

VACATION WORK FEEDBACK 2019

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Accountancy & Finance, incl. Property	Administration & Management	Arts & Heritage
Banking & Investment	Charities & Social Enterprise	Consultancy
Course Provider	Education incl. TEFL	Engineering
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Sector	Organisation	Year of study	Tripes	When did you do it?	Location	Were you paid?	Type of Experience	Duration	How did you find it?	Why did you choose this experience?	Role Description	What did you gain from your experience?
Accountancy & Finance inc Property	Aon	Penultimate	Economics Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	It was one of the few internships I found for first year students, and it was an area which I had an interest working in	I was part of the Actuarial and Analytics team, with the role of Actuarial Consultant. This meant I had to mainly work on Excel to prepare client data for the team to work on, as well as taking part in a client meeting and team meetings. We also worked on a Social Impact Project, with the other interns, where we worked with a charity to fulfil their brief. It was a really useful experience, and I enjoyed it a lot.	Further vacation experience
Accountancy & Finance inc Property	PwC	Finalist	Mod & Med Langs Tripos	Easter	UK	Yes	Work shadowing	Up to 1 week	Online searching inc. organisation websites	I wanted to gain more experience in the financial sector itself and explore my career options. The experience was accountancy but within the Deals department of PwC. As the other company I worked for on my Year Abroad was changing the structure of its company and working towards an IPO for part of the company, I wanted to explore the world of Mergers and Acquisitions further. The three-day work shadowing seemed perfect because of its short nature and the insight it would give me.	I mostly shadowed various Associates in the Deals department of PwC. They told me about their work and gave me small tasks to do for Business Development such as research into certain sectors affected by rule changes. I learnt a lot about different projects more generally (a lot of specifics could not be disclosed because of NDAs), and even had the opportunity to sit in on a phone call for an ongoing court case. I further talked to other colleagues in the Tax, Audit and Consultancy departments to gain a wider insight into the work of all parts of PwC, which was a really good opportunity. As it was work shadowing, I did not actively do very much but met with a lot of people who were very willing to talk to me about their work.	A job offer
Admin & Management	Clare College	Finalist		Summer	Cambridge	No	Volunteering	9 - 12 weeks	Word of mouth/networking	I have experience in events management and wanted to build on my CV - so I volunteered to organise and run the Clare freshers week 2019.	Built on my communications, organisation and planning skills to bring a week of events together and communicate this information to hundreds of incoming students.	None of the above
Admin & Management	ExxonMobil	Penultimate	Management Studies Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	I wasn't really sure what I wanted to do as a job so thought I should get some experience in a field that would help me to develop skills that could be relevant to lots of areas. I had a little experience in HR already so when I saw the opportunity on TargetJobs I decided to apply. My experience at interview was really positive so when I was offered the internship I decided to accept it.	I found it challenging having to assimilate into the company and understand all the structures and process before I could properly get started with my projects. The projects were also very open, so I had to determine the focus and direction of each of them myself, which was difficult since I am usually far more comfortable when I'm being told what to do! I was based in the recruitment team and had projects focusing on BAME strategy, the development of an employee referral scheme, the promotion of a new role within the campus portfolio, and a variety of marketing tasks. The experience really helped me to get used to being in an office environment and feeling comfortable asking questions, as well as keeping myself accountable with far-off deadlines. I really enjoyed the variety of the tasks (one of which involved working with the other HR intern) and it gave me really valuable insight into lots of different areas of HR beyond recruitment. We had the opportunity to attend off-site training days and plenty of meetings with employees from all the different areas of HR (so many of which I had no idea existed before!) Presenting my progress and recommendations to the HR team and the EU and UK Heads of HR at the end of the internship was also a really valuable experience. Throughout the summer, there were lots of 'Lunch and Learn' sessions run by current employees for all of the interns (most of whom were doing Chemical Engineering rather than HR), which gave us insight into different areas of the company and the range of Employee Resource Groups. There were also lots of social events organised for the interns, such as pizza making, sports tournaments and lots of meals out. At the end of the eight weeks there was a ball for all the interns and I was on the committee for organising it, which was a great way to get to know other interns and to be involved in running a great night!	Fast track through the recruitment process

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Arts & Heritage	ARC (Accueil, Rencontre, Communauté)	Other	Mod & Med Langs Tripos	Summer	Outside of the UK France	Expenses only	Volunteering	1 - 3 weeks	Online searching inc. organisation websites	I had volunteered previously with ARC, and had thoroughly enjoyed my project in the Cathedral in Nice, France. The project provided an opportunity for me to practice and improve my language skills (I'm an MML student), to live in community with other European students, and to learn more about church history/heritage, which I find fascinating. All expenses are covered which also meant it was very accessible.	I acted as the English-speaking tourguide in the Basilica of Saint-Sernin, in Toulouse (a UNESCO-listed site!). I also provided tours in German, and in French when necessary, although there was also a French student on the project. We were present in the Basilica six days a week, and as well as offering tours, we took visitors up to the gallery, answered questions, and were involved in the local Church community. It provided a great opportunity to meet and interact with people from all over the world and from many different backgrounds, and improved my communication/personal skills hugely. I also learnt a lot about the history and heritage of the local area (we were able to travel around in our free time), and discover more about the architecture of the Basilica.	Helpful contacts
Arts & Heritage	Multiple	Finalist	Law Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Social Media - LinkedIn, Facebook, Twitter etc	It related most to what I think I would like to do after finishing my degree.	It was with a lot of different clients so learning to adapt to each one was the main skill. That was also the main challenge, some were just far easier to work with than others. I also had to reassure myself that it wasn't always me, sometimes people are just difficult.	Helpful contacts
Arts & Heritage	Oxford Festival of the Arts	Other		Summer	UK	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Word of mouth/networking	It was an event at my old school, I really wanted to help it in some way.	I worked as Front of House at a number of events, collecting and organising tickets, cashing up, helping set up events, clearing up and working with a team. I really enjoyed it and learnt lots of new skills	Helpful contacts
Arts & Heritage	The State Hermitage Museum	Finalist	Mod & Med Langs Tripos	Summer	Outside of the UK Russia		Volunteering	4 - 8 weeks		The Hermitage Museum has an amazing reputation in Russia and internationally, and I'd heard that its volunteering scheme is reasonably accessible and rewarding. It seemed like a great opportunity to work at an important cultural heritage site in a beautiful city.		
Arts & Heritage	University of Cambridge Asian Theatre Tour	Finalist	Historical Tripos	Summer	Outside of the UK China, South Korea and Japan	No	Other Theatre Tour	4 - 8 weeks	Social Media - LinkedIn, Facebook, Twitter etc	I love the theatre and love travelling. Being technician on the tour was invaluable experience as I want to go into working backstage after university. It taught me a lot about making decisions on my feet and thriving whilst miles away from home.	As our show (Pygmalion) toured the three countries, I created all the sound and lighting ideas before we left. And then at each venue I would do a 'get in' all by myself - I'd set up the sound and chose what lights I wanted to use from the show. Then I would operate the tech for the show and clear up afterwards. Alongside this I also made 4 vlogs for the tour and as a 'neutral' member of the team helped with welfare when it came to the cast.	None of the above
Banking & Investment	Barclays Investment Bank	Finalist	Economics Tripos	Summer	UK		A job / internship (paid or unpaid)	9 - 12 weeks		Want to work in markets and had previous experience with the firm		
Banking & Investment	Citi	Penultimate	Hum, Soc & Pol Sciences Tripos	Summer	UK		A job / internship (paid or unpaid)	9 - 12 weeks		Break into investment banking		
Banking & Investment	Citigroup Hong Kong	Finalist	Natural Sciences Tripos	Summer	Outside of the UK Hong Kong	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	I am a STEM student who was looking for career options outside of academia and research. Finance was one of the options that I was interested in but I found it difficult to understand it from an outsider's perspective so I wanted to find out what it was like myself. Finance internships were also very competitive and I knew if I could get hold of the internship it would be very helpful to me in the future even if I decided to look for something else afterwards.	I was a Summer Analyst in the Global Markets division which is essentially sales and trading in other banks. I had two assigned rotations both under equities (stocks), one that was half sales and half trading and the other was trading. My first rotation required a lot of communication among the team hence interpersonal skills were definitely the main skill I was able to improve. The second rotation required me to pick up python from scratch. Although it was very challenging since I had no prior coding experiences, it is an extremely useful and transferrable skill. I was put responsible for a trading strategy project which I got to present to senior management and is currently being used by the business which I find very rewarding. Overall, it was a very intense and challenging experience but I learnt a lot of new skills from the internship.	A job offer
Banking & Investment	Goldman Sachs	Finalist	Mathematical Tripos	Summer	UK		A job / internship (paid or unpaid)	9 - 12 weeks		I wanted to gain experience of the finance industry, put a notable organisation on my CV, and earn some money.		

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Banking & Investment	J.P. Morgan	Finalist	Land Economy Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other JP Morgan networking events throughout campus	I really wanted to explore a career in banking and thought that an internship was the best way to do this. I am so happy that I applied and worked for JP Morgan. It is such a prestigious institution and offers their interns technical training, personal development and an enjoyable and insightful experience.	During the experience, we worked as summer analysts and it's amazing to look back and see how much we learnt, progressed and developed in the space of 10 weeks! We gradually undertook larger tasks more and more independently throughout the internship whilst being given constant guidance from the analysts and other team members. I wouldn't worry if you haven't got prior banking experience as JP provides a week's training course ahead of your 9 weeks at the desk, as well as constant technical training throughout. The experience was very enjoyable; we had many parties, lunches and events throughout the summer and across the bank! If anyone is considering applying I would strongly recommend doing so!	A job offer
Banking & Investment	Sandaire Investment Office	Finalist	Law Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Word of mouth/networking	I wanted to learn more about the intersection of law and finance, and to improve my understanding of banking.	Whilst interning in the Client Relationship Management team, I undertook several projects which included looking at trusts, portfolio construction theory, real estate investment and how family office services are provided in the UK compared to other jurisdictions, particularly the Middle East. This experience deepened my understanding of the law surrounding trusts and probate, as well as providing a valuable insight into financial markets and portfolio construction. I delivered presentations to members of the senior management team and sat in on meetings with fund managers and private equity firms.	References
Banking & Investment	Standard life aberdeen	Finalist	Chem Eng via Nat Sciences	Summer	UK		A job / internship (paid or unpaid)	9 - 12 weeks		Interested in asset management Opportunity to receive graduate scheme offer Earn some money over summer		
Charities & Social Enterprise	American Jewish World Service	Finalist	Natural Sciences Tripos	Summer	Outside of the UK United States of America	No	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	I am eager to pursue a career in the area of international development/ global health, and so wanted to see first-hand and contribute to an organization working in this area	I was the International Advocacy Intern, working particularly in the Sexual Health and Rights team. I was involved in creating materials to disseminate the message and research of the organisation. I was also able to attend several events at the UN High Level Political Forum and to assist AJWS in running one event on the importance of non-traditional livelihoods for women. It was wonderful to be in this environment and experience something of how the UN works. I also worked with the Strategic Learning, Research and Evaluation (SLRE) team. With them, I contributed to research on the importance of civil society participation in interventions. It was very interesting to see how this form of research differed from the lab research I am used to in my science degree. This was my first experience in an office job, and so it was very helpful for me to gain an insight to what this is like!	Helpful contacts
Charities & Social Enterprise	CAFOD	FirstYear	Geographical Tripos	Summer	Outside of the UK Lebanon	Expenses only	Volunteering	1 - 3 weeks	Other I was offered it (they emailed me without an application)	I was offered it after doing other volunteering with the same charity.	Learned about social enterprises run by Caritas Lebanon and their impact in order to feedback to CAFOD representatives in the UK. Met people from all over Europe and the middle East who were part of the international camp we were on. Had workshops to think of ideas of how to improve the existing social enterprises and create new ones. We also visited a refugee camp and helped with some community service.	Helpful contacts
Charities & Social Enterprise	Eurorelief	Penultimate	Hum, Soc & Pol Sciences Tripos	Christmas	Outside of the UK Greece		Volunteering	1 - 3 weeks		I had previously already worked with this organisation and had done volunteering with refugees through others after it, but felt like it was time to go back, see how conditions in camp had changed and work in a place I already understood to an extent.		
Charities & Social Enterprise	Helsinki Espana	Penultimate	Hum, Soc & Pol Sciences Tripos	Summer	Outside of the UK Spain	No	A job / internship (paid or unpaid)	1 - 3 weeks	Word of mouth/networking	It was the only one I found in Madrid	I managed an employment boosting project	References

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Charities & Social Enterprise	RSPCA	Finalist	Natural Sciences Tripos	Christmas	UK	No	Work shadowing	Up to 1 week	Online searching inc. organisation websites	As part of my vet degree we do 12 weeks of animal husbandry work experience. I chose RSPCA as it would allow me to work with a variety of different animals, as well as give insight as to how this charity works.	I worked alongside the employees in caring for the different animals. This includes cleaning out their enclosures, feeding and socialising the animals.	None of the above
Charities & Social Enterprise	WÄ™dka Association (Poland)	FirstYear	Education Tripos	Christmas	Outside of the UK Poland	No	Volunteering	1 - 3 weeks	Word of mouth/networking	It's a local charity working with children in my hometown and I had already volunteered with them before so during the Christmas vacation I wanted to go back and do it again - this time with the theoretical knowledge that I had gained at university (my course is closely related to the field that the organisation works within)	I was working with school-aged children, helping them with homework and with other day-to-day tasks of the organisation. I was also asked to organise a brief training session for other volunteers (since I had already worked for the organisation before). It was Christmas time, so a considerable part of my work was related to the preparation of a Christmas dinner for volunteers, children and their parents.	Further vacation experience
Consultancy	Allia Ltd.	Penultimate		Summer	Cambridge	Expenses only	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	I wanted to complete an experience in some way related to start-ups and consulting, but also with a Social perspective. Furthermore, the accelerator itself was focussed internationally and EU-funded, with nine partners across four countries, and I wanted an invaluable perspective on international business. Furthermore, since the Cambridge team was a small one, I felt that this internship would give me a chance to do a great deal, above and beyond making the coffee, and this was something that turned out to be true!	I completed a five-week internship focussing on the growth of the European Silver Economy at a multinational business accelerator, working with partners in Belgium, France and the Netherlands. This involved organising and conducting meetings with UK and European beneficiaries of the scheme, as well as conducting research ahead of client and investor meetings. I was also given the opportunity to travel to conferences and networking events in Cambridge and London to represent the company, and then to build relations with any connections I made for myself. Finally, I was tasked with overhauling the company's market database as they looked to change the way the accelerator functioned.	Helpful contacts
Consultancy	Baringa	Finalist	Historical Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Careers Service advertisement	I was interested in exploring consultancy and it was well paid	I prepared a lot of power points for clients, which required a lot of research on the issues we were presenting on. I also prepared training materials and sat in on meetings	A job offer
Consultancy	Deloitte	Finalist	Mod & Med Langs Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	Studying MML I do not have a lot of exposure to economics and business more generally. I worked in HR while on my Year Abroad and wanted to expand my knowledge. Deloitte offered an internship in Human Capital Consultancy which I thought would give me an opportunity to utilise my growing HR knowledge in a different context. Consultancy also fascinated me because of its problem-solving nature and so I wanted to find out more about a possible career path.	For the five weeks I mostly worked on client site, mixing with both other Deloitte consultants and a specialist team from my financial services client. We were working on a Request for Information stage of a bid, which meant collating a lot of information and presenting it for the bid. It was extensive, but I did not have to write anything because I lacked the specialist knowledge. Instead, I did a lot of project management, coordinating printing for example to make sure that everyone had done what was needed of them on time. The whole project became more difficult when circumstances changed drastically only a few days before the deadline - which I found really exciting as well! I also did some stakeholder management, developing my critical skills when devising strategy as well as my interpersonal skills as I had to lead some meetings. My work with PowerPoint in particular also developed my IT skills more generally. My project gave me a limited insight into the changing work of a consultant but I took the opportunity to speak to Deloitte members on all levels, which allowed me to gain further insights into other projects and the possible work of consultants throughout their careers.	A job offer
Consultancy	EY-Parthenon	Penultimate	Natural Sciences Tripos	Summer	Outside of the UK China		A job / internship (paid or unpaid)	4 - 8 weeks		I am interested in a consulting career after finishing my undergraduate degree.		

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Consultancy	MindSpan Development	Finalist	Asian & Middle Eastern Studies	Summer	Outside of the UK China	Expenses only	A job / internship (paid or unpaid)	4 - 8 weeks	Careers Service advertisement	The internship was found by HKU as part of their Live, Learn and Intern in China scheme 2019. Due to visa restrictions, this was one of the only ways for me to find internship experience in China during the summer. I wanted to stay in China after my year abroad and this was a perfect opportunity - I got to live in Shanghai for 2 months (I was previously in Beijing), it was mostly funded and I also got a week in Hong Kong	I was tasked with trying to reach new clients so my main tasks were sending out emails and attending client meetings. The office language was primarily Chinese so at times this was difficult but all the staff were very helpful so that wasn't too much of an issue. I gained insight into the world of CEO coaching and also the challenges that Western businesses face in China today	Helpful contacts
Consultancy	Plural Strategy Consultants	Finalist	Hum, Soc & Pol Sciences Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Careers Service advertisement	I aspire to be a strategy consultant and wanted to discover whether I enjoyed the work and whether Plural was the right firm to start my career	I was on two projects - one was a commercial due diligence for an events company looking to purchase a cyber security event in SE Asia, and the other was investigating the reasons for declining revenues of a market data provider that served the agricultural and animal health sectors. I conducted interviews with the customers, researched the underlying markets our clients were operating in, and developed and tested hypotheses to our overall questions. I worked in small teams so was given a lot of responsibility from the outset - I led a team of three in my third week when my manager on the project went to Singapore to meet the acquisition target.	A job offer
Consultancy	PwC	Penultimate	Psych & Behav Sciences Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	I wanted to gain experience in a large corporation. I also wanted to see whether a career in Actuarial Services would suit me.	I worked as part of the HSBC Banking team, completing multiple audit portfolios to verify the Expected Credit Loss. I performed substantive and sensitivity testing on Excel, wrote the final memo and presented my work to senior management. I developed time management and people management skills through delivering for three managers simultaneously with different leadership styles. I built my network across the department, in particular in the Healthcare team as this line of work particularly interested me. I received strong feedback on my ability to learn new skills quickly, to deliver high quality work, to communicate effectively both orally and in writing and on my proactive and independent approach. I found the content of the work slightly uninspiring. The vast majority of the work we were completing was just to verify other people's work, which was almost always correct, or correct enough that it was not an issue. I really enjoyed the office environment at PwC and the general culture.	Helpful contacts
Consultancy	Yicongometrics	Penultimate	Land Economy Tripos	Summer	Outside of the UK China	Yes	A course	1 - 3 weeks	Word of mouth/networking	Earn some cash and improve on my professional skills	I advised students applying to US colleges and have improved on my professional communication skill by interacting with students and other counsellors in a mature manner	Financial support / sponsorship during your studies
Course Provider	Association of Mathematicians, Physicists & Astronomers of Slovenia (DMFA Slovenije)	FirstYear		Christmas	Outside of the UK Slovenia	Yes	A job / internship (paid or unpaid)	Up to 1 week	Word of mouth/networking	I attended the mathematical olympiad preparations when I was in high school, and I wanted to earn some money by also taking part as the tutor.	Held 2 day-long preparations (olympiad maths), invigilated 2 selection tests, corrected 1 test. It was great for me to learn how to properly explain difficult and/or abstract topics so that they are understandable to an interested high-school student.	Further vacation experience
Course Provider	Budapest Semester in Mathematics	Penultimate	Mathematical Tripos	Summer	Outside of the UK Hungary	No	Research project paid/unpaid	9 - 12 weeks	Online searching inc. organisation websites	Research topic is quite intriguing	I finished a research paper with 2 teammates. My teammates were 2 years in their studies ahead of me, and this topic is not really in my area of strength (analytic number theory) so I tried extra hard to not drag them down. After reading the papers for 1 month+, I made a decisive breakthrough first among our team (surprisingly) one afternoon, and it was probably the most thrilling experience of my lifetime so far. I vividly remember writing down the final result literally while shivering because I cannot believe that I did it.	References

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Education inc TEFL	AuPair	Other	Mod & Med Langs Tripos	Summer	Outside of the UK Spain	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	I wanted to improve my Spanish and experience living in Spain.	I was an AuPair for a Spanish family living close to Madrid. I had to work Monday to Friday around 8am to 2pm looking after 2 children aged 3 and 5. I had to play with them in English, and just generally entertain them, trying to include as much English as possible. I was completely involved in the family life and had dinner with them most days and chatted lots with both the parents and the children and family members who I met. (I got to go on holiday with the family and their aunts and their children, as well as a holiday to Huelva with just the immediate family). I also helped around the house, with general household tasks like laundry, cleaning and cooking. I also babysat in the evening about once every two weeks so the parents could go out to dinner. I improved my Spanish so much, and feel so much more comfortable when speaking it. I also learnt a lot about looking after children, and also about travelling and exploring alone, as I had weekends and some days completely free to go to Madrid and surrounding areas.	Helpful contacts
Education inc TEFL	Come On Out Japan	Penultimate		Summer	Outside of the UK Japan	Expenses only	A job / internship (paid or unpaid)	4 - 8 weeks	Other Cambridge University Department	I wanted to go abroad to a country I had never been to before. It provided an exciting opportunity to live, work, and explore Japan for five weeks, whilst provided with free accommodation and money for food.	I learned how to navigate the Japanese metro! Also, how to work with a variety of people from different cultures and customs, some of which were quite different from my own. I took lead and also led various activities and presentations, as well as provided teaching with groups of up to six Japanese students.	None of the above
Education inc TEFL	CYSC	Other		Summer	Outside of the UK China	Expenses only	Volunteering	1 - 3 weeks	Social Media - LinkedIn, Facebook, Twitter etc	I wanted to travel to Asia and this seemed like a really cheap and unique way of visiting China	I got better at working with kids and at being flexible, as a lot of the stuff I'd planned actually didn't work in reality. I got better at being able to think on my feet and adapting to unexpected situations.	None of the above
Education inc TEFL	Institute of Continuing Education	Penultimate	English Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Other Cambridge University Department	The project was an opportunity to work with international students to give them an experience of Cambridge. The project worked well alongside the Sutton Trust summer school that I helped out with and gave an alternative perspective.	I was part of a team of other undergraduate students working to facilitate the programme from a primarily logistical perspective. We needed to look after the students, guide them to various locations, and act as a point of contact for any questions the students may have. One of the major excursions of the project was a trip to Oxford which was led by student helpers. The summer school helped me gain an insight into the unique experience of international students when thinking about and applying to Cambridge, and other UK universities. One element of the summer school which I particularly enjoyed was being able to sit in on the academic presentations that were being delivered to the students. These presentations gave me the opportunity to explore areas outside of my degree.	None of the above
Education inc TEFL	Kivukoni school	FirstYear	History of Art Tripos	Christmas	Outside of the UK Kenya	No	Volunteering	More than 12 weeks	Word of mouth/networking	Because I have family that attend the school	Teaching assistant for year 3. Coaching hockey. Teaching french classes. I learnt that teaching is not easy, and that a good teacher can make a big difference.	None of the above
Education inc TEFL	KnewStep summer school	Other	Psych & Behav Sciences Tripos	Summer	Cambridge	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Careers Service advertisement	Well advertised Good pay Relevant to my career plan for the future	Main tasks: Academic teaching of lessons inc planning and marking Care for students 24/7 - making breakfast, taking them to school etc Financial responsibility - responsible for looking after money for meals and budgeting	Helpful contacts
Education inc TEFL	Oxbridge Summer Camps Abroad	Penultimate		Summer	Outside of the UK Japan	Expenses only	Volunteering	4 - 8 weeks	Word of mouth/networking	It looked like a great opportunity to experience another culture in depth, as well as to make new friends and help a community very different to my own.	I learned a lot about how to be independent, as I was in a completely new environment, for example staying with different host families. My public speaking skills also improved as I had to teach many students. Lesson planning was at times challenging as it took place during a busy academic period, but was completely worth it in the end.	None of the above
Education inc TEFL	Studio Cambridge	Penultimate	Linguistics Tripos	Summer	UK		A job / internship (paid or unpaid)	9 - 12 weeks		Great pay for not a hard job! Really good experience and would highly recommend it!		
Education inc TEFL	Teach for HONG KONG	Finalist		Christmas	Outside of the UK HONG KONG	No	Work shadowing	Up to 1 week	Online searching inc. organisation websites	Interested in education	How to deal with student	None of the above

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Education inc TEFL	University of Tokyo	Penultimate	Economics Tripos	Summer	Outside of the UK Japan		A course	1 - 3 weeks		Low cost compared to other summer schools, relevance to future career		
Engineering	Cambridge Consultants	Finalist	Engineering Tripos	Summer	Cambridge	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other Year in industry scheme	I'm sponsored by them and so go back every summer	Was given a large amount of responsibility and had freedom to develop other skills like coding and graphic design	Financial support / sponsorship during your studies
Engineering	CEDAR Audio LTD	Other	Engineering Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other Cambridge University Department	Related to sound/music/electronics - all of which I am interested in	Designed, tested and built an automated signal switcher - used for testing CEDAR products. PCB design, embedded programming, scripts in Python etc. I found using C/C++ challenging, as I had not used them before.	Helpful contacts
Engineering	Equinor	Finalist	Chem Eng via Engineering	Summer	Outside of the UK Norway	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Careers Service advertisement	Interesting role, abroad, good pay!	I worked in production and reservoir engineering for the Å...sgard oil and gas field. Equinor are a North Sea operator, meaning they run oil and gas platforms and processing facilities across Norway (and internationally). In my role, I got to see how they solve day to day problems on the rigs, especially since the Å...sgard field is quite old now so the infrastructure is posing lots of problems. I worked on a project about how they collect pressure data to model fluids in the oil/gas reservoir. Interestingly it's a lot less high-tech than I imagined. For example flow monitors are expensive so the company doesn't know how much oil is coming out of each well, they just estimate based on the total they end up with from the field!	Fast track through the recruitment process
Engineering	Ffestiniog & North Welsh Highland Railway	Other	Engineering Tripos	Summer	UK	No	Volunteering	1 - 3 weeks	Other Cambridge University Department	Seemed like it would be an interesting contrast to my degree as it was a lot more practical and hands on	A combination of making new parts for engines and running safety examinations on them - learned how to use a variety of tools (including learning how to weld, which was super fun), as well as getting a better practical knowledge of how systems like steam engines work and what needs to be considered when building/maintaining them. I really enjoyed the hands-on nature of the work and getting to do different things every day.	None of the above
Engineering	Frazer Nash Consultancy	Finalist	Natural Sciences Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Other Cambridge University Department	I've loved the variety of my Natural Sciences degree so Technical Consulting seemed like an obvious career path to explore. I choose this company because they listened to what my interests were and allocated me a project based on this.	I improved my data analysis and modelling skills. I also improved my communication, presentation and collaboration skills. I found it challenging to organise my time for the project as I had a budget for the project and each hour of my time had a cost associated with it. I enjoyed learning about the different roles within the business and also the Engineering Consultancy Sector as a whole.	Fast track through the recruitment process
Engineering	MBDA	Finalist	Engineering Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	This internship offered me the chance to apply my knowledge to real life, high-speed aerodynamics and there are few companies at which experience of supersonic aerodynamics can be gained. As well as this, MBDA is rated in the Times top 25 graduate employers so I was confident the company would provide good support.	I learnt a lot about how computational fluid dynamics (CFD) works practically and how to get useful results from this in an industrial setting. I also developed my presentation and communication skills as I liaised with numerous members of the department to get advice, attended short stand-up meetings where everyone shares what they're working on and also produced a report and presentation at the end of my project.	A job offer
Engineering	Offshore Wind Consultants	Finalist	Engineering Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Other Cambridge University Department	Interested in renewable energy and working in central London	Involved a wide variety of commercial and technical projects including a detailed gap analysis for a Taiwanese wind farm, tender pricing analysis on a multi-million-dollar geological survey, a feasibility study for an Irish Sea wind farm, and leg penetration analyses for jackup rigs. Basically research, report writing, excel spreadsheets and some calcs.	A job offer

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Engineering	Prismatic Ltd	Penultimate	Mathematical Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Word of mouth/networking	It was one of the few places that would take first years, while still involving a cool project (I completed a flutter analysis for a solar UAV) that was relevant to my degree and experience	During my internship at Prismatic Ltd, I conducted a flutter analysis on a solar UAV. The main analysis was written in Python using a finite element method, while to verify results I identified and used Salome-Meca (based on Code Aster, FEM simulation software for structural (thermal and mechanical) analysis, and developed by EDF). During this internship I also assisted on soak and wind tunnel tests, as well as carrying out other miscellaneous analysis and data handling. This gave me the opportunity to improve my programming, particularly in Python, ranging from implementing the finite element methods used to file handling to plot graphs of data contained in large numbers of files across different folders. Additionally, I was responsible for writing technical notes after I completed projects, which improved my technical writing.	Further vacation experience
Engineering	Siemens and InvestIN Education	Finalist	Natural Sciences Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other Cambridge University Department	As a Natural Scientist (Physics) I wanted to experience work in an applied industrial research environment to help me decide which career path to take in the future- academic, industrial, or corporate. Siemens MR offers flexible placement schemes, in which students may pursue individual projects to improve the production of superconducting magnets for MRI scanners. It allowed me to manage my own time and fit the placement around my other unmet commitments.	Placement students are incorporated into the team immediately, without rotations or long periods of training, so you have to hit the ground running but get a more realistic experience of the company. In managing my own project, I had to organise meetings with colleagues and external contractors, order materials and equipment, and coordinate outsourcing of supplementary projects. I also learned how to use specific equipment such as a Differential Scanning Calorimeter, and developed skills in rapid self-teaching of necessary background theory in Engineering, Materials Chemistry, Engineering and Physics. Within an industrial environment, there is also the need to balance business and financial needs against the benefits of your project, and the restrictions which NDAs place upon discussion of your job role.	Financial support / sponsorship during your studies
Engineering	Taylor + Boyd	Penultimate	Mfg Engineering Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Other College Alumni Linkup	To see if I wanted to be a civil engineer	CAD Skills - fairly mundane work. General office skills People skills - very helpful. Interpretation of drawings. That I didn't want to be a civil engineer - the static office lifestyle is not for me.	Helpful contacts
Environment	Circular Economy Institute	FirstYear	Land Economy Tripos	Summer	Outside of the UK Czech Republic		A job / internship (paid or unpaid)	9 - 12 weeks		I was really interested in the organization's work		
Environment	Hedgehog republic	FirstYear		Christmas	UK	No	Volunteering	1 - 3 weeks	Word of mouth/networking	Fairly local to me and could provide useful skills like grant writing and use of camera traps	Grant writing Learnt about camera traps Some educational outreach	None of the above
Environment	Mandai Park Development	Penultimate	Natural Sciences Tripos	Summer	Outside of the UK Singapore	No	A job / internship (paid or unpaid)	4 - 8 weeks	Word of mouth/networking	Interest	Entered the forests of Singapore, knew more about its wildlife, camera trap servicing, camera trap photo data processing Enjoyed the field work, challenging to go through the huge amount of data which made me think about possible employment of AI	Further vacation experience
Environment	Velvet Monkey Foundation	Finalist	Historical Tripos	Summer	Outside of the UK South Africa	No	Volunteering	4 - 8 weeks	Word of mouth/networking	Because I wanted to go out of my comfort zone and be useful for an endangered species	I found being in a completely unfamiliar place very difficult but I learned a lot about myself and how much I was capable of	None of the above
Health & Social Care	Great Ormond Street Hospital	Finalist	Natural Sciences Tripos	Summer	UK	No	Work shadowing	1 - 3 weeks	Online searching inc. organisation websites	Expand my knowledge and experience of Paediatrics specialty, boost CV, personal interest	I shadowed consultants and registrars in the ENT department and observed in lots of operations, which was fascinating as I haven't been in theatre before. The most challenging part was taking the initiative to ask to do/see things as no one was going to arrange it for me specifically.	Helpful contacts
Health & Social Care	St John Ambulance	Finalist	Law Tripos	Summer	UK	Expenses only	Volunteering	More than 12 weeks	Other Already knew about this opportunity.	I was already volunteering with SJA during term time (I am a long term volunteer) - and this meant that I could just increase my volunteering out of term time to suit.	Out of term time - I increased the amount of time that I spent volunteering at events. This allowed me to gain greater experiences of larger events. I also used the time that I had off to take a number of additional training courses - allowing me to gain further qualifications and be qualified to take on further roles both at events and in a more administrative capacity.	References

Sector	Organisation	Year of study	Tripes	When did you do it?	Location	Were you paid?	Type of Experience	Duration	How did you find it?	Why did you choose this experience?	Role Description	What did you gain from your experience?
International Development	ActionAid India	Finalist	Hum, Soc & Pol Sciences Tripos	Summer	Outside of the UK India	No	A job / internship (paid or unpaid)	4 - 8 weeks	Word of mouth/networking	<p>As a sociologist, I am particularly interested in issues relating to social justice and I wanted to work for ActionAid India over summer to help advocate for the human rights of some of the most marginalised and impoverished communities in the world. I wanted to gain experience working in a large international NGO making sustainable positive change to people's lives. It is difficult as an undergraduate to work for UK-based international NGOs as often they do not accept interns/only provide very limited work experience programmes. At ActionAid India they are used to having student interns and I was able to take on a lot of responsibility over the 8 weeks I worked there. After graduating, I hope begin a worthwhile career in either the charity sector or public sector working on advocating for or implementing policies that help the most vulnerable people in the UK. I wanted to gain experience and skills in this sector in order to discover what type of work suits me.</p> <p>Also, I had never been to India before and wanted to travel there with Camvol to educate myself about different cultures and learn how development and activism can be done sustainably and effectively with ActionAid India.</p>	<p>During my time at ActionAid, I was very grateful to gain experience in a variety of departments, working on a number of different projects and tasks. I initially worked in the Corporate Social Responsibility (CSR) Unit, researching companies that could be potential partners and donors. After 3 weeks, I moved to the Programmes Unit, where I dedicated most of my time working on the baseline survey for "Freedom from Forced Labour and Modern Slavery", a project promoting dignity, rights and empowerment of bonded and potential bonded labourers in the agriculture sector in India and Nepal. I also analysed and presented data for a project aiming to secure rights for female garment factory workers in Delhi and Chennai. I was also asked to write a few different reports researching topics such as smart cities, social security for unorganized workers, and other work that ActionAid's regional offices were doing.</p> <p>Besides the projects and reports at work, I also voluntarily got involved with other activities and workshops at ActionAid including a talk led by Dr Sunita Toor from Sheffield Hallam University about gender-based violence. I also attended a conference at the Habitat Centre in Delhi about worker hostels with the Chief Director of ActionAid India.</p>	Helpful contacts
International Development	ActionAid India	Finalist	Hum, Soc & Pol Sciences Tripos	Summer	Outside of the UK India	No	A job / internship (paid or unpaid)	4 - 8 weeks	Word of mouth/networking	<p>I applied to work at ActionAid India because it was a great opportunity to develop many professional skills, whilst being a part of making positive and sustainable change was very appealing. I wanted to work for ActionAid India in order to help make a measurable and positive difference to people's lives via sustainable, thoughtful and careful praxis. Also, the opportunity to experience working for a national branch of an international NGO meant I gained an understanding of a variety of overlapping sectors (charity, NGO, international development, public sector etc), which helped to inform my career choice.</p>	<p>During my time with the NGO, I was very grateful to gain experience in a variety of departments, working on a number of different projects and tasks. I gained an invaluable insight into the workings of an NGO and how international "development" projects are planned, funded, implemented and evaluated. At ActionAid, I worked in the Corporate Social Responsibility (CSR) Unit, researching and screening companies that could be potential partners and donors. After 3 weeks, I moved to the Programmes Unit, where I dedicated most of my time constructing questionnaires and gathering data for the baseline survey for "Freedom from Forced Labour and Modern Slavery", a project promoting dignity, rights and empowerment of bonded and potential bonded labourers in the agriculture sector in India and Nepal. I also used Excel to analyse and present data for a project aiming to secure rights for female garment factory workers in Delhi and Chennai. I was also asked to write short reports researching topics such as smart cities, social security for unorganized workers, and other work that ActionAid's regional offices were doing. I honed my report writing skills (HSPS essay and brief concise summaries are quite different!) and developed good communication skills in an office where a number of different languages were spoken.</p> <p>Besides the projects and reports at work, I also voluntarily got involved with other activities and workshops at ActionAid including talks and conferences.</p>	Helpful contacts

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International Development	Afrinspire	Finalist	Geographical Tripos	Christmas	Cambridge	No	A job / internship (paid or unpaid)	Up to 1 week	Speculative application	Seeking a career in international development and wanting insight into how development organisations run, I contacted Ian who runs the charity during term. The conversation with him was so informative that I wanted to return and volunteer in the office to gain more experience from him and aid the charity's mission.	My main task was completing an impact assessment report using excel data on a decade worth of water supply projects funded by the charity. This involved creating graphs and calculating percentages, before compiling all into a report at the end of the week. Ian shared with me stories of the people and places behind the data, which really brought it to life. I was also involved in the charities fundraising, drafting and sending emails and letters to potential donors. Most insights were gained just from conversations with Ian who runs the office. He has been a development consultant working with grassroots African leaders for over 20 years, and spoke to me about the challenges and opportunities available in the development sector. Ian takes time out of his own work to educate his interns on how to succeed in the field. It was these conversations with him that I enjoyed most.	Further vacation experience
International Development	Education Partnerships Africa	Penultimate	Mod & Med Langs Tripos	Summer	Outside of the UK Kenya	No	Volunteering	9 - 12 weeks	Online searching inc. organisation websites	I chose this experience for many reasons. Education Partnerships Africa ensures that its volunteers carry out sustainable change in the countries we work in, with a participatory approach that I believe sets it apart from other organisations. I also believe it was an incredibly enriching experience for my professional development, as I had a great deal of autonomy and decision-making power. I was able to gain competences in budgeting, project management, public speaking and many other skills.	<p>Last summer I was volunteering for 10 weeks in Bungoma, Kenya as a "Project Worker" for a charity called Education Partnerships Africa. This charity works with Sub-County schools (the most underfunded kind) in Kisii and Kakamega in Kenya and Mbarara in Uganda. I was based at St Mary's Mukhuma Secondary School in the nearby community and have been partnered with two other Project Workers. The aim of our charitable work was to improve the educational opportunities at the school. Each Project Worker commits to fundraise £900 for their school, which contributes to an investment pot. As I was in a trio, this meant an initial budget of £2700. However, our trio carried out extra fundraising and successfully applied to additional grants from our central charity, such as the "Innovation Pot" which gives Project Workers money for innovative and exciting projects. This supplementary fundraising meant that our budget increased to around £5000 - the largest budget of any of the EP Africa schools this year.</p> <p>As a result, our team was able to achieve a great deal in St Mary's school. To be precise we have:</p> <ol style="list-style-type: none"> 1. Installed a functioning laboratory with sinks and gas taps (as pictured) 2. Installed a functioning library with furniture and shelving 3. Renovated a spare classroom and built furniture 4. Improved the storage of the laboratory storage room 5. Improved the storage in the laboratory technician's room 6. Constructed handwashing stations 7. Repaired and improved the girls' toilets 8. Improved kitchen hygiene through purchasing chopping boards 9. Implemented a rubbish bin system 10. Created a careers service noticeboard 11. Carried out lobbying and secured funding from local politicians, such as the local MP. <p>Through this project I gained many transferable skills. EP Africa provides extensive training both before and throughout the project, giving me a greater insight into the workings of the charity and its approach in East Africa. In addition, the project itself was most instructive. I gained a number transferable skills, such as a greater understanding of complex budgeting, time management and leadership skills. I have also had to deliver innumerable speeches to large crowds, the press and even to an MP, improving my public speaking skills. Moreover, as we have been working in Kenya, I had to apply all of these skills to a different cultural setting, and therefore had to be flexible in my approaches, so as to successfully adapt to an unfamiliar environment.</p>	Further vacation experience

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International Development	EPAfrica	Penultimate	History & Politics Tripos	Summer	Outside of the UK Kenya	No	Volunteering	9 - 12 weeks	Other I saw EPAfrica at the freshers fair.	I wanted to get first-hand experience of international development, live in a different culture, and improve my career prospects.	My work was investment in a secondary school. The investment was directly administered - we were given Caxton cards with £2700 on them (in Kenyan shillings of course) and invested it in cooperation with the school and in line with the desires of staff and students. My main focuses were investment in the water system and the laboratory. The project was certainly challenging at times - fitting into a different culture over the 10 week period was certainly difficult. However it was undoubtedly worth the effort - our projects made a genuine difference to the school, and I feel that I have gained transferable skills such as time management, budgeting and teamwork.	None of the above
International Development	SEWA Bharat	Finalist	Historical Tripos	Summer	Outside of the UK India	No	A job / internship (paid or unpaid)	9 - 12 weeks	Word of mouth/networking	It fit well into the sector that I plan to go into in the future, with the added bonus that I would be able to travel to India which I have always wanted to do	<p>The bulk of my work at SEWA Bharat this summer has been on a project funded by the UK's Department for International Development, through its Work and Opportunities for Women fund (WOW). The project is focused on empowering informal sector women in the cities of Delhi and Patna by improving their access to infrastructure and housing finance, and their tenure security. I contributed to the analysis of data which had been collected in a large survey of the project settlements before I arrived.</p> <p>Perhaps the most rewarding week of my internship came in early August, when the team of funders from WOW UK came to visit the SEWA offices. Prior to their arrival, I worked with SEWA's project team on the presentation which would be given to the funders. I was then able to sit in on meetings between the two project teams where we discussed the measurement plan for the project. I learned a lot about the more technical side of Monitoring, Evaluation and Learning (MEL) and how this relates to social development projects. It gave me a better understanding of the demands of implementing a project such as this.</p> <p>After the end of the week of meetings and the departure of the WOW UK team, it was crunch time at the office as we had 3 weeks to finish working on the project deliverables for the end of the inception phase. It was very rewarding to know that I had contributed in part to the official documentation of the project and to know that my skills had been useful to the team.</p> <p>During my time in Delhi, I have really enjoyed getting to know the city and starting to feel at home here after 2 months! It was particularly enjoyable to be staying here with other Cambridge students as it was good to come home to friendly faces after the intensity of Delhi. We have done a lot of exploring of the city, as well as venturing out to Agra, Amritsar and Varanasi on weekend trips. Overall it has been the most amazing experience this summer - we were so lucky to be able to combine gaining valuable work experience and travelling to a country I have always wanted to visit. I cannot recommend the Camvol programme enough.</p>	Helpful contacts

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International Development	The Latika Roy Foundation	Finalist	Linguistics Tripos	Summer	Outside of the UK India	No	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	I wanted to conduct research within the context of international development, specifically around gender and education, and to explore a country I hadn't been to before. The Latika Roy Foundation conducts work in just those areas, and the opportunity presented through Camvol (who organise the internships) to work in Dehradun in northern India looked fantastic.	The organisation works with children with intellectual and developmental disabilities and their families. I conducted original research, including an extensive literature review, a project analysis and in-depth qualitative interviews, culminating in the writing of the paper "Menstruation Matters in Girls with Developmental Disabilities in the Himalayan Foothills", currently being published in the global health journal Sexual and Reproductive Health Matters. Though listed as co-author, I had sole responsibility over the planning, drafting and writing of the paper, including all of the literature review and project analysis. I attended and assisted at community follow up health programs for children with intellectual, developmental and/or physical disabilities and their carers. I also attended research group meetings in the field of menstrual health, women's sexual health and reproductive health, particularly in the context of disability in the Global South. I particularly enjoyed the opportunity afforded to really dive in to the research in a way that you simply can't get an at undergrad level in a Cambridge term - to have the freedom to pursue what I wanted and to do as much reading as I possibly could was very satisfying and enjoyable. The main challenge associated with my work was how self-directed it was - though I was co-author, my academic supervisor essentially looked at the paper once, said it was 'ok', and then left it up to me to edit further. I was often roped into doing additional tasks as well, which was not a problem, but something to be aware of - everybody wants a little bit of your time, which can be wonderful, but sometimes you have to learn to say no! The flipside is that sometimes you are faced with a day of ten hours with absolutely nothing planned, and you have to be creative enough to find some useful way of filling it.	Helpful contacts
IT	BOE Systems	Penultimate	Historical Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Word of mouth/networking	I had worked there previously, and I found it a very relaxed yet committed environment in which to work. Plus, they had an ever-full fridge!	I worked on a program which helped clients manage their large property portfolios. Not being well acquainted with IT, it was tricky, but rewarding, and I gained a lot of experience in a field in which, as a History student, I would not necessarily expect to.	Helpful contacts
IT	Facebook	Finalist	Computer Science Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	I really liked the opportunity to improve billions of people's lives with the software I wrote.	https://www.mukulrathi.com/facebook-internship-experience-2019/ All detailed in the blog post	A job offer
IT	Focal Point Positioning	Finalist	Mathematical Tripos	Summer	Cambridge		A job / internship (paid or unpaid)	4 - 8 weeks		I was given the opportunity to complete a project from start to finish, and was given lots of input on the project to make sure it was something I was interested in. I was also keen to experience some aspects of software development in a professional environment.		
IT	Google LLC	Finalist	Computer Science Tripos	Summer	Outside of the UK Switzerland	Yes	A job / internship (paid or unpaid)	More than 12 weeks	Word of mouth/networking	Google is one of the top Software and Engineering companies in the world. They do challenging stuff, a lot of smart ppl go there and they pay a lot of money.	I worked in google lens team on food and dishes recognition. I learn some infrastructure and new algorithms I got more experience in working on complex projects involving various technologies.	None of the above
IT	Ocado Technology	Penultimate	Computer Science Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other Cambridge University Department	To get real life software development experience	Learnt how software development in a corporate environment is different to hobby coding and my course assignments	Further vacation experience
IT	Ocado Technology	Penultimate		Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	There weren't many options available to first years and this would give me good experience in software engineering and working in a workplace.	Attended meetings and contributed ideas. Designed, developed and tested an app. Networked with other interns and the team.	Further vacation experience
IT	Plural ai	Penultimate	Engineering Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Speculative application	Fast paced, innovative small company	Developing kubernetes pipelines, making ml models for website identification	References

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IT	Scott Logic	Finalist	Mathematical Tripes	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Careers Service advertisement	Wanted to develop my programming skills (I study Maths)	new language (javascript), how servers work, agile	A job offer
Legal	Barclays	Finalist		Summer	UK	No	A job / internship (paid or unpaid)	Up to 1 week	Online searching inc. organisation websites	I wanted to gain some insight into the role of an in-house lawyer in a large financial institution	<ul style="list-style-type: none"> - Negotiation exercises - Pitched for work (in a team) to partner from Clifford Chance and other senior staff from the Legal department at Barclays - Shadowed lawyers in Barclays 360 Department - Skills workshops - Personal Development workshop - Open Day at Simmons & Simmons - Sat in on a cross-border call with General Counsel - Speed networking and networking over drinks with Barclays staff 	Helpful contacts
Legal	CMS Law	FirstYear	Hum, Soc & Pol Sciences Tripes	Christmas	UK	Yes	A job / internship (paid or unpaid)	Up to 1 week	Other Essay contest	<p>I had written an essay for a contest run by the company back in 2017, when I was considering applying (and applying) for law. Now that I am eventually in university (albeit studying HSPS) following my gap year etc, I was offered the internship again, having already rejected it once.</p> <p>I chose to take up this internship because even though I am no longer studying law, I find that it links in very well to what I am currently studying and what my career prospects are. Furthermore, I thought this would be a fun opportunity to attain some vital work experience at a brilliant firm, all of which came true.</p>	I was positioned in the Energy sector of the firm, so my work was predominantly focused on some new contracts regarding renewable energy and the current status of the market. For obvious reasons, I cannot disclose any details of this. My main tasks involved in this were market research and analysis, attending conferences and marking up contracts.	Further vacation experience
Legal	Hogan Lovells	Finalist	English Tripes	Summer	UK	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Online searching inc. organisation websites	Helped me to gain a greater insight into a legal career	We had a group presentation to do, as well as rotating between 3 different legal teams, helping them on various research tasks and experiencing the life of a trainee lawyer. I learnt a lot about the structure and day-to-day runnings of a law firm.	A job offer
Legal	Linklaters	Finalist	Law Tripes	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	Linklaters is a Magic Circle firm with a large international presence. I wanted an insight into the life of a trainee solicitor at a large firm like Linklaters and to be able to compare it to the law firms back in my home country and to other firms in the UK.	I was in the Financial Regulation Group (FRG) for 2 weeks and the Employment Team for 2 weeks. In FRG, I wrote a research note on Equivalence and Brexit, attended several client calls and helped draft several reporting guides in line with the new regulations for clients. In Employment, I wrote a case note and conducted some research on tech in the employment space. The firm also organised for us to work in groups of 5 and present a Client Pitch which was difficult given the time constraints. There were also many socials which I enjoyed.	A job offer
Legal	Linklaters	Penultimate	Law Tripes	Easter	UK	Expenses only	Work shadowing	Up to 1 week	Careers Service advertisement	I find commercial law interesting and a path I want to pursue, thus I decided to look into law firms offering first year insight schemes for more than one day. Linklaters offered a two day placement, so I applied for this and was successful.	<ul style="list-style-type: none"> - Two-day full-time insight into Linklaters through achieving place on scheme. - Gained a litigation perspective of firm after shadowing associate in Dispute Resolution focusing on redistribution after an insolvency. - Developed understanding of corporate side of work when shadowing associate in M&A and working on a bank merger deal. - Broadened knowledge of a "future lawyer"™ through workshops in personal branding and innovation. 	Fast track through the recruitment process

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Legal	Linklaters	Penultimate	Law Tripos	Christmas	UK	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Word of mouth/networking	Linklaters is one of the top UK Law firms for commercial law, and the experience finishes with a training contract interview (post-graduate job).	The work shadowing element that occupied the majority of my time was immensely valuable in finding out more about how Linklaters operates on a day-to-day level, as well as a greater understanding of client relationships. The culture of the firm particularly stood out to me, due to the welcoming nature of everyone I met. Through the tasks I was given by both my principal and other colleagues around the Corporate 120 department, I successfully adopted organisational tactics in order to manage my time most effectively. This linked in to a greater need to manage my priorities, in order to reach various deadlines for a range of tasks at differing importance and urgency levels. This is a key skill for trainees to have, and therefore will aid me when I come to do such work full time. The specific tasks that I completed included drafting client pitch presentations, listening-in on client calls, checking drafts of a director's letter of resignation, as well as summarising and researching bank funding standards within the environmental group. The variation in the work that I completed ensured that I was constantly engaged and allowed me to witness a broad range of trainee tasks. The practice area overviews that occurred across the Scheme allowed me to develop my understanding of how the departments overlap and interact, which demonstrated the cohesive nature of the firm as a whole. The client pitch exercise was one of the highlights of the vacation scheme, with the opportunity to research collaboratively then present to partners.	A job offer
Legal	Linklaters LLP	Penultimate	Law Tripos	Christmas	UK		A job / internship (paid or unpaid)	1 - 3 weeks		I want to work in a major city law firm.		
Legal	Mathys & Squire	Finalist	Natural Sciences Tripos	Summer	UK	Expenses only	A job / internship (paid or unpaid)	Up to 1 week	Speculative application	I hated my time at Exeter University earlier in the summer and was looking for something I could fit around my travelling in the remaining few weeks of summer. I had already met Mathys at a careers fair and I sent a hopeful email which resulted in a brilliant placement	I was guided through how a patent application worked and then put together my own response to a patent application, which help from a patent attorney who was my mentor/supervisor throughout the week and also spoke to me lots about how people get into patent law. Using legal language was new to me, as well as the EPO problem-solution approach, but I found them really satisfying to get the hang of.	Further vacation experience
Legal	Sidley Austin LLP	Finalist	Hum, Soc & Pol Sciences Tripos	Christmas	UK		A job / internship (paid or unpaid)	Up to 1 week		I have an interest in corporate law and wanted to gain a training contract with a US law firm in London.		
Legal	The Justice Centre, Hong Kong	Penultimate	Law Tripos	Summer	Outside of the UK Hong Kong	No	A job / internship (paid or unpaid)	1 - 3 weeks	Social Media - LinkedIn, Facebook, Twitter etc	I chose this experience as I have a passion for human rights and am looking to pursue this field in practice. It was also a great opportunity for me to explore a part of the world that I had never visited before. The advertisement for the Justice Centre was particularly appealing as it presented several unique opportunities. First, to enhance my knowledge of human rights law, through the initial training provided on Hong Kong non-refoulement law. Second, to develop practical legal skills through factual and legal	My first days involved training on HK non-refoulement law, and on assessing credibility and interviewing clients. This was extremely useful not just for my internship but for improving my practical skills in general. During and following my training, I began country of origin research for one of the JCHK's clients. It needed to evidence his claim that, if he was returned to his home country, he would be at risk of CIDTP. An integral part of any research we conducted for JCHK cases was attending meetings and listening to the clients themselves. Listening to their deeply upsetting stories made me really appreciate the value of the work that the JCHK was doing. With the other interns on my team, I condensed the research into a memo. This really helped me hone my research skills, as my work needed to be efficient and concise. On the last weekend, there was an optional non-refoulement claim simulation. Both interns and commercial lawyers participated. We were split into groups - I was assigned to the Immigration Department. My job was to briefly research the claim, conduct a claimant interview and decide their case.	Helpful contacts

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										research, as well as legal drafting. Finally, to learn more about how I could pursue a practice in human rights alongside a main practice, by speaking with the Justice Centre's pro-bono partners. The prospect of actually conducting legal work for myself and providing tangible assistance to clients, as opposed to simply shadowing others, was particularly appealing.	My final task was to draft a re-opening application for the client, as their previous claim had been decided upon misleading evidence and the decision making had been poor. While I did this, the other interns on my team worked on an application for judicial review. I enjoyed this part the most, as I had been given real responsibility in handling the claim. For me, what distinguished the JCHK from my previous work experience was that it gave me the opportunity to provide genuine legal assistance and I was made to feel a valued member of the team. A final perk of the job was being treated to lunch by several of the JCHK's commercial law partners, including Linklaters and Freshfields. They were keen to promote their pro-bono work, particularly with the JCHK, which (as an NGO) can't represent its own clients.	
Legal	UNHCR	Other		Summer	UK	No	Volunteering	More than 12 weeks	Social Media - LinkedIn, Facebook, Twitter etc	'- something I could do that was meaningful, but allowed me to work from my computer	'- research - read reports - analyse data	None of the above
Legal	Unilever	Finalist		Summer	Outside of the UK Ghana	No	A job / internship (paid or unpaid)	1 - 3 weeks	Word of mouth/networking	I wanted to learn more about the role of an in-house lawyer in a multinational company	Drafted a toolkit to help non-legal staff identify counterfeit products on the market and know the legal and non-legal steps they could take once they had identified such products. This taught me a lot about IP (trademarks in particular), an area which I had hitherto had no exposure to.	Helpful contacts
Media	BBC	Penultimate		Christmas	UK	No	A job / internship (paid or unpaid)	1 - 3 weeks	Word of mouth/networking	insightful	journalistic skills	Helpful contacts
Media	Culture Whisper	Finalist	Mod & Med Langs Tripos	Summer	UK		A job / internship (paid or unpaid)	1 - 3 weeks		I'm interested in a career in cultural/arts journalism and thought experience with editorial platform Culture Whisper would be a good way to see if this was the job for me.		
Media	ECS Media	Penultimate	Geographical Tripos	Summer	Outside of the UK Nepal	No	A job / internship (paid or unpaid)	1 - 3 weeks	Speculative application	I want to work in magazine editorial.	I spent 2 weeks writing pieces for 3 magazines - ECS nepal, ECS living, and Friday. I went all across Kathmandu with photographers to do the pieces and managed to get around 13 published.	References
Media	Investors Chronicle, Financial Times	Finalist	Historical Tripos	Summer	UK		A job / internship (paid or unpaid)	1 - 3 weeks		I had worked for a week at the Investors Chronicle the summer before based on a family contact, so they were happy to bring me back in for a 3 week paid internship this year. It's a small team in the big FT office so I was able to do real journalism work		
Media	Mini PBL (start-up via Generation UK)	Finalist	English Tripos	Summer	Outside of the UK China		A job / internship (paid or unpaid)	9 - 12 weeks		I wanted to experience a global internship to develop on a personal and professional level. It was as much about gaining exposure to my preferred industry in a professional environment as it was growing as an individual by experiencing cultural and linguistic exchange.		
Public Sector	civil service	Other		Easter	UK	Expenses only	A job / internship (paid or unpaid)	Up to 1 week	Online searching inc. organisation websites	I want to go into the civil service and the EDIP programme was the only direct experience available. The fact that they are directly appealing for disabled applicants made me confident I could get the flexible internship I need.	I sat in on meetings (& loved reading about internal policy targets etc. that aren't in the public domain, so I was sworn to secrecy). I got to try practice group exercises (including a trade negotiation, judged by people working on DHSC's Brexit issues).	Helpful contacts

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Public Sector	Government Social Research Summer Student in Department for Business, Energy and Industrial Strategy (BEIS)	Finalist	Geographical Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	Provides insight into working in civil service. Combines social research skills with interests in public policy.	<p>Working in a cross-cutting team of analysts, I was exposed to numerous policy areas related to EU Exit. I was able to gain an understanding of how social research is used in government and develop my social research skills through several projects:</p> <ul style="list-style-type: none"> - Writing a literature review; the key findings of which I presented to a team of analysts working in related policy areas - Producing case studies from interview transcripts, which were used in ministerial briefings - Analysis and presentation of data from several indexes (using Excel) - Assisting in deliberative methods workshops, through note-taking and thematic analysis of transcripts - Sampling of businesses to be contacted for stakeholder engagement <p>I was also able to engage with a variety of learning and development opportunities. I attended training on innovation and impact in qualitative research. I also shadowed social researchers in the Labour Markets directorate of BEIS, as well as analysts at the Food Standards Agency (FSA). Fast streamers I worked alongside were also happy to share their experiences of applying to the fast stream.</p>	References
Public Sector	HKPORI	FirstYear	Land Economy Tripos	Christmas	Outside of the UK Hong Kong	No	A job / internship (paid or unpaid)	Up to 1 week	Other Cambridge University Department	<ol style="list-style-type: none"> 1. Get to know fellow Cambridge students 2. Interested in politics 3. Easy to find this internship 	translate documents	None of the above
Publishing	Identity Magazine	Penultimate	Geographical Tripos	Summer	Outside of the UK Egypt	No	A job / internship (paid or unpaid)	1 - 3 weeks	Speculative application	I want to work in magazine editorial	I wrote pieces for their online website, 3 of which were published. I then sat in on an editorial meeting where I pitched a large number of the print magazines September anniversary issue pieces - from this was offered an internship extension and a freelance position.	A job offer
Retail & Hospitality	Samsung	Finalist	Economics Tripos	Summer	Outside of the UK Malaysia	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	N/A	N/A	None of the above
Retail & Hospitality	Syft - Leeds United Football Club	Other	Psych & Behav Sciences Tripos	Christmas	UK	Yes	A job / internship (paid or unpaid)	Up to 1 week	Word of mouth/networking	Syft is an agency that enable you to work flexible hours as and when you can, so it is perfect for being able to do a small number of shifts and earn some money over the busy Cambridge Christmas holidays.	I was serving pints at Leeds United Football Club which taught me to work quickly and provide friendly customer service. It was challenging to work so quickly under high time pressure as you had to serve everyone during very short amounts of time. Overall, however, I really enjoyed working at the club as the fast-paced work was exciting, and I was also being played to watch my team play!	Further vacation experience
Science	BBSRC	Finalist	Natural Sciences Tripos	Summer	UK	Yes	Research project paid/unpaid	4 - 8 weeks	Speculative application	BBSRC funds research experiences placements at UK universities, I had already agreed a project with an academic in the plant sciences department in Oxford and then applied to the BBSRC scheme in Oxford to fund this.	I spent 8 weeks working on a computational project to create a 3D model of an extinct early land plant's root system. I developed an automated method of converting scans of fossil peels into 3D slices of a model in open source software. I learn Python coding, how to structure an investigation independently, how to use several open source modelling programmes. I also learned how to present findings to a lab meeting under scrutiny, as well as join in discussions in journal clubs and to manage my time effectively.	References
Science	Birmingham uni	Finalist	Natural Sciences Tripos	Summer	UK		A job / internship (paid or unpaid)	4 - 8 weeks		Only one I could find		

