



2014

INTERNSHIP USA
PROFESSIONAL CAREER TRAINING USA



PARTICIPANT STORIES



CIEE, one of the largest Intern and Trainee sponsors designated by the U.S. Department of State, brings nearly 6000 students, recent college graduates and professionals to the United States each year to build skills and knowledge in their chosen fields of study and to explore what makes the U.S. and its people unique.

We gathered feedback from our 2014 participants about their time in the U.S. Some described memorable moments, some offered summaries of what they had learned and some simply shared their amazing photos. Here is a small sampling of our participants' experiences in their own words.



“This picture of me was taken last month by one of my co-workers on our daily commute. This is the first summer I spent staying in a city without going on vacation. But how can I complain with such a view? Manhattan skyline never gets old! I consider myself very lucky to have the opportunity to work and live in Brooklyn. I’ve been riding my bike around the city these last couple of months and I’d like to believe that it makes me see New York in a different way. That’s my summer, my American summer.”

Damien de Oliveira, France

12 month internship in web marketing at Fullsix Inc. in Brooklyn, NY

“I went to a Lynyrd Skynyrd Concert in Cullman, Alabama. Helped a colleague moving and we had a cookout together. Spend the 4th of July (Independence Day) at a colleague’s house and celebrated it with BBQ and fireworks. We went with colleagues to a dirt-track race in Tazewell, Tennessee. My supervisor invited me to an awesome boat trip on the 4th of July weekend. I went to a Tennessee Smokies Thursday-Night Baseball Game. I have visited Charlotte, North Carolina and been to a KISS concert and the NASCAR Hall of Fame. A friend and I visited the Jack Daniel’s Distillery in Lynchburg, TN.”

Fabian Reichmann, Germany

6 month internship in engineering at Mahle Inc in Morristown, TN

“The one thing I know for sure is that I was and I am very satisfied. Thank you all for this wonderful, really life changing experience! Keep up the good work! I am already spreading info about this program and encouraging my friends to try their luck and apply. :) Thanks!”

Lita Juberte, Latvia

9 month internship in public relations at the Joint Baltic American National Committee, Inc in Rockville, MD

"I get the opportunity to experience the American culture frequently, especially the vast amount of cultural activities that New York City has to offer. Luckily working and living in the city I am able to experience so much, so often, from errands around the city during work, to visiting world famous museums (the Met, The Guggenheim, The MOMA, The Museum of Natural History, etc.), attending sports games such as Yankees baseball, and even seeing Broadway shows such as Matilda, Les Miserables and the Book of Mormon. I try to use as much of my free time as possible to really experience everything the city has to offer, from roller-coasters and beaches at Coney Island, to rowing boats and biking in Central Park, music concerts and festivals, yoga classes, eating at new and interesting restaurants and experiencing new foods, and as an enthusiastic fan of art it is fantastic for me to have art exhibitions so accessible such as Chelsea galleries, street art and many exhibitions throughout the city. I was able to take part in American holidays—most recently Memorial Day and I am looking forward to spending the Fourth of July in New Orleans as I am travelling to experience more of the American culture once I finish working."

Naomi Moore, United Kingdom

6 month internship in design at Ralsey Group Limited in New York City, NY

"I went to Wiley International School and interacted with the children from African American community. With my colleagues we explained to them about our company, what we do and motivated them to pursue a career. I also took part in some charity work done by our company. I got to see the baseball match in Greensboro. In addition to that I was invited by a lot of colleagues and had a nice opportunity to interact with them outside work and get to know about American culture. During my visit I also visited lot of places in the USA like Hawaii, New York, Ohio, Tampa, Florida, Key West, Washington."

Varun Kumar, India

9 month training in marketing at Evonik Corporation in Greensboro, NC

"For Christmas, the chief of World Business, Inc. offered us (the two other interns of the company and I) several books about US political history, US presidents and some of the greatest figures in US history. It was a very interesting way to help us further our knowledge regarding the United States. Moreover, over the course of the year, we had some very insightful conversations with my boss and my colleagues about the US

politics, culture, Obama's speeches, etc. It was interesting to do the comparison with France's political system and politicians."

Outside of work, I was living at the International Student House of Washington DC, so I have met many people from the US and from many other countries and I have had many intercultural experiences. This year in Washington DC has truly been a very enriching experience."

Lauriane Flacher, France

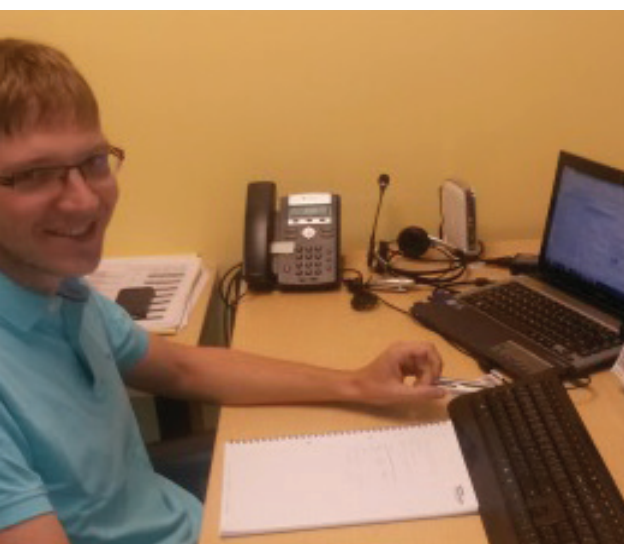
12 month internship in finance at World Business Inc. in Washington DC

"Wow...I do not even know where to start my story because am afraid I will end up writing a novel. My experience at Walt Disney World has been the most amazing, life-changing journey that has changed my life in so many ways. I started my journey in February 2014 and I knew that my life would never be the same again. I was introduced to Disney's Animal Kingdom Lodge kitchen on the 17th of February. A lot different from back home but I knew I would navigate my way through the big kitchens sooner or later. I was then part of the Boa kitchen as a Cultural Representative all the way from Zimbabwe. Oh, how excited I was to be representing not only my country but the food as well.

That's when the journey began of learning new things and having amazing guest experiences too. I met thousands upon thousands of people from all over the world who were kind enough to share their cultures as I enlightened them with mine. After 6 months, whilst I was training at a new restaurant within Disney World called Sanai, I was awarded the opportunity to be involved in a Culinary Passport to Excellