made, and I felt proud of myself for the work I put in for them, and effort I made to encourage critical thinking. Showing them Martin Luther King's 'I have a dream' speech and watching their reactions was an amazing moment.

Daily Life

Each day I would take the school bus at 7:40 and set up before class. My main instructions were to go through the assigned textbook, which gave me a lot of freedom to plan discussion-based tasks about topics I knew the students would be interested in. After teaching my main class, I had an individual speaking class from 3-4. After this I had time to explore the Kuala Lumpur, try new food spots, buy souvenirs and visit local bars. On the weekends I would either join the trips

organised by the school or explore outside of Kuala Lumpur with the other Gotoco'ers in my group.

Lasting Impressions



I loved my experience of the internship. I made long-term friends and memories that will last a lifetime. I think working with my students made me much more confident in my teaching abilities, and general ability to communicate with people even if they don't speak much English at all. Exploring Malaysia and meeting locals, who became friends, contributed to my self-confidence, particularly in regard to my ability to network and make connections with people from all walks of life.

In terms of my career ambitions, the internship consolidated a desire of mine to teach, as compared to others from Oxford on the trip, I loved this part of the programme and felt I took to it well. However, the internship also made me much more interested in journalism, as I spent a lot of time (and really loved) asking locals and my students their thoughts on big themes and topics. It was these kinds of conversations that I found most rewarding, as the people I was speaking to had a whole other experience of life and thus provided the most interesting perspectives. This all made me think about travelling the world and writing opinion pieces on geo-political issues.

BA Music, Second Year Undergraduate, in person

Work Projects

I was teaching in Malaysia for six weeks. The company I was working with was MLC, an English language teaching company. Their target demographic was Chinese children holidaying in Malaysia. I spent six hours a day teaching a class of six children. This was difficult because they did not speak much English, and I do not speak Chinese. Further, no one in the workplace was

allowed to speak Chinese, so this presented many challenges. The host organisation (Gotoco) helpfully provided support by helping us find accommodation and giving us money for food. Our supervisor Jared was the absolute goat and was always there to respond to any issues we had with our accommodation or workplace. Over the course of six weeks, I taught several different classes – many of the children were there for a short period of time so the children I was teaching changed regularly.

Daily Life

Every day I would wake up next to my friend and would make him breakfast, because he was a sleepy head and was never awake on time for work. I would be taken to work on the school bus with the kids, one of my students always asked to sit next to me. When I got to work, I would get a coffee with the other British interns before going up to class. I would then teach for a couple hours in the classroom.

At lunch I would go to a restaurant or the mall where the building was placed. After lunch I would teach for another couple of hours. After school we would often go explore the city or go drinking. More often we would go drinking. One of the coolest things we found in the city was a bar called Sugar Babes; we became good friends with many of the regulars there, and on our last day the regulars threw us a going away party.

Lasting Impressions

I feel that working for MLC helped me mature a lot. I enjoyed spending time with the children a lot and learnt to conduct myself as an adult in the workplace. The experience of living in another country and making friends from the other side of the world was amazing, and definitely the thing that helped me grow the most. I hope I can go back to Malaysia again to visit.

What practical advice would you give to future interns?

If you are applying to Gotoco – good luck!! It is a scary experience and a bit of a leap of faith, but worth it for certain. I think the most important thing is to prepare as much as possible

before departing – get jabs, research about where you are going, get all the stuff you will need to bring with you etc. It is worth noting that my experience may well be very different to others interning at the same company, as they send interns all over the world, and there is no guarantee that they will end up with the same big city and corporate experience that I did. Many end up in small schools in rural China instead.

PERU

ALLIANCE FOR A SUSTAINABLE AMAZON

Blake Baillache, Merton College, MBiol Biology, Second Year Undergraduate, in person

Work Projects

I participated in this internship to support the Alliance for a Sustainable Amazon's lepidoptera monitoring work, along with an independent project building a regional ant inventory and field guide for the station. Ants were poorly documented for the region despite their ecological importance, so the project aimed to create a proper reference collection. Alongside the Lepidoptera team, my main tasks involved assisting with caterpillar rearing, data entry, and checking the Van Someren-Rydon traps as part of their long-term monitoring. For the ant index project, I would go into the field to collect specimens from multiple habitats. I collected a wealth of data, all stored in a spreadsheet for future use and review.



This was followed by processing: pinning, labelling and photographing each specimen from standardised angles. I delivered genus- and species-level identification by reviewing the literature and comparing morphology. The outcome of this work is a field guide that will be published by the organisation, and the creation of the first ant collection for a museum in Puerto Maldonado. Throughout the internship, I received strong support from the station's research

staff, who helped me build my workflow, troubleshoot research problems, and photograph my specimens.

Daily Life

My travel to Finca las Piedras was very smooth, and everything regarding what I should bring, expectations and my pickup from the airport was well coordinated in advance. After arriving at the station, I was introduced to staff and volunteers, shown around the property and taught about station life before being given some time to settle in. Meetings regarding work and expectations were held and then after a short orientation period of a few days, I settled into a routine with all the other people. Life was very communal. Our meals were shared, and evenings were spent talking with other researchers over dinner or games.

I quickly built strong friendships with people from a range of countries and backgrounds, which made the transition much easier than expected. Everyone had their own projects, and it was interesting to discuss work with other passionate people. The station is isolated, with limited electricity and Wi-Fi, which was expected so I came prepared with books and offline entertainment. As a group, we made a few weekend trips to the closest town. When at the station outside of work, I spent a lot of time walking in the rainforest either by myself or in groups in the evenings.

Lasting Impressions

This internship has been one of the most rewarding experiences of my degree so far. Working with real specimens in a hands-on, genuine research environment has given me a level of practical skill and confidence in fieldwork, identification and taxonomy that is not possible from lectures and labs alone. Beyond technical skills, I now have a better understanding of what long-term biodiversity work in the field takes day-to-day. I saw demonstrations of patience, consistency and attention to detail that I found inspiring, and the collaborative and improvisational nature of fieldwork was enjoyable and educational.

Being trusted to lead an independent field guide and collection project was rewarding and has increased my confidence in research settings and project management. The experience has strongly confirmed I want to pursue studies in entomology and taxonomy and has given me an exciting insight into what a career in the Neotropics could look like. Spending this time working with under sampled fauna and seeing firsthand how much taxonomic work there is to be done, and the wonderful kinds of people and organisations I could do it with, has made me confident in my career ambitions.

What practical advice would you give to future interns?

Bring many battery packs as the station electricity turns off at 8pm. Bring lots of plastic/sealable bags (along with dry bags for clothes) as you will need to protect your items from the humidity.

OTRA COSA NETWORK

Frederick Morgan, Balliol College, MMathPhil Mathematics and Philosophy, First Year Undergraduate, in person

Work Projects

My internship was with a Peru-based NGO called Otra Cosa Network (OCN) whose mission is to promote education and social development in the local communities in and around Huanchaco (a small seaside town approximately 45 minutes away from Trujillo), and particularly, within Cerrito de la Virgen (an impoverished settlement constructed fairly recently to support the forced displacement of many Peruvians due to a particularly destructive “el nino” around thirty years ago). I was a Monitoring and Evaluation Intern, and so my main responsibility with OCN was independently producing an impact report on OCN’s main project within Cerrito- running sessions for local children at the Recreational and Educational Centre, a site consisting of three classrooms, a library, a toilet, all adjacent to a skate ramp.

On arrival I was given the transcripts of 25 qualitative-based interviews conducted with local people in Cerrito about their opinions on the living conditions and main priorities to improve. These formed a big part of how I measured the impact of the REC (by coding the interviewees’

responses into categories and analysing to what extent the REC was offering services that contributed to the betterment of their desired improvements). My report was 36 pages in total and contained information on the REC's outputs, outcomes, and longer-term impacts, and offered suggestions for improvements in its future operations. In my final week, I had a meeting with the two co-directors of OCN and the country manager in which I presented and discussed my findings.

I was supported by OCN with the provision of a laptop, (more or less) weekly meetings to monitor the report's progress, two lovely and supportive managers, and a wonderful team of volunteers working at OCN, with whom I had lots of social interaction (e.g. going for meals together). Whilst there, I also spent a significant amount of time working in the REC with responsibilities including teaching the children Maths, English, Literacy, and about the Environment, running youth sessions, and supporting the centre's daily operations (e.g. some gardening and cleaning work, supporting the running of outreach events such as Skate Nights and cake sales).

Daily Life

Before the start of every week, a rota containing all the responsibilities of all volunteers was sent to a shared business group chat. I had an average of around three hours of prescribed work per day (Monday to Friday and nothing on weekends), mostly including teaching or assisting responsibilities within the REC. I had freedom to work on my report at other times during the day, which I mostly did in the mornings. I regularly got meals out in local cheap cafes and restaurants with the other volunteers at the organisation for lunch and dinner.

Volunteers who had been at the organisation for longer periods of time were helpful in showing me the town and places to eat. On weekends and with other free time in the week, I spent lots of time with the other volunteers, in and around Huanchaco, but also on two separate occasions, I travelled to different areas in Peru (Lima and Mancora) to stay in a hostel for the weekend. I also spent a significant amount of time with a local from Huanchaco who gave me surfing lessons for a cheap price due to the fact that he knew one of the volunteers I had become good friends with very well.

Lasting Impressions

I had a wonderful time in Peru that I thoroughly enjoyed. I made some very strong friends with the other volunteers and intend to see them again in England. The work was very interesting, different, and rewarding; I particularly liked seeing the children's enthusiasm to learn within the classroom despite seeing the awful poverty that they had to live in. I have gained a significant insight into the operations of an NGO, an improvement in my Spanish speaking skills, and a genuine life experience. Having had this experience, I now have a strong desire to both return to South America as soon as possible, and to work in an NGO or something similar in the future.

UNIVERSIDAD DE PIURA



Daniel Martin Ash, Mansfield College, DPhil CDT Intelligent Earth, Second Year Postgraduate, in person

Work Projects

The main goal was to use satellite data to classify farms in Peru by their crop. This is not publicly available information so acquiring it this way would allow for novel analysis. To this aim I had a couple of datasets with some farms, and the crops they are at a certain year. I built and trained a range of machine learning models to take in the satellite image and output the crop type. This had limited success and didn't generalise over years – an issue due to an extreme El Niño event when the data was collected, and inconsistencies in the way the data was recorded. I had a lot of freedom with this project as I was the Machine Learning Researcher, but it was good updating and discussing next steps with the professors in frequent meetings.

Daily Life

Settling in was great, the professors met me at the airport, and everyone was very attentive in my first week making sure I had everything I needed. I had a shared office space for work which I could enter and leave as I pleased. Outside of work I played lots of football with the other

students, went on weekend trips across Peru, ate great food, and socialised with fellow students and my host family. In particular I had a great trip to Huaraz where I spent a week hiking in the mountains during a national holiday – it was amazing but swimming in a glacial lake almost got me!

Lasting Impressions

I enjoyed the experience an incredible amount. My Spanish has improved significantly, I feel more confident communicating machine learning research to non-specialists, and I really enjoyed being part of the University community and learning about Peruvian culture.



Photo attribution: Daniel Ash, 2026 summer intern

What practical advice would you give to future interns?

Make sure you have a good level of Spanish; be open to new food and working styles (most people work 8/9-1, 3-6/7).

MSc Comparative Social Policy, Final Year Postgraduate, in person

Work Projects

The internship was in the Economics Department of the University. The professor I was doing research for was covering mostly competition in SMEs in Peru, and theory of industrial organisations economics. I covered a wide variety of tasks including literature reviews, data cleaning, policy analysis, teaching assistantship and support. I had several very different micro tasks on different mini projects and topics, rather than one big research question. This made the internship very varied in its composition. Communication was always efficient and quick with 10-minute meetings to report back on my progress every day. My supervisor was very happy with my work.

Daily Life

I was living very close to the University so it would be a 30-minute walk to work. I would then work for 6 hours every day before going back home. The first month I did not feel very comfortable or safe in the city as it was my first time in Latin America, and I did not speak the language or know anyone.

I was spending most of the time with the other intern from Oxford or visiting museums and trying to progressively settle-in, doing something easy and new each day. I was also writing my dissertation on the side of the internship, so I had a very structured routine but very little time to do much else outside of this. The second month I had made friends with locals and Erasmus students and got to enjoy the day-to-day in the city more. I also felt safer and more comfortable in my surroundings.

Lasting Impressions

It has been an experience that taught me a lot about people and about myself. I had to adjust to a new culture, place, customs and diet. Everyone in the department was very welcoming and supportive and I learned a lot during my time there. Academically, I was exposed to many new concepts, some new tasks like data cleaning, and some old tasks like literature reviews. I also had to grasp new concepts and names of Peruvian institutions quickly, which was a nice challenge. Personally, I learned how to adjust to different personalities, behave diplomatically and find middle grounds with very different people. I learned a lot about a new place, a new culture, and tried to absorb as much as I could of it.

PGCE Physics, Final Year Postgraduate, in person

Work Projects

During my internship, I investigated whether public irrigation investments in Peru measurably improve agricultural productivity. Peru spends heavily on small- and medium-scale irrigation infrastructure, but rigorous ex-post evaluation is scarce, particularly in arid northern regions such as Piura. The project set out to test whether satellite data could fill that gap. Most of my

time was spent in a Google Earth Engine, using satellite imagery to evaluate these projects at scale. For each one, I created polygon areas covering the land the infrastructure was meant to serve, then measured vegetation indices, predominantly NDVI, over time to compare conditions before and after project completion. I carried this out for over 800 projects, building a dataset that allows districts to be compared on the outcomes of their irrigation spending.

Towards the end, I developed two apps, one to compare the NDVI change between districts in Peru and another to observe every satellite snapshot and the corresponding NDVI over a number of years for the inputted project number, with the ability to switch between different polygon sketching algorithms and satellites. My supervisor specialised in agricultural economics so was able to provide general information, however, he had no background in remote-sensing so I relied on the other interns where I needed technical support. I felt I had little direction from my supervisor, and I had to make most decisions myself, but some people like that.

Daily Life

I lived in a colonial house by the city centre and was able to get a taxi to work for around £2 each way. The social life was amazing; with everyone I met both inside and outside of work being extremely friendly and welcoming. Cuisine in Peru was a highlight; you could get a menu of the day for £3 and have incredible meals for around £10. I had full flexibility on when I came into work as long as I worked the 30 hours of my contract, however, I chose to come in every day as it was helpful to discuss any queries with colleagues. On the weekends, we were near the beach, so I made a few trips there. During national holiday I went on a hiking trek with another intern in the Andes. Afterwards, I had two weeks to travel Peru before having to return home.

Lasting Impressions

I was very pleased to have taken the internship and would happily do it again. I had never worked on new research before, so it was an amazing experience to work with new data, interpret the results and consider the outcomes and paths forward. As I had little input from my supervisor, I was left to make a lot of research choices myself, which I enjoyed, however when

we reached a dead-end, I was given little support, which resulted in the project being half-finished.

Still, I enjoyed working in a new field to me (economics) and the experience gave me the confidence that with enough time, I could use my skills to research many different things. I was grateful to see how academia worked outside of Europe and was offered a teaching position at the University when I return which is lovely! More than that, I was happy to have met the people I met and see so much of a new and wonderful country!

SINGAPORE

TANGLIN TRUST SCHOOL



MMath Mathematics, Second Year Undergraduate, in person

Work Projects

Another intern and I were tasked with evaluating the personal statements of Year 13 students at the school who were applying to UCAS early (i.e. planning to apply to Oxbridge or for medicine courses). We left detailed comments and feedback on their drafts and had meetings with the students for further discussion about their personal statement and how to improve it. This was repeated, where the students would improve on their drafts and send them back to us for further feedback. There were ample opportunities for other activities, as there would usually be free time other than those spent on meetings or reading statements.

The other intern and I conducted several presentations to interested Year 12s and 13s on life at Oxford, choosing a college and interviews, and answered many questions from attendees about the process. We were also assigned some data entry and research jobs during free periods which were completed efficiently. I also delivered talks to the Maths CCA on an interesting mathematical topic of choice and conducted some mock interviews with those students applying for Maths to Oxbridge. Our main supervisor, Erin Slocum, was very supportive and helped us with going through the first few statements, guiding us on how to make appropriate feedback and aiding with other activities we wished to be involved in.

Daily Life

I settled into a spare room in my host family's flat in Clementi, which was rather near the school. They were very friendly and welcoming and encouraged me to make myself at home, always happy to leave me to my own business if necessary. I shared a taxi with them to work

each morning, as that was how they usually would get to work, and took public transportation back home. Outside of work, I generally followed my own routine of doing some academic preparation for my courses in 3rd year, practicing my guitar, and exploring parts of Singapore in my own time.



As I had studied there for 4 years before, I was familiar with the area. I spent some days at Sentosa, partaking in some new activities such as axe throwing. I was happy to spend time with Singaporean friends I had made, both at Oxford and previously. I often socialised with them during weekends on which I was generally free to do as I wished. I socialised with the other interns at Tanglin Trust School as well, having most lunches with them, and we went out for dinner and drinks to celebrate one of their birthdays.

Lasting Impressions

I quite enjoyed the experience. I found the experience of talking to and advising students about the application process in order to demystify it quite rewarding, and I took some great joys in answering questions about it in my own style, which I believe the students also enjoyed. I feel I gained much in terms of communication, through giving presentations and having meetings with students younger than myself and being able to tailor what I wanted to say to get the point across best. I also gained much in learning how to give good and constructive feedback as this constituted the bulk of the work I was assigned.

I had previously done similar work freelance, tutoring for admissions tests, giving feedback on personal statements, and general advisory on the Oxbridge application process. This experience has informed my career ambitions as I now see this path of education and career counselling as a potential future path for me, which I am now more experienced in. Hence, I certainly found

this experience working at Tanglin Trust School quite meaningful and I should be quite happy to take up future opportunities in the sector if any should arise.

Timothy Adrian Mears, Worcester College, BA Philosophy, Politics and Economics, First Year Undergraduate, in person

Work Projects

The primary role was reviewing and feeding back on Oxbridge and Medicine personal statements. I found this quite boring, although I enjoyed meeting with students and hearing about their academic interests. I had to go to a networking event and a careers fair, both of which I found quite dull. However, I got to give presentations about Oxford and Economics. This was enjoyable and improved my skills using AI to create presentations. The most interesting parts of my role were data extraction and analysis tasks that I used python to complete (this was good for my CV, much better than PS feedback) and research projects on UK HE crisis and European University Courses (good for consulting applications).

I also got involved with basketball at the school, working as an assistant coach and training with the U19 team. The school found me a lovely family to stay with, subsidised my food, and paid me a generous allowance that more than covered my flights and living expenses. Overall, I think the main work was not very good for my professional development (no better than any other office job) but the additional tasks I asked for/was given helped me develop new skills and improved my employability.

Daily Life

I was well looked after by my host families. They were very friendly and welcomed me into their homes. I was also made to feel welcome by the wider school community. However, I had some issues with my visa and there was not very clear official guidance on the process. My first host family also had to move me to another family at the school, as their landlord was concerned about me living with them. Fortunately, another family took me in and were also lovely.

Outside of work, I socialised with other interns (mostly alumni from the school). This was really fun as many of them had lived in Singapore their whole lives and so could show me the best places to go.

Lasting Impressions

On the whole, I'm glad I did the internship. It's helped me gain new skills in data extraction, data analysis, research, market assessments and using AI. It has also resulted in me making some good friendships, that I hope will persist following the end of the internship. The money I earnt will also go a good way towards covering the cost of the varsity ski trip. It has also taught me that I do not want to live in Singapore, which is useful to know. The experience did not really change my career ambitions.

What practical advice would you give to future interns?

Make sure you fully research the visa process for your internship.

SPAIN

UNIVERSIDAD DE MURCIA

BA Medical Sciences, Second Year Undergraduate, in person

Work Projects

I participated in this internship which involved shadowing the cardiology doctors at the local hospital, learning about their clinical practices and the other sorts of work that they are involved in as part of their daily activities. We would do ward rounds together and other activities like watching surgeries and catheter interventions. Aside from that, the ward rounds also involved more complex tasks like conducting echocardiograms and ECGs which meant that we were also lucky enough to learn how to interpret them as part of the internship.

Ultimately, this was much more advanced stuff than we would learn at this stage in our medical degree, so it was refreshing and really pushed us to learn as much as possible given it was such a unique opportunity. By following the cardiologists during ward rounds, we also got to see how their consultation styles differed, giving an invaluable opportunity for us to see what we thought were ways in which our own styles could grow and thus be influenced by theirs.

Daily Life

For this internship in Spain, a large part of the lead-up involved preparing for travel and settling-in, as it was in quite a small city so that took some getting used to. The commute to work was also quite long so it took a while to get used to it and internalise the routes, but after enough journeys we learned it. It involved walking five minutes to the train then getting the train for around 3 stops and then getting on a bus for 40 mins. Then at work we would typically be there for the same duration as a normal workday for the cardiologists. There were plenty of

other interns to socialise with outside of work. Then after work we would go back, and meals would be served at the residence which was nice.

Lasting Impressions

This internship left a great lasting impression, making me forever view the place, specialty and doctors with a different lens. I will never forget this experience, and I wish I could experience it all over again one more time. I feel as though what I gained is hard to objectify but it is largely a greater appreciation for the place, specialty, and ability of doctors to connect with their patients which links to understanding and growth in each of those areas.



Furthermore, I also had a lot of fun with activities outside of work, including tennis and learning about the local culture – which provided opportunities for intangible personal growth that led to having more of an open mind to try new things. As I say, the experience taught me to be more open minded about the future and career ambitions, making me excited to try whatever opportunities may arise in the future without discrimination.

SWITZERLAND

JOHN ADAMS INSTITUTE FOR ACCELERATOR SCIENCE (CERN)



Katie Skilling, St. John's College, MPhys Physics, Third Year Undergraduate, in person

Work Projects

My project focused on improving measurements of ultrashort electron bunch lengths using a RF transverse deflecting cavity. I developed Python particle-tracking simulations of the CLEAR (CERN Linear Electron Accelerator for Research) beamline and investigated how quadrupole settings could be optimised to improve temporal resolution, achieving a best experimental resolution of 0.16 picoseconds. I also extended the simulation through the rest of the beamline and dogleg, modelling dipoles, sextupoles, chromatic effects and 6D beam correlations, with the aim of supporting future beam-transport and emittance-exchange studies.

Daily work included assisting in the workshop, changing samples in the beamline tunnel, coding and hands-on accelerator operation. Alongside the project, I had the opportunity to attend CERN lectures, visit facilities including ALICE, ISOLDE and the Antimatter Factory, and learn from researchers across accelerator and particle physics. The John Adams Institute provided me with additional workshops, connections with current PhD students, good communication before and during the internship, and lunches with senior members when they were at the CERN site.

Daily Life

I was put onto the CERN Summer Student Program which was very well organised and consisted of morning lectures for the first 5 weeks of the internship. These were very insightful and made it easy to meet other students also completing internships at CERN. We lived on site at CERN, making it easy to hang out with other interns in the communal kitchen/restaurant.

Outside of work, on evenings and weekends, we explored Geneva and other places in Switzerland and did lots of hiking, climbing, cycling and swimming. I hope to stay in touch with many of the friends I have made on this internship as I really enjoyed the time we spent together.

Lasting Impressions

I really enjoyed this experience both academically and socially. I believe I have a much better idea of what life as a researcher looks like, which is helpful as I start to apply for PhDs. I gained a lot from this internship, and I am very grateful to the entire CLEAR team and those at John Adams that made this internship so insightful and interesting.

Traian-Rares Tus, Hertford College, MPhys Physics, Third Year Undergraduate, in person

Work Projects

During the course of 8 weeks this summer, I undertook an internship as part of the John Adams Institute for Accelerator Science at CERN. The host facility was CLEAR (CERN Linear Electron Accelerator for Research) and on-site supervision and support was provided by the entire team at CLEAR. I participated in this experience with a fellow colleague of mine, with whom we had conducted closely linked tasks for the first couple of weeks, while learning the details of accelerator operation, beam diagnostics and dose delivery techniques, and working with (as well as shadowing) the operators in the facility, while assisting with the ongoing user projects that the facility is meant to carry out.



Photo attribution: Traian-Rares Tus, 2026 summer intern

We then shifted focus on an individual, more focused project each, mine involving radiotherapy procedures. Specifically, VHEEs (very high energy electrons) are used for UHDR (ultra high dose-rate) delivery, in an attempt to achieve the FLASH effect. In short, this

ensures optimal targeting of deeply seated tumours while leaving healthy tissue unharmed. In such conditions, conventional dosimeters fail and current calibration and control methods involve invasive equipment.

Thus, my project, titled "Characterisation of Acoustic Dosimetry for Very High Energy Electron Beams at CERN CLEAR" explores an online alternative of acoustic wave sensing for correlating measurable properties with delivered dose. The topic is very new and not properly explored yet, hence this investigation provided many insights into the various beam diagnostics relevant to FLASH radiotherapy. The project results were satisfactory, and we are looking forward to continuing this work.

Daily Life

Being at CERN over the summer implied being surrounded by around 300 other interns across the various different programmes the organisation conducts. It was thus always the case that, besides the ever-present team (with the exception of the summer vacations usually taken by others during our stay) we were always in close contact with students from all around the world, providing an appropriate environment for development and socializing outside of work as well. The first five weeks were marked by the Summer Student lecture series at CERN (apart from project work) and were the optimal way of learning about the various principles behind the operation of the largest science machine ever constructed. These walked us in detail through everything from physics, to engineering, to electronics, computation and data science, and were crowned by various poster sessions, presentation and other events for the students.

The beginning and end of the programme had welcome and goodbye events, respectively, while many other evenings we could enjoy the after-work events, parties and clubs that the CERN community provided. The atmosphere was lively enough already, but we were also in the never sleeping city of Geneva, which provided us with many beaches, parks and spontaneous events that everyone would go to. Weekends were sometimes reserved for visiting Switzerland with its splendid cities and phenomenal hikes and views. Finally, even on the more "boring" days you could still hang out and play board games, go to the on-site gym in the very hotel we

were accommodated, or cook some nice food in the communal kitchen. Overall, it is impossible to say that it ever felt monotonous!

Lasting Impressions

In case it wasn't CLEAR by now, the CERN experience was the most professional and action-full one I have ever been part of. From an academic/career-oriented perspective, I have come into contact with an extremely novel area of study with real clinical applications. I got to collaborate with a most inspiring team of operators, but mostly PhD students and young, motivated people that made the learning curve easy to tackle and each workday memorable. From the lunches we had together, to the evenings we got to bond with each other, I can only be grateful to all of them. We put our skills to great use and developed so many more in the most unexpected areas (laser cutting is one such random example). It was a serious technical project in the world's main physics hub.



Photo attribution: Traian-Rares Tus, 2026 summer intern

From a social and cultural perspective, it goes without saying that the journey was the friends we made along the way (and the hikes, and the cities, and the salsa nights, and everything else really). In truth, while overwhelmed initially by the number of students taking up the entire lecture theatre and restaurant, we built profound connections that I hope will last. What I am certain of is how much I enjoyed their company and knowledge they shared as many great minds coming together. CERN is indeed the place to be, and, through this experience, it has strengthened my belief that physics can actually change the world for the better, in many more unexpected ways than one might think.

THAILAND

GOTOCO

Yash Agarwal, Balliol College, MCompSci Computer Science, First Year Undergraduate, in person

Work projects

I worked for a month in a Thai primary school, where I taught children English. The main difficulty was that I couldn't speak Thai, so learning how to teach in a very immersive and engaging way, whilst also holding the attention of the children, was a skill that I think will be quite transferable. I gained a lot of self-confidence by putting myself in an uncomfortable situation, and I think that as my career develops, the presentation, confidence and leadership skills that I gained, will greatly aid my future. The host organisation was very, very supportive and helped me navigate living in a country I'd never been to before with a completely different culture, as well as giving resources on how to be a good TEFL teacher and how to ensure lessons are engaging.

Daily Life

The first few days were very difficult for me settling in. I was not used to the large number of mosquitoes there. I was driven to work by my hosts, so that was fine, and I also lived very close to work. Outside of work, I would spend a lot of time with the other teachers who I was teaching with, as well as spending time with my hosts and getting to learn more about Thai culture. I went on different expeditions, explored nature around the place, and did some Thai cooking. I also did a lot of exercise by myself, and I learned how to play some Thai music. All in all, I think I learned a lot. Despite being a teacher, I learned so much from it about Thai culture, and I brought some of my favourite aspects of that culture and life philosophy back home with me.

Lasting Impressions

I thoroughly enjoyed the experience, and I would totally hope to go back there again because I developed such a good bond with both the children that I taught and the hosts who so kindly helped me with the whole process. Above all, I learned a lot about myself: about how I deal with adversity, how I deal with the challenges of having to be so energetic, and how to deal with moments of uncertainty or awkwardness, or when I'm not being understood. How can I explain my idea in a different way? How can I think about shaping the future of somebody? I think it has confirmed that I really like talking to people. Now, I don't necessarily want to be a teacher, but it has helped me realise that the people aspect of working is something I very much enjoy.

Alexander Evers, Trinity College, BA Spanish and Portuguese, Final Year Undergraduate, in person

Work Projects

This summer, I took part in Gotoco's 5-week TEFL internship programme in Thailand from early July to mid-August. The programme began with a 4 day stay in the country's former capital city, Ayutthaya, where I got the chance to meet the other interns on my programme and go on some organised cultural trips and activities with them, which included a bike tour around some of the old temples, a tuk-tuk ride and several group meals. Alongside these activities we also received some teaching training, learnt some basic Thai, and were given some background about Thai culture and customs. Following this, we all travelled to the different schools where we would be teaching for 4 weeks.

I was placed, alongside 2 other interns, in a rural school in the Uthai Thani province, and we took the train to the nearest station, where we were greeted by our host teachers who took us to the school, where we stayed for the entirety of our placement. During the placement, I was tasked with planning and delivering my own English lessons to classes of between 20 and 30 students and was given a lot of freedom when it came to choosing what content to teach. One of the highlights of my time teaching was helping organise an all-day 'English Camp' which

included lots of English-themed games and activities, and proved to be a big success! Following the end of my placement at the school, we travelled to Bangkok for a 3-day end-of-programme trip where I got the chance to explore Bangkok and hear about everybody else's placements.

Daily Life

For most of my internship I was in quite a rural area of Thailand, so options were somewhat limited in terms of going out in the evenings, so I spent most of my free time at the school site with the other interns. We ate breakfast and lunch with the other teachers in the school canteen, and for dinner our hosts normally ordered delivery for us. There was lots of sport going on after school – it was always very easy to find a football, volleyball, or badminton game to join! On the weekends, our hosts would drive us to some of the nearby events and attractions: we were taken to a local Buddhist festival, a nature reserve, a local football match to name a few! Halfway through my placement there was a Thai bank holiday, which allowed myself and a few other interns to explore some more of Thailand and Thai culture.

Lasting Impressions

Overall, I really enjoyed the internship and came away from it with an appreciation of Thai culture, a much better understanding of what it's like to work as an ESL teacher, as well as lots of new friends that I made on the internship programme. The internship has definitely made me consider teaching as a career, and it was very helpful being given the responsibility to teach classes mainly unassisted in order to get a realistic idea of what leading classes would be like.

Having never been to Thailand before, I also really appreciated being given the opportunity to get to know the country and culture better, and the considerable number of organised trips and activities during the internship really contributed to making this a valuable experience. The main challenge during this programme was living in quite an isolated area with fairly limited facilities, but this was also a useful experience that helped push us out of our comfort zone. On the whole, I would recommend this internship to anyone who is even a bit interested in teaching, and to anyone who wants to travel and meet new people during the summer holidays.

BA Classics, Second Year Undergraduate, in person

Work Projects

I was teaching in rural Thailand for five weeks. I taught English lessons independently, assisted by a TEFL course and a course in Understanding Children's Mental Health (Level 2). I also participated in school and rural-village life. For example, I played football and trained Muay Thai with the students. The host organisation provided me with some teacher training at the beginning of the course, and with limited support thereafter.

Daily Life

In the mornings, I walked with a fellow intern to school (we lived about ten minutes away). We taught for three to four hours a day and, for the rest, poked our heads into each other's lessons or completed the compulsory course in children's mental health. After school, I played football or trained Muay Thai with the students. Then, my fellow intern and I either went to the night market for dinner or headed to 7/11.

On the weekends, we could expect a trip to a neighbouring town or a visit to a museum. There was also a village massage parlour, which was helpful after all the sport of the week. The accommodation was very comfortable, though interns in other parts of Thailand complained of snakes and frogs in their rooms! I think we got lucky both with the school in Wat Chansen and with the accommodation.

Lasting Impressions

I really enjoyed the experience and learnt many lessons:

1. Improved my initiative and resourcefulness:
    - Rural Thailand was full of limits: when teaching, the resources were limited; when not teaching, there were limited opportunities for things to do.

- The limited resources allowed me to be creative. For example, when teaching directions, I created a maze on the floor with masking tape and had the children direct their peers through it.
- The limited opportunities outside of the classroom allowed me agency over my own experience. For example, I found a Muay Thai trainer, requested Thai lessons from the native teachers to facilitate my teaching, and became coach of the school football team.

2. Improved my adaptability and flexibility:
    - The 'sabai, sabai' attitude of the school meant that I did not know what I was teaching until just before my class. This allowed me to develop the skills of adaptability, quick planning and impromptu speech.
    - The unpredictable abilities and concentration of the students meant that I had to be open to adapt activities I had prepared to their knowledge and energy levels.
3. Improved my clarity of speech:
    - Since the students struggled to understand English, I was forced to cut down on filler words and superfluous language.
4. Learnt that lessons can come from anyone:
    - The students whom I had travelled to teach became my teachers: they taught me how to speak Thai, and how to assimilate to their culture (e.g. by sweeping the boxing ring before practice).

What practical advice would you give to future interns?

Immerse yourself in everything. It is a wonderful opportunity and, like anything, to be made the most out of. There will inevitably be challenges, but facing them with a problem-solving mindset is key: the organisers want you to go to them with solutions not problems. Some placements are better than others though, no matter what the organisers tell you. Nevertheless, go with an open mind and take plenty to do/read in case you are really placed in the middle of nowhere. Maybe even aim to pick up a new skill while you're out there: I was training Muay Thai and playing football, but many interns lacked things to do after school.

Molly Chesterman, Magdalen College, BA History and Politics, Second Year Undergraduate, in person

Work Projects

My internship consisted of teaching English language lessons to grades 5 and 6 (aged 10-12) in a primary school in rural Thailand. The aim of the programme was not only to give young Thai students the opportunity to engage with and learn from a native English speaker, but also to provide me with an opportunity to develop teaching and communications skills. I taught every day during the week and had between 2 and 3 lessons a day with different classes.

I was responsible for planning all my lessons and organising the resources myself - I tried to include a balance of active learning/recall of new vocabulary and grammar, and interactive games to keep the students engaged. Gotoco had provided us with an introductory weekend which included sessions on how to teach these sorts of classes with people who had previously completed the programme; this was very helpful and I took much of the advice we were given then on board when planning and carrying out my lessons. I was also supported at my placement by my host, who had been an English teacher at the school for over 5 decades.

Daily Life

I stayed with 2 other interns at the house of a host who had worked at the placement school for a long time. Gotoco provided her with funding to accommodate and feed us, which she did every day and with lots of care. During the week, she would drive us to the school where we'd plan or carry out our lessons. We were also encouraged to engage with the students and teachers outside of lesson time i.e. in lunch time and during the English camps that our host organised, which was very enjoyable.

After school, we had free time to explore the area, relax or socialise. On the weekends, our host would include us in her activities which included going out to eat with various people and attending a monk ordination ceremony for a member of her family. During the 5 days of Thai national holiday where we had time off work, myself and the other 2 interns went to Chiang Mai to explore, which was one of the highlights of the entire trip.

Lasting Impressions

This experience has left a significant positive lasting impression on me. Not only did I get to develop my personal and professional confidence and learn new skills (i.e. teaching and engaging with young people), but I had the privilege of doing so in a fascinating country which I'd never been to before and surrounded by some of the kindest and most supportive people I've ever met.

Myself and the other 2 interns I stayed with were all invited back by our school and the local sub-district governor, and we plan on going back at some point to see our host, who was an invaluable part of the whole experience. I have also since realised how important travel and exploring new countries is for me in my current stage of life, and as a result, have subsequently shifted my plans to complete a Master's degree to include programmes which allow for study abroad, in particular in East Asia.

Jessica Phillips, St. Hugh's College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

I was primarily teaching grades 5 and 6 and assisting with teaching the younger children. I taught the children likes and dislikes, hobbies, some foods, adjectives and a new sentence construction "I like ___ because ____". I worked with the children to improve their speaking skills and their confidence while talking in English, as well as their pronunciation. I occasionally practised writing in English with the children. By the end of my time teaching the children, the majority of them were confident with responding when asked if they liked something, and they understood what to say when asked "why?".

Their pronunciation improved, and they were able to practise conversation with one another. Their improved confidence was demonstrated when students would approach me and their other English teachers to practise the phrases we had taught them. Our host teacher in Thailand was wonderful and helped us feel very welcome and settled in Bang Mun Nak. She was always on hand to help with classroom management and translating instructions into Thai

when the children were struggling to understand. The organisation Gotoco also checked in with us halfway through our placement to check everything was going well. We received some teacher training from the Gotoco coordinators before travelling to our schools, and this was certainly helpful to prepare us for lesson planning and keeping our lessons fun and engaging.

Daily Life

I arrived in Bang Mun Nak with three other girls who I had met at orientation, and who I already considered friends after only a few days of knowing one another. Making friends was very easy, since everyone was in the same situation and didn't know anyone else. We all had the shared experience of travelling to a foreign country alone, most of us for the first time, so while we all felt a little vulnerable and anxious, it meant that socialising was very easy. The small group we began with was also helpful, since we all felt very close to one another, and it wasn't too overwhelming. In Bang Mun Nak, we stayed at a resort in huts equipped with 2 beds and an ensuite toilet and shower. The accommodation was basic but perfectly adequate for the time we were there. I shared the hut with another girl who is now a good friend.



Photo attribution: Jessica Phillips, 2026 summer intern

We would arrive at school at about 7:30am, begin teaching at 8:30am, and then teach about 2 or 3 classes a day. During the free periods we could go out and get a drink or a snack and then come back to complete work or plan lessons. There was plenty of time to complete the work we needed to do. After school, we would often play badminton with the students and other teachers. We would reach school by bike, although it was only a short ride between the accommodation and the school. On weekends, teachers Nittaya and Cha, would take us to different cities in the area and to various temples, waterfalls, cafes, and other places of interest in the surrounding area. We would be driven there in the school bus sometimes, and other

times when they didn't have any trips planned for us, we would go by ourselves on the public bus or the train to explore the areas around us.

Lasting Impressions

I have made many lovely memories through this internship, largely thanks to Nittaya and Cha, the teachers who looked after us in Bang Mun Nak, and the children at the school who were so enthusiastic and fun to teach. I have made good friends through this internship, and my confidence in solo travelling has increased thanks to my experience navigating through rural Thailand without speaking much Thai at all. I feel that I've gained good experience in teaching which will help me if I choose to tutor in the future, and the TEFL qualification will also be very helpful if I wish to work abroad. I don't think the internship has changed my career ambitions, if anything it made me realise that teaching in a school environment is not the final career I'd like to end up in, but it was an enjoyable experience.



Photo attribution: Jessica Phillips, 2026 summer intern

One lasting impression from Gotoco however was that it is quite a disorganised company, which lets it down as it offers brilliant opportunities and makes travelling and working abroad feel a lot easier and a lot more feasible for a lot of people. This disorganisation contributed unnecessary stress in the application process however, and meant that I missed out on the opportunity to get an internship in China, due to an error on the website which delayed my application. I also had the dates of the programme that I was supposed to be participating in changed, so I flew out 2 weeks later than I was expecting. For me, this was more of an irritation than a major problem, but I can see how a change like this could really disrupt someone else's plans if they need to schedule time off work or have a difficult schedule.

What practical advice would you give to future interns?

Pack less, you can always do laundry out there, but pack smart clothes if you're going to be teaching: smart closed-toe shoes, shirts or blouses that cover your shoulders and aren't low cut, skirts and trousers below the knee. Also, bring a power bank AND a spare charger for your devices. Get an e-sim or a sim card for Thailand because you will need google maps and translate once you get away from the major cities, and you don't want to be caught out.

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

Work Projects

As part of this project, I was a trainee teacher in a town in rural Thailand, flights, accommodation and food were funded via the turning scheme. This program also involved the completion of an optional TEFL qualification, and NCFE CACHE Level 2 Certificate in Understanding Children and Young People's Mental Health. Prior to the placement, there was teacher training and orientation in Ayutthaya, which involved training on how to plan and deliver lessons and a brief instruction in Thai. During the placement, I planned and delivered English lessons to children in a small primary school, as well as English camps at the school, and at another school in the area. The host that we were staying with organised cultural weekend trips to places such as national parks, markets and restaurants.

Daily Life

There were many opportunities to make friends with other people on the program, and with the teachers at the school we were working at. There were around three people assigned to each placement, and a larger group at the orientation, which allowed us to socialise and exchange experiences of the trip. I was assigned to stay with a host, who also introduced us to her friends and family. Outside of work, we could explore the local area and went on organised trips to various attractions.

Lasting Impressions

I feel that this experience has taught me a lot about working away from home, meeting new people and exploring new places. I really enjoyed this experience, and it has inspired me to want to work internationally, and to consider going into teaching as a career.

MChem Chemistry, First Year Undergraduate, in person

Work Projects

I completed a six-week teaching internship in a rural area of Thailand through Gotoco. The main focus of the placement was supporting English-language learning and helping students become more confident communicating in English. As the school was in a rural community, the experience also involved becoming immersed in a very different culture and adapting to an unfamiliar working environment. My main responsibilities included planning and delivering English lessons, preparing classroom activities and finding ways to make lessons engaging for students with different levels of English. I particularly enjoyed using interactive activities, games and group exercises, as these encouraged students to participate without being afraid of making mistakes.

Over the six weeks, I became much more confident speaking in front of a class and learned how to adapt quickly when a lesson did not go exactly as planned. The school and local staff were extremely supportive throughout the placement. Teachers helped us understand the school routine, provided advice on lesson planning and made us feel welcome within the community. Working alongside other Gotoco participants also gave me a strong support network, as we could share ideas, discuss challenges and learn from each other's experiences.

Daily Life

Daily life during my internship was very different from what I was used to in the UK, which was one of the aspects I enjoyed most. Living in a rural part of Thailand meant that I was able to experience everyday Thai life away from the major tourist destinations. It took some time to adjust to the climate, food, language barrier and different pace of life, but I quickly became

comfortable in my surroundings. During the week, my routine mainly revolved around school. I would prepare for lessons, teach throughout the day and spend time with the other teachers and interns between classes.

After school, we would often explore the local area, eat together or take part in activities with people from the community. Food was a particularly enjoyable part of the experience, and trying different local dishes became part of everyday life. I became very close with the other interns during the six weeks, as we were all experiencing something new together. I also developed relationships with local teachers, students and members of the community. At weekends, we had more time to explore and experience different parts of Thailand. The balance between teaching, socialising and experiencing Thai culture made each day feel varied and memorable.

Lasting Impressions

My internship in Thailand was an extremely positive experience and one that I feel I gained a great deal from, both personally and professionally. One of the biggest changes I noticed was an improvement in my confidence. At the beginning of the placement, standing in front of a classroom and teaching students in an unfamiliar environment could be intimidating. By the end of the six weeks, I felt much more comfortable communicating with groups, taking responsibility and dealing with unexpected situations independently. The experience also taught me a great deal about adaptability. Living and working in a rural area meant that things did not always happen in the way I expected, and I learned to approach unfamiliar situations with a much more open mind.

Building relationships with local people was particularly rewarding and gave me an appreciation of Thai culture that I would not have gained simply by travelling through the country as a tourist. I also made some very close friendships with the other participants, which was one of the highlights of the experience. Although the internship did not necessarily determine one specific career path for me, it confirmed that I enjoy working with people, communicating and taking on new challenges. Overall, I came away feeling considerably more independent, confident and willing to pursue opportunities outside my comfort zone.

UGANDA

ASHINAGA UGANDA

Ayesha Kangama, St. Hugh's College, BA English Literature and Language, Second Year Undergraduate, in person

Work Projects

I completed an internship with Ashinaga Uganda, where I supported students with their academic development and university application preparation. My main responsibilities included planning and delivering lessons, marking students' work, providing feedback, assisting students with their personal statements, and supporting the organisation with administrative tasks. These responsibilities gave me valuable experience working directly with students while developing my teaching, communication, and organisational skills. One of my main achievements was becoming more confident in planning and delivering lessons independently. I also developed my ability to provide constructive and individualised feedback, particularly when helping students improve their personal statements.

The experience strengthened my adaptability, teamwork, time management, and intercultural communication skills. Throughout the internship, I received valuable support from the staff at Ashinaga Uganda. I was provided with sample lessons and teaching materials, as well as guidance from staff when planning and delivering my sessions. This support helped me understand what was expected of me while giving me the opportunity to gradually work more independently and take responsibility for my tasks.

Daily Life

I settled into life in Uganda quite quickly, helped by the fact that I was completing the internship alongside four other interns. I lived with one of the other female interns, which made adjusting to a new environment much easier and meant that I had someone to share the

experience with from the beginning. My journey to work was also straightforward, as I walked to and from work each day. This helped me become familiar with the local area and establish a regular routine.

Outside of work, I spent most of my free time with the other interns. We regularly went out to restaurants and bars, took day trips to explore different places, and spent evenings together at our accommodation playing games and socialising. Having a group of people going through the same experience was particularly valuable, as we could support each other while adjusting to living and working in a different country.



One of the most positive aspects of the experience was the friendships I developed. Although we initially met because we were all completing the same internship, I formed genuine friendships with the other interns and really enjoyed spending time with them both inside and outside of work. Sharing new experiences, travelling together and spending time together in everyday situations made the social side of the internship an important part of my overall experience in Uganda. It helped me feel settled and comfortable and made the placement enjoyable beyond the professional experience I gained.

Lasting Impressions

My lasting impression of my internship in Uganda is extremely positive. I thoroughly enjoyed the experience and would happily return in the future. Looking back, I feel that I gained so much from the placement, both professionally and personally. Working at Ashinaga Uganda allowed me to develop practical skills in teaching, communication and supporting students, while living in Uganda helped me become more independent, adaptable and confident in unfamiliar situations.

The experience also changed the way I think about my future. Before the internship, I had less experience of working in an international environment, but the placement showed me how much I enjoy meeting and working with people from different backgrounds and experiencing different cultures. It has made me more open to opportunities that could involve working or living abroad in the future and has encouraged me to consider a wider range of career possibilities.

I also found supporting the students particularly rewarding. Being able to contribute to their learning and university applications gave me a greater appreciation of work that has a direct and positive impact on other people. As a result, the internship has encouraged me to look for future roles where I can use my skills in a meaningful way and continue working with people from a variety of backgrounds.

Overall, my time in Uganda was much more than simply work experience. It broadened my perspective, gave me greater confidence in myself and made me more ambitious about the types of experiences I want to pursue in the future. It is an experience I will remember very positively and one that has encouraged me to continue challenging myself and taking opportunities outside of my comfort zone.

BRASS FOR AFRICA



Honorine Wendyam Ilboudo, St. Peter's College, MSc Evidence Based Social Intervention and Policy Evaluation, Final Year Postgraduate, in person

Work Projects

I arrived in Kampala on a Sunday morning and was picked up from the airport and driven to my temporary apartment, where I settled in for the day. The apartment was comfortable and spacious. Later that day, my supervisor and a colleague picked me up for dinner at a local restaurant, and I started work on Monday. I worked with Brass for Africa, an organization that uses music education to teach children important life skills and is now integrating community

health programming into its model. I was asked to help them understand how their community health program is being delivered and how it can be improved.

In collaboration with the Country Director, who closely supervised my project, I developed six deliverables. First, I conducted a scoping review of similar music and health interventions across sub-Saharan Africa following standard procedures. Second, as there was insufficient data for a quantitative study, I conducted a qualitative case study, including a focus group and interviews with both staff who delivered the program and its recipients at the main hub where most activities are concentrated. Third, I created evaluation tools to measure hygiene outcomes (handwashing, waste management, menstrual health management, safe drinking water) and mental health outcomes (depression, anxiety, sociability, and substance use).

The final three deliverables were: a Theory of Change for a proposed improved intervention building on their existing program, a mock grant proposal to request funding to expand and evaluate the program, and a list of ten strategic recommendations to improve their community health programming. Throughout the internship, I had weekly Monday meetings with the Country Director and the Senior Monitoring and Evaluation Officer, who provided feedback and supported me with logistics and coordinator meetings.

Daily Life

Every day I would wake up, have breakfast, and go to the office. It was a regular nine-to-five job. I was mostly sitting at my desk doing research, as my position was more focused on the research side of things. On Mondays, I had a meeting from 10 AM to 11 AM with the Country Director and the Senior Monitoring and Evaluation Officer. They would review my progress from the previous week and discuss plans for the upcoming week. We would create a plan, and I would start working on it – doing the scoping review, writing survey questions, and so on. If I needed additional support, I would reach out to either the Director or the Senior Monitoring and Evaluation Officer.

At the beginning of the internship, during the first few days, I went on site visits and would watch brass band practice sessions at different hubs. Brass for Africa has five or six different

hubs, so I went to watch the band sessions to get an idea of what the intervention looks like, so I could better develop an evaluation plan for it. I did that for the first two weeks or so, and after that I was mostly at the office.

Outside of work, I didn't really socialize much. I went home for lunch most days because the office lunch wasn't really to my liking, so I went home and cooked. I was working on my master's coursework at the same time, so I didn't have much time to socialize. I only really went out to go to the grocery store, and I had one friend from Uganda that I had met at Oxford – we went out once to purchase clothes for the office. That was it.

Lasting Impressions

My lasting impression of this internship is that it was very helpful for me as a budding social intervention researcher. I had an opportunity to actually practise the things I have been learning in the classroom. I had the chance to help design the early phases of a study, which is valuable because in Evidence-Based Social Intervention, you learn a lot in the classroom, but you don't really know what it will look like in practice. This was a wonderful opportunity to see what it looks like in practice.



Photo attribution: Brass for Africa

It was also a great opportunity to work with people on the ground. I have always wanted to work in the non-profit sector in Africa, but I had never had a chance to do that in person. I have done it remotely twice, but this was my first time doing it in person and I really needed to see what it is like. It helped me realize that working with a team in person has its challenges, but you learn to navigate those challenges so you can get the job done.

I am really proud that I was able to complete all of the tasks that were asked of me, which was amazing. I feel proud to have supported an organization that is doing good work – work that I have wanted to do for a long time – and as an emerging researcher, to have had the opportunity to apply these skills. I would have loved to have had a chance to do some data analysis with the organization, but they were not yet at the stage where data had been collected for me to analyse. Other than that, I think this was a wonderful opportunity for personal and professional growth.

PLAVIO UGANDA



Olivia Barber, Balliol College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

PLAVIO is a small charity based in Lira district of northern Uganda. They use many different projects to help their extended community; recently, however, they've focused on the menstrual and sanitary education of schoolchildren. This used to be a larger project, in which they would enrol school dropouts, largely estranged teenage mothers, into a tailoring course to make reusable sanitary pads to distribute to schools. However, with current funding issues the charity is only able to provide an educative role, driving out to schools and communities to help children learn about menstruation. My role was largely to help run these short courses on scientific views of menstrual health, dispelling myths and helping to answer questions. I felt like I was important in this because I had a good grasp of a lot of the science from my own education, which many Ugandans did not know. Further to this, one school had been donated boxes of tampons but didn't even know their function! So, my knowledge became very useful. Augustine, the founder of the charity, kindly gave me a room in his family home, meaning I was able to access good Ugandan home cooking every day. This meant I also got lifts back and forth to the office and out to communities – even, upon my request, a lift to a couple of nearby cultural sites I was interested in seeing.

Daily Life



I was staying with Augustine's lovely family in Lira, with my own room and even a small bathroom, which felt like quite a luxury. Most days I would wake up to eat a Ugandan breakfast – this could be anything from boiled eggs, to yams, to spaghetti (or all three). Then I would travel to the office, either in a car or on the back of a motorbike. The office is run by a very small number of staff, and there was always a meal served there, usually posho (made from maize flour) and beans, with perhaps some beautiful fresh avocado – the best I've ever had by a long way. A couple of days each week, after lunch I would be driven on a motorbike out to a school or a village group to speak with a mixed group about menstrual health. I would return back to Augustine's house after work, very tired, and spend some time with his young children who are a lot of fun and have a lot of energy.

Then I would have dinner with the family, and sleep. Unfortunately, being the only intern meant that weekends became very lonely. I found it difficult to find things to do locally – and exploring without any plan or company didn't feel especially safe. Lira is not a town for leisure or tourism. With another intern, I feel this would've been a great place to be, but alone it was a very difficult experience. This is through no fault of the amazing charity or the very kind hosts – who all really appreciate having interns – I would just like to recommend that the Internship Office should do more to ensure people don't do this trip completely on their own as I did.

Lasting Impressions

I learned a huge amount from my time in Uganda, both about the culture of such a different country, and about myself and my future career. Living in a non-tourist city like Lira meant I saw a very different Uganda than the one which the tourists see. Far away from the routes between the national parks, the city is very practical and lived-in. I got to know the region very well,

through the food, the market, and the people. Working with PLAVIO also means you get to see the smallest of local communities as well as homes in the city, and learn about their beliefs specifically about women's health.

In terms of careers, I feel I have a much greater understanding of this type of small-scale charity work. The charity is completely at the mercy of its funding, and so I experienced the struggle to continue doing good work without this essential provision. I am going to continue doing a small amount of work for PLAVIO remotely and try to send some second-hand sports equipment from Oxford sports teams which they have said they'll distribute to local schools.

What practical advice would you give to future interns?

I would recommend bringing a battery powered or rechargeable torch as the power cuts out a lot, your own towel, long trousers, and modest clothing. Book ahead some tourist activities to do on weekends or at the beginning/end of the internship – Lira is in the middle of nowhere! I would recommend Murchison Park, if you can find a budget way of doing it, or for a more affordable trip, the Nyero Rock Paintings. There are one or two days' worth of fun things to do in Kampala also, but maybe not so much as you would expect. When you're in Kampala you should stay at the Bushpig Backpacker's hostel. Secure extra funding from your college – the medical requirements, insurance, etc, are more than you might think.

UK

AUGUR INITIATIVE LTD

Nikil Patel, Oriel College, MCompSci Computer Science, Final Year Undergraduate, hybrid

Work Projects

My internship project was looking at using multi-modal large language models (MLLMs) for person re-identification. My main tasks involved reading through research papers, analysing their methods, reproducing their pipelines, and looking at improving them and trying new ideas. I had daily meetings with my team and manager, and was provided with lots of support and guidance.

Daily Life

The in-person and remote days followed the same structure. I had daily morning standups, and a one-on-one meeting with my manager. Also, once a week we had a whole company meeting in which we would discuss what teams were working on and future steps.

Lasting Impressions

I very much enjoyed my experience and would highly recommend the opportunity to others. I gained lots of skills for conducting research, and for communicating my ideas.

BRITISH RED CROSS

BA History, First Year Undergraduate, hybrid

Work projects

I spent two weeks as an intern at the British Red Cross in the Film and Photography Department. I assisted the Picture Editor with researching and selecting pictures for different projects, including projects focusing on the work of Ukrainian and Sudanese Red Cross volunteers. I received support from the Picture Editor, who largely directed my daily tasks, as well as other members of the department, who supported me in navigating the Red Cross's internal systems which stores the charity's thousands of pictures.

Daily Life

On a typical day, I had a morning meeting over Teams at 9:30, when the Picture Editor would give me my tasks for the day. I would usually spend the morning making progress on those and then stop for lunch at around 12. During my break, I tended to go for a walk in my local area and have something to eat before getting back to work. We normally ended the day with a catch-up at around 4, when I would send the Picture Editor the research/work I had done that day. By the following morning, I had received feedback on the work that I had completed the day before.

Lasting Impressions

I enjoyed my experience working with the Film and Photography Department at the British Red Cross; however, it has probably taught me that I do not want to work with such a large charity in the future. After chatting with lots of the other team members, including the graphic design and film editors, I realised that most of the charity's media work does not have much reach at all. The films that the Red Cross makes about people's lives, probably reach a maximum of a few thousand viewers, so the impact seems to be quite low. I would prefer a career where the impact of my work feels more tangible and personal, perhaps like teaching.

Senay Gebremichael Mengistu, Somerville College, MSc in Translational Health Sciences, Final Year Postgraduate, hybrid

Work Projects

My placement was with the British Red Cross Ukraine Response Team which is part of the wider PRA (Policy, Research and Advocacy) team. The internship focused on UK policy affecting displaced Ukrainians and their longer-term future in the UK. I completed one main project and two secondary tasks. The first secondary task was to attend the Ukraine Working Group, a coalition meeting the Red Cross chairs that brings together Ukrainian led organisations, IOM UK, refugee charities, regional bodies and academics. I then to had to produce a set of structured notes that recorded the principal discussion themes, questions and agreed actions.

My other secondary task was a two-part stakeholder report on a newly appointed Home Office minister, covering her professional and political background and her public parliamentary activity relating to Ukraine and immigration. My main project and most substantial task was a literature review of the British Red Cross's proposed dual-intent integration approach. This examined whether long term protection and integration in the UK could be combined with measures preserving voluntary return and enabling continued contributions to Ukraine's recovery. It also considered relevant measures such as qualification recognition, language support, mobility and diaspora engagement.

I received excellent support throughout the placement. The team provided a clear induction, background documents and examples of previous work. My line manager reviewed my task structures in detail and returned substantive comments, including important corrections I then applied throughout. She also set clear briefs and was available whenever I needed direction. Regular meetings and constructive comments helped me understand expectations and improve each draft. Colleagues were approachable and willing to explain the wider policy context, while also giving me sufficient independence to organise the research and develop my analysis.

Daily Life

The internship followed a hybrid working pattern, with some days spent at the British Red Cross office in London and others working remotely from Oxford. On office days I travelled from Oxford either by train or by taking the Oxford Tube to Hillingdon and continuing on the Metropolitan line to Moorgate. Depending on the route and traffic, the journey took approximately one and a half to two and a half hours and was relatively expensive. However, being in the office made the travel worthwhile because it allowed me to experience the organisation's working environment and interact with colleagues in person. My working day generally ran from 9:30 a.m. to 5:30 p.m. I spent part of my office time shadowing colleagues and working on my assigned projects.

My line manager also arranged individual meetings with senior officers and managers from different areas of PRA including Public Affairs, Refugee and Asylum, and Health Inequalities. They explained their roles, shared their expertise and gave me opportunities to ask questions. At lunchtime, I often went out with team members to get food in central London, which provided an enjoyable and informal opportunity to get to know them. My home working days followed the same hours. I attended internal meetings and external meetings involving partner organisations and other stakeholders, completed independent research and had daily progress check-ins with my line manager. In the evenings I usually went to meet friends in Somerville College's Middle Common Room for board games or films.



Lasting Impressions

My strongest lasting impression is the care with which the British Red Cross combines research, operational knowledge and humanitarian values when developing its policy positions. I

thoroughly enjoyed the experience, particularly the opportunity to contribute to work with a clear practical purpose while learning from colleagues with different areas of expertise. I gained considerably from the placement. It strengthened my ability to assess literature critically, verify claims, summarise complex evidence and present findings in a form suitable for policy and advocacy audiences.

Attending internal and external meetings also gave me a better understanding of how voluntary organisations collaborate with government departments, parliamentarians and other stakeholders. The positive feedback I received on my work increased my confidence in applying my academic and professional experience in a UK policy environment. The placement confirmed my interest in work that connects research with policy and practical action.

With my background in clinical practice, public health and my study with Translational Health Sciences, I was already interested in how evidence can inform decisions. This internship showed me how that process operates within a major humanitarian organisation and broadened my understanding of careers in the voluntary sector. As someone who has experienced displacement, this was significant for my personal journey. It has strengthened my ambition to pursue roles involving research, policy, and advocacy, particularly in areas connected to health, displacement and inequality.

What practical advice would you give to future interns?

My advice is to read the organisation's background material and handbook before starting and clarify each task's purpose, audience and expected format as early as possible. Because the placement is short, plan your time carefully and keep notes from meetings, conversations and feedback. Also ask for previous notes and reports, as these things helped to quickly understand the policy language and format.

Ask questions freely as colleagues are knowledgeable and approachable, and brief conversations with people outside your immediate team can greatly broaden your understanding. For hybrid placements, organise travel and remote working arrangements in

advance, particularly if commuting from Oxford to London. Finally, be open to revising your work. Feedback is an important part of the experience and can improve the final output.

CITIZENS ADVICE OXFORDSHIRE



Adam Griffiths, Keble College, BA History and Politics, Second Year Undergraduate, in person

Work Projects

My main task was to help in preparing a draft for a 2025-26 impact report. I collated data for the report, as well as doing research into other charities' impact reports and using this to inform my suggestions on the structure of the report. I also investigated CAOX (Citizens Advice Oxfordshire) data to produce two of internal reports (one on appointment waiting times, and one on the service provision for CAOX's adviceline phone service), using the R program to produce models which predicted how – for example – increasing the number of volunteers could be expected to impact CAOX's service provision.

In my final week of the month-long placement, I undertook research on housing to help support a potential funding application for the charity. As part of this, I read a number of casefiles. I was also able to sit in on a number of appointments with clients at the office where I was based, as well as helping with a number of smaller, miscellaneous tasks.

Daily Life

I undertook this internship in person, commuting every day to the Witney Office from Oxford via bus. I found the process of settling into this routine and the office environment fairly easy, as the staff at the CAOX office were very welcoming and friendly. When I wasn't working, I mostly spent my time keeping in touch with friends and family via text, phone calls, and through playing games online, as none of them were personally in Oxford. As my commute took about 50 minutes each way, I also found that in practice I often had quite a few tasks to get on with in the evening before I had to go to sleep for the next morning which would take up much

of my evening. As such, I mostly got on with these tasks and spoke with friends when I had time.

Lasting Impressions



I very much enjoyed my time at CAOX. I found I was able to put my skills in R to real-world use, using them to compile internal reports on the effectiveness of CAOX services. I found this particularly enjoyable, as these reports were of great interest to those in CAOX, who were not familiar with the software or techniques I was using themselves. I also found the experience of working in an office environment very valuable and am also very grateful for the opportunities I had to sit in on meetings with CAOX clients.

I was interested in the charity and not-for-profit sector before undertaking this internship, but having now completed it, I am all the more interested in a potential career in the sector. Importantly, I also felt very welcomed into the community of staff and volunteers at CAOX. I became friendly with the few staff members I shared an office space with and was treated very kindly by the much wider group of volunteers and staff throughout CAOX that I interacted with.

What practical advice would you give to future interns?

To always ask questions if you have them, and not to be quiet! Talking to staff and volunteers in CAOX was not only enjoyable, but also interesting and helpful in terms of gaining a better understanding of the sector and organisation.

BA Philosophy, Politics and Economics, Final Year Undergraduate, hybrid

Work Projects

During my four-week internship with Citizens Advice Oxfordshire, I worked on a strategic research project examining how the organisation contributes to prevention, population health, health inequalities, and integrated neighbourhood care. My main output was an evidence-based report designed to support engagement with NHS organisations, local authorities, commissioners, and other partners. The project involved reviewing national and local health policy, academic literature and evidence from comparable advice and health initiatives, alongside Citizens Advice Oxfordshire's internal information and client data. I analysed trends in areas including welfare benefits, debt, housing, and homelessness, and considered how these issues interact with health and inequality.

I also examined existing health-related services, including the Major Trauma and Macmillan Cancer Advice services, and developed a Health Impact Framework linking advice interventions to financial, social, and potential health outcomes. My final recommendations considered how Citizens Advice Oxfordshire could become more systematically integrated into neighbourhood health, primary care and prevention.

I was given considerable independence in shaping the research and recommendations, while receiving regular support and feedback from my supervisor. This balance allowed me to take ownership of the project while benefiting from the organisation's practical knowledge and expertise.

Daily Life

My internship was largely research-based, so my daily routine varied according to the stage of the project. During the first part of the placement, I focused on understanding Citizens Advice Oxfordshire and the wider health and care system. This involved reading policy documents, previous research, organisational material, and relevant academic literature, as well as speaking with colleagues to better understand the organisation's services and priorities. As the project

progressed, more of my time was spent analysing client and management data, identifying patterns, comparing these with wider evidence, and developing the argument and recommendations for my final report.

I particularly enjoyed the variety of the work: on a typical day I might move between quantitative analysis, policy research, and thinking through the practical implications of the evidence for Citizens Advice Oxfordshire. The internship also required me to manage a substantial independent project within a relatively short four-week period. I therefore developed a structured routine, setting priorities and interim deadlines while remaining flexible as new evidence or questions emerged. Regular conversations with my supervisor and other colleagues provided useful opportunities to test my thinking and helped connect my research with the organisation's day-to-day work.

Lasting Impressions

I found the internship extremely valuable, particularly because it allowed me to apply academic research and analytical skills to a live strategic question with practical implications. One of my strongest impressions was how closely problems that are often treated separately – such as debt, housing insecurity, employment difficulties, and access to benefits – can interact with health and wellbeing. The project showed me the importance of looking beyond clinical services when thinking about prevention and health inequalities.

I also gained a much better understanding of how evidence is used outside an academic setting. Rather than analysing information solely to answer a research question, I had to consider how findings could support strategic decisions, partnership development, and future commissioning. This required me to communicate complex evidence clearly and to distinguish between conclusions that could be demonstrated directly and wider impacts that were plausible but required further evaluation.

The experience strengthened my interest in research and policy work, particularly where quantitative and qualitative evidence can be combined to address social and public-policy

problems. It also confirmed that I enjoy independently managing substantial research projects and translating analysis into practical recommendations.

CRU

Hongyi Zheng, St. Edmund Hall, MEng Engineering Science, Final Year Undergraduate, hybrid

Work Projects

My work was in the area of commodities research, specifically analysis of the aluminium markets. Aside from various data cleaning and charting work, I worked on analysis of low-carbon aluminium, specifically low-carbon aluminium brands and companies. This involved research into this nascent field which can sometimes be quite opaque and greenwashed, figuring out carbon footprints, commercial interest and certifications. I summarised the most promising brands into a cogent slide for company use on several outlook and forecast resorts.

A follow-up involved synthesising various company models, trade data, and the earlier low-carbon research, to come up with informed estimates of low-carbon aluminium flows, producing previously-unknown insights into this market, another slide entering several reports. The host organisation was very supportive, with my team providing opportunities to learn and grow as best as they could in spite of the busy period, while also being protective of intern work-life balance. Externally, us interns also met friendly staff with whom we had pleasant and helpful conversations with. The onboarding and leaving processes were simple and mostly smooth.

Daily Life

In spite of some initial IT hiccups, settling in was quick and easy, involving meeting fellow interns and having meals with those in charge of us initially, and completing some online onboarding. A typical day consisted of walking 15 minutes to work as I lived close by, then a mostly balanced 9-5 workday, then after work I could do things like cook, gym or meet up with my friends.

Us interns also went for occasional drinks, both on our own as well as when there were company events, and it helped us to grow closer as well as meet different people from the office. Though remote working for a few days each week was an option, I stuck to the office as it was air-conditioned in the record summer heat and had good IT equipment. Several of us also brought packed lunches to the office and microwaves, fridges, coffee, tea, and squash were provided.

Lasting Impressions

I had several key impressions of the internship. Firstly, I did enjoy my time there, as while many colleagues would often work remotely, they were friendly and helpful both in-person and online. They were quite chill people, and this made the experience pretty chill and enjoyable overall, compared to some of what I heard from friends in other roles. But it is still meaningful work within commodities, and high-quality analysis can always be produced.

Moreover, as a starting point to move into related, more senior roles in this field, and gain good exposure, this company is a really good start. Honestly, this company has really taught me just how powerful some market models can be, especially if built up over many years and backed with vast, accurate data. It is a concept I hope to bring into future roles. Also having two monitors per desk is helpful.

What practical advice would you give to future interns?

One can get as much out of an internship as one wants.

MPhil Economics, First Year Postgraduate, hybrid

Work Projects

During my internship at CRU, a global business intelligence and consulting organisation specialising in commodities, I worked on research and analysis relating to commodity markets. My main project involved bringing together information from a range of sources, assessing the reliability and comparability of the data, and using it to develop a clearer picture of market

developments. This required me to combine quantitative analysis with a careful reading of industry reports, company announcements and relevant policy developments.

My day-to-day tasks included cleaning and organising datasets, conducting desk research, updating analytical models, and presenting findings in a concise and accessible format. I also had opportunities to contribute to internal discussions and to see how analysts turn large amounts of technical and commercial information into insights that are useful to clients. One of my main achievements was producing analysis that could be incorporated into the team's wider research. The project strengthened my ability to work independently, manage an open-ended assignment and communicate the reasoning behind my conclusions.

I received excellent support throughout the internship. My supervisor provided clear guidance at the beginning of the project, arranged regular check-ins and gave detailed feedback on both my analytical approach and presentation. Other members of the team were also generous with their time and helped me understand unfamiliar industry concepts. I was given genuine responsibility while always having someone available when I needed advice, which made the internship both challenging and very rewarding.

Daily Life

My daily routine at CRU offered a good balance between independent work and interaction with colleagues. I normally began by reviewing my priorities and checking recent market or company developments that might affect my project. Much of the day was then spent working with data, reading industry material and refining my analysis. Although these tasks required concentration, the work remained varied because I regularly moved between quantitative analysis, broader market research and preparing written or visual summaries of my findings.

Regular conversations with my supervisor helped give structure to the project. These meetings were useful opportunities to discuss progress, test my interpretation of the evidence and agree on the next steps. I also spoke with other analysts whose specialist knowledge helped me understand how different parts of a commodity market fit together. Informal conversations

were especially valuable, as they gave me a better sense of the organisation's work and the range of career paths within commodity research and consulting.

The team was welcoming from the beginning, and I quickly felt comfortable asking questions or contributing ideas. Lunches and informal conversations with colleagues made it easier to settle in and provided a pleasant break from focused project work. Outside working hours, I made an effort to maintain a clear routine and give myself time to relax. Overall, the internship gave me a realistic impression of professional life: intellectually demanding and sometimes fast paced, but also collaborative, supportive and highly engaging.

Lasting Impressions

My lasting impression of the internship is how much judgement and curiosity high-quality market analysis requires. Before joining CRU, I had expected the work to be strongly data-driven, but I learned that data is only the starting point. Analysts must understand how the figures were produced, identify gaps or inconsistencies, consider the commercial and policy context, and communicate uncertainty honestly. I particularly enjoyed this combination of quantitative work, independent research and real-world problem-solving. The experience gave me greater confidence in handling unfamiliar subject matter. At the beginning, the technical language and complexity of the commodity market could feel challenging. By the end of the internship, I was much more comfortable identifying the important questions, locating appropriate evidence and explaining my conclusions to others.

I also gained practical experience of managing a substantial project, responding constructively to feedback and adapting my work as new information became available. The internship strengthened my interest in research-led roles at the intersection of economics, data and commercial decision-making. It showed me that I enjoy work in which there is not always a single correct answer, but where careful analysis can produce a well-supported and useful conclusion.

It also confirmed that the culture of an organisation matters greatly to me: I value teams in which colleagues are intellectually rigorous while remaining approachable and willing to share

their expertise. Overall, I found the experience extremely enjoyable and worthwhile. I left with stronger analytical and communication skills, a much better understanding of commodity markets, and a clearer sense of the type of work and working environment I would like to pursue in the future.

Ahmed Diab, Brasenose College, MMath Mathematics, Third Year Undergraduate, hybrid

Work Projects

I developed a Python model to assess the managerial quality of copper mines. This entailed handling large quantities of data about each mine (e.g. the copper output, labour costs, fuel costs and more) in order to produce and compute the mines' current value. We then computed estimates of the mine value based on if their fuel efficiency, labour efficiency and output to infrastructure efficiency were at the industry standard level in order to give an idea of which mines might be appealing or unappealing acquisitions.

On the side, I also got to do some data analysis on company steel revenue data. I analysed large datasets to produce graphs in order to try and explain recent trends in the data. I then produced a compact slide deck detailing the most important findings. My final work was helping out with some data collection for another copper mine quality assessment project. This entailed using large language models to help construct a timeline of expansion projects for each copper mine. For each of these 3 projects I had a supervisor to report my progress to and who I could ask any questions.

Daily Life

For days when I was in office, I had an easy 25-minute commute via tube from the places I stayed in Kentish Town and Bethnal Green. Alternatively, the e-bikes in London were very easy to use and I took them sometimes. Most days I'd arrive between 9 and 9:30 and would sit with the rest of the interns. We would work till around 12:30 before getting some lunch as a group. I would leave the office at around 5 every day.

There were a few company events, including a quiz night and some leaver events, which I attended alongside the other interns. Much of the time outside of work was spent exploring London (as I live in Bristol). For remote working my daily schedule was very similar and I would start work at 9/9:30. I would periodically check my Teams during the day while working on my individual projects. However, anytime I was in London I would try to go and work in the office.

Lasting Impressions

I enjoyed the internship but feel like it lost a bit of steam after the 4th week. Often internships in the summer are difficult because lots of people end up going on holiday. This was especially true for me as all three of the people I was working with had holiday scheduled during the second half of my internship. Aside from that I found that the company environment was very friendly and the group of interns made the internship especially enjoyable.

I think I gained a lot of insight into how the corporate world works. I did not gain too much on the technical side of things as the models were not too complicated and I was not introduced to any new software. It was useful to get insight into an industry like commodities as it was not one I knew very much about. While I found the internship enjoyable, I would value slightly more technical work in the future.

MPhil in Economics, First Year Postgraduate, in person

Work Projects

I worked in the Market Data team, which managed the data infrastructure to provide supply, demand and price data for different commodities. Within this, my role was two-fold. First, I was responsible for creating code scripts that gathered data, and distilled it into information regarding how the prices and demand for baskets of commodities fluctuate across time, with the aim to connect this to the firm's own performance. Second, I was responsible for validating model outputs and ensuring that the forecasts made sense. On a different side, I was also involved in coding and implementing AI agents that evaluated how many projects were being completed and also evaluated employee performance within the Market Data team.

Daily Life

Settling in was not too difficult as I had lived in London for five years. The people I worked with were very friendly and approachable, so settling into the work environment was not difficult either. They had a fairly systematic onboarding process, which made it easy to get to grips with the workflow. Outside of work, I socialised with friends I already had that lived in London and other interns (who were also from Oxford) and played a lot of tennis.



Lasting Impressions

This was my first internship in a corporate environment, having worked previously in an academic institution. My lasting impression is related to being in a corporate environment, which was much faster paced than being in an academic environment. I did enjoy the experience and feel like I gained a better understanding on how things get done in firms and what gets prioritised. Another lasting impression especially in the current environment is related to the use and application of AI in workplace and in particular, where AI enhances and where it may detract.

ETRADING SOFTWARE

Sebastian Kurylowicz, St. John's College, MEng Engineering Science, Third Year Undergraduate, in person

Work Projects

ETS (Etrading Software) acts as the core provider of the UK bond consolidated tape, newly launched around two weeks before the internship began, which was the focus of our work. The function of it is to provide a view of all fixed-income trade in the UK jurisdiction, with an aim of improving market transparency and the quality of the data. The role itself was within the Business Analyst team – essentially a combined product and data science role. An aspect I really enjoyed was how independent the internship felt. At the beginning, our line manager gave us a list of potential areas to look at, with goals of either a) creating a path to new value-add data features on top of the core CT or b) exploratory data analysis, each with the goal of increasing data quality.

My work mostly focused on the latter, alongside a joint project with the other intern of an internal data quality dashboard for the wider team, providing a live and consolidated view of how well individual exchanges and venues are performing at reporting their trades properly. I had plenty of support within my role, with regular check-ins and meetings alongside ad-hoc chats. One thing emphasised was playing to our strengths i.e. management being very happy with wherever our work went, so long as it served the broader goal of improving data quality.

Daily Life

Most of my day would be spent on independent project work, primarily querying the bond CT database, writing Python scripts, and writing up my findings in a report form. We would normally have a morning and afternoon catch-up with our line manager to discuss how the work was going, alongside a longer weekly catch-up with the head Business Analyst on the

team. We also had meetings with other teams (primarily on internal AI tool development) and external data providers, however these were less regular.

Settling in was very smooth, in large because of how welcoming and friendly everyone was in the office. While some of the work was perhaps initially a little daunting due to lots of regulatory jargon, and a lack of familiarity with the databases, asking plenty of questions and having open discussions were encouraged, which I felt helped me to quickly become familiar with the niche of the company and therefore to effectively contribute.

To get to the office, I would take the tube/northern line. It's located centrally (just a short walk away from Bank station), making for a very accessible commute. During the internship, there were a few social events, including the firm's summer party. This was a very enjoyable day out, and involved a picnic lunch, followed by a primary school-esque sports day (my team didn't win sadly!) and then a pub social. Again, everyone is incredibly friendly, and it was great fun to chat to everyone for the day outside of a work context.

Lasting Impressions

I thoroughly enjoyed my time at the company. Beyond further developing my skills in database querying (SQL) and data analysis (Python), it was a great opportunity to collaborate with others, create deliverables with a clear commercial impact externally or genuine implementation by the company internally, and it certainly has given me a more in-depth understanding of financial markets. To me the work formed an interesting external view as to how markets operate, and I would strongly recommend it to anyone interested in the sector, alongside those already interested in data analysis or technology. The experience has confirmed that I wish to work in this sector or one similar.

MCompSci Computer Science, Second Year Undergraduate, in person

Work Projects

I got placed in the Business Analysis team within ETS and was working under the support of another Business Analyst as a mentor (who was also a former Oxford student) and the head of Business Analysis. My projects consisted of 3 parts:

1. Building an interactive live dashboard for ETS aggregated data and scoring methodology for data quality of post-trade data publishing venues (used and extended further in day-to-day business operations now).
2. A short research project into an algorithm to reverse engineer a complex type of aggregated trade type inferred from individual trade records.
3. Building a live interactive pricer and backtester for estimated mid-price, spread and implied direction for all trades in the ETS databases (will be used and extended as a project of high commercial value to the company).

I worked alongside one other intern, and my work split was approximately 50/50 individual and collaborative on a larger project. We got to present both our collaborative work and individual work at the end in a final presentation to the whole company with C-suite executives as the main audience in person. In terms of support, I had daily support whenever I required it from my mentor, and weekly feedback and catchup sessions with the head of the division. HR was also very supportive in getting me settled in and sorted with everything I needed.

Daily Life

The internship was based in ETS's City office, and working hours were approximately 9-5 but there was never any strict requirement on either having to be present in the office every day or having to stay within 9-5 exactly. It was very flexible in that regard. The office was quite comfortable to work in, with up to 40-50 employees in on a given day. From the first day to the last; everyone was very welcoming, open and proactive in coming to us as interns and talking about their work, what they do and offering further insights into their business area if we were

interested. Everyone made us feel at home. Outside of work there were quite a few socials and drinks organised by ETS, which was nice to see for the employees. Overall, I think it is a great place to work, with a very close team and a tight-knit community feel, I was always made to feel welcomed and supported.

Lasting Impressions

I am still exploring the FinTech space so getting practical experience within business analysis and getting to apply anything from software engineering to mathematics to come up with solutions was very valuable. I really enjoyed working at ETS and the people I've met have also made it a great experience. I wasn't treated as an intern but rather given genuine project work that was needed and able to be used by the company, and upon leaving I was happy that I got to deliver a substantial project that is used daily by the BA team.

I think I gained a lot of workplace skills, new connections and a huge insight into data science and financial markets within the fixed income sector, which is something that I wasn't familiar with before. This experience has confirmed that I still want to be in FinTech, and I will keep exploring similar jobs within the industry to expand my experience base.

FIDO TECH



Jieping Luo, Reuben College, MSc in Statistical Science, Final Year Postgraduate, in person

Work Projects

During my internship at FIDO Tech, I worked on the Frequency Profile Analyser, a research project supporting the company's AI-based water-leak detection services. The project analysed approximately two-second acoustic recordings collected from water-distribution networks. Its objective was to identify persistent abnormal frequency signatures that could complement existing leak predictions and provide interpretable evidence about where potential leak-related signals occurred in the spectrum. Starting from FIDO's existing deterministic Peaktern baseline, I improved the detection and tracking pipeline using short-time Fourier transforms, median

absolute deviation thresholding, DBSCAN frequency-band clustering, and one-to-one matching across repeated recordings. I also developed a gap-recovery approach for tracks affected by an isolated missed detection.

To evaluate both frequency-band recognition and boundary accuracy, I designed the Global Consistent Peak Quality metric and established a controlled development and held-out testing process. Through systematic parameter optimisation, I increased test-set GCPQ from 0.304 to 0.662, while improving recall and precision by 31.3 and 11.8 percentage points respectively. FIDO supported the project by providing access to internal acoustic data, the existing baseline and domain knowledge. Researchers and colleagues across data, product and engineering functions provided technical feedback, annotation review and guidance on operational requirements, helping me align the research with practical leak-detection needs.

Daily Life

During my internship at FIDO Tech, I followed a structured daily routine that balanced independent technical work with regular communication across the company. I usually began by reviewing the latest experimental results and setting priorities for the day, such as investigating difficult acoustic recordings, refining the frequency-detection pipeline, or evaluating a new parameter configuration. Much of my time was spent analysing short water-network recordings, examining frequency profiles, running controlled experiments and documenting the findings so that they could be reproduced and discussed with the wider team.

Although the work required sustained individual concentration, it was also highly collaborative. I regularly discussed progress and technical challenges with colleagues in the research, data, product and engineering teams. These conversations helped me understand how an experimental algorithm would be assessed not only for accuracy, but also for interpretability, reliability and practical value within FIDO's leak-detection workflow. I also received feedback on annotations, unusual recording cases and priorities for subsequent experiments.

To maintain a healthy routine, I divided longer analytical tasks into focused working sessions and took short breaks away from the screen. Outside working hours, I relaxed through walking,

exercising and spending time with friends. Overall, the internship gave me a realistic experience of balancing independent research, multidisciplinary teamwork and personal wellbeing in a professional technology environment.

Lasting Impressions

My internship at FIDO Tech left a very positive and lasting impression. I particularly appreciated the welcoming and supportive atmosphere within the team. Colleagues were approachable, willing to share their knowledge and genuinely interested in my development. They also invited me to dinners and informal social activities, which helped me settle into the company, build stronger relationships and feel included as a member of the team rather than simply as an intern. Professionally, I gained a great deal from working on a genuine industry problem with real operational constraints.

The experience strengthened my skills in signal processing, algorithm evaluation, hyperparameter optimisation and experimental design. More importantly, I learned that a successful research project must go beyond achieving strong numerical results: the methodology should be reproducible, the outputs should be interpretable, and the proposed solution should address the practical needs of product and engineering teams. Seeing my work improve the GCPQ score from 0.304 to 0.662 gave me greater confidence in my ability to conduct independent, impact-oriented research.

The internship confirmed my ambition to pursue a career in machine learning research and development. I especially enjoyed combining theoretical thinking, hands-on experimentation and cross-functional collaboration to solve a meaningful real-world problem. FIDO showed me the kind of open, collaborative and technically ambitious working environment in which I hope to develop my future career.

Saiqian Xiao, St. Catherine's College, MSc Environmental Change and Management, Final Year Postgraduate, hybrid

Work Projects



I was assigned to evaluate operational performance across multiple water-saving projects at FIDO Tech. I learned the full project operation process, from leak detection and on-site engineering to repair and validation, and how these processes and their results contribute to final reporting and overall project delivery. I was responsible for defining and developing performance indicators, using Excel and SQL to clean project databases, and designing quantitative analyses to assess operational efficiency. I worked with different databases and analytical tools, including a newly developed AI visualisation tool.

I completed three sets of analysis, benchmarked performance across different projects, and developed clear and informative visualisations to communicate operational efficiency. I also compared different datasets to identify inconsistencies and support more effective data integration and analysis in the future. My supervisor and the wider project team were highly supportive throughout my internship. They helped me understand the technical details of the water utility industry, which was completely new to me, and worked with me to investigate and resolve inconsistencies in the datasets.

Daily Life

My internship was hybrid, with two days a week spent commuting to the Bicester office. We started each day with a quick morning stand-up at 9 AM, where we reviewed our to-do lists and shared updates on project progress from on-site engineers and other stakeholders. In the morning, I usually had a separate check-in with my supervisor to discuss any questions I had

encountered, or to present the results I had developed over the previous few days. In the afternoon, I focused on data cleaning, calculating benchmarking indicators, and developing data visualisations. We also had a brief end-of-day call before 5 PM to share what we had completed and discuss any problems we had encountered.

Lasting Impressions

This was a highly technical and valuable learning experience for me. I gained extensive knowledge of the water utility industry, including its planning, day-to-day maintenance, and operational challenges, particularly during the driest summer the UK has ever experienced. I came to understand the important role that leak prevention can play when water resources are less sustainable and abundant than they have been in the past.

From a skills perspective, I was able to practise and consolidate my data analysis skills, from understanding the operational context and designing meaningful indicators aligned with the needs of the operations team, to presenting and discussing my findings. I learned that data analysis goes far beyond producing attractive charts and figures. The goal is to make results clear and actionable for project managers, both in the short term and over the longer term.

GEOPTIC

Shantanu Kale, Mansfield College, MPhys Physics, Final Year Undergraduate, in person

Work Projects

My internship was centered around producing simulations to conduct feasibility studies for multiple clients based on custom and proprietary simulation software. Being an infrastructure investigation company, this meant becoming comfortable with detector hardware and its simulated equivalent, and understanding the effects of changing its physical parameters. By closely collaborating with experts and senior management, I also got the opportunity to regularly present updates and findings to clients through a technical and scientific lens and plan future investigations based upon my findings and business needs. I also got the opportunity to

use the UK's most powerful AI supercomputer to help to train a machine learning model to increase classification efficiency over smaller data acquisition times.

Over a couple of months, I was able to create a successful model that was able to integrate the company's custom software packages with preliminary results demonstrating a reduction in acquisition time by up to 50%. Throughout my internship I was always supported and encouraged to experiment and explore the different avenues of investigation conducted by the company. By having such a knowledgeable and friendly team around me, I was able to rapidly absorb a wealth of information and apply it to projects for clients.

Daily Life

Being part of a small team immediately gave me the ability to get to know everyone really well. Sharing this experience with other interns at the company also allowed me to share experiences and updates on how I was growing at the company. Driving into work was definitely a new experience, especially with the location being in the countryside, but with amazing scenic walks around the area to explore during lunchtimes and weekly excursions to the local village shop with colleagues, really fostered a strong sense of camaraderie.



Photo attribution: Geoptic

A final celebratory pub quiz with the team was also a great night out and emphasised the value and my appreciation for the team for having the patience and motivation to push us to our best. Working from 9-5:30 was also a great learning experience as by immersing myself in my projects, I not only learned a huge amount but also enjoyed being able to investigate freely into a project I was leading.

Lasting Impressions

My goals with this internship were to explore an area of applied physics, and to be able to use the skills and knowledge I learned throughout my degree. Not only did this open my eyes to the business and commercial side of physics but also allowed me to learn a completely new area and build on my experiences so far. Working in a small team, I understood what it meant to support and encourage new colleagues into their roles and how one can take ownership and lead their own investigations in such a short amount of time.

I feel I have gained the ability not only to manage projects simultaneously, but also to relay information back to clients and senior management, collaboratively discussing the next avenues of investigation or any problems that arise along the way. I have also become more aware of how failure, or lack of results, is part of the learning process, and that even investigations reaching dead ends can still provide vast amounts of useful information to inform future studies. This has made me a more rounded person, and I am more excited and motivated to pursue a career in applied physics!

IQVIA



Sophie Marlow, Jesus College, DPhil in Cardiovascular Science (BHF), Third Year Postgraduate, hybrid

Work Projects

My eight-week internship with the IQVIA Thought Leadership Team was an enriching experience that provided valuable insight into the healthcare and life sciences sector. During the internship, I contributed to two main projects. The first involved curating a database of cardiovascular, renal and metabolic indications to support an upcoming white paper examining this therapeutic landscape. This required extensive data collection and manipulation, strengthening my Excel skills and my ability to organise and interpret complex datasets.

My second project focused on developing an outlook for obesity through to 2035. I conducted desk research and contributed to a slide deck communicating key insights and future trends. Alongside my project supervisors, I also co-authored a blog post on the topic for publication, which was a particularly rewarding opportunity to contribute to an external Thought Leadership output.

Together, these projects enabled me to develop a well-rounded skillset spanning research, data analysis, communication and presentation, all of which are transferable across a wide range of industries. Throughout my internship, I received excellent support from the Thought Leadership Team. Regular meetings with my supervisors provided guidance and constructive feedback, while wider team check-ins allowed me to learn from colleagues, discuss my progress and seek advice when needed.

Daily Life

My internship consisted of a mixture of in-person days at IQVIA's London Paddington office and remote working. I generally went into the office two days a week, although there was flexibility to attend as often as I wanted. From the beginning of the internship, I felt very welcomed by the team and quickly settled into the working environment. On office days, I enjoyed being able to work alongside other members of the team and ask questions in person. The team would often have lunch together on the roof terrace, which was a great opportunity to get to know everyone outside of our day-to-day work.

At the beginning of the internship, the other intern and I also had introductory calls with colleagues based in London, Germany and Switzerland, which quickly made us feel like a part of the team. Working from home provided a good balance alongside the office days. I usually had several meetings throughout the day, including a Friday coffee chat with the whole team, which helped make remote working feel more social. The 9–5 working hours also gave me plenty of time to enjoy summer evenings in London. One highlight was a team picnic in Regent's Park, which was a lovely way to socialise outside of work.

Lasting Impressions

I am extremely grateful for my summer internship with the Thought Leadership Team at IQVIA. It was a highly enriching experience that taught me a great deal about the pharmaceutical and healthcare sector and gave me an insight into career opportunities beyond academia. As a large organisation with teams working across many different areas, IQVIA gave me the opportunity to engage with a wide range of people and learn about their roles. Speaking with colleagues from different teams gave me a more well-rounded understanding of the company and the wider life sciences industry, while also helping me understand how the Thought Leadership Team fits into this landscape.

I particularly valued hearing about the different career paths people had taken and the experiences that had led them to their current roles. Coming from an academic background, one of my biggest takeaways was gaining exposure to the commercial side of life sciences. I enjoyed seeing how scientific knowledge and research can be applied to understand wider industry trends and address real-world questions. The experience broadened my perspective on the opportunities available after my PhD.

JUNIPER STRATEGY LTD

MSci Experimental Psychology, Final Year Undergraduate, remote

Work Projects

During my internship at Juniper Strategy, I worked across several projects covering market research, consumer analysis, concept development and location strategy. This gave me exposure to different stages of a consulting project, from gathering and analysing information through to developing recommendations and preparing client-facing presentations. One of my main projects involved the development of a café concept for a client. I looked at the foodservice market, consumer and wellness trends, competitor positioning, pricing and menu structures, and analysed international and regional concepts to identify relevant lessons. I also

contributed to thinking around the site, target customer, service model and overall concept positioning. The project required turning a large amount of research into clear implications and recommendations for the client.

On other projects, I analysed customer survey data, including differences between customer groups and store formats, and converted the results into charts and presentation slides. I received substantial support throughout the internship. We had daily calls to review progress, discuss questions and set priorities, and I received regular feedback on my analysis and slides. The team was also readily available through our WhatsApp group, which made it easy to ask questions and iterate quickly despite working remotely.

Daily Life

My internship was fully remote, so I worked from home throughout the placement. Although I initially wondered whether remote working might feel less connected, the internship had a clear structure that made it easy to stay involved with the team. We had a daily briefing call, normally discussing what I had completed the previous day, any questions or issues that had come up, and the work I would focus on next. This meant I always had clear priorities while still having a fair amount of independence in how I approached each task. We also had a WhatsApp group chat, which was particularly useful for remote working. I could ask quick questions, share updates and receive feedback without having to wait until the following day's call.

The nature of the projects also meant that my days varied considerably. I might spend part of a day researching competitors or market trends, another analysing survey or commercial data, and another working on PowerPoint slides and refining the conclusions from the analysis. One advantage of working remotely was that I was able to live with my family during the internship. This made it easier to maintain a good routine outside of work and take part in activities with family and friends. I found this particularly important when working from home, as having things planned outside of working hours helped create a clearer separation between work and personal time.

Lasting Impressions

I really enjoyed the internship and gained considerably more from it than I expected, particularly because I had relatively little knowledge of the hospitality sector beforehand. One of my main takeaways was how varied consulting can be. Projects involved a combination of consumer behaviour, market research, commercial analysis, location strategy, branding and concept development, so even projects within the same sector could involve very different questions. A particularly positive part of the experience was the team at Juniper. The people I worked with were extremely supportive and generous with their time.



They took the time to explain the broader context of each project, what the client was trying to achieve, and how my work contributed to the overall recommendation. They were also very good at giving clear direction while still allowing me to work independently. I received regular feedback throughout the internship, and everyone I worked with was approachable, patient and genuinely pleasant to work with. The internship also strengthened my interest in consulting and strategy work. I particularly enjoyed taking a large amount of information and turning it into a clear recommendation for a client.

What practical advice would you give to future interns?

My main advice would be to explore areas that you think might be interesting, even if you have little previous experience in them. An internship is a good opportunity to try different types of work before deciding what you want to specialise in. I knew relatively little about hospitality before joining Juniper, but I found that I genuinely enjoyed the sector. I would also recommend asking questions and sharing work in progress rather than waiting until something feels

completely finished. Consulting projects can move quickly, and early feedback can prevent you from spending too much time taking analysis in the wrong direction.

Finally, I think it is important to have activities outside of work, especially during a remote internship. Working and relaxing in the same place can make it difficult to switch off at the end of the day. Having plans with family or friends, exercising, or simply getting out of the house helped me maintain a clear routine and made the remote-working experience much more enjoyable.

LEAD EXEC GLOBAL

BA Philosophy and Italian, Second Year Undergraduate, hybrid

Work Projects

During my internship at LEAD Exec Global, an executive search start-up, I worked as an Analyst and was the sole intern within the firm. My role gave me exposure to a range of live executive search assignments across sectors including consulting, private equity and professional services. A significant part of my work involved market mapping and research, where I identified relevant companies and senior professionals, assessed potential candidates, and helped build target lists for C-suite and other leadership appointments. Alongside candidate research, I produced market insight reports for both internal and client-facing purposes. These involved analysing sectors, identifying relevant trends and presenting information that could support existing search mandates as well as wider business development.

I also became involved in the coordination of searches, including candidate outreach, arranging meetings and maintaining communication with candidates and clients throughout different stages of the process. One of the most valuable aspects of the internship was being able to attend client meetings and contribute to discussions and feedback on live projects. As a small firm, LEAD Exec Global gave me considerable exposure to senior colleagues, who provided guidance on my research, reports and communication while also giving me increasing independence as I became more confident in the role.

Daily Life

I worked five days a week during the internship through a hybrid structure. I was in the office three days each week and worked remotely on Mondays and Fridays. I found this balance particularly useful because the office days allowed me to work closely with the team and be involved in conversations surrounding live searches, while the remote days gave me longer periods of focused time for research.

My day would normally begin by reviewing the priorities across the searches I was supporting and identifying the research, outreach or coordination that needed to be completed. Depending on the stage of a project, I might spend part of the day researching a particular market, identifying senior candidates and reviewing their experience, before moving on to updating search information, preparing reports or contacting candidates. Other days involved organising meetings or joining discussions with the team and clients about the progress of a search.

Working in a start-up also meant that my days were varied and priorities could change quickly depending on client requirements or developments within a search. I enjoyed this because I was able to see several aspects of the executive search process rather than being restricted to one repetitive task. On my work-from-home days, I tried to maintain the same routine and working hours as my office days, while using the lack of a commute to have a more relaxed start and end to the day.

Lasting Impressions

One of my strongest lasting impressions from the internship was how much I enjoyed working within a small team. Everyone at LEAD Exec Global was extremely approachable and friendly, which made it very easy to settle into the company and feel comfortable asking questions, contributing ideas and getting involved in different areas of the business. Because the team was relatively small, I was able to work closely with colleagues at different levels of seniority and gain exposure to conversations and decisions that I might not have experienced in a larger organisation.

I also felt that I learnt a significant amount simply through being around the team and clients and observing how they worked. There was a real element of learning through osmosis through both listening to conversations about clients and attending client meetings, and this helped me build a much stronger commercial understanding of executive search and professional services. The experience confirmed that I enjoy working in smaller, collaborative environments where there is plenty of responsibility, exposure and opportunity to learn from the people around me. I came away from the internship having developed both professionally and personally, and with a much clearer idea of the type of working environment I enjoy. I had a genuinely positive experience at LEAD Exec Global and would be very happy to work there again in the future.

MORGAN SPORTS LAW LIMITED

BA Jurisprudence, Final Year Undergraduate, in person

Work Projects

The internship was at a sports law firm. Most of the tasks were assisting the lawyers based on live matters. We would often research points of law or policy depending on the sporting body, based on what the lawyers needed to know. In addition to that, we had a main research task that was graded and feedback was provided. The support was good. While it was a small firm, it was informal in that you could go up to any of the partners or associates, and they would help you if you needed it.



Daily Life

I stayed at an Airbnb in London as the location was in the city and I would walk to my internship. Everyone in the office was pleasant, we had social events during my time there and I

also socialised with the other intern. In my down time outside of work, I did things around London with friends from university who lived there.

Lasting Impressions

I quite enjoyed the experience. It was a good introduction to the corporate world in the UK. It was a fairly well-organised internship that gave you a realistic glimpse of what it would be like to work at the firm. I did feel that I gained a better understanding of what working at a law firm would be like. I also gained some awareness of my skills regarding legal research and general office dynamics, which will allow me to improve for my next internship. It has confirmed that a corporate-style job is what I want and that London is the city I would like to live in.

OXED & ASSESSMENT LTD



Marian Licheri Hougaard, Kellogg College, MSc Education (Education and Child Development), Final Year Postgraduate, remote

Work Projects

I completed a summer internship at OxEd & Assessment Ltd, a University of Oxford spin-out that takes the reading and language research of Professors Charles Hulme and Maggie Snowling into school systems, and which developed the Nuffield Early Language Intervention (NELI). My placement supported the communications strand of Programa NELI in Paraguay: a large-scale randomised controlled trial delivered with the Ministry of Education and Sciences under the PROCAD framework, and the first adaptation of NELI to a bilingual Latin American context.

Working alongside the researchers leading the trial, I developed dissemination materials that translated empirical evidence for policy and practice audiences, and identified the key audiences and channels needed to build the programme's visibility in South America. My principal output was an impact brief on the Paraguay programme, setting out the legal, institutional and curricular context, a technical summary of the trial, and headline findings, produced in Spanish for ministry and partner audiences. I received a structured induction,

weekly supervision against agreed objectives, and regular contact with the research team. The role was fully remote with flexible hours, which allowed me to balance the placement alongside my dissertation.

Daily Life

Working from home meant the structure had to come from me rather than an office, so I kept fixed hours and a consistent routine: mornings for focused drafting and research, afternoons for meetings, emails and revisions. The Paraguay team is several hours behind the UK, so late afternoons became the natural window for calls, and I used the earlier part of the day for work that did not depend on anyone else. The flexibility was genuinely valuable. I was writing my dissertation over the same period, and being able to move hours across the week let me protect study time without falling behind. I agreed this with my supervisor from the outset.

Lasting Impressions

I enjoyed the internship a great deal. What has stayed with me most is seeing how quickly rigorous research can reach children at scale when it is paired with the right institutional partnership. Before joining, I had not appreciated how far OxEd's work had already travelled in South America, and working on the Paraguay programme showed me what it takes for an intervention developed in one context, to be adapted, tested and delivered in another. I gained a clearer sense of the craft involved in evidence translation. Communicating trial findings to a ministry, to teachers and to a wider public are three different tasks, and the framing matters as much as the findings themselves.

Working in Spanish for Latin American audiences, on a programme adapted to a bilingual context, also brought together the two strands of my own background more directly than any previous role. The experience has confirmed rather than changed my ambitions. I came to Oxford from communication roles in education and early childhood policy, wanting to understand the evidence I had been communicating. This internship showed me that the space between research and policy is where I want to build my career, and that I am well suited to working in it.

BA History, Second Year Undergraduate, remote

Work Projects

At OxEd and Assessment I created content for use in a reading comprehension assessment and mapped out the sequence of a pre-existing language intervention. My main task was to write 12 new passages and related reading comprehension questions tailored for students in years 6-9. For this task I researched and presented non-fiction topics, whether historical or contemporary, in an impartial and accessible manner for students. I also wrote a number of short fiction texts with varied and age-appropriate topics. All my passages were edited with the help of my supervisor and questions were repeatedly revised to be as clear as possible, giving students the best opportunity to do well on the test.

I also categorised all my questions and approximately 140 questions written by my supervisor for different texts into seven different kinds of inference. This required close critical reading and discussion with my supervisor when we disagreed on the kind of inference required. My texts and questions will be used by the company in a future test. My other task, mapping out a previous language intervention, required analysing the materials of this intervention and producing a document detailing the progression of complexity throughout the programme.

Daily Life

I worked remotely throughout the six weeks of my internship. Generally, I began my working day at around 9.30am and would start by checking emails to see if I'd been assigned any new tasks. On Mondays at 10am I had meetings with the Product Development team, which I was part of. I then worked on my tasks until around 1pm before taking a break for lunch. After lunch I worked until 5pm. The majority of my tasks did not have especially tight deadlines and my supervision was relaxed, meaning that on certain days I was able to start work later or finish earlier if I was ahead of schedule.

I also found it useful to do work outside of my home, and several times a week went into either a nearby town or city in order to work in a library or café. This also meant I could go to the gym some mornings before starting work, which I found helped with focus. At the weekends and in

the evenings, I saw friends from time to time. I had less time to wind down than I ideally would, as I had a lot of preparatory work to do over the summer for final year.

Lasting Impressions

I enjoyed my internship and feel that I gained precision and directness in my writing as a result of writing for younger audiences and in a test format. The experience has not drastically changed my career ambitions, as I do not feel that I would be a good fit for a long-term role in the educational assessment industry. Though I do think that I have broadened my horizons regarding careers as a result of working in a field unrelated to my degree. I am now less wedded to the idea of working exclusively in fields related to history (heritage etc) and feel that I would also be suited for jobs related to writing or editing.

Having pursued fiction writing as a hobby for the last few years, I was surprised to find that I also enjoyed commercial writing. The internship has also confirmed that I would prefer to work in an in-person or hybrid environment, as I found that remote working made keeping a consistent routine challenging. There was also less opportunity for professional connection than would have been the case in-person.

OXFORDSHIRE COUNTY COUNCIL



Benjamin Phillips, Harris Manchester College, BA English Language and Literature, First Year Undergraduate, hybrid

Work Projects

I was treated as a Junior Officer and given a workload in the rail team of the council. This included desk-based projects such as writing responses to government policy (like a high-level response to Heathrow expansion, which became very politically complicated and required me to convene lots of senior stakeholders), research (into new stations, train routes, development plans) and admin (taking minutes, editing/proofing documents). A large amount of time was spent away from the desk, in meetings with different stakeholders (such as with the University

at the Schwarzman), with train operating companies in Reading and Swindon, or with on-site visits around Oxford, Cowley and Henley.



Lots of this work was about visibility, so for the 'tasks and achievements', just showing up and being a positive presence, shaking hands, making the council's voice heard with different stakeholders, was as important as any tangible delivery. The biggest whole tasks I completed was the aforementioned policy response, some complicated timetabling research, and a full proofing of a 100+ page policy document.

Daily Life

There was a group of 5 of us Oxford University interns and another intern from another university, along with lots of friendly early careers colleagues including Oxford/Internship Programme alumni. Different away days, site visits and socials were organised, which I was also given the opportunity to help arrange. The hybrid nature of the job meant I was trusted and given autonomy, but the social side meant that I could always go into the office and see someone whenever I wanted to. I was also grateful to be working in the centre of Oxford, with accommodation secured.

Lasting Impressions

I had a great experience. I was taken seriously, given a challenging workload, but supported throughout. It had difficult and dull moments – but this is only because it was a realistic experience of local government! Most days there was one high-level stakeholder meeting or another, and at least once a week I was out on a site away from the office.

I gained a really diverse experience of working in local government at a crucial time, with local government reorganisation announced (and then rescinded) during my tenure, a new prime

minister, and devolution workings. It was a brilliant opportunity to build on my prior work experience pre-Oxford, build a wide network of new contacts, and to see the range of careers in the rail sector. It hasn't confirmed my career ambitions, I would say rather it has unlocked them.

BA Geography, Final Year Undergraduate, hybrid

Work Projects

My main task has been updating the Travel Plan Guidance issued by the council. The current guidance was last updated in 2014, so is in need of an update. I first conducted a literature review of other councils' Travel Plan guidance, using this to suggest how OCC (Oxfordshire County Council) can most effectively update their guidance. Beyond this main project, I have had opportunities to get involved across various areas of the council. Intern site visits were arranged to visit the Oxford Bus Company depot, air quality monitoring in Henley, Cowley Branch Line stations, Oxford Greenways project, Heyford Park housing development, and Pye Homes estate in Radley and Banbury to see the plans for the station upgrade.

My placement has been extended, and I am now working with the School Travel Plans team to develop a balance bike training course, updating the Better Travel website, working on the Banbury station masterplan, and reviewing travel plans as they are submitted to the council. I started my internship alongside 4 other interns from the University, and while we worked in our separate teams, efforts were made to provide us with opportunities across the council.

Daily Life

I lived in Oxford for the duration of the internship, and it was my first experience of renting privately having been in college accommodation for the duration of my degree. I really enjoyed the experience of living in Oxford while working a set 9-5 without the mental load of revision / coursework / essays interrupting my evening once I had finished work. I chose to travel into the office every day, though most people only tended to go in once a week.

I found this was a great way of getting to know people beyond my immediate team and to integrate better into the council beyond my internship. Several of my friends were still in Oxford, so I met up with them often, as well as attending and volunteering at St Aldates Church, and joining a band with my landlord. I also took the opportunity to explore more of Oxfordshire and the Cotswolds, as I had more time during weekends than I'd had while studying for my degree.

Lasting Impressions

I've really enjoyed the internship, it has confirmed my desire to work in this sector, and I am really grateful for the opportunity to learn and understand more about how the council's planning system works. I feel more optimistic as I look for graduate roles now that I have the necessary work experience to propel me into a career in urban and transport planning.

What practical advice would you give to future interns?

I applied for this internship on the evening before my first exam – I so nearly didn't but am obviously so thankful that I did! So, my advice would be to just apply.

OXFORD INTERNATIONAL STUDY ABROAD PROGRAMME

BA Classics, Third Year Undergraduate, in person

Work Projects

The project was directed at managing a group of 35-70 international students through a curated course and cultural trips in the vicinity of Oxford. It was a great experience for meeting students from new environments, and a good social outlet as the students on this course were university age. The students completed routine educational activities and attended lectures at which I was also present. The host was very clear on what was expected and how to conduct ourselves for the duration of the course. The course also included cultural insights from

museums in Oxford, a personal interest of mine, alongside managing the logistics of trips to Windsor Castle and London.

Daily Life

The internship began with a check-in day which provided plenty of time for meeting the rest of the team and the host. It was easy to settle in as the team was small and communicated well, with the host providing clearly delineated roles. A typical day included managing the students through breakfast and a morning class, and either a cultural immersion or a business management session, before taking them for lunch. The meals were a good chance to provide social support and make sure the students were comfortable. The afternoons consisted of sport and cultural trips around Oxford, which was a fulfilling and relatively relaxed time. The evenings were usually free but provided opportunities for punting and the like.

Lasting Impressions

On the whole, the experience was an enjoyable one. Meeting international students is always a fun time and having the responsibility for making students feel comfortable away from home is rewarding. Working with students is always rewarding and does factor into my future plans for careers. I don't feel that this internship was revolutionary, but it was still worthwhile.

What practical advice would you give to future interns?

Make sure to communicate clearly with the host as early as possible to confirm dates and duties – everything runs smoothly from there.

PICKER

Annabelle Wortsman, Wadham College, BA Human Sciences, Second Year Undergraduate, hybrid

Work Projects

I worked as a Policy and Public Affairs intern at Picker (a health and social care charity) for two months. The internship mainly consisted of two big independent projects. The first one was a research-based project where I conducted a literature review of the history of patient voice in the NHS in England. This was then written up as an article for publication. The second project involved creating a digital archive of all of Picker's previous policy-related reports and documents since it was founded in the UK in 2000. This meant lots of digging through network drives and summarising long reports.

Aside from these two main projects, I attended regular stakeholder meetings with MPs and other charities and think tanks in the healthcare space. I found that I had some spare capacity over the two months, so I got involved in other parts of Picker, including their learning and development programmes. As part of this I reviewed new Picker courses, centred on teaching healthcare professionals how to deliver person-centred care and emphasising skills such as empathy, active listening and communication. I also helped conduct literature reviews for articles on urgent and emergency care, and socioeconomic inequality.

At the end of the two months, this culminated into a virtual presentation where I presented my work and research to my line manager, the CEO and the Chief Research Officer. Whilst these projects were for the most part independent, I received lots of support from Picker. I had weekly check-in meetings with my line manager where we would discuss my progress on the projects and how I was doing in the internship. Picker also connected me with people who could help direct and inform my research.

Daily Life

This internship was a flexible hybrid set-up where I could go into the office in Oxford or work from home as I wished. However, the majority of the company worked remotely, including my line manager and most of the people I had meetings with. As I was based in Oxford over the summer, I would typically go into the office 3 days a week and work from home twice a week (although this varied week by week). Regardless of whether I went into the office, I was expected to work 7.5 hours each day. The core hours, when I had to be online, were between 10am and 4pm, and I could choose to start earlier or finish later.

On days when I went into the office, I would typically bike to the office, log on and have a natter with my co-workers. There are a small group of people who go into the office regularly and they are very friendly, so it is very easy to make friends and get to know everyone quickly. They also organise office pub socials, lunches paid for by Picker and have online activities such as quizzes, which are fun to join to get to know other people at Picker. The office is near a huge Tesco's which is handy for lunch and sometimes I would walk there with a co-worker.

Upon starting the internship, Picker assigned me with a buddy who was there if I had any questions about settling-in or how things worked, which was super lovely. Regardless of whether I worked from home or in the office, I would typically finish work at around 5pm and then go on a run or see friends who were also still in Oxford in the evenings. When working remotely, I found it useful to work in a cafe or a library in Oxford to help me focus. Sometimes I would do some exercise during my lunch break or see a friend for a quick coffee.

Lasting Impressions

I did enjoy the internship, especially the stakeholder meetings which gave me a large insight into the world of policy and healthcare. I learnt a lot about how the NHS works and how the UK government creates healthcare legislation. This made me realise that policymakers often take a birds-eye view to solve problems, whereas I am more interested in the local perspective, which has led me to alter my career ambitions towards work which involves more tangible and fast rewards and local engagements.

It also made me realise that I enjoy work that is collaborative and fast-paced, something which I felt these projects were slightly lacking. However, I am very grateful for the support that Picker and my colleagues gave throughout the internship, to make sure that I enjoyed it and that it was a meaningful experience for me.

What practical advice would you give to future interns?

Be enthusiastic and ask lots of questions! It is a small company with a very friendly atmosphere; however, as the majority of the company works remotely, you may need to be proactive in asking for help, or for more or less work. Due to the remote set up, I found that it is not always easy for my line manager and I to gauge how much work was achievable for me, which led to some weeks where I was super busy and others where it was quite empty. To avoid this, I would advise future interns to proactively schedule and plan out their time and communicate their capacity.

PRAGMATIX ADVISORY LIMITED



MPhysPhil Physics and Philosophy, Third Year Undergraduate, remote

Work Projects

I completed two research projects in partnership with another intern. Both projects examined a current political and economic topic. This work involved data analysis in Excel as well as a literature review. Alongside this, I had about 10 training sessions such as learning Excel tools and mapping software. I also provided administrative support to client projects: sending emails, organising the meeting calendar, and taking notes. At the end of the internship, I presented my research to the company and answered questions. I felt very supported throughout the internship and always felt like there was someone I could ask for help.

Daily Life

Working from home, I logged on in the morning and started with a whole team meeting. I then worked independently or with the other intern unless we had meetings. I took a short break to move around approximately every hour as advised. At lunchtime, I sat in the garden to get some fresh air. After work ended at 5pm, there was still time to go out for the day, so I often went for a walk. I was lucky that I could dedicate a room to working, which meant that although I was working from home, there was still a work-life separation.

Lasting Impressions

I enjoyed it and felt that I learned a lot. I found the internship complemented what I had done in the past, but I also had the opportunity to try new things. I think the experience has given me a strong background in quantitative policy-based research. It was great to work with some of the external clients, as it showed me a new side to the industry that I hadn't seen before. This internship has confirmed that I would like to work in a similar industry in the future.

SCRUMCONNECT CONSULTING

Grace Olivia Greaves, Pembroke College, BA Modern Languages (Beginners' Italian and Spanish), Second Year Undergraduate, hybrid

Work Projects

As a Marketing Campaign Intern for a B2B technology and AI consulting company, I was tasked with working on a project about Workday ERP in the private sector. This was my first experience of commercial B2B marketing, and I received brilliant support from the marketing team and wider organisation as I delved into a new sector and industry I had never explored before. I researched, pitched, planned and wrote a commercial B2B whitepaper which is now published on the website. I designed the whitepaper layout and the landing page for the website, working closely with the Digital Marketing Manager.

I then worked on a social media LinkedIn campaign promoting the whitepaper, which involved planning and working on graphic design. I also helped to create a set of graphics and a design theme for an upcoming webinar series, learning about webinar marketing promotion, as well as email marketing promotion and analytics. I am thankful for the support I received in learning new things about the technology consulting industry and the world of business technology marketing. I thoroughly enjoyed the 10 weeks of this internship and feel it has given me a brilliant understanding of marketing, which I am keen to explore further as my career path progresses.

Daily Life



This internship was hybrid, with one day a week in the office and four days working remotely. I found it was easy to settle into the routine of coming into the office once a week as all permanent staff working with the organisation have the same routine. It was a nice break in the week to come down and catch up with co-workers, arrange in-person meetings and go out for lunch together. As I live in Manchester and the internship was based in London, I travelled down the night before (after work on a Monday) and then came back after a day in the office on Tuesday. This worked well for me as it was more flexible, meaning I could still be based in Manchester most of the week with my family.

When I came down to the office in London, I made a conscious effort to meet up with friends to relax and wind down during a busy week. It was difficult working from home at times because of the heat and getting into a routine, but I think it worked really well. I managed to get into a good routine, and it was easy to schedule meetings with co-workers in different countries too.

Lasting Impressions

I thoroughly enjoyed my experience of the internship and feel I learnt a lot about an industry I am keen to pursue further. I gained practical experience using platforms, and getting used to office life both remotely and in person. I enjoyed the culture of the workplace and the company, as well as the work I was set. It was very enriching to have my own project to work on and to receive feedback from other members of the organisation.

I learned a lot and it is wonderful to have a tangible project I can look back on and show to future employers as evidence of the work I have completed, and the things I learnt. This experience has further confirmed my desire to go into marketing and to keep pursuing opportunities that are beneficial for both my professional and personal development as I move into my career and think about life after Oxford.

SOLDIERS OF OXFORDSHIRE MUSEUM

Lauren Bates, Trinity College, BA History, Final Year Undergraduate, in person

Work Projects

During my internship at the Soldiers of Oxfordshire Museum, I gained valuable experience across collections management, public engagement, exhibitions, and museum operations. My main responsibilities included researching and curating exhibition displays, supporting volunteer training on the MODES collections database, accessioning new donations, managing front desk operations, and assisting with public events and educational activities. My most significant achievements were leading the research and development of two exhibition displays: one exploring the history and significance of postcards and another focusing on Arnhem 1944. These projects allowed me to strengthen my skills in historical research, object interpretation, and exhibition design while contributing directly to the museum's public programme.

I also assisted with the installation of an external loan display and collaborated on object handling sessions at Blenheim Palace, helping visitors engage more closely with military history. A particularly rewarding aspect of the internship was planning and leading children's summer craft workshops. While developing activities linked to the museum's Lee Miller exhibition, I recognised that hands-on creativity could provide an accessible and engaging route into historical learning. Activities such as building cardboard cameras encouraged young visitors to connect with the exhibition in an imaginative way.

The host organisation provided excellent support throughout the placement through regular guidance from museum staff, opportunities to take on increasing responsibility, training in collections management systems, and involvement in a wide range of curatorial, educational, and public-facing activities. This support enabled me to develop both professionally and personally while gaining a comprehensive understanding of museum practice.

Daily Life

My internship was an in-person placement, and although I was initially nervous about living alone and starting in a new environment, I quickly settled in thanks to the welcoming and supportive atmosphere at the museum. I travelled to work each day by bus, which helped me become familiar with the local area and establish a routine. A particularly enjoyable aspect of daily life at the internship was getting to know my colleagues and the museum's volunteers. I appreciated the opportunities to chat with them throughout the day, whether while working on projects, preparing exhibitions, or carrying out front desk duties. These conversations helped me feel part of the team and provided valuable insights into different aspects of museum work.

Outside of work, I enjoyed exploring Oxford and its surrounding areas. As I was not living in the city centre, I had the chance to discover parts of Oxford that I might not otherwise have visited, including Shotover Country Park. Spending time exploring the city and local countryside helped me make the most of my time outside work and contributed to an enjoyable and rewarding internship experience.

Lasting Impressions

I thoroughly enjoyed my internship and feel that I gained a great deal from the experience. Although I had previous experience in the museum and heritage sector, this placement reinforced my confidence that this is the career path I want to pursue. The opportunity to work across exhibitions, collections management, public engagement, and front-of-house operations gave me a much broader understanding of museum practice, and the variety of roles involved.

One of the most valuable aspects of the internship was the chance to take on meaningful responsibility, particularly through researching and curating exhibitions and leading educational activities. These experiences allowed me to develop new skills while building confidence in those I had already acquired.

The internship also gave me valuable experience of working in a professional office environment as part of a supportive team. I particularly enjoyed collaborating with staff and volunteers and contributing to projects that had a direct impact on visitors. Overall, the placement was both rewarding and enjoyable, and it has confirmed my ambition to build a long-term career in the museum and heritage sector.

STOCKHOLM ENVIRONMENT INSTITUTE, OXFORD CENTRE (SEI)



Phoebe Smith, Balliol College, MBiol Biology, Final Year Undergraduate, hybrid

Work Projects

Throughout the internship, I developed and curated content for weADAPT, the Stockholm Environment Institute's (SEI's) knowledge platform on climate adaptation. I improved platform functionality for users and partners, identified gaps in the knowledge base on the platform, and added content related to these areas. Primarily, I strengthened the Nature-based Solutions theme by adding summaries of relevant policy reports and grey literature which I found online, from sources including IIED, IISD, WWF, the Foreign Office and other government departments.

I also focused on climate adaptation across Small Island Developing States to add to the small islands theme on the site. I identified sub-themes to allow easy categorisation of the 70+ articles within the small islands theme. Additionally, I analysed findings from a survey of ~180 weADAPT users and partners conducted by the Oxford team to identify insights for the platform, pulling out key themes and quotes from users, which will be included as part of weADAPT's 20th anniversary impact review.

The host organisation was very supportive. I was in SEI's Oxford office for two days a week and had online meetings in between, which allowed me to effectively communicate with my managers Alice and Sukaina, and the wider SEI team. I appreciated having written instructions after team meetings as this meant I could fully concentrate during the meetings and Alice also broke tasks down clearly so I understood each one and could complete them in turn.

Daily Life

My internship with SEI was hybrid. For in-person days (twice a week), I was based at SEI's office in Osney and was able to walk there from my college accommodation. On these days, I had lunch with the rest of the SEI team and mainly worked alongside my line manager Alice, and also met with the rest of the weADAPT team for meetings throughout the week. All of the SEI team were very friendly and helped me settle in quickly. It was also very interesting discussing their own research areas within climate adaptation, for example adaptation in the mountains and Disaster Risk Reduction. For remote days, I worked from the Life and Mind building, where I had just completed my Master's research project during my final year at university. Whilst working remotely, I mainly spent time with my research group: the Nature-based Solutions Initiative (NbSI). I worked alongside the NbSI team in the biology department and also met with them for lunch each day. Outside of work, each week I went to the gym with a friend from my research group and also played some music with a friend at college.

Lasting Impressions

I really enjoyed the experience of interning with SEI Oxford. Throughout the placement, I appreciated the opportunity to apply my academic background (in biodiversity and nature-

based solutions) when creating resources for practitioners, researchers, and policymakers. I found this to be a rewarding experience that allowed me to develop my skills in summarising reports and communicating to a range of audiences. The internship also showed me how much environmental action depends on legal and financial frameworks, which built upon my Master's research on environmental governance and attending the IPBES-12 plenary on business and biodiversity.

This experience has confirmed my interest in a career working on environmental regulation and how this impacts business and investment decisions, either in law or policy. Since my internship, I have continued as a part-time, voluntary editor for the weADAPT platform, as I enjoyed working with the team and am very interested in the areas they are focused on. Recently, I have been able to tailor this work to my growing interest in environmental and ESG law. For instance, I have been exploring the legal mechanisms for scaling investments into nature-based solutions, and I have also found policy reports examining EU National Restoration Plans for nature, which I am preparing on WordPress for weADAPT.

SOUTH OXFORDSHIRE AND VALE OF WHITE HORSE DISTRICT COUNCILS

Madeleine May Shepherd, St. Edmund Hall, BFA Fine Art, Second Year Undergraduate, hybrid

Work Projects

The most significant piece of work I delivered was an Arts, Culture and Heritage Excel audit which detailed creative and historic activity within South and Vale. The audit was extensive, cataloguing arts organisations, heritage, archaeological sites, film/television, literature, music, traditions and historic figures. I made a template for the audit that the council can continue to use in future. I delivered a curatorial inspiration presentation to a selection of South and Vale's top curators and museum managers.

I contributed to several official documents including a performing arts grant evaluation and a value of the arts. During the placement, I was able to attend a range of planning, consultancy and arts grant application meetings, which provided essential background that was beneficial for carrying out my role. The host organisation offered style guides and checked my work to ensure it appropriately represented the council.

Daily Life

I had to develop my organisational skills for the internship, which meant determining when tasks needed to be done, getting them done in reasonable time and completing them to a high-quality standard. Once I had got into the flow of things, it became easier to split up my days and tasks based on my meetings and schedule for that week. Local government was not something I understood the inner workings of before. A co-worker on a graduate scheme, was particularly helpful in teaching us about the council, different departments, communications and the place of community arts within a complex professional network. Working within a team of people further improved my organisational skills. It meant I had to remain contactable and communicate efficiently.

It also meant that I was able to develop some really positive relationships with my co-workers, which made working together pleasant and fun too. Throughout the internship, I had used a variety of different software to work on our projects. Using Teams, calendars, Excel, and shared drives in a more professional capacity was new to me, but again, a valuable experience for any career. Communicating largely via email and Teams was a new experience – I had to keep tabs on a lively inbox and have the confidence to contact people internally and externally using well-chosen language.

Lasting Impressions

I gained a lot of useful experience from the internship, the experience was positive and my employers were extremely supportive. Although I have decided that I do not want to work in arts development, it has been a useful experience to learn about art from an administrative point of view. The internship has only confirmed my wish to enter into a practical career in the

arts, due to the fact that I was able to interact with many artists/creative industry professionals throughout the placement.

What practical advice would you give to future interns?

Using the Careers, University of Oxford online resources was especially useful for attaining my placement: their CV templates and cover letter advice was greatly informative. It is important to be relaxed and open during the interview stage, make sure to re-read your CV and job description before talking to potential employers. Getting used to the workplace environment takes a while – don't be afraid to ask questions and be honest with your employer about your placement.

Helena Landis, Christ Church, BA Music, Second Year Undergraduate, hybrid

Work Projects

I worked as the Culture and Heritage Strategy Intern in the Communities Team. This involved carrying out research and mapping of local cultural heritage assets for an audit resource that would support and inform the strategy implemented by the councils, as well as liaising directly with the external consultants responsible for this sector strategy (this was not always possible unfortunately due to delays in this development). I wrote official reports and briefs in collaboration with my line manager, such as the councils' interim report for the National Heritage Lottery Fund on their use and direction thus far for the funding they had received from this organisation. This also included a consultancy brief and funding bid for philanthropy strategy work, which gave me valuable insight into how the process of curating such projects works and how the philanthropy sector functions.

Finally, my biggest project was producing a business plan for one of the council arts centres and its café, which involved extensive research and analysis of audience, programming, and financial data and patterns. This was an entirely independent project at the end of which I produced a series of strategy recommendations, including c.20 outline project plans and individual impact and priority assessments. I presented this as a deck in my final week which I

sent, alongside a more extensive detailed document, to the appropriate council members for further consideration.

Daily Life

My internship was flexible between in-person and remote working. I did not go into the office all that much (probably 5 times in 8 weeks) due to commuting fees that could be avoided by remote working, however, my team was still very proactive in organising co-working days and field trips. The co-working days were either in the office or in central Oxford, if it was easier for whoever was available – a flexibility that I appreciated as it was much easier to get there.



We also went on a couple field trips to see the culture and heritage sites and community centres which me and the other intern were writing about or producing strategy for. This was a good experience to meet people working at these sites/organisations, and to also feel more connected to what we were advocating for. When working from home, this mostly consisted of checking-in at about 9am and working until 5pm with a lunch break. This working was often punctuated by several online meetings and check-ins, just to ensure connectivity amongst the team.

Lasting Impressions

This internship definitely provided valuable experience in learning what it was like to work in a formal 9-5 job, as well as how to work successfully within a team both online and in-person. I learnt what my strengths and weaknesses were in these kinds of positions – something which is good insight for any future positions I might have that entail a similar working structure. Having done both in-person and remote working, I can also see that I work best in and enjoy in-person environments much more – this will shape what I look for in the future.

Given that the internship was very flexible, I got a chance to work with and in many different areas of the culture and heritage sector, and this has informed my conclusions about what I would want to pursue work in. I have realised that I find bigger-picture projects much more interesting and it plays to my strengths, therefore I will continue to seek out opportunities in strategy and consultancy.

What practical advice would you give to future interns?

Don't go in with a vision or an agenda for the internship but instead try to remain open-minded. Consider every project and task as an opportunity to contribute to the organisation and your own development, not as a stepping stone to a predetermined goal.

BA History, Final Year Undergraduate, hybrid

Work Projects

It was a rewarding foray into local government reorganisation which exposed me to a wide range of teams, most notably Data and Corporate Delivery. Within these teams I contributed to project management and workstream disaggregation, gaining vital insight into the amount of planning, coordination and collaboration required to deliver a programme of this scale. Particular highlights include helping to plan a 200-person senior leadership event in only two weeks, tracking responses to the 3UA LGR decision at district, county and national level, and auditing Objective Connect to build a more detailed data catalogue and support the disaggregation process.

I received a detailed run-down of how the council functions and what support they could offer me on my first day. I also had weekly check-ins with the manager of the internship programme, who put me in contact with the two other summer interns and the members of the council's graduate programme. In addition, I appreciated the one-to-one introductory meetings I had with each member of the teams I worked with, as they allowed me to ask questions and get to know my coworkers better.

Daily Life

I stayed in an Airbnb in Littlemore. My work was hybrid – I travelled to Abingdon by bus on in-person days but otherwise worked online. Outside of work I met up with friends doing internships in Oxford and made the most of the Oxford libraries for thesis work. I also met with participants in the councils' graduate scheme and got drinks with them after work a few times. Settling in was occasionally difficult because of the hybrid working environment. Commuting to work was challenging because the bus journeys to Abingdon were quite long (an hour), and I was trying to save as much money as I could.

I wasn't able to afford accommodation in either Abingdon or Oxford (where I had a few other friends). Consequently, I was often working from home in an area I was unfamiliar with. However, the councils were very supportive and informed me of a number of social events they held each week, plus all my coworkers were lovely. I also made a point of meeting up with my university friends every weekend, ensuring my social life remained rich.

Lasting Impressions

I gained a lot from this internship; for example, I developed a much stronger understanding of the LGR process, including both its timeline and its challenges. I improved my confidence using tools such as Excel, Teams, Power BI and Objective Connect. Beyond technical skills, I gained a better understanding of team structures, project management approaches, and the practical realities of disaggregation.

I enjoyed peeking behind the curtain and seeing the amount of planning, coordination and collaboration was required to deliver the LGR programme. Perhaps most importantly, I enjoyed meeting people from across the county and hearing about the different roles they play in delivering services and supporting residents. In terms of my long-term career ambitions, it has reinforced my interest in the public sector and equipped me with a number of useful skills.

TNG TECHNOLOGY CONSULTING UK LTD



Illia Zhuravok, Merton College, MMathCompSci, Second Year Undergraduate, hybrid

Work Projects

I have worked, as part of a small R&D team, on a LLM benchmarking project, modifying and adapting the tools they already had at the company to fit the newly posed questions by my supervisor. In particular, we made a robust profile system which allows us to inject arbitrary tools like MCP servers into existing benchmark problem containers and compare how they affect the result. In addition to that, I also worked on two internal projects: an open-source AI agent sandbox and another which I cannot disclose. TNG provided me with a laptop, peripherals, a monitor, as well as any software licences and a Claude subscription for my time working here.

Daily Life

Since I happened to live in Oxford at the time of my internship, I'd usually just walk to the office. When the weather was bad, I would just sit in my room with my work laptop.

Lasting Impressions

The experience was fun, since I was working with a team of nice people and running experiments with interesting results. So, I can't say I didn't enjoy it, but it did present me with the unfortunate modern landscape of software development, where the work now mainly involves telling AI to do everything, and then sitting in 50 billion meetings discussing "architecture" and whatnot, which involves a lot less problem solving than I would have hoped for. In the few times where actually thinking and figuring things out was required, though, it was really good.

MCompSci Computer Science, Second Year Undergraduate, hybrid

Work Projects

Over the course of my internship, I was responsible for maintaining and extending an internal software tool for organising fortnightly training days. These training days included talks and workshops, largely technical but sometimes oriented around soft skills. Along with the other employees, I got to partake in these training days, not only extending my skillset with valuable insights about agentic coding, version control, and security, but also experiencing firsthand the impact of the software tooling I was working on. I worked mainly with Java, TypeScript, and React, and utilised developer tools such as IntelliJ, OpenCode, and Docker.

I developed and delivered new features across the Atlassian plugin I was working on, contributing to a live monitor feature which was displayed in the office, and migrating the backend to UTC time. I also diagnosed and resolved existing bugs and technical issues, and performed vulnerability mitigation where needed. I benefited greatly from the extensive support available at the company, knowing I could ask questions I had to my supervisors, my allocated buddy through the internal buddy system, and more generally to my colleagues in the office. In my first week of the internship, I also received extensive onboarding advice and software engineering training.

Daily Life

After a week of onboarding at the company's headquarters in Munich, the remainder of my internship was conducted largely remotely from my home in London, with weekly visits to the office in Oxford. I fell into a routine quite quickly, and I believe the experience of working at a consulting firm has strengthened my time management skills. In my lunch breaks I would often go for a walk or read, and in the evenings, I would go for a run to keep up with exercise. While working from home was less socially engaging than working from the office, I was able to spend time with my family instead of commuting.

On the days I spent in the office, which were typically Fridays, I commuted to Oxford by either rail or coach. There I enjoyed the comforts of a quiet office close to the city centre, and a welcoming community of like-minded professionals. We would always eat lunch together and talk about our respective projects or hobbies such as gardening, drones, and 3D printing. We would also tune in to the company news together, where alongside promotions and employee anniversaries, I got valuable insight into the workings of the industry and the impact of our projects on clients.

Lasting Impressions

I greatly enjoyed my internship, and I would definitely recommend it for future interns. I feel I have gained a lot professionally from working in a flat management structure and interacting with colleagues from all levels of the company. I also feel I have improved my skills around software engineering and the associated tooling, especially as they are applied in a corporate setting.

I would highlight the training days for giving me the opportunity to get involved in a variety of talks and workshops. The experience has confirmed my career ambitions in software development, which I still hope to pursue in the future. Working at a consulting firm has also given me insight by proxy into a number of fields where software engineering is applied, from telecommunications to the automotive industry, which I may explore in the future.

UFONIA LIMITED

DPhil Clinical Neurosciences, Third Year Postgraduate, hybrid

Work Projects

During my internship at Ufonia, I worked on AI to help the NHS triage and manage glaucoma patients. Glaucoma is a leading cause of irreversible blindness, and to cope with rising demand, care is shifting towards remote, cross-provider triage, where an eye scan taken in the community is read remotely. My research asked a question that has to be answered before that

can be trusted: is the AI actually reliable enough for real patients? My main achievements were two research papers, both submitted to top-tier AI workshops.

The first asked whether AI eye-scan readers stay reliable when the same eye is scanned on a different machine, as happens when scans move between clinics. I found the AI's decision can flip even when its overall accuracy looks unchanged, an important safety gap that standard testing misses. The second paper examined published models that predict whether glaucoma is worsening, the judgement that decides treatment.

I showed that their strong reported results largely reflect how the data was collected, not real disease signal, and I introduced a simple, reusable set of checks others can apply. Ufonia's support was excellent. My manager gave clear guidance on research direction, and the team gave me real ownership of the research work.

Daily Life

My internship was hybrid, so I split my time between working from home in the Oxford area and going into the office. This mix suited the work well. On home days, I could focus deeply on research, reading papers, analysing datasets, and writing, without interruption. On office days, I made the most of being face-to-face with the team to talk through ideas, get quick feedback, and align on decisions. I built a steady daily routine.

I would start by reviewing my priorities for the day, then block out longer stretches for coding and analysis when I needed to concentrate, and keep lighter tasks like emails and planning for the afternoon. Being able to move between quiet, focused time at home and more collaborative time in the office helped me stay productive and get the most out of each setting.

Lasting Impressions

I really enjoyed this internship and gained a great deal from it. The most valuable lesson was learning how to judge AI honestly. Both of my papers came from asking a simple question: are these impressive results real and robust in real-world deployment? Learning to evaluate that carefully and systematically is a skill I will carry into everything I do. By publishing, I contributed

methods that other researchers and clinicians can use to check whether medical AI is safe to trust before it reaches patients.

I also learned a lot from being trusted to shape the technical strategy and to reach conclusions that changed the product's direction. The experience has confirmed the direction I want my career to take. I want to keep working in clinical and medical AI, where careful research can genuinely improve patient care. It has shown me that I enjoy working where rigorous research meets real-world use, rather than either on its own. I leave clearer about my strengths, more confident in my judgement, and more motivated to continue in this field.

UNIVERSITY OF OXFORD, ASHMOLEAN MUSEUM



Rumaysaa Bint-Ziad Mannan, The Queen's College, BA History, Final Year Undergraduate, in person

Work Projects

I worked on producing materials for the Ashmolean Museum's secondary school trail, 'Global Encounters'. I researched a few specific objects that students could handle during sessions, linking them to current issues and topics to make these historical objects more relevant. I also worked through notes from student interviews to include their interests and ideas on these objects. The final product was a set of information and question sheets for students to use to engage them during handling sessions.

The host organisation was very supportive, allowing me to choose which objects I wanted to focus on from the collection of handling objects. They provided me with notes from previously held student interviews, and background information to the objects themselves where necessary. We were given a handling session ourselves, allowing us to experience being students taking part in a session.

There were pre-existing question and information sheets provided by the hosts, making my task easier as I had a skeleton to work with, which I then was able to add to. I was able to

incorporate texts and ideas from my degree into my work, allowing me to add my own opinions and influences into the final products. These will then undergo review and editing before the final products can be put into use.

Daily Life



Photo attribution: Ashmolean Museum

The first week consisted largely of getting used to the museum and meeting different people from various departments. There were lots of meetings arranged where we were able to speak with curators and members of both the Learning Department and Visitor Engagement Department. This was a good opportunity to ask questions which were helpful in allowing me to gain a better understanding of my own future career path. These meetings were also a good opportunity for me to connect with the other interns during the first few days. We were also given tours of the galleries that were related to our work.

We also had the chance to work with two school groups to see the trails happening in action and to engage with the students. The second week was more independent and consisted of researching and writing up our information and question sheets on the objects we had chosen to focus on for the 'Global Encounters' project. We were allowed to work outside of the museum too and then come together again at the end of the day to discuss our new findings and what we'd been working on during the day. This was a helpful way to end the day and have any questions answered, while allowing me to know what needed doing the next day too.

Lasting Impressions

This internship was greatly beneficial. I really appreciated being able to connect with so many different museum staff and fully understand the different jobs available in the sector. Staff were very honest about their roles, their pathways and the struggles they encountered which

made thinking about my own career choices more definitive. I also gained lots of practical knowledge on how museum exhibitions are produced, how communities can be involved, how trails and resources are produced for young people and students, and generally how museums are run. This has given me a good understanding of the sector which I hope will be helpful for future job applications.

Aside from enjoying the work, I also really enjoyed the social aspects of having an in-person internship. The staff were all very friendly, as were the other two interns I worked with. As we all had very similar interests, we were able to have lots of interesting discussions on the project and relating topics, whilst also supporting each other in our work. I enjoyed reviewing their work whilst they reviewed mine, allowing us to share ideas which could then be incorporated.

What practical advice would you give to future interns?

Connect with the other interns and share your ideas with them, and take theirs on board too. Make the most of the opportunity to speak with people from different departments – ask questions and engage to really understand their roles (and therefore what's available). I found it very helpful asking them how they got into this job, as it gave me an idea of what my own path could look like and how to plan ahead.

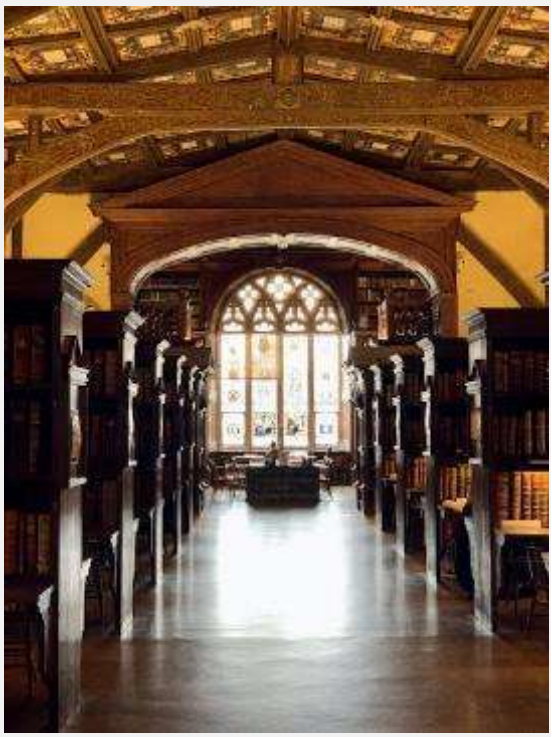
UNIVERSITY OF OXFORD, BODLEIAN LIBRARIES – RARE BOOKS

DPhil History, First Year Postgraduate, in person

Work Projects

I received a thorough introduction to the work of the Rare Books Department and to the Bodleian Libraries, and librarianship more generally. Alongside tours and attending talks and demonstrations, I also completed a number of projects, including:

1. Writing captions for books on the history of maths and science in the Rare Books Collection, for future education and outreach events. Topics included John Wallis, Stephen John Rigaud, medical statistics and bills of mortality, and editions of Euclid.
2. Cataloguing Games collections for digitisation as part of the John Johnson Ephemera Collection.
3. Cataloguing of book dust jackets for the Ephemera Collection.
4. Sorting and organising the newly established archive for the Oxford Bibliopress.
5. Introductions to cataloguing, conservation, and ephemera.



Daily Life

My daily life during this internship was very varied, as the tasks I was given (outlined above) shifted from day to day, so I did not have a distinct regular working timetable. I took some time to settle into the shared office setting, but the Rare Books team were exceptionally friendly and welcoming, so I found this to be a very easy transition (despite us all struggling with the heatwave!). As a DPhil student, I continued to spend time doing my research outside of work,

but I found my work at the internship to be very helpful in this regard, as it provided me with new sources and new ways of thinking about the history of material culture.

I walked to and from work, and spent my lunchbreaks finding the shadiest part of the city centre I could (unfortunately the shared staff lunchroom was an unpleasant environment due to the heatwave!). I enjoyed the one structured part of the day, which was the shared coffee breaks with the rest of the Rare Books team who, as I mentioned already, are an exceptionally friendly and open group of people.

Lasting Impressions

I thoroughly enjoyed my internship experience and cannot speak of it highly enough. I wanted to complete this internship to see if this was a career I would be interested in pursuing, and I feel like I received a thorough and comprehensive experience of what day-to-day work in this field would actually be like. Alongside this, I also found that this internship has enhanced my DPhil research – I have become far more aware of the Rare Books Collection, and I plan to make greater use of these collections in my research and future teaching. I am still uncertain on whether I want to pursue librarianship or academia, but I am certain that making use of rare books will be an integral part of whichever career I pursue!

I enjoyed the internship so much that I am joining the John Johnson Collection for Printed Ephemera as a volunteer for the coming academic year, as I found this work particularly varied and fulfilling, and I am hoping to use what I have learned to curate a rare books exhibit about the Royal Society at Wadham College for Robert Boyle's upcoming anniversary. I also plan to continue attending the Weston Library rare book sessions on Friday mornings when they return in September.

UNIVERSITY OF OXFORD, CAREERS

Matilda Grace White, St. Edmund Hall, BA Geography, Final Year Undergraduate, hybrid

Work Projects

I worked as a Publishing Assistant for Careers, University of Oxford, managing the production of the 2027 Guide to Careers. The internship covered multiple aspects, including communicating with advertisers, copy editing, proof reading and doing research for future publications. I really enjoyed getting to put my organisational skills to use and being able to work on my communication skills in a new environment.

My supervisor and everyone I came in contact with were very supportive, answering all my questions and guiding me on some of the more delicate and complicated parts of communicating with stakeholders. It was a lovely introduction to working in an office and I felt very comfortable.

Daily Life

The hybrid work environment was a great fit for me. On days when I was in the office, I would often get there early (7am or 8am) to get settled in. My days were varied and included proof reading documents, taking online courses, contacting potential advertisers and copy editing the alumni profiles. I'd have my lunch breaks relaxing in university parks or popping out to get ice-cream before getting to leave at around 3-4pm. Being in Oxford during the summer was a great chance to socialise, go swimming and enjoy the sites outside of term time.

On days when I was working from home, I was often working from my family home back in East Yorkshire. This was a very different environment and came with longer lie-ins and later start/end times due to the increased flexibility. This was useful in orientating my life around long-term tasks and it meant I got to spend time with family and friends too.

Lasting Impressions

I really enjoyed it. I had great fun in such a supportive environment, and I was really glad I gave office life a chance. However, it made me realise that working in an office straight away is not something I am interested in, and similarly that publishing, though interesting and enjoyable, did not stimulate me in a way that I want my career to. Therefore, while it was a lovely experience, it has greatly influenced my career ambitions.

What practical advice would you give to future interns?

Take every opportunity you can get. Be organised and just get to know people.

UNIVERSITY OF OXFORD, CENTRE FOR TEACHING AND LEARNING



MMathPhil Mathematics and Philosophy, Second Year Undergraduate, Hybrid

Work Projects

I interned across the University of Oxford's Centre for Teaching and Learning and Student Data Insights teams for 5 weeks, synthesising quantitative and qualitative secondary data (from previous reports) to analyse the experience of Black and racially minoritised undergraduate students at the University, with a focus on those who are UK domiciled. I worked in a team of 6 interns, and we were given a lot of freedom with the project. My main tasks involved getting oriented with the project and presenting to our Project Advisory Group (PAG), having meetings with stakeholders across the University, and analysing the data we had access to. Our third week was spent identifying gaps in the data, holding focus groups with fellow students and finally presenting our findings to the PAG, and producing a written report.

We had very frequent meetings, guidance and feedback with the core team. My main achievements were learning to navigate workplace meetings and how and when to get my voice heard, as well as reading reports that were quite different to the texts I encounter in my degree. I was able to speak to many colleagues about their career progressions and open-up

career paths in my own head. I was also able to practice storytelling with numerical data, charts and graphics, and of course summarising and presenting to a panel of stakeholders.

Daily Life

I worked in the office from Monday to Thursday and worked from home on Fridays. The first week involved a lot of orientation meetings where we met so many people across the different teams – everyone was extremely friendly and offered to help with different parts of our project. I immediately settled-in well and felt very comfortable with all my colleagues, especially the other interns. We got along very well and would take our lunch breaks together away from the office. We would also spend most of our time working close by, even if on separate tasks.



There was a staff picnic in our penultimate week that we were invited to take part in, which was also fun and welcoming. After work, in the hot weather, I would sometimes get a cold drink (iced chocolate!) and relax with one or two of the interns. Working remotely on Fridays, my daily routine was mostly the same, with attending meetings and going about my work. I would then often travel back home for the weekends.

Lasting Impressions

I greatly enjoyed the internship as I had a very welcoming and friendly team, particularly with the other interns. I feel like I gained a lot from the experience, especially as it was introspective to my own experience at Oxford so far. However, it also equipped me with a lot of professional skills that I am grateful for, such as navigating an office workspace and meetings, and producing a report of findings for committees. The experience has somewhat changed my career ambitions in that it has opened up more possibilities for consideration – I am greatly interested

in education but was unaware of all the work that goes on behind the scenes, so perhaps I could work in one of those roles or something similar in the future.

BA Classics, Third Year Undergraduate, in person

Work Projects

I analysed quantitative and qualitative data about the experiences of Black and other racially minoritised students at the University of Oxford, as well as the awarding of Black students in particular, alongside five other interns. We were tasked with writing up a research report that reflected our key findings and included evidence-informed questions that could guide the University's conversations about EDI in the future.

I gained skills in both quantitative and qualitative analysis of data, particularly in terms of understanding awarding gaps. I gained a deeper understanding about EDI initiatives in Oxford as well as what is mandated by the OfS, which was particularly valuable as I am considering a career in education policy. I engaged with stakeholders in meaningful ways and learnt about the wide range of roles in university administration as well as colleagues' various career paths.

I developed presentation and communication skills through presenting our research to the Project Advisory Group, as well as developing teamwork skills working with the other interns. I learnt what is achievable in a 5-week time frame and the kinds of work patterns that work for me, as well as how to ask difficult questions and advocate for myself. I also engaged with research methods such as critical quantitative methods and thematic analysis to better understand the data.

Daily Life

I settled into the internship quickly and it was very fast paced from the beginning. We had the option of working remotely but I mainly chose to come into the office as it was easier to work with each other and have organic conversations about the data analysis in person. As interns we became quite close-knit, especially as our work was supplemented by our own experiences as people of colour at the University and our experiences of racism were confirmed by each

other, and the data we analysed. We had lunch together most days, and sometimes with other Centre for Teaching and Learning (CTL) colleagues.

Everyone was very warm and inviting. We attended the EPS annual picnic and were introduced to various teams within EPE. Outside of work, I enjoyed being able to completely switch-off and enjoy a work/life balance (lacked during term times), visiting friends and family in London over the weekend, as well as having friends come and visit me. I did struggle from being around people for so long during the day and having to socialise for several hours, which has helped me to understand what work environment works best for me in the future.

Lasting Impressions

I did enjoy the internship, but I also found it very difficult for a number of reasons. I found working within the University very frustrating at times, as I saw how slow change is enacted in a collegiate system and the unwillingness of key Oxford leaders to change major problems within the University. It has made me re-evaluate whether I could work on a policy area that I have a stake in (i.e. racial equality as a person of colour) as it takes an emotional toll that would not feel as pointed for my white peers. I gained a lot from the experience, including how to function in an office dynamic, interact with colleagues and negotiate conflict between team members – all important skills that will help me in my future career decisions.

I also gained confidence in my numerical skills and learnt that I would like a job that requires a varied skillset in order to feel professionally challenged and fulfilled. It has been very useful to chat with people who work in education policy, and I would like to meet-up with some colleagues I worked with when I go back to Oxford next term, to talk about future career options and pathways.

BA Philosophy, Politics and Economics, Second Year Undergraduate, hybrid

Work Projects

We analysed qualitative and quantitative secondary data about students' experiences at the University of Oxford and their outcomes, to develop an understanding of a black awarding gap. We produced a report to reflect our findings and presented this to a project advisory group, who would further refer this to university committees. The team at the Centre for Teaching and Learning (CTL) and other University staff we reached out to for data or advice, were all incredibly helpful and invested in the project, although we had full independence in conducting the research and producing the output.

Daily Life

We had an in-person induction, the team at the CTL were very welcoming and after meeting the other interns we found we got on instantly. I settled in quickly. From there we were part of a team and the work felt meaningful, especially with each intern having a vested interest in the outcome, it was an enjoyable process even when work was laborious.

Lasting Impressions

I enjoyed the experience overall. I made friends and developed skills in research and analysis and a new confidence in an unfamiliar office environment. It was rewarding to be part of a project whose mission I could sincerely endorse and reaffirmed my sense that I should pursue work I find meaningful.

Human Sciences BA, Second Year Undergraduate, hybrid

Work Projects

We researched and wrote a report examining the black and racially minoritised student experience at the University of Oxford.

Daily Life

We spent 4 out of the 5 days in the office, collaborating on the work and having conversations to inform the report writing. On the Friday working from home, we still had Teams meetings with one another.

Lasting Impressions

I thoroughly enjoyed the internship experience as it helped me develop a level of independence and confidence in a workplace setting, as well as an opportunity to collaborate. I felt very proud of the work we achieved. It highlighted to me some of the ways I enjoy working and perhaps some weaknesses, which has helped narrow down some of the career choices I wish to have. It also made me realise I have a propensity towards impact driven work, although I may not be able to pursue work immediately that may fulfil that.

UNIVERSITY OF OXFORD, ENSPIRE OXFORD

Mergen Dorjnamjil, St. Hugh's College, MSc Clinical Embryology, Final Year Postgraduate, hybrid

Work Projects

During my internship, my main project focused on data analysis and university-level reporting relating to Oxford's startup ecosystem. The aim was to develop a clearer understanding of the number of startups established in Oxford over the past year, as well as the different support systems, programmes and resources that these startups engaged with. The data was collected from a range of different sources, which meant that a significant part of my work involved reviewing, organising and analysing datasets to ensure that the information could be used effectively.

I worked through the data to identify relevant trends and produce insights that could contribute to both internal university-level reporting and external reporting. This required me

to consider how the findings could be presented clearly and appropriately for different audiences. Alongside the analysis and reporting, I also explored ways of improving the existing data pipeline. This involved considering how data from different sources could be brought together and processed more efficiently, with the aim of creating a more streamlined and sustainable system for future reporting.

Throughout the internship, I received guidance and support from the host organisation, particularly in understanding the project objectives, accessing relevant data and receiving feedback on my work. At the same time, I was given the independence to approach the analysis, problem-solve and develop potential improvements to the reporting process.

Daily Life

My internship followed a hybrid working model, which gave me a great balance between working from home and spending time in the office. One of the aspects I appreciated most was the flexibility this provided. I was able to manage my work independently from home when appropriate, while still having regular opportunities to come into the office, interact with the team and feel involved in the working environment.

On office days, I really enjoyed being surrounded by the team and seeing how everyone worked together. The atmosphere was welcoming, supportive and collaborative, which made it very easy for me to settle in. I felt comfortable asking questions, discussing my work and learning from the people around me. At the same time, working from home allowed me to structure my day independently and focus on tasks such as data analysis and reporting.

Overall, the people were one of the highlights of my internship. The team made me feel genuinely included and valued throughout my time there, rather than simply feeling like a temporary intern. On my final day, they even gave me a goodbye gift, which was a very thoughtful gesture and reflected how warm and welcoming the team had been. It was a very positive working environment and an experience I will remember fondly.

Lasting Impressions

Overall, my internship was an extremely positive experience and gave me a much clearer understanding of the type of working environment that suits me. I realised that a hybrid office environment works particularly well for me, as I enjoyed having the flexibility to work independently from home while still being able to come into the office, collaborate with others and be part of a team. The internship also showed me that I enjoy computer-based and analytical work. Working with different teams to bring together datasets, analyse information and consider how the data pipeline could be made more efficient was particularly valuable. It helped me recognise that data analysis is a highly transferable skill that will be beneficial for my future employment, regardless of the specific career path I pursue.

Another lasting impression was the level of trust and independence I was given. The team was very supportive without micromanaging my work. I was given clear expectations and deadlines but also the freedom to decide how best to approach and deliver my tasks. This made the working environment productive without feeling unnecessarily stressful. The experience has therefore helped me better understand what I value in a workplace: flexibility, independence, supportive colleagues and opportunities to use analytical and problem-solving skills. It was an amazing experience that has positively influenced how I think about my future career.

UNIVERSITY OF OXFORD, MUSEUM OF NATURAL HISTORY



Robert Sexton, Balliol College, MBiol Biology, Third Year Undergraduate, in person

Work Projects

I worked on a range of microscope slides which had been in long term storage at the museum, these slides were highly disorganised and poorly understood. My main role was to both catalogue and identify as many slides as possible. The goal of this was to improve the understanding of the slide collection in order to utilise it within the museum more effectively.

In addition to this, we were able to identify a number of historically relevant collections including the George Brook Collection as well as work by J.W. Jenckinson. These are essential historic collections which could be of great research interest. Beyond the pure work on the slides, I carried out significant research for phylogenetic classification and broadened my understanding of these fascinating samples.

Daily Life

I began work at approximately 8am and finished at around 4pm, however the hours were incredibly flexible, and the museum was brilliant at helping us settle in. I was able to walk to work very easily from my college accommodation and enjoyed going into work early in order to watch the swift colonies around the tower of the museum.

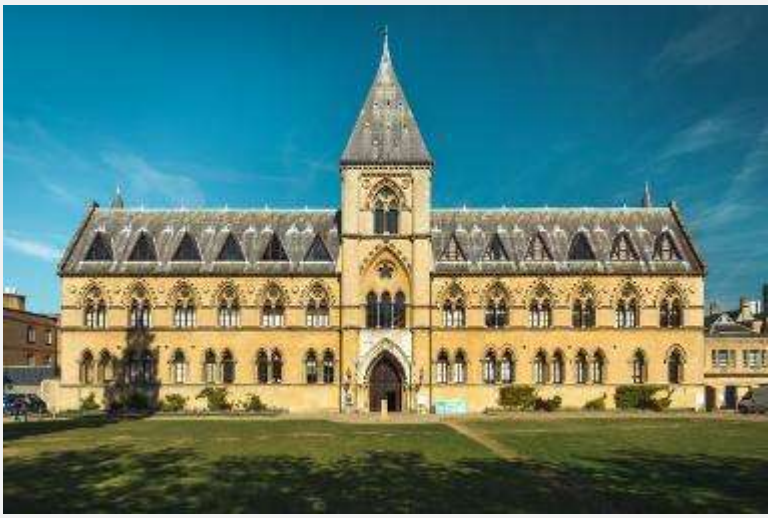


Photo attribution: ©OUImages/Ian Wallman

The museum staff were very helpful and provided ample opportunities to meet and integrate with other interns. This included a range of tours around the museum as well as opportunities beyond the immediate scope of my project. For example, we bagged and froze a wide range of whale bones for long term storage, which was an enjoyable communal activity.

Lasting Impressions

I gained a lot from the internship and truly enjoyed myself during it. It has broadened my ambitions to potentially include significant work in or around museums due to the novel opportunities for research and personal development within these prestigious facilities. As I move into my master's, this project has cemented an appreciation for the skills behind lasting research and reinforced my appreciation for the fundamentals of research.

For example, my approach to sample labelling has been changed to ensure that anybody reading them has an understanding of all of my samples. This was essential, as a huge number of slides were labelled with codes and shorthand that made any attempt at identification impossible.

Ella Elizabeth Morris Buky, Brasenose College, MBiol Biology, Second Year Undergraduate, in person

Work Projects

I spent 6 weeks working in the museum cataloguing the microscope slide collection. My overall task was to go through the boxes of slides and record any information written on the slide of what the specimen was of. I would record as much taxonomic detail on the specimen as possible and write down the full slide label too. For particularly well presented slides I photographed them using a larger microscope, and along with my colleagues photos, we produced a PowerPoint presentation at the end of our internship to show some of the best specimens.

I found the presentation a particularly rewarding part of the internship. Overall, I catalogued over 4,500 microscope slides covering a wide range of species, including axolotls, butterflies and even some human hair samples. I cannot fault my supervisors Mark and Amo. They checked in on me and the other intern multiple times a day and ensured we were always included in the wider staff events. This meant it always felt like we were part of the team and made it a really lovely work environment. I always felt valued.

Daily Life

Over the 6 weeks, I was living in a shared house in Iffley, so each morning I would leave at around 8.30am and cycle through Oxford. I was always very lucky with the weather and thoroughly enjoyed my cycle past the beautiful college and city buildings. As my overall task was to get through as many slides as possible each morning, I would get started from wherever I had finished the previous afternoon.

I would spend an hour or so entering taxonomic information into my Excel spreadsheet and then on most days we would have a tour that would break up our morning of work. These were a highlight for me. In particular I loved the tour through the spirits collection in the museum. I would then have my lunch often sat out on the lawn outside the museum or in the staff room with the other interns.

A great part of interning with the museum is that they always have other interns doing different projects, so it can be great to hear what people have been working on. Through the afternoon I would then get through lots of slides before packing up at 5pm. Typically I would cycle straight home and start cooking and baking. My other housemates would then return from the lab, and I would spend the evening eating with them, playing guitar and just generally chatting!

Lasting Impressions

Overall, I thoroughly enjoyed my experience. I cannot fault the support I was offered, and it was an amazing experience for my first 9 to 5! As the internship did only have one main objective, I did find that after the first two weeks, the job became very tedious. However, my supervisors encouraged me throughout and supplemented my experience with other activities and tours, such that I received a well-rounded understanding of natural history museums.

It made me appreciate the importance of museums and how their collections are ever expanding. Although I do not want to pursue a career in museums, looking at some of the slides on developmental biology, deepened my interest in cellular processes. I have therefore chosen to continue pursuing cell biology in my modules in third year and hopefully in a fourth-year master's project too.

UNIVERSITY OF OXFORD, OXFORD LIFELONG LEARNING (DEPARTMENT FOR CONTINUING EDUCATION)

Eryn Aston, New College, BA English Language and Literature, Final Year Undergraduate, in person

Work Projects

I spent 6 weeks working as a Summer School Assistant (SSA) for the Duke University in Oxford programme. In this role I supported the delivery of the academic programme for the Duke Undergraduates in New College. I worked closely with the programme administrators, tutors, and college staff to ensure the smooth day-to-day running of the programme. The admin team at Oxford Lifelong Learning offered me continued support and I was able to quickly adapt and adjust to the expectations of the role.

The responsibilities I undertook included: organising and hosting social events, producing seating plans for the weekly high table dinner, communicating key information to students, offering academic guidance and support, and being onsite in case of emergencies (big or small!) This role is incredibly rewarding as you have a genuine impact on the Duke Students' time in Oxford. You also work closely with another SSA which means you can divide the workload and coordinate time off!

Daily Life

My day-to-day life varied during the internship as every day would look slightly different depending on the social events we were running and how much admin work needed to be completed. I found that I quickly adapted to this more flexible work schedule and tried to make the most of my time in Oxford around official work hours. Typically, I would attend breakfast, lunch and dinner in the dining hall with the students – which was a lovely way to socialise and get to know them in a relaxed setting. We also had office hours (9-10am and 1.15-2.15pm)

every day, which would be a designated time to complete admin tasks and for the students to come and chat with us if they wanted to.



Photo attribution: ©OUImages/Public Affairs Directorate

Most days we would be running a social activity for the students. For example, we held a weekly 'Tuesday Trivia' in the college bar, Saturday afternoon Port Meadow trips, and Friday night ice cream at G&Ds. The wonderful thing about running these activities is that you can also bring your own friends along. The Duke Students are really lovely (from my experience at least) and they are usually quite keen to meet and socialise with new people. The job can be quite full on at times and socially draining so it's nice to have the opportunity to hang out with friends too, and the flexibility of the job definitely allows for this.

Lasting Impressions

I really enjoyed my experience as a Summer School Assistant and would really recommend it to anyone who is looking for some work in Oxford over the summer. It's flexible enough that you can still meet up with friends, travel on your weekends or weekdays off, and make the most of being in such a beautiful city during the summer months. Though the experience was not necessarily a means to confirm or influence career aspirations, it has given me invaluable experience of working with students, adapting on the job and working with a colleague to get work done.

BA History and English, Final Year Undergraduate, in person

Work Projects

I was a Summer School Assistant at Exeter College, looking after the logistics and the people who were on 3-week History and Politics, and English Literature Programmes of study. This involved holding daily office hours to deal with any queries, organising and leading social activities, and providing support for tutors.

Daily Life

My daily routine included office hours for three times a day and attending lectures on some days. We then had social activities every evening. It was really a lot of fun and everyone I met on the programme was amazing.

Lasting Impressions

My main takeaway was just being very grateful that I got to spend three years of my life at Exeter College. Seeing how much fun it was for people and how lucky they felt to experience Oxford and Exeter life for three weeks; I couldn't help but reminisce over my time at the college, whilst making some new memories with new people.

What practical advice would you give to future interns?

Apply for anything that you even think you would half enjoy, as it might end up being the best summer of your life!

Verity Fleetwood-Law, Merton College, BA English and Modern Languages (French), Third Year Undergraduate, in person

Work Projects

I was a Summer School Assistant at the Creative Writing Summer School run by Oxford Lifelong Learning. I was given accommodation and food free-of-charge during a three-week period, and

along with two other assistants I worked under my supervisor Jacqueline. Much of what I did was office-based administration work, including sending out a daily update of practical information and social activities to students and tutors – I included a 'word of the day' with the update, an idea which I initiated (thinking it was apt for a creative writing school), and which went down very well!

We also had to run social activities, both pre-planned events and informal excursions which we planned ourselves – for example, I gave a guided tour of Merton College, hosted a quiz night and took some students up University Church tower! We also had to be on call at all times to answer questions from students and coordinate the lectures and classes given by tutors, which could sometimes be intense. However, as there were three assistants and we had excellent support and daily meetings with Jacqueline, I always felt adequately supported if there were any issues. I also had the opportunity to go on a daytrip to Bath with the students, which was a lot of fun.

Daily Life

Generally, my days began with breakfast (delicious and free!) in the hall with students and tutors, which was always a lovely, positive start to my day. I found that the students' experiences and careers were so varied and interesting, and so I was very happy that I had chosen to work with adult learners, many of whom had travelled very far for the course! I quickly built friendships with the other Summer School Assistants, and over three weeks we developed a great rapport with many of the tutors and students. I then had to do office hours which were divided into three chunks across the morning, afternoon and evening. Some days, the only work we did was office hours, but on others we helped check on tutors in classes, sat in on lectures and lead social activities.

As the work was spaced throughout the day instead of being in one large chunk, I found I had time to go to libraries and cafes during the day and get some reading or writing done, or else I could have a nap in my room – it was excellent being located on site in Exeter College! Outside of work, I spent a lot of time with one of the other Summer School Assistants, and I saw many of my friends and family who live around Oxford or were in town for the summer at the pub or

for dinner, which was very nice. I also got to see some of my friends on the day of their graduation!

Lasting Impressions

I loved the internship – it was so wonderful to be able to ease myself back into Oxford life after my year abroad. Though it's not necessarily something that I'll go into directly later on, I felt my skills in event management and communication really improved over the course of my time at Exeter, particularly in moments where we had to take responsibility for safeguarding the interests of the students and tutors. I'm considering going into teaching after I graduate, and I think this experience will be hugely helpful in preparing me for that, because wrangling 65 adults was not always easy!

I made great friends particularly with my fellow assistant, and with some of the tutors and students. I hugely value the insight I gained into literature and creative writing through the snippets of lectures and classes I caught (I even got to meet Mark Haddon, author of 'The Curious Incident of the Dog in the Night Time'), and even more so from hearing students and tutors read or talk about their own work. I genuinely feel that the experience rekindled my passion for writing, as I left with an immediate urge to scribble, so I am very grateful and I would love to do it again next summer!

Avrah Pernica, Balliol College, BA Philosophy, Politics, and Economics, Second Year Undergraduate, in person

Work Projects

I worked with the Inspiring Oxford Programme team to ensure quality of experience for Inspiring Oxford participants. Inspiring Oxford aims to provide adults with an introduction to an academic topic and to the city of Oxford. My main tasks included creating and implementing a social schedule to complement classes attended by the participants. I also worked closely with the tutors who delivered classes on the programme, to ensure that their sessions ran smoothly and to help them with preparation or IT before or during classes.

The Inspiring Oxford team was incredibly helpful and supportive, allowing me and my fellow interns to be creative in our roles while ensuring we had help and guidance along the way. Expect a healthy amount of independence – the staff trusted us to complete daily administrative tasks and to be punctual for activities which we facilitated.

Daily Life

The Department provided accommodation in Brasenose College's Frewin Hall, which was about a 7-minute walk from Brasenose, the main site of work. The first day of the internship was quite hectic; I arrived on the job the same day as a new batch of participants and quickly picked up on the various tasks involved in getting people situated and prepared for the next day's classes. I quickly grew accustomed to the schedule; the typical day had ebbs and flows in terms of tasks that needed doing. On an average day, the morning was quiet and my time was filled with administrative duties like creating welcome packs, troubleshooting participant questions, setting up teaching rooms, and making small announcements.

Afternoons would be more social, accompanying participants on walking tours or river cruises. A couple nights per week I would work evenings, writing and facilitating a pub quiz or teaching the participants croquet on the lawn. Outside of work, I spent a lot of time with the two other students partaking in the internship. They were both lovely, and the three of us shared a flat at Frewin. It was amazing to get to know them better and to have the chance to collaborate, and I could tell that we were all committed to making the programme the best it could be.

Lasting Impressions

I really, really enjoyed my time with the Inspiring Oxford team. Of note was the collection of spectacular conversations had, and the friends made, not only among the Department staff but also among the participants – I loved getting to spend time with people from very diverse places and backgrounds. Many of them were absolutely lovely, inquisitive, and friendly, and it was a pleasure to be able to help them explore the city and make the most of their time here.

My experience left me with an unknown confidence in my ability to perform well in social-facing roles. It taught me more about the best way to be a team player and gave me a newfound respect for and interest in many of the careers and lifestyle choices exhibited by the participants. I'm very glad I got to be part of a programme that brings people together and centres lifelong learning in its goals.

May Jessica Bruce, New College, BA History, Second Year Undergraduate, in person

Work Projects

My role was a mixture of administration and people-facing tasks. I was the first point of call for students on the Summer School, meaning my main tasks involved answering emails, engaging with people when problems arose, organising cultural events and providing tech support. I believe that I performed this to a high level, receiving very positive feedback from my superiors.

Some achievements included organising and leading a tour of New College, a pub quiz and a karaoke night for the students. I received a good level of support from the host organisation. A full-time employee of Oxford Lifelong learning joined us every weekday for the morning office hours, and when a problem did arise, we were able to rely on her to address it promptly, professionally and effectively.

Daily Life

The average day involved breakfast with the other interns, the students and the academic staff. We then had office hours (where we would answer emails and handle queries from students who came to see us in person) from 08:30-09:30, 12:30-14:00 and 18:00-19:00. We were also expected to check-up on the classes at 11:00 and 14:00 to see if they needed any tech support.

During the time between office hours and in the evenings, we would run cultural and social events such as walking tours, cultural trips (such as to the University Church or the Ashmolean) or pub quizzes. Outside of work, I tended to go to the library to get work done for my degree. I mainly socialised with the other interns, and we became good friends.

Lasting Impressions



Photo attribution: ©OUImages/Public Affairs Directorate

I had a very good experience. I feel that the skills I gained were incredibly valuable, specifically administration and organisation which are of course, very transferrable skills. My role was people-facing, helping me develop my ability to problem solve and think on my feet. I also really enjoyed the experience, as all the students and staff were very nice and easy to get along with. I don't know if the experience has necessarily affected my career ambitions, but I think that the transferrable skills I have gained from it will be a big help in any further applications and roles.

What practical advice would you give to future interns?

I think my only piece of advice would be to be as friendly as possible from the start. I made good friends with the other interns, staff and students from the beginning and this definitely helped me. My friendships with the other interns were particularly important as you spend a lot of time together and you want to feel that you are working as a team.

BA Music, Second Year Undergraduate, in person

Work Projects

I had the role of a Summer School Assistant at the Oxford University Summer School for Adults in the Lifelong Learning Department of the University. I worked with more than 200 participants, of which the average age was between 40 to 80 years old. My main task was providing assistance and communicating with adults of all ages from all around the world and from many different backgrounds. This involved areas such as IT support, guidance in the programme, and administrative support. I also led some social activities for the participants in

the evenings, such as escorting them around the city, taking them to evensong services, creating and hosting a quiz, and welcoming guest speakers for lectures.

My achievements helped to create a smooth-running programme and experience for the participants, providing them comfort and support. I also provided a friendly face for them to speak with, whether it was about their programme essays, issues with their experience, or general conversations about life. The host organisation was incredibly supportive – I received two induction meetings upon my arrival, and the Programme Director, Assistant Course Manager, and Senior Course Administrator were all very responsive and supportive throughout the programme and were always readily answering any questions or concerns I had.

Daily Life

A typical weekday at the Summer School involved providing a welcoming and friendly face to the participants in the morning whilst they attended the sessions with their tutors. During the morning coffee break, participants were able to speak to me about any questions or concerns they had, which I would either sort myself, with the other Summer School Assistant, or pass on to my senior staff members. After lunch, I was on-site and on hand to assist with any tasks or support that the participants needed throughout their individual working time in the afternoon.

After dinner, I was guiding or hosting social events, such as taking participants around the city, escorting them to evensong services, creating and hosting quizzes, or welcoming guest speakers for lectures. On the weekend, our main goal was to welcome the new set of weekly participants into the programme. This involved welcoming all the participants upon their arrival at reception, introducing ourselves and our roles in orientation meetings, and getting to know the students. We would sort issues such as directions, dietary requirements, name badges, certificates, accommodation, and more. We would also welcome the tutors for the week by making them aware of our timetable, the tutor meetings, and guiding them to meet their students.

Lasting Impressions

I had an amazing time working at the Summer School Programme! It was a very enjoyable experience, during which I learnt and expanded upon a range of skills. This included communication skills, where I communicated with adults of all ages from all around the world and from all sorts of different backgrounds and experiences. I developed skills working in customer service and working with how to resolve issues and complaints brought up by paying participants.

I learnt a lot of administrative skills and had a good insight into what it takes to create, develop and run a programme like this. I also improved my teamwork skills, particularly when I worked with the other Summer School Assistant, the senior administrative staff, and the rest of the staff team – including the general department staff like the receptionists, kitchen staff, bar staff, and technicians.

I met a huge range of people on the programme from all different backgrounds, including the participants and the staff, and it was amazing to work with such a range of people with such different experiences. The accommodation and food provided in the programme was also brilliant, and it was a fabulous time working there. The experience has opened my eyes up to a range of different career options, particularly after meeting such a range of different people from all around the world. It has given me very good employability skills and given me a very good insight into the academic sector.

Ella Elizabeth Morris Buky, Brasenose College, MBiol Biology, Second Year Undergraduate, in person

Work Projects

I completed two weeks working as a Summer School Assistant on the Inspiring Oxford Programme hosted at Brasenose College. My day-to-day tasks involved ensuring all participants were happy and engaged in the programme, and importantly, I was on hand to respond to any queries that arose through the week. Another big part of the role was running the social programme. We ran a variety of different activities and ensured everyone was able to

participate by clearly communicating the arrival times and locations, and guiding participants around the city. My host organisation ensured I had a rota to follow so that I got suitable breaks. I also had help from two other Summer School Assistants who helped me initially to understand our role.

Daily Life

My daily life involved waking up in the flat provided by Brasenose for the internship and heading to breakfast in the college hall. As I am a Brasenose student everything felt very familiar and I enjoyed being able to experience college without the pressure of academics. I would enjoy a lovely selection for breakfast, usually opting for lots of fresh melon and yoghurt! I would then ensure all noticeboards had the correct information about our social activities for the afternoon and evening. I would assist at break time leading the announcements and ensuring pastries were delivered to the tutorial group that were studying in St. Mary's Church.

Once classes were finished in the morning, I then had the responsibility of leading the participants to their afternoon activity, such as a river cruise or Ashmolean Museum tour. I thoroughly enjoyed these experiences that I had not done as a student. They were especially fun due to the lovely participants we had on the course and the other SSA's I had built friendships with. In the evenings I would always attend the formal dinner, where I would sit on the high table and speak to the other tutors. I loved socialising with all the members of staff during this time and found some of the tutors particularly inspiring. The day would finish with an evening activity. My personal favourite was the Scottish dancing. I loved how everyone would be smiling throughout and it was a great way to exercise.

Lasting Impressions

I thoroughly enjoyed the internship and have been offered to work on Inspiring Oxford next year! For me it was a perfect summer job as I love socialising with a wide range of people, and not once did it really feel like I was working. All the staff were super friendly, and it felt like we all just enjoyed the process.

I felt privileged to have the opportunity to do some great tourist activities for free in Oxford and to share my love for Brasenose College with participants from all over the world. I gained a lot of memories from the short two-week experience, as well as improving my communication, leadership, organisation and customer service skills. Although the job itself does not lead to a direct career, the skills I gained are highly applicable and I believe any role that is people facing equips you well for future careers.

What practical advice would you give to future interns?

Just enjoy the experience. It is a fun job and allows you to see more of Oxford!

Lauren Olivia Ruth Howe, St. Edmund Hall, BA Modern Languages (French), First Year Undergraduate, in person

Work Projects

Tasks included administration, organising social events, ensuring accessibility arrangements are met, helping others with any problems, public speaking, customer service, helping with academics and essay writing, and more.

Daily Life

I socialised with colleagues and was welcomed to Oxford University Summer School for Adults (OUSSA) with open arms. I settled in, met many new people and enjoyed hearing about everyone's story. I made use of my French and Italian speaking skills and was inspired by those who I had the pleasure of meeting. Outside of work, I sang at some music events, went to the gym and even enjoyed watching some TV. I am very grateful for my colleagues and pupils of OUSSA who came to support some of my music endeavours! I think my favourite memory from my internship was when I came into the lecture theatre in my free time and held an open access music jam session.

Lasting Impressions

I thoroughly enjoyed my internship and am so grateful to have had this opportunity. I have met such lovely people and feel that I have enjoyed being productive and helping others within a pedagogical environment. My colleagues were immensely helpful, attentive and professional, and no two days were the same. I am still not sure what I would like to do in the future, but I enjoyed the community aspect of working for OUSSA. A massive thank you to Lilian, Eric, Angus and Alex for all their help.

What practical advice would you give to future interns?

Stay open minded and ready to learn. Charge your social battery on down times. Remember that everyone's circumstances are different.

UNIVERSITY OF OXFORD, PITT RIVERS MUSEUM



Ash Capon, St. Catherine's College, Bachelor of Fine Art, Second Year Undergraduate, in person

Work Projects

Each day of the week I worked independently. I was given a drawing board and materials and drew from the main collection. Then I was shown around the photography archive and drew my main piece from there. I had 15-minute meetings each morning with my supervisors to check my progress and I gave a presentation to them at the end of the week.

Daily Life

I settled in quickly and felt comfortable as I had a whole seminar room to myself, which I stayed in all week. I accustomed to the relaxed schedule very quickly. I mostly ate lunch by myself sat outside as I didn’t have a lot of time to socialise with other museum workers. I enjoyed working

independently as I was able to relax and stay focused. It was the June heatwave that week, so out of work I mostly stayed outside, relaxing and trying to keep cool.

Lasting Impressions

I loved it! It almost felt like it wasn't a real job as I got to do what I enjoy all week and get paid for it. I would have loved to stay longer than a week, but I still felt as though I made valuable connections. It helped confirm my career ambitions that I would like to apply to the museum and gallery sector.

What practical advice would you give to future interns?

Enjoy it while it lasts and make the most of the networking opportunities.

MSt Classical Archaeology, Final Year Postgraduate, in person

Work Projects

My work projects included:



Photo attribution: ©OUImages/Ian Wallman

1. Cataloguing a collection of South Sudanese objects (collected by Patti Langton) using Museum Plus.
2. Undertaking object handling conservation training in a conservation context, including Integrated Pest Management, hazardous materials (poisons and pesticides), and associated health and safety procedures.
3. Working alongside textile conservators, gaining exposure to conservation techniques, materials handling, and sewing for historic clothing mannequin mounting.
4. Facilitating external study visits, moving objects between storage and display areas for handling and research by source communities and academic researchers.

5. Supporting the Court decant project, moving objects from display, packing, and preparing them for offsite storage.

Throughout these tasks I was taught and supervised accordingly, whilst trusted to undertake tasks independently without issue. The host organisation created a provisional schedule for me so that I could get involved with many different projects, and they were super flexible in allowing me to edit the schedule based on what I wanted to gain experience in.

Daily Life

The Pitt Rivers Museum is about a 5-minute walk from my college, so my commute couldn't be simpler! I would wait at reception until one of the collections team came to get me, and then we would get on with the daily tasks. There was always a tea break at 10:30 and an hour lunch break, where staff would gather in the staff room – everyone was so chatty and lovely to be around. The environment was very relaxed, and everyone seemed very passionate about their work projects, which we would discuss during breaks.

Lasting Impressions

I loved my internship – the people, the tasks, the atmosphere, it was truly a great experience. I gained so much in terms of museum collections management and conservation, things that I have struggled to find opportunities in before. It has confirmed my desire to pursue a career in museum collections, and having this internship on my CV is invaluable – being on a museum database and having worked with objects in this way has boosted my further job applications.

MSc Visual, Material and Museum Anthropology, Final Year Postgraduate, in person

Work Projects

I researched and digitised five photograph albums from the early 1900s from South Africa and Nigeria. The photographs were taken by an Australian engineer who primarily worked in Africa. I then sent the photos off to a museum in Melbourne who contacted the Pitt Rivers Museum

enquiring about the albums, as the engineer sent the objects collected during his tenure in Nigeria to this museum in Melbourne.

I went through the albums, took pictures and the photographs, then labelled and organised them. I then researched the movements of the engineer and the contemporary politics and culture of South Africa and Nigeria at this time, to piece together information from the images in the pictures. This culminated in a blog post I wrote about the albums for the Pitt Rivers Museum, detailing the biography of the engineer and trying to construct a narrative around his photographs.

Daily Life

I was at my internship for a total of 2 weeks. I started each day at 9:30 and finished around 17:00. Every day at around 10:30-11 there was a mandatory coffee break for all the members of staff, which I thought was a fantastic way to meet everyone and float questions around people besides my supervisor – which led to some great insights!

I was then mostly in the studio taking photographs of the albums or doing research about the photographer and the history of the places his photos depict. I was also taken around to meet people in different departments and given a tour of the museum offices. I got to meet and work with museum volunteers as well. As the internship was in Oxford, nothing changed with my life outside of work and I maintained my same routine.

Lasting Impressions

I really enjoyed the internship! I learned so much about photograph collections at museums, as well as the topic of my research and the photos themselves! My supervisor Philip was extremely kind and supportive, and I learned a lot from him about how to digitise and care for museum collections – especially photographs and manuscripts.

I want to work in museums as a career, so being able to do this internship and gain experience at a prestigious institution like the Pitt Rivers Museum is phenomenal, not just for my CV but for my learning journey in the museum world as well – not to mention the networking I got to

do with the museum staff. It was also a very interesting and enriching research experience which I was very happy to work on.

Chloe Fujimoto, Kellogg College, MPhil Visual, Material, Museum Anthropology, First Year Postgraduate, in person

Work Projects

I researched and scanned Japanese postcards from the Pitt Rivers Museum's photography collection. Then I produced a blog article on the postcards I had researched.

Daily Life

I would have an introduction to the day's tasks, before working independently. There would be a brief staff tea break and then work would continue until lunch. I would then complete more work in the afternoon and have intermittent meetings with my supervisor and fellow staff members throughout the day. I would also join in the museum's other activities and opportunities.

Lasting Impressions

I found the experience very interesting and enriching. The experience definitely helped to expand my professional skills and work experience, and I am more confident in continuing my career pathway.

What practical advice would you give to future interns?

Be more proactive to gain the most out of the experience.

Xinyuan Ma, St. John's College, BFA Fine Art, Second Year Undergraduate, in person

Work Projects

During my internship as a Learning Team Resident with the Pitt Rivers Museum, I was invited to respond to the museum collections through my artistic practice and cultural background. The documentation of this creative process will become a resource for secondary school students visiting the museum, with the aim of opening up possibilities for their own creative encounters with historical objects. I worked on a film trilogy exploring how different styles might offer distinct forms of proximity to nature, each through its own sensibility.

I was inspired by Chinese ivory carved with hunting scenes in the museum, whose craftsmanship and decorative imagery reflected historical images of China shaped partly through objects produced and circulated for overseas markets. Research into Frederick Spencer Chapman's experiences in the Malayan rainforest informed the film's narrative. The trilogy considers human perceptions of violence among birds, placing four figures in gowns alongside a mechanical wading bird as they dream, wake, coexist and quarrel. By bringing industrial imagery into tension with decorative styles drawn from museum artefacts, I explored how different visual languages might approach nature on their own terms, rather than according to a single measure of accuracy.

The host organisation supported this process with remarkable openness and professionalism. Daily conversations helped me locate objects and archival material, while staff introduced me to colleagues and resources across the museum. They allowed the work to remain open-ended and exploratory, giving me the space to follow my own cultural memory, intuition and artistic practice as the research developed.

Daily Life

As the internship took place outside of term time, when college accommodation was unavailable, I rented accommodation in Oxford and cycled to the museum each morning. These living costs were generously covered by the bursary. On my first day settling in, my host

provided an induction to the museum's collections, working spaces and welfare facilities. I was then given considerable independence to engage with the collections at my own pace, moving between observation, sketching, reading and film editing. Staff checked in with me at the beginning and end of each day to discuss my progress and any support I might need.

Throughout the internship, I had the opportunity to handle objects and consult related archival materials, allowing research and artistic practice to develop alongside one another. My host was particularly supportive in connecting me with staff whose expertise became valuable at different stages of the film project. They facilitated object retrieval and access to film archives, manuscripts and other relevant collections, while curators generously shared their specialist knowledge and advice. Everyday life in the museum was equally rewarding, with informal conversations over lunch and tea breaks offering many opportunities to meet and learn from people working across different areas of the museum.

Lasting Impressions

This internship gave me valuable experience of working directly with historical objects and archival materials, moving beyond my previous engagement with museums primarily as sources of inspiration. Through object handling, archival research and conversations with curators and museum staff, I developed a more grounded understanding of how material culture can be researched, interpreted and activated through artistic practice.

Equally valuable was experiencing the museum as a working environment. Moving between collections, archives and my workspace, alongside informal exchanges with staff across departments, transformed the museum from an institution I visited, into a community in which I could participate. The experience confirmed my ambition to develop a research-led artistic practice grounded in material culture and historical enquiry, while retaining intuition and personal experience as important methods of making.

UNIVERSITY OF OXFORD, PUBLIC AFFAIRS DIRECTORATE

Iona Mandal, St. Catherine's College, BA English Language and Literature, Second Year Undergraduate, in person

Work Projects

I interviewed professors across various fields and was able to develop my own interdisciplinary research project based on this. I also worked with the in-house video production team and used Shorthand to animate my article for the website.

Daily Life

My hours were 9am to 5pm at the office, with meetings throughout the day and the opportunity to meet other employees. The team were very supportive in helping me to settle in and were always there to answer any questions I had. There were two other interns working alongside me, so I felt I had peers to talk to at all times.

Lasting Impressions

I really enjoyed the experience – I think it gave me a better idea of what I'd like to do in the future, and it was really helpful speaking to other members of the team to figure out next steps.

BA German and Arabic, Second Year Undergraduate, in person

Work Projects

During my internship with the University of Oxford's Public Affairs Directorate, I worked within the Research Communications & Campaigns team, whose role is to communicate Oxford's research to external audiences in an engaging and accessible way. Throughout the placement, I was given a significant amount of ownership over my work and was encouraged to develop original feature ideas based on my own academic interests.



My main project focused on researching and writing a feature exploring large language models (LLMs), examining the perspectives they reflect and the implications this has for language, identity and society. This involved identifying relevant academics across different departments, arranging and conducting interviews, synthesising complex research, and developing a feature that connected multiple disciplines around a single theme.

Alongside writing, I also collaborated closely with the University's social media and media production teams, contributing ideas for visual storytelling, assisting with filming B-roll footage, and gaining an introduction to video editing in Adobe Premiere Pro. One of the most rewarding aspects of the internship was being trusted to shape my own project from the initial idea through to publication.

The team provided excellent support throughout, offering regular editorial feedback while also giving me the independence to develop my own approach. I was encouraged to ask questions, contribute ideas in meetings and learn from colleagues across different areas of the communications team, which made the placement feel genuinely collaborative and gave me a realistic insight into research communications as a profession.

Daily Life

The internship was based in Oxford and followed a hybrid working pattern, which gave me a good balance between working independently and collaborating with colleagues in person. My days were varied depending on the stage of each project. Some mornings were spent conducting background research, reading academic papers or preparing interview questions, while others involved interviewing researchers from different departments across the University.

Later in the process, much of my time was dedicated to drafting and refining articles, responding to editorial feedback and working alongside colleagues to improve the final pieces. One aspect I particularly enjoyed was seeing how many different teams contribute to a single communications project.

I had opportunities to observe how written content, photography, video production and social media all worked together to communicate research effectively. Spending time with the media team and learning the basics of filming and editing gave me an appreciation for the visual side of storytelling that I had not previously considered.

The working environment was welcoming and supportive, and I always felt comfortable asking questions or discussing ideas with colleagues. Outside of work, I enjoyed spending time around Oxford, meeting friends after work and reflecting on the day's interviews and research. The placement struck a good balance between structured guidance and independent working, which helped me become much more confident in managing my own projects.

Lasting Impressions

This internship has been one of the most valuable experiences of my degree because it gave me clarity rather than simply experience. Before starting, I knew that I enjoyed writing and communications, but I was less certain about the type of environment in which I wanted to work. Spending several weeks within a university communications team showed me how rewarding it can be to work somewhere driven by curiosity, collaboration and public engagement. I particularly enjoyed the process of translating complex research into stories that could be understood and appreciated by a much wider audience.

As a humanities student, it was especially encouraging to see how communications can demonstrate the value and relevance of humanities research alongside scientific and technical disciplines. It reinforced my belief that good storytelling has an important role in helping research reach beyond academia. The internship also introduced me to areas I had not previously considered, including campaign planning, visual storytelling and media production.

Learning about these different aspects of communications has encouraged me to continue developing skills in digital content creation alongside my writing.

Perhaps the most significant outcome was that the experience gave me greater confidence in exploring careers that combine research, public engagement and communications. Rather than feeling pressure to have a fixed career plan, I now feel much more comfortable exploring opportunities across research communications, public affairs, policy and strategic communications. The internship confirmed that I enjoy working in environments where ideas are valued, collaboration is encouraged and the work contributes to something larger than commercial outcomes.

Charlie Ehlen, Corpus Christi College, MMath Mathematics, Second Year Undergraduate, hybrid

Work Projects

I completed a Systems Evaluation Internship with the University of Oxford, Public Affairs Directorate (PAD) in Oxford. During the first six weeks, I analysed survey and communications data, including work relating to misinformation, and helped build an evaluation framework based on the AMEC approach. I also explored using large language models to automate parts of the evaluation process.

In the final two weeks, I analysed the Gazette website and Intranet using data and user interviews, then made recommendations for improvements. I had regular contact with my supervisors throughout the internship, with frequent meetings and feedback. I was given a good balance of support and independence.

Daily Life

The internship was a mix of in-person and remote work, and I generally worked around 7.5 hours a day. I spent around three days a week in Oxford and the rest of the week in Stafford. As I already study at Oxford, settling in was easy, and accommodation was provided through my college. Outside work, I mainly socialised with other people staying in the accommodation and

occasionally with my supervisors. The mixed working arrangement worked well and gave me both face-to-face contact and time to work independently.

Lasting Impressions

I really enjoyed the internship and found it very useful. It gave me the chance to apply analytical and problem-solving skills from my maths degree to practical work. I particularly enjoyed working with data, evaluation methods and automation, as well as producing recommendations based on both quantitative data and user interviews. The experience also gave me a better understanding of professional project work and confirmed my interest in analytical roles involving technology, data and problem solving.

What practical advice would you give to future interns?

Make good use of your supervisors and ask for feedback regularly, while also taking the opportunity to work independently and develop your own ideas.

UNIVERSITY OF OXFORD, PUBLIC & COMMUNITY ENGAGEMENT WITH RESEARCH

Isobel Reid, St. Anne's College, MBiomedSci Biomedical Sciences, Third Year Undergraduate, hybrid

Work Projects

The major output of my internship was a guidance document to be uploaded to the PCER webpage, providing support to researchers looking to include public engagement with research in their work and funding applications. Initially, I gathered resources from within the University, across departmental pages, and from different funding bodies to research information that should be included. I then interviewed several researchers and research support staff (virtually and in person) to gather their views on the content and gain further insight. From my research

and the ongoing interviews, I produced an approximately 30-page document, and several supporting documents that clearly showed my workflow, for example interview notes.

Finally, I used ChatGPT Edu to explore creation of a custom GPT chatbot to support the guidance – the aim was for researchers to be able to converse with the chatbot to get useful, specialised advice on including public engagement within applications. In doing so, I researched LLMs and ultimately concluded that some of the functions that the team wanted would not be possible to include. Throughout the process, I sat in on team meetings and was able to ask for help in person or over Teams. Overall, my supervisor was very hands-off, but always available if needed. I was also given the opportunity to present my work and meet with a few members of the team who reached out about careers advice.

Daily Life

I worked in the office for 2 days a week and remotely on other days. It should be noted that there would have been more time spent in-office if it were not for the extreme heat. The office was relatively social, everyone was very welcoming and I enjoyed sitting in on meetings as well as working in an office environment. On one occasion I interviewed a professional in the Schwarzman Centre, so it was nice to have a change of scenery.



Photo attribution: Public and Community Engagement with Research, Oxford University

Working from home, I was able to contact colleagues quickly over MS Teams and join online meetings. I did find working from home less motivating and if it had not been as hot, I would have travelled to the city centre to work in colleges and libraries, which I did on a few occasions and really enjoyed. I enjoyed the fact that I could be more flexible with my hours when working from home and frequently took 2 hours for lunch and worked an hour in the evening instead.

Lasting Impressions

I enjoyed the experience and felt it gave me an insight into the behind-the-scenes of an academic institution. It was also valuable to experience working in an office environment and hybrid working, both of which I imagine I will do in the future. I did not come away feeling like this was a career path that I'd be interested in pursuing, but it gave me a better idea of what I would like to do and several people generously gave me advice and pointed me towards other possibilities and opportunities that I had not considered.

It gave me experience working very independently and managing my own project. I'm grateful that I have evidence that I am able to do this efficiently and thoroughly, and am proud of what I was able to produce. It was also useful to learn about AI as I now feel more confident in this area and am glad to have this on my CV.

UNIVERSITY OF OXFORD, ST JOHN'S COLLEGE

MSt History (Modern British History 1850 - present), Final Year Postgraduate, hybrid

Work Projects

My work involved cataloguing the Dyslexia Archive materials that had been collected since the mid-2010s. This involved creating a detailed box list, creating an archive hierarchy, then assigning each item a unique item reference number within this hierarchy, before creating a catalogue spreadsheet with fields according to ISAD(G) standards. Alongside this, I also conducted research support tasks, including the extraction of anonymised data from the archived materials, then analysing this data within a short research report.

We had weekly meetings with the supervisor of the project, Maggie Snowling, in which we discussed the work conducted and clarified aims for the following week. Maggie also arranged for us to have meetings with other academics and archive professionals in order to guide our work. We received extensive administrative and practical assistance from Maggie, her personal assistant, and employees at St John's College.

Daily Life

My working hours were generally between 9am and 5pm, and I worked between an office in St John's College and Maggie Snowling's office. I was working with one other intern who began one week before me. As such, I was able to settle in really quickly. Working as a team of two interns was great for peer support, social interaction and developing my teamwork skills. I was able to walk to work because my rental contract extended into the summer. As I had friends who were also living in Oxford over summer, I socialised with them.

Lasting Impressions

I very much enjoyed the experience. I am starting a PGDip in Archives & Records Management this autumn, so this internship gave me valuable cataloguing experience. Moreover, my supervisor has mentioned the possibility of further work and potentially publishing a journal article based on the research we conducted, in which the other intern and I would be credited, which would be very useful for future PhD or academic applications.

UNITED STATES

ILLUMINATE CONSULTING GROUP

MMathPhil Mathematics and Philosophy, Third Year Undergraduate, remote

Work Projects

I worked on a data collection of rankings data (higher education indicators) using Python. Used and made macros (with VBA) for an Excel Add-in. Worked on a comparative project between China and the US in higher education. Had daily calls with the team as well as on-request one-on-one calls, and routine one-on-one calls with a supervisor (bi-weekly).

Daily Life

This was a remote role with very flexible working hours; there was a lot of discrepancy with time zones which was helpful when the whole team was working together in the same file. I could arrange my working hours around my social plans, although I mostly stayed home during weekdays and used weekends to unwind. I tried to stick to a 9-5 schedule, although sometimes I would wake up at 7am or 8am to work before other interns came online, and most days I would work until or past 6pm.

Lasting Impressions

The internship was very enjoyable, and I would recommend it to people with an interest in the Higher Education sector. An interest in how universities operate in terms of strategy and rankings is essential to enjoy this type of work (as with all specialised consulting). But there was a great variety of projects and responsibilities, and I learnt and improved many valuable skills during the two months. I now want to go into consulting, given the variety I experienced at this internship.

What practical advice would you give to future interns?

To know what you want to get out of it, since you are given that flexibility.

MSc Biomedical Sciences, Second Year Undergraduate, remote

Work Projects

During my internship at Illuminate Consulting Group (ICG), I worked on several research and data projects about higher education and global research performance. A major part of my role was building a combined dataset of business school rankings. I wrote Python scripts to extract rankings from sources including US News, Bloomberg, TFE Times and Eduniversal, including archived editions so changes could be tracked over time. I then cleaned, deduplicated and standardised thousands of entries so that institution and business school names matched ICG's internal naming.

I also used regression analysis to work out how ranking scores were weighted across factors such as ROI, employability and diversity. I also contributed to ICG's China Rising project, comparing academic patent activity in the US and China using Lens, WIPO and European Commission data. I produced charts and forecasts showing that China leads on volume while US patents tend to carry more commercial value and citations. Other tasks included compiling a bibliometric profile of a researcher and summarising AI's role in scientific research for a project on AI across industries.

Daily Life

My day usually began at 3pm and ended at 10pm with a team check-in. I also tended to work past then if there were any edits to be made after the team check-in call. The work was varied. Many tasks came in as quick requests from the team, so I learned to prioritise and turn work around quickly without losing accuracy. I spent a lot of time in Excel and Python, and I got into the habit of checking every figure against its original source before it went into a slide. Outside work, I unwound by cooking, which helped me build back up energy for the rest of the day.

Lasting Impressions

I gained much more from it than I expected. On the technical side, I honed my Excel and Python skills. Just as valuable was learning how research works in a professional setting. Data is rarely clean, so verifying sources and documenting assumptions matters.

I also learned that how findings are presented, including choosing neutral, accurate wording on sensitive topics like US–China comparisons, matters as much as the analysis itself. Working across rankings, patents and AI also showed me how wide the field of research and data analysis is. Above all, I leave with the confidence that I can take on unfamiliar problems and work through them methodically.

Go to internship host list >

ZAMBIA

CRUCIBLE LUSAKA

Aleksij Tasikj, St. John's College, MMath Mathematics/Mathematics and Statistics, First Year Undergraduate, in person

Work Projects



My internship was at Crucible Lusaka, in Zambia, and mainly consisted of teaching A-level maths. I also helped students prepare for the TMUA and occasionally gave lessons that went beyond the scope of the A-level curriculum. Crucible is a new organisation that seeks to empower young Africans to become leaders of tomorrow. It opened its first high school in Lusaka two years ago and will welcome its third cohort this upcoming February. I have always enjoyed teaching, but one of the main reasons I applied was Crucible's willingness to make its education accessible to Zambian students regardless of their financial background.

In particular, all students receive a full scholarship, allowing them to focus entirely on their studies. I worked alongside two local teachers, who had already managed to spark a great interest in maths among the students, and we shared lessons between us. Sometimes, for topics such as random variables, I would digress from the main curriculum and give the students a taste of what university maths feels like. At other times, I gave them problems to think about independently and encouraged them to come to me whenever they needed help.

However, I believe the greatest impact I made came simply through “being there”. Students could ask me any questions they thought of, which often went beyond maths. We could work through problems together, discuss university and opportunities abroad, or simply talk about the wider world. The host organisation was extremely welcoming and supportive throughout my stay. Principal Vaughan picked me up when I landed and was always available to answer any questions I had. Accommodation was provided and we received weekly stipends for food, but we could also eat at the school canteen. Most importantly, the whole Crucible community made me feel welcome from the moment I arrived.

Daily Life

Settling in was easy. I was picked up from the airport and taken straight to my accommodation, which was already prepared for me. The only bad start was that my luggage got lost on the way, although thankfully that was eventually sorted out. Before the students arrived, we had a few meetings explaining our tasks and responsibilities, as well as introductions to the teachers at the school. I found these particularly helpful, and once the students arrived, classes began almost immediately.

During the first week, I mainly worked with the junior students, as the seniors were attending a university application bootcamp. I taught lessons on the quadratic formula, graphing functions and counting. I found that the school maintained a good pace while the students were still able to follow and engage with the material. Later, my lessons with the seniors included topics such as polynomials and random variables. Outside the classroom, I enjoyed playing football with the students, having lunch with them and occasionally attending their book-reading sessions.

However, I spent most of my free time with the other interns who were fantastic company. We went to local restaurants, had movie nights and saw plenty of Zambian wildlife together, including monkeys, zebras, elephants and giraffes. One weekend, some of us also travelled to Livingstone, where we visited Victoria Falls and did the incredibly exciting Devil’s Pool. It was a great way to experience more of Zambia outside our everyday life at the school.

Lasting Impressions

This has to have been one of the best experiences I've had. I got to see what living in Zambia feels like, what it means to teach at a high school, how manageable the workload is, and, more generally, what everyday life as a teacher looks like. I have always enjoyed teaching, so this experience confirmed for me that a path into education could be incredibly rewarding. Some of the most memorable moments came from the students themselves. Students would come up and thank me for lessons, while many of our conversations sparked interesting questions and discussions. Through them, I also learned a lot about Zambian history and everyday life.

I was particularly impressed by how welcoming people were and by how keen the students were to learn. I really enjoyed the bustling atmosphere in the classroom. One moment that especially stayed with me was when a girl came up to the board to answer a question that I had asked and instead of immediately solving it, she turned around and encouraged the class to share their ideas. They had been hesitant to answer me but responded to her straight away and eventually solved the question together.

Afterwards, I asked whether she had known the answer all along, and she told me she had seen the question before. I was surprised that, rather than showing off what she knew, her first instinct was to involve everyone else. I gained a great deal from the experience, both as a teacher and personally, and I sincerely hope I get the chance to return to Zambia in the future.

What practical advice would you give to future interns?

Going to Africa might seem daunting at first, especially if you have never travelled there before. However, Crucible is really helpful in getting you up to speed with any relevant procedures and making sure you settle in properly. I found that, once I arrived, it was much less intimidating than I had expected. My main advice would be not to overthink it. Ask questions whenever you are unsure about something, be open to a different environment and way of life, and make the most of the people around you. The staff and community were very welcoming, which made settling in much easier.

Iona Davies, Lincoln College, BA Politics, Philosophy and Economics, Final Year Undergraduate, in person

Work Projects

I was working at Crucible Lusaka, a school in Zambia. My main tasks included providing advice and academic extensions to students, and planning and teaching my own lessons. The hosts were great and provided incredible accommodation along with some goods to help us settle in.

Daily Life

I settled in really quickly and tried to make sure that I made an effort to engage with cultural activities. I attended a short film festival, an art exhibition and went on a safari. I also went on hikes and to lots of nice restaurants. I socialised with the other interns and other colleagues.

Lasting Impressions

I loved getting to know bright young minds, I really enjoyed this experience. It showed me that I have a strong interest in working in international development.

Aidan Chumbley, Wadham College, MPhys Physics, First Year Undergraduate, in person

Work Projects

The internship was a teaching assistant role at Crucible Lusaka, a school based in Lusaka, Zambia. The school's intentions were to educate high achieving Zambian students, and to prepare them to become leaders in a global context. This meant that us as interns were required to assist them not only with the day-to-day lessons being provided, but also with extra-curricular questions they had about university courses, university life, and deeper questions pertaining to the subject itself.

This meant I led many lessons – both theoretical and practical, that aligned with their syllabus. This required reading through their course material and syllabus to design lessons and

complementary practicals that would help them progress through the International A-Level course, but that would also provide them with opportunities to extend their thinking beyond the syllabus. I also ran a few extra-curricular physics lessons, which covered topics I thought were both interesting and useful to the students, but that did not come directly from their coursework.

Generally, I felt well supported by both the physics teacher and the organisation as a whole. They provided me with ample time before the internship to get acquainted with life in the area, and the physics teacher provided me with all the resources he used to create lessons, as well as allowed me full access to the practical equipment. I did feel as though I was given space to use my own initiative as well, which I think is important.

Daily Life

The accommodation provided to us by Crucible Lusaka was situated about a 15-minute walk away from the school, which felt completely safe during the day and night. They were very generous with providing comfortable accommodation which included sufficient cooking facilities – there was also a large supermarket on the route between the hotel and the school. Additionally, the school (a boarding school) provided three meals a day (plus snacks) for its students, which we were welcome to eat as well.

Settling in was very easy; the local culture is very welcoming, and not knowing any Njyanja, Bemba or other local language didn't present too much of an issue in day-to-day life. Working hours took up the large majority of the day (7:30am-5:00pm); however, I was still able to use the mornings (5am-7am) to run and go to the gym (there was a gym in both the accommodation and at the school).

I enjoyed the company of the other interns a lot, and we spent many evenings and weekends (Sundays and Saturday afternoons as there are still lessons during Saturday mornings) exploring Lusaka. The students were also very keen to talk to us outside of explicit working hours, both to ask definite questions, as well as to generally chat, which was also a pleasant experience.

Lasting Impressions

I thoroughly enjoyed my experience at Crucible Lusaka. I love the Zambian culture and way of life, and it was very rewarding to be able to properly live it, rather than just experience it from the outside as one does if they just travel through a country. I enjoyed the opportunity to teach physics, and to prepare and deliver lessons that were completely my own (rather than just giving someone else's material). The need to prepare lessons in real time (as a teacher does), and to create complementary materials that allowed lessons to be engaging while still providing the necessary knowledge to students was definitely a challenge, particularly at the beginning, but I feel it has definitely given me a better insight into how to present information in a way that students will actually retain.

I think that along with this intuition, I have gained valuable experience in teaching and scientific communication, which I feel will always help, regardless of the field I pursue later. In general, I have always wanted education to be a part of my career, and I think this internship has confirmed that. I think it has shown me that school-based teaching is probably not for me, but I would be delighted to lecture in universities, or similar environments.

What practical advice would you give to future interns?

Definitely pursue this internship; it's a lot of fun, and a brilliant opportunity to see some of Zambia authentically, without feeling like too much of a passing tourist. Also, the amount of work you take on is very dependent on how much you want to do, so make sure to take as many opportunities to take initiative as you can; it'll make the internship a lot more fun and rewarding if you do!

ZIMBABWE

ECONET WIRELESS ZIMBABWE

MEng Engineering Science, First Year Undergraduate, in person

Work Projects

My internship involved rotating around a range of sections within EconetAI, so there wasn't a single continuous project, although there were some which I worked on for more extended periods of time. Some projects I worked on included:

1. Testing (including red teaming) the French version of an internal customer service AI bot and leading a team evaluating both the French and Swahili versions of this bot. Produced consequential performance and comparative reports.
2. Researching mechanisms by which large amounts of company data and metadata could be improved in quality, with the assistance of AI. From this work, I produced a 5-page research paper, and a PowerPoint presentation which I presented to senior colleagues including the general manager. Following positive feedback, I produced a BRS for implementation of this strategic plan.
3. Working on Business Requirements Specifications and other key documents for various projects of the company.
4. Built an API credential page and a connecting client detail page, edited following feedback, then eventually pushed to the active site.
5. Familiarised with applications used by the Information Security Team, including participating in training.
6. Developed project proposals based on inefficiencies identified in Information Security processes and presented one of these to a larger group for further development.

The support I received was variable dependent on the team I was in, and often I was left mostly unsupervised, just communicating with team members to receive and get feedback on projects I worked on. Some teams required me to take more initiative to find and develop projects.

Daily Life

Daily life was made very easy due to the high level of support provided by the company. Accommodation in Harare was provided (the company's guest house), where breakfast and dinner was made for us, and transport to and from the office was provided. Weekends and other periods of free time we were generally free to use as we wished, although a trip to visit Mbare, a section of the city, and the balancing rocks, another attraction, was provided, as well as a later visit to a beautiful wildlife sanctuary.

Most of the time, given we were interning as a group, we organised trips together to visit other sites, including a Chinhoyi caves day trip, and overnight excursions to the Victoria Falls and the Nyanga area. Local markets were also easily accessible either by foot or using the local version of Uber – InDrive. Colleagues we met at the office were also extremely welcoming, leading to us attending some other events, including the birthday party of a friend we made locally.



Lasting Impressions

I really enjoyed the experience, and I feel that I gained a lot having visited a country I would likely never have otherwise had the opportunity to go to. This is both from a perspective of experiencing a different culture, and also the opportunity to see sites I wouldn't have otherwise been able to visit (such as the Victoria Falls). I made great friends who I plan to keep in contact with.

I enjoyed the work, and would consider working in similar areas in future, although I'm still open to other branches of Engineering and Technology, as I'm still early in my degree! Regardless, I think I gained a lot of confidence from leading my team evaluating the AI Chatbot and got much better at taking initiative in less supervised areas.

What practical advice would you give to future interns?

Make the most of it – visit other places as much as you can, make friends with the locals, and take initiative at work. Ask HR for the contact details of past interns – they should be happy to pass them on, and we can give you more advice if you need anything!

Daan Groot, St. Peter's College, MMath Mathematics, Third Year Undergraduate, in person

Work Projects

I independently built a product recommendation engine specifically focussing on remittance data to increase the share of remittances being put back into the companies ecosystem. I used a variety of techniques from ML to achieve this and got taught about security, risk, QAT, PM and all other sides of a fintech business. I felt supported along the way but still got close to full independence in choosing what I worked on.

Daily Life

Outside of work we did a variety of things. We visited the Victoria Falls, went on multiple safaris around Zimbabwe and went to a variety of national parks and nature areas, such as Nyanga. We also conducted other cultural activities like going to the National Gallery. Within work it was easy to socialise with our coworkers, and I am still in contact with many of them. We were invited to barbecues, birthday parties, and just overall had a lovely experience in the office.

Lasting Impressions

Overall, the internship was both interesting and rewarding. We got to see many sides of Zimbabwe and gained so much from it. For one, the work was captivating and we got enough

independence so that we could actually make a change. It gave me a good insight into what working in fintech is like and definitely helped shape my perception of this sector.

Also, from a technical side I learned a lot about machine learning, which is something that was lacking in my current degree. From the cultural side I gained an equal amount, it was fascinating to learn and experience so much of Zimbabwe, and it is a country I definitely want to keep visiting in the future!

MEng Engineering Science, Second Year Undergraduate, in person

Work Projects

The first few weeks were mostly about getting to grips with the tools used in industry. I built a small RAG prototype, set up function calling with a locally run LLM (Gemma), and then fine-tuned that model so it produced cleaner, more reliable tool calls. Testing showed a big improvement in accuracy after fine-tuning. I also experimented with shrinking the model through quantisation and pruning, and built a multi-agent orchestrator that could route customer queries to different tools, which I wrapped in an API and containerised with Docker.

The main project, which took up the second half of the internship, was a recommendation engine for prepaid offers such as data and voice bundles. The first dataset turned out to be too limited to be useful, so a lot of my time went into finding better data, learning SQL to pull it, and cleaning it. I then compared several approaches against a simple "most popular offers" baseline. The best result came from blending a LightGBM model built on customer features with collaborative filtering, which beat the baseline by 74% for predicting repeat purchases and 27% for recommending offers customers hadn't bought before.

Finally, I built an API that returns recommendations for any customer, along with a dashboard to show the results, and deployed both onto Econet's servers. I finished by presenting the project to the team and writing a handover document, including an idea for building custom bundles around each customer's predicted usage.

Daily Life

I spent eight weeks in Harare for the internship. The company organised a driver to take me to and from the office each day, which made settling in much easier and meant I didn't have to worry about getting around a new city. Settling into work took a little while, mainly getting used to the pace of a large company and setting up all the software and server access I needed. I sat in on some of the team's scrum meetings, which gave me a good insight into how teams share progress and targets each day.

Most of my day was then spent coding, testing models and working through problems, with regular check-ins with my supervisor about data and next steps. Occasional server outages meant I sometimes had to adapt my plans for the day. Outside of work, I socialised with my coworkers and the other interns, which made the experience a lot more enjoyable. I spent my free time exploring Harare and also travelled further afield, visiting the Nyanga highlands and Victoria Falls, which was a real highlight. It was a great chance to experience a completely different working culture and see more of the country.

Lasting Impressions

I really enjoyed the internship, and looking back I think it was a massive step in my career development. What made it so valuable was how hands-on it was. Rather than shadowing or doing small, isolated tasks, I was given real problems and real company data, and was trusted to take a project from an early idea all the way to something deployed on the company's servers. That meant I learnt a huge amount in a short space of time, both technically and in terms of how work actually gets done in a large business.

It also showed me how different real-world problems are from university ones. The data was messy, things broke, and I often had to change my approach halfway through. Learning to deal with that, and to explain my results clearly to people who weren't technical, is something I'll take into any role. Beyond work, it was amazing to have the chance to explore a new culture and see so much of Zimbabwe. I would highly recommend the internship to anyone who gets the opportunity.