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Science	Caltech	Finalist	Natural Sciences Tripos	Summer	Outside of the UK United States of America	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other Corpus Christi College offers an exchange programme with Caltech.	I was given the opportunity to run my own lab project (under a supervisor) and be paid, which is unusual for lab internships. I also had the opportunity to go to America, work on a relatively long project, and gain experience in how to be a scientist (hopefully my future career).	I carried out a genetic screen to look for genes involved in mitochondrial quality control - day-to-day this meant breeding particular strains of fruit flies and learning to work with them. This is useful, as this species is commonly used in science. I also carried out some molecular work as part of this, which is more similar to the work I hope to do in my career. I learnt that I could be a scientist, and how to do so. I also learnt that I enjoyed research immensely - and something about mitochondrial quality control of course!	References
Science	Cambridge Hands-on Science (CHAOS)	FirstYear	Natural Sciences Tripos	Christmas	Cambridge	No	Volunteering	Up to 1 week	Other Cambridge University Department	Learn scientific communication and popularisation skills	-demonstrated science experiments to secondary school and primary school students -learnt how to manage crowds and keep the enthusiasm of the participants	None of the above
Science	CGG	Finalist	Natural Sciences Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Careers Service advertisement	Needed some relevant experience to add to my rather bare CV. Job looked interesting, paid well and they sorted out accommodation.	Did seismic imaging of the North Sea. Had plenty of training and learnt plenty of geophysics. Used in house software. Did presentations to clients etc. which was a useful skill to learn.	Fast track through the recruitment process
Science	Computer Laboratory	Penultimate		Summer	Cambridge	Yes	Research project paid/unpaid	9 - 12 weeks	Other Cambridge University Department	Interest in learning more about NLP	Worked with the Natural Language Processing group in the Computer Laboratory, University of Cambridge. I developed a program to extract a certain language phenomena and then tested predictive power of extracted phenomena on language competency. Learnt mostly programming and linguistics: Machine Learning, Natural Language Processing, handling large datasets, and basic linguistic terminology.	None of the above
Science	CRUK Cambridge Institute	Finalist	Natural Sciences Tripos	Summer	Cambridge	Yes	Research project paid/unpaid	9 - 12 weeks	Speculative application Approached the PI after a talk	Prestigious institution, paid, interesting project	It was challenging to cope in office and institutional environment - it felt more like a company than a lab.	Helpful contacts
Science	ETH Zurich	Finalist	Natural Sciences Tripos	Summer	Outside of the UK Switzerland	Yes	Research project paid/unpaid	9 - 12 weeks	Online searching inc. organisation websites	An excellent opportunity to get research experience and travel in Switzerland	I undertook a 9 week research project studying the importance of the extracellular matrix in ageing using the nematode model <i>Caenorhabditis elegans</i> , as part of the Amgen Scholars Program 2019. I then took part in the Amgen Scholars European Symposium in Cambridge where I presented my findings in the form of a research poster. This was very good for gaining research experience and presentation skills. I also travelled around Switzerland a lot with the other students on the program, and did hiking, sightseeing and paragliding, which was a lot of fun.	Helpful contacts
Science	Gurdon Institute	Penultimate	Natural Sciences Tripos	Summer	Cambridge	No	A job / internship (paid or unpaid)	9 - 12 weeks	Speculative application	I was interested in a career in scientific research	I helped a postdoc with a research project characterising protein interaction with the piRNA pathway in <i>C. elegans</i> . I was able to apply a lot of the things I learned in IA NatSci, which was a great learning experience.	References
Science	ITER Organisation	Penultimate	Natural Sciences Tripos	Summer	Outside of the UK France	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Online searching inc. organisation websites	Wanted to gain experience working in a scientific environment. Also was keen to spend some time working abroad.	Developed computational science skills. Made calculations on the superconducting magnets used in the reactor. Some projects required using existing software, and preparing input files and analysing output files. One project required refactoring some existing Mathcad code. The final project was developing a program (in Python) to calculate AC energy losses in the superconducting cables. Also wrote reports, documented the code and made presentations on the calculations. Gained an insight to working at an international scientific project.	Helpful contacts

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Science	John Innes Centre (International Undergraduate Summer School)	Finalist	Natural Sciences Tripos	Summer	UK	Yes	Research project paid/unpaid	4 - 8 weeks	Online searching inc. organisation websites	Opportunity to perform a research project - get experience for potential Master's and PhD Chance to develop other scientific skills Funding of £200/week Thought it would be positive socially	The main task was the 8-week research project. I learnt new practical skills and became more independent in the lab. Moreover, I gained a valuable insight into the nature of scientific research. The programme featured weekly workshops dedicated to other aspects of science such as communication. These were followed by organised social activities, frequently involving pizza-making! I particularly enjoyed the social side of the programme, and got on well with the other 14 undergraduates from around the UK and abroad. There was a retreat at the end of the programme where we stayed at a hotel on the North Norfolk coast, and had to give a 15-minute presentation on our research to the cohort. This was a challenging but very useful exercise.	References
Science	MRC Laboratory of Molecular Biology	Finalist	Natural Sciences Tripos	Summer	Cambridge		Research project paid/unpaid	9 - 12 weeks		I undertook this project in the summer before I applied to PhD programmes. I chose this experience first out of interest, second to get a better understanding of what I should look for in PhDs, and third to improve my PhD application.		
Science	Nanyang Technological University, Singapore	Penultimate	Natural Sciences Tripos	Summer	Outside of the UK Singapore	Yes	A job / internship (paid or unpaid)	9 - 12 weeks	Other Personal Connections (Friend of a friend)	To develop my computational skills	I used COMSOL Multiphysics to design realistic simulations to supplement Physics and Engineering education at Nanyang Technological University, Singapore. I focused on Mechanics and Electromagnetism simulations (examples include charged particles moving in cross-fields and objects falling in a viscous fluid). This allowed me to gain familiarity with the process of model-building and data analysis in COMSOL.	References
Science	Pepsi Lipton International	Penultimate	Natural Sciences Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	More than 12 weeks	Word of mouth/networking	Wanted experience in how science was applied in industry. Wanted experience working in industry as well to see how corporations worked	Development of products and responding to customer demands. Developing ice tea flavours. Learned how product development happened, lots of soft skills such as presenting and communicating in meetings	References
Science	Primate Research Institute, Kyoto University	Other	Psych & Behav Sciences Tripos	Summer	Outside of the UK Japan	Expenses only	Research project paid/unpaid	4 - 8 weeks	Online searching inc. organisation websites	I love Japanese culture and also had admired the work of the Institute for a long time. So I contacted a professor there to see if I could work with her on her study of the origins of musicality.	My main tasks included completing a primate handling license, making food for the chimpanzees for use during experiments, video recording the chimpanzees, analysing video footage using markers, researching the background of the study and providing my own insight. I also made regular trips to a nearby zoo to conduct observations of their Chimpanzees. The language barrier was challenging but taught me a lot about gaining confidence in a very difficult and professional environment.	Helpful contacts
Science	Prof John Doorbar, Pathology Department, University of Cambridge; funded by Trinity College Studentship	Finalist	Natural Sciences Tripos	Summer	Cambridge	Yes	Research project paid/unpaid	4 - 8 weeks	Speculative application Approached group leader after lecture, we wrote application to college fund within 2 days for submission!	Natural Sciences Undergraduate/MSci degree, eager to explore another field for PhD projects - this summer, my focus was on cervical cancer and the molecular pathology of HPV infection.	This built upon my previous summer in a virology bioinformatics lab in the Pathology Department (Addenbrookes) and bridged my expertise in cancer biology to my Masters project in Biochemistry Department. Focused on cell culture, immunohistochemistry, and confocal microscopy - which I already knew, but hadn't applied independently/in this field. Most independent summer project, my proposed project was not financially possible at the time, so I adapted and had to determine my own project direction. Supervision was minimal: the PhD students at the time were busy writing their theses. My day-to-day supervisor was an MPhil student so we helped each other, the postdoc and group leader were only peripherally involved. But I gained a lot of insight into cancer biology, with a specific focus on cervical cancer, which is personal to my family. From this, I realised that I wanted to work on 'real world' problems at PhD, in a visionary/dynamic environment, and build new technologies to transform patient healthcare.	Helpful contacts

