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Name of organisation	
	Addenbrookes Hospital, Department of Surgery
What does the organisation do?	The research team lead by the Saeb-Parsy Group was researching novel methods of freezing and then thawing tissue for preservation purposes. This has major implications for transplant surgery by allowing organs to be stored for longer and be less damaged during the process all in all increasing the number of available organs for transplantation.
Where were you located?	Cambridge
What did you do?	I worked with the team on data collection and analysis as well as making some of the equipment needed to run the experiment. This involved culturing and maintaining T Cells and logging temperature profiles of different preservatives as they were frozen and thawed.
For how long did you do it?	1 - 3 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Medical Tripos held an evening where researchers came in to advertise their work for summer placement students
What did you personally gain from the experience (insights, skills etc.)?	This project was vital in allowing me to become comfortable with many fundamental lab techniques before I started my own project as part of my Part II course in third year. Not only this but it was my first insight into the lab working environment and the daily life of an academic clinician who practices medicine but also has a heavy hand in research.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts;References

If you needed a work permit or special visa, how did you obtain one?	n/a
Which year of your University course were you in when you arranged it?	Intermediate (2nd of 4 year course)
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Finalist

Name of organisation	Cambridge Development Initiative
What does the organisation do?	The Cambridge Development Initiative (CDI) is a non-profit organization that improves the wellbeing of community members in the schools, informal settlements, and wider communities of Dar es Salaam, Tanzania. CDI empowers student leaders in the United Kingdom and Tanzania to catalyse change in their societies through innovative projects in the areas of healthcare, education, entrepreneurship, and water, sanitation, and hygiene (WaSH). CDI's two partner organizations in the UK and Tanzania are comprised of executive committees and university students who design, implement, and evaluate these projects. Since 2013, CDI has mobilized over 100 student volunteers to launch sustainable, community-oriented solutions to Dar es Salaam's most significant challenges.
Where were you located?	Dar es Salaam, Tanzania
What did you do?	This summer, the CDI Health Project can be separated into two main project streams, namely non-communicable diseases (NCDs) and emotional well-being. More specifically, the Health Project team this year has three main objectives in mind. First, to raise awareness of some longstanding physical and mental health problems faced by Tanzanians. Second, to educate local communities with simple messages to help them to improve their current health and wellbeing. Finally, to help them decrease the risk of developing chronic conditions and NCDs. By the end of the summer, we have produced a mass media campaign on NCDs with nationwide coverage, consisting of a radio programme and six television episodes. Furthermore, we held five NCDs workshops at the informal settlements in Vingunguti ward, Dar es Salaam, with a total of 150 participants. These were all made possible by collaborating with local partners, such as local health care professionals, media stations and production companies. Additionally, we are also working towards formalising a partnership with the Aga Khan University (Tanzania), to push forward a pioneer research on the mental health risk factors of adolescents in this country. When drafting the research proposal, we realise that there is a significant gap in the current literature on this topic. Unfortunately, people seem to have a poor understanding of mental health and lacking a comprehensive support system for those in need. As a result, conducting a research on this topic can help to devise a support system that is appropriate in the Tanzanian context. Personally, I think this is the most exciting progress we have made out of all the meaningful work we have done this summer. By doing so, I believe we are paving the way to improve the welfare of local communities by promoting healthy environments.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Cambridge Careers Service Vacation Opportunity

What did you personally gain from the experience (insights, skills etc.)?	Throughout these two months, we have been through a lot of hurdles. It was frustrating, stressful, tiring, yet very rewarding. As a result, I have learned more than I could ever imagine. I have met people who I would have never met, made new friends, enlightened by a whole new culture, learned valuable life lessons and interpersonal skills. Not only have I developed personally, but I also believe that our work this summer has brought a true impact to the local communities. This, therefore, corresponded with the two main core values of CDI, namely: coming up with innovative, impact-driven projects to tackle local problems and personal development of all volunteers. As the monitoring and evaluation (M&E) officer on the Health Project, I have analysed countless surveys, numerous interviews, and currently in the process of finalising my end report for this summer. The level of trust CDI places on you and your work is truly empowering, and also gives you a sense of confidence to push forward your ideas. My experiences here have allowed me to understand what I am capable of, and I've learned how to trust myself a bit more. I have also come to this painful realisation of how fortunate I am, as a student from Hong Kong, who has the opportunity to study abroad. After talking with some of the KITE, Dar es Salaam volunteers on my team, being on-site visiting the informal settlements, and going through the interview transcripts with those in need, I have only begun to scrape the surface of the problems people are facing here. If I have learned from it, then it will certainly be: Never take things for granted.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Further vacation experience;Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	You need a volunteering visa but that will be arranged by the organisation. You will need to pay for a visa as you enter Tanzania. You will have to have all the necessary vaccinations, including the Yellow Fever vaccine before your trip. These will all be
Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018

Do you have any other comments regarding your experience?

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Psych & Behav Sciences Tripos Penultimate

Name of organisation	Cambridge Institute of Public Health and Primary Care
What does the organisation do?	Research into issues surrounding Public health
Where were you located?	Cambridge, near Addenbrookes
What did you do?	Helped to conduct a meta-analysis into the effects of orphanages, foster care and adoption on children mental health, physical health, cognitive development, physical growth and quality of life.
For how long did you do it?	9 - 12 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Careers Service advertisement
What did you personally gain from the experience (insights, skills etc.)?	Insight into how research is conducted, deeper understanding of subject area, helpful connections with academics and students in related fields
What were your average weekly earnings?	< £249
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Would depend if the department is in need of research assistants in future
As a result of this experience were you offered anything?	Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Psych & Behav Sciences Tripos Finalist

Name of organisation	Cambridge University - Department of Anatomy
What does the organisation do?	Researches and provides teaching in the areas of human anatomy.
Where were you located?	Cambridge, Downing site
What did you do?	Produced prosections for teaching but also undertook a research project investigating a particular part of anatomy.
For how long did you do it?	9 - 12 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Opportunity was posted as part of my course
What did you personally gain from the experience (insights, skills etc.)?	I gained a lot of different skills involving manual dexterity but also had the opportunity to be provided with more teaching in the department.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	7-9 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Med and Vet Sci Tripos (Med) Finalist

Name of organisation	Cambridge University - Department of Veterinary Medicine
What does the organisation do?	I worked in a group that studied transmissible cancers in dogs and Tasmanian devils.
Where were you located?	Cambridge, UK
What did you do?	I planned, and worked through my own research projected based on canine transmissible venereal tumour. I did this under the close support and guidance of a supervisor throughout the 8 weeks, working in the on site laboratory.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - Cambridge alumni, GradLink, College networks
What did you personally gain from the experience (insights, skills etc.)?	I learnt multiple laboratory skills which will be useful in future lab work. After applying for financial support I gained an understanding of writing applications for scientific grants, something I am sure will be helpful in the future. I also developed my presentation skills and am more able to communicate complex scientific ideas clearly.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	7-9 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	References
If you needed a work permit or special visa, how did you obtain one?	N/a

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	Whilst the research placement itself was unpaid I applied for and won a BBSRC vacation studentship of the value of £250 per week which covered my living costs. This studentship has also given me the opportunity to present at a veterinary student conferenc

Natural Sciences Tripos Finalist

Name of organisation	CLAHRC NWL (Collaboration for Leadership in Applied Health Research and Care)
What does the organisation do?	They conduct various different types of research projects to find new ways of improving healthcare.
Where were you located?	Chelsea and Westminster Hospital, London, England
What did you do?	I worked with a data scientist on a prediction model to help predict hospital occupancy over the next 24 hours. I also helped develop a web app (which can be found on this website: clahrc-northwestlondon.nihr.ac.uk/resources/ae-tracker) which downloads raw hospital performance data from the NHS England and Scotland websites and uses this to plot statistical process control graphs for the 4hr performance metric and also the attendances of each hospital over the last three years. The purpose of this app is for it to be used as a tool for improvement for hospital management to see how they are performing relative to themselves and also other hospitals. The app also has the capability to do regional and national analysis. The use of SPC charts with simple, visual rules means that managers can make informed decisions based on statistics rather than some of the less concrete methods that are current used.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	I really improved my programming skills and learned a huge amount about the way the NHS works and the problems that it has. Looking at it from a manufacturing engineering background was also very interesting because I believe that many of the problems could be solved using method and processes similar to those used in factories. For example, there was a project going on that looked at the layout design of an Acute Medical Unit in order to optimise patient flow and ease of access. This is a standard factory problem but with material flow rather than patients.
What were your average weekly earnings?	> £400
How long in advance did you start to arrange this experience?	7-9 months
Do you think this opportunity might be available to other Cambridge students?	Yes

As a result of this experience were you offered anything?	Further vacation experience;Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	n/a
Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Mfg Engineering Tripos Finalist

Name of organisation	Forest Hill Nursing Home
What does the organisation do?	It is a private nursing home that looks after elderly people with need for full time nursing care in their final years of life.
Where were you located?	Near Poole in Dorset
What did you do?	Worked as a carer.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Speculative application
What did you personally gain from the experience (insights, skills etc.)?	Confidence, experience in a health care environment, developed communication skills and stamina.
What were your average weekly earnings?	< £249
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	I will work there in future holidays
If you needed a work permit or special visa, how did you obtain one?	N/A

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Med and Vet Sci Tripos (Med) Penultimate

Name of organisation	Institute of Cancer Research
What does the organisation do?	Researches processes and therapies relating to cancer to advance knowledge and clinical treatments about the disease in all its forms.
Where were you located?	London
What did you do?	I shadowed two researchers and assisted them with some of their experiments. I researched a niche area of knowledge to try and aggregate the current information available on that area.
For how long did you do it?	4 - 8 weeks
In which vacation?	Christmas
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	I gained confidence in my interview skills. I also learned various different technical skills which I hadn't been exposed to before, such as laser microdissection. I also gained insight into what life is like as a cancer researcher.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	I got an interview because I knew somebody involved in the charity. Others may be able to apply and get an interview but I can't say for sure whether they would be considered or not.
As a result of this experience were you offered anything?	Further vacation experience;Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2017
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Finalist

Name of organisation	London Sleep Centre (The)
What does the organisation do?	Diagnoses and and treats patients with sleep problems.
Where were you located?	Harley Street London
What did you do?	I shadowed a sleep psychotherapist for two of her sessions with different patients and had the chance to talk to a sleep technician and discuss their different roles.
For how long did you do it?	Up to 1 week
In which vacation?	Summer
How did you first find out about this opportunity?	Online searching inc. organisation websites
What did you personally gain from the experience (insights, skills etc.)?	An insight into sleep psychotherapy and sleep technician jobs. Chance to make new contacts and network with others in the sleep science and psychology field.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	A few weeks to a month
Do you think this opportunity might be available to other Cambridge students?	I am the only student shadower they have had before and it's quite a specialised area/sensitive area to shadow (i.e. sitting in on counselling sessions)
As a result of this experience were you offered anything?	Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	N/a

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Psych & Behav Sciences Tripos Finalist

Name of organisation	Ministry of Health Singapore
What does the organisation do?	Maps the direction of public health policy in Singapore
Where were you located?	Singapore
What did you do?	Researched and made suggestions about reducing sodium consumption in Singapore, finishing with a report and presentation. Was also involved in helping craft email correspondence between the Ministry and members of the public
For how long did you do it?	9 - 12 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	Insight about how the ministry works and their priorities, writing and presentation skills, network/friends
What were your average weekly earnings?	£249
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Intermediate (2nd of 4 year course)
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Penultimate

Name of organisation	Mitochondrial Biology Unit
What does the organisation do?	Research into all aspects of mitochondria. I was personally involved in correcting mitochondrial disease
Where were you located?	Cambridge, Cambridgeshire
What did you do?	I aided research efforts into gene therapy for mitochondrial disease
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - Cambridge alumni, GradLink, College networks
What did you personally gain from the experience (insights, skills etc.)?	I gained experience in lab research and learnt rather a lot on the science itself.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Intermediate (2nd of 4 year course)
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Finalist

Name of organisation	National University Hospital
What does the organisation do?	It is a hospital in Singapore
Where were you located?	Singapore
What did you do?	Shadowed Neurologists and Neurosurgeons to find out more about the work they do
For how long did you do it?	1 - 3 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Online searching inc. organisation websites
What did you personally gain from the experience (insights, skills etc.)?	I learnt more about the work of neurologists and neurosurgeons, and picked up some clinical skills.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	None of the above
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Med and Vet Sci Tripos (Med) Penultimate

Name of organisation	NHS
What does the organisation do?	Healthcare
Where were you located?	Cambridge
What did you do?	Shadowed plastic and reconstructive surgeons on ward rounds and in theatre.
For how long did you do it?	Up to 1 week
In which vacation?	Summer
How did you first find out about this opportunity?	I emailed a surgical registrar that I met at a Women in Surgery conference
What did you personally gain from the experience (insights, skills etc.)?	It gave me fantastic insight into the surgical profession, helped me consolidate and apply the anatomy I learnt in first year, and inspired me to work towards surgery as a career.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Further vacation experience;Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Med and Vet Sci Tripos (Med) Penultimate

Name of organisation	NHS St Richards Hospital
What does the organisation do?	Local hospital
Where were you located?	Chichester, West Sussex
What did you do?	Shadow consultants/junior doctors/nurses in their day to day life.
For how long did you do it?	Up to 1 week
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	Huge insight into the job of a doctor and the reality of the NHS. Saw which skills I would need to perfect in order to be a good clinician.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	None of the above
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Finalist

Name of organisation	Order of Malta Volunteers
What does the organisation do?	The Order of Malta Volunteers is a Catholic youth charity which offers young people (17-29) the opportunity to care for people with disabilities, while offering the guests we care for a chance to have a fun holiday and allow their carers respite. In Lebanon, the Order of Malta has a purpose built camp in the mountains, the charity takes as many guests as possible (one guest per volunteer with 'floating' volunteers and a chaplain and medical team) from homes in and around Beirut where they experience very little human interaction due to severe short staffing, we take them to this camp for a week and offer them constant human companionship (each guest is assigned a volunteer who sticks with them for over 12 hours a day) and stimulation with music, games, trips to the beach, fashion shows, walks, masses, etc.
Where were you located?	Lebanon (Faraya)
What did you do?	I was assigned a female guest in the first week and was a 'floating' volunteer in my second week. It was a massive learning curve as my female guest was on strong medication (often 12x the strength of usual UK doses) for schitzophrenia and as such was quite quiet as well as speaking only limited English. Seeing her come out of her shell and join in the games and activities not only required me to shed my own shy exterior but also to get to know the way she worked in a short space of time and form a bond with her quickly. In the second week as a floating volunteer I was assigned the guests of those who had been on night duty the night before and this was an entirely different challenge as it meant flexibility in terms of care (some of the guests needed much more physical care and different kinds and levels of stimulation) and getting to know the guests and how to best care for them and be their friend in an accelerated period of time. I got particularly close to one of the guests through a shared love of dancing and it was wonderful to get to meet so many people. We'd begin the day with a prayer and briefing at around 7am and then get the guests up and fed and ready for the day's activities, bathroom activities, etc. until they went to bed after our nightly sing along.
For how long did you do it?	1 - 3 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	I learnt some few basic Arabic phrases, got to see an incredible country, made some amazing friends who are like-minded when it comes to helping others, received insight into the lives of people who have extremely different experiences to me (I found it hard to process at times how such wonderful people lived and were treated when in the UK they might only be on some medication or in supervised accommodation as opposed to be so separated from society and intellectual stimulation).

What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	None of the above
If you needed a work permit or special visa, how did you obtain one?	The charity sorts all of these things for you! I applied for a DBS at their expense and that's all the involvement to sort the details that I needed to do myself.
Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Classical Tripos Penultimate

Name of organisation	Raremark
What does the organisation do?	Startup, online platform for patients with rare diseases as a community.
Where were you located?	London
What did you do?	I analyzed research papers, and read pharmaceutical company websites as well as online news articles in order to synthesize recommendations for the company as to what disease areas they should invest in, and notes that they should bring up to clients interested in working with us.
For how long did you do it?	1 - 3 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	Practice in critical reading of professional papers and utilizing them in the synthesis of an argument-Experience in helping to develop and manage customer bases -skills of Writing concise reports from a wealth of information for use in important presentations
What were your average weekly earnings?	£250 - £399
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Would have to discuss with the leaders, are looking to grow as a company so may be interested in more interns.
As a result of this experience were you offered anything?	Further vacation experience;References
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Finalist

Name of organisation	Self employed
What does the organisation do?	Nannying
Where were you located?	Wimbledon, London
What did you do?	Looked after children, took them to school, cooked food, cleaned the house etc.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Social Media - LinkedIn, Facebook, Twitter etc
What did you personally gain from the experience (insights, skills etc.)?	Mostly did it for the pay but I did learn a lot about parenting.
What were your average weekly earnings?	> £400
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	If they set it up
As a result of this experience were you offered anything?	None of the above
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Intermediate (2nd of 4 year course)
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Mfg Engineering Tripos Penultimate

Name of organisation	SLV Global
What does the organisation do?	Run mental health placements in Bali, Sri Lanka, and India
Where were you located?	Ubud, Bali
What did you do?	Took part in a 4-week mental health placement in Bali, running sessions with a psychological focus in special needs facilities and a psychiatric hospital, as well as teaching English in schools and running sessions requested by the local community (e.g. yoga for seniors).
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Online searching inc. organisation websites
What did you personally gain from the experience (insights, skills etc.)?	Knowledge of the mental health sector in another country, hands-on psychology experience which can be very difficult to come by as an undergraduate, learnt to be flexible and to adapt.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	10-12 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	References
If you needed a work permit or special visa, how did you obtain one?	Needed a social visa for Bali, visited the Indonesian Embassy.

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Psych & Behav Sciences Tripos Finalist

Name of organisation	SLV Global
What does the organisation do?	It organises Psychology placement for students who are interested in mental health.
Where were you located?	Sri Lanka. Other optional places incldue Bali and India.
What did you do?	I lived with local family and volunteered 3 hours every weekday for 5 weeks. We were allowed to travel Sri Lanka during the weekends. We have weekly projects which include visiting the orphanage, carehome, Psychiatry hospital, special needs school, local community. What we did during each 1.5hr sessions were completely up to us, the volunteers. We planned our sessions together in small teams of 4-5 every Monday morning. We were able to use drama therapy, arts and crafts, dancing and music, games to elevate the mood of our service users or teach them English/Interview skills. The organisation also organised beach party, weekly socials and jungle weekend.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	They advertise through Psychology departmentemail
What did you personally gain from the experience (insights, skills etc.)?	It was a very valuable experience to meleadership skillsplanning sessions and leading sessions as a leader were new to me-interpersonal skills communicate with people from a different culture and speak a different language were difficult and required a lot of courageinsight into the mental health situation in a completely different culture.Understanding the difficulties and stigmasappreciation in lifeWitnessed people who live in situations that I could never imagine made me appreciate what I have -insight into the culturehow religion affect people in Sri Lankan culture and how the civil war made trauma a serious mental health problem to tackleinsight into mental illnessDepression, Down's syndrome, Autism, ADHD, mental retardation, Parkinson's disease, schizophrenia. How they manifested in personteaching skillsdemonstrate things using body language and use positive feedback to encourage people with special needs to learn better. Or be very active to lead shy students to feel more at ease which helped them to learn English better.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	7-9 months

Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Skills that I can apply for future applicatione.g another teaching scheme;Further vacation experience;Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	I applied using the infomationn provided by the organisation. They helped me a lot.
Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Psych & Behav Sciences Tripos Penultimate

Name of organisation	Weill Cornell Centre for Global Health
What does the organisation do?	Has affiliations with health centres in Tanzania and in Haiti. In each of these locations, Cornell staff provide medical care / carry out medical research with an emphasis on public health measures.
Where were you located?	Mwanza, Tanzania
What did you do?	Assisted with research on the impact of Schistosomiasis on the women in the Mwanza region of Tanzania.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	Hands-on experience of what a career in global health could look like. Contact with professionals working in the field.Freedom and support to plan and carry out my own experiment.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	No
As a result of this experience were you offered anything?	Further vacation experience;Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Natural Sciences Tripos Finalist