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Science	Royal Brompton and Harefield NHS Foundation Trust	Penultimate	Natural Sciences Tripos	Summer	UK		Research project paid/unpaid	9 - 12 weeks		I am interested in studying the subject at postgraduate level but there is no relevant content in my course. I wanted to gain some experience in the field.		
Science	Sagentia	Finalist	Natural Sciences Tripos	Summer	Cambridge		A job / internship (paid or unpaid)	9 - 12 weeks		I wanted to try Scientific Consultancy as it sounded like a good mix of industry experience, using multi-disciplinary science whilst working in a fast paced environment, being able to interact with clients and suppliers etc.		
Science	University College London	Finalist	Natural Sciences Tripos	Summer	UK	Expenses only	Research project paid/unpaid	4 - 8 weeks	Word of mouth/networking	Had connections to supervisor from previous volunteering experience	<p>What I did: we investigated the role of a certain gene on the extrusion of cancer cells using zebrafish embryos</p> <p>Skills developed: Laboratory (Biomedical)- PCR, running gels, preparing equipment, use of confocal microscopes, handling zebrafish eggs etc. Data handling- collecting data from microscopy images, and analysing them using excel. Producing graphs using this data on image software</p> <p>I particularly enjoyed staying in London, and exploring the city, but found it challenging to adapt to the new environment and dealing with failed experiments and mistakes</p>	None of the above
Science	University of Cambridge pathology department	Finalist		Summer	Cambridge	Expenses only	Research project paid/unpaid	4 - 8 weeks	Other Cambridge University Department	preparation for part II project and interest	Learnt that research is mentally tough, as there are often problems encountered that delays the progress and this can be demoralizing. However, I also learnt many important laboratory skills to use in the future; became more proficient at reading scientific literature, and learnt more about microbiology, which I enjoy.	None of the above
Science	University of Exeter	Finalist	Natural Sciences Tripos	Summer	UK	No	Research project paid/unpaid	4 - 8 weeks	Speculative application	Exeter is my local university so I thought it would be cheapest to live at home while I worked. I wanted some academic experience to help me decide if I want to continue in academia.	I did some computer modelling and read through significant quantities of literature before setting up a design to 3D print and performing physical experiments to check the data. The modelling systems were all new to me, and the work was significantly more physics-heavy than I had anticipated (it was billed as materials science) so I had to do a lot of independent work.	None of the above
Science	University of Illinois at Urbana-Champaign	Finalist	Natural Sciences Tripos	Summer	Outside of the UK USA	Yes	Research project paid/unpaid	4 - 8 weeks	Other Cambridge University Department	<p>I chose this experience because it was a really exciting opportunity. This was a paid position as a 'student research fellow' (effectively an intern on a project) where flights and accommodation were included. The possible project areas were all exciting avenues of plant and crop sciences with the possibility to work with some really exciting academics. The University of Illinois is also one of the best universities for researching these areas and applying research to real world applications, field trials and crops. The latter was especially important to me. Also, because this was a the second year of a scheme for 'oxbridge' students there was already a framework of organisation which made the visa process, payment and other paper work much easier.</p>	<p>I worked with a postdoctoral researcher in one of the research groups at the Institute for Genomic Biology (IGB). This meant assisting them in their lab work and fieldwork. I practiced lots of skills from my degree and got to use some new pieces of equipment. I also decided on a mini project to set up and run myself with the lab group leader.</p> <p>The majority of my tasks were fieldwork whilst I was waiting for my project seedlings to grow. This was with a variety of different research groups including some from industry and nearby agricultural institutes. This included field measurements using new equipment such as root cameras and \$60,000 per unit LiCORs. It was hard work but it was also really cool to see techniques and equipment used in actual fieldwork. Also, it allowed me to talk to academics and people from industry about their career paths, some of which I had not considered before.</p> <p>Once my project plants had grown, I was able to harvest, set, image, and process images of the developing leaves to investigate my project question. The result were given as a presentation to the other students, researchers and lead academics from the groups participating in the scheme at the end of my time in Illinois. This was an amazing if stressful experience!</p> <p>I also learned a variety of skills outside of the project work. Despite this being the second year of running the scheme the organisation and paperwork was still rather convoluted and meant we could not start fieldwork for the first 2 weeks while waiting for everything to be finalized. I learned a lot about chasing down paperwork. For example, finding the right department to sort out our payroll and eventually going</p>	Helpful contacts

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Science	University of Oxford	Other	Applied Maths and TP	Summer	UK	Yes	Research project paid/unpaid	4 - 8 weeks	Online searching inc. organisation websites	I was really keen to gain experience of research in theoretical physics, and this was one of the few places which advertised placements in this area, and was able to provide a grant for living and accommodation costs. The work looked incredibly interesting and there were a range of projects on offer. It was a well-established programme and was easy to apply for.	I learnt a lot about the specific research area that I was involved in (PDF fits in high energy particle phenomenology) - not only did I learn lots of new theory, but I also gained an understanding of research at the forefront of this field. I particularly learnt lots of new computational and programming skills - in addition to the specific fitting code used by the collaboration I was working with, I had to learn to use Fortran, C++ and Bash-scripting. I learned so much about research computing and various tricks and tips. The experience gave me a fantastic insight into what it might be like to do a PhD in theoretical physics. I particularly enjoyed the project that I was working on, and being challenged to come up with new and inventive solutions. It was definitely a very steep learning curve, but something I am very glad that I did.	Helpful contacts
Summer Camps & Language Schools	Cambridge Youth Summer Camps	Finalist	Natural Sciences Tripos	Summer	Outside of the UK China	Expenses only	Volunteering	1 - 3 weeks	Word of mouth/networking	The main reason I chose to join CYSC was to explore China and travel. CYSC covers the cost of flights so this experience let me do that easily. I also enjoy teaching in a fun and energetic environment which CYSC definitely has!	At CYSC, I learned how to work effectively in a group to collectively lead activities for the whole camp. Throughout the two weeks of the camp there were loads of activities like a talent show, drama performances, a model united nations, a sports day and plenty more which all were run and arranged by the group Cambridge students there lead by the teaching director. Most days at CYSC started with lessons. I could choose whatever topic I liked to teach about and then develop lesson plans that were as fun and engaging as possible. Space was my chosen topic and I loved sharing my passion for the subject while adapting the lessons to suit classes with different levels of English. As well as gaining teaching experience, I learned to work well with the class tutors who were Chinese international students who all spoke Mandarin and English. Throughout the camp as well as while travelling in China before and after the camp with friends, I gained a fantastic insight into China. While exploring and having so many conversations with people there you slowly understand China and Chinese culture more and more. I enjoyed this so much that I'm hoping to return this year to continue teaching and exploring!	Further vacation experience
Summer Camps & Language Schools	CL Global	Finalist	English Tripos	Summer	Cambridge	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Careers Service advertisement	I chose it because I loved the idea of cultural exchange based in Cambridge, as well as to see whether I was interested in a career in education or educational administration	I learnt an awful lot from the students, but also I developed my organisational skills in being responsible for such a large group of people, my interpersonal skills, my teamwork skills and my ability to think on my feet. I really enjoyed working in such a social environment, despite the demanding hours!	Helpful contacts
Summer Camps & Language Schools	Cranbrook School	Penultimate		Summer	UK	Yes	A job / internship (paid or unpaid) Work	4 - 8 weeks	Online searching inc. organisation websites	Wanted to work over summer, this gave me experience interacting with children from a variety of countries and backgrounds	Worked mainly in the kitchens, preparing and serving food. Also helped take children to different activities.	Further vacation experience
Summer Camps & Language Schools	Don Quijote	Penultimate	Natural Sciences Tripos	Summer	Outside of the UK Spain	No	A course	1 - 3 weeks	Other Cambridge University Department	I wanted to learn Spanish	I learnt Spanish and made new friends. I also learnt a lot about art and history	None of the above
Summer Camps & Language Schools	Ivy League and Oxbridge Camps in China (IOCC)	Penultimate	Mathematical Tripos	Summer	Outside of the UK China	Expenses only	Volunteering	1 - 3 weeks	Social Media - LinkedIn, Facebook, Twitter etc	I had a visa from previous travel to the country so wanted to make the most of it! I've always enjoyed teaching and absolutely love China so the thought of an expense-paid trip to teach English really caught my eye.	Managing events was a very useful skill I developed. The long days were very challenging - especially when the kids were poorly behaved. But by the end of the camp they were working really well together and really pulled together despite huge challenges - that was massively heart-warming.	Further vacation experience
Summer Camps & Language Schools	National citizen service	Penultimate	History & Politics Tripos	Summer	UK	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Online searching inc. organisation websites	I had already had a fair amount of experience in the sector and it seemed both an exciting job (not just say at a desk all day) and something I could make a real difference in	I really enjoyed getting to know my team and doing my best to guide them however I could - it was particularly rewarding at the end of the course when they were more sure of themselves. A challenging aspect was feeling a bit powerless at times as they had problems that I couldn't solve	A job offer
Summer Camps & Language Schools	Oxbridge Summer Schools Hong Kong	Other	History and Mod Lang Tripos	Summer	Outside of the UK Hong Kong		Volunteering	4 - 8 weeks		I chose this experience to get teaching experience, meet other Oxbridge students and visit Hong Kong.		

2019 Vacation Experience Feedback A-Z by Sector

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Sector	Organisation	Year of study	Trip	When did you do it?	Location	Were you paid?	Type of Experience	Duration	How did you find it?	Why did you choose this experience?	Role Description	What did you gain from your experience?
Summer Camps & Language Schools	Sommerschule Wust	Other	Mod & Med Langs Tripos	Summer	Outside of the UK Germany	Expenses only	A job / internship (paid or unpaid)	4 - 8 weeks	Other Cambridge University Department	Because I wanted the chance to practise speaking German and gain work experience in Germany for free. I also thought the summer school looked interesting and exciting, as it offered the chance to teach classes on more vocational and creative subjects as well as just English language.	I taught English for two hours every day, then took part in and offered workshops in the afternoon. I took part in the choir and the Stammtisch (German speaking club), and offered workshops on subjects such as Brexit, Boris Johnson, women writers, accents of the UK and crocheting. In the evenings there were parties, which we could go to, and twice a week we were expected either to cook or to work in the bar, which was a new experience for me. Before the summer school started, we received a few days of training in teaching English (though not like the level of TEFL). My leadership and communication skills definitely developed, as the school provided a supportive setting in which we could step out of our comfort zones and take leading roles.	References
Summer Camps & Language Schools	TechCamp	Penultimate		Summer	UK	Yes	A job / internship (paid or unpaid)	1 - 3 weeks	Online searching inc. organisation websites	I got to work with kids and also gain some tech work experience	Had to lead a group of students through the course on Drone Racing. As I hadn't done much like this it was very daunting going into the room and being the one where the questions are asked of you. I enjoyed working with kids that seemed interested in tech	Further vacation experience
Summer Camps & Language Schools	Venture Abroad	Finalist	Historical Tripos	Summer	Outside of the UK Switzerland	Yes	A job / internship (paid or unpaid)	4 - 8 weeks	Social Media - LinkedIn, Facebook, Twitter etc	This job offered me the chance to live and work in a picturesque Swiss village, provided accommodation and the chance to hike and explore of my days off. Furthermore I could develop my skills working independently as my managers were based in the UK Office so I had considerable freedom to plan my work. I also chose this job because it combined a fun day to day (taking groups on day visits to towns, high ropes courses and hikes) with useful CV skills (creating blog posts and social media), liaising with local contractors and stakeholders, and customer service.	My role was as a Resort Representative for a travel company who organise adventure holidays for youth groups (Guides, Scouts, Boys' Brigade). My favourite parts of the role were leading the activities, such as hikes, which was engaging because I had to adjust them to suit the needs of each particular group. I had to be adaptable and flexible, because each week I had one or two new groups to manage, and I had to quickly figure out what kind of support the leader needed. I also developed time management skills as I had to ensure I split my time between groups, was prepared for the arrival of my new group before the departure of the previous one and manage admin tasks like booking public transport and writing social media content in the evenings/on trains etc. It was challenging mostly because it required being on duty 24/7 - I had midnight phone calls about small issues like the washing machine not working and I had to try and explain to the leaders why I couldn't get it fixed there and then.	Further vacation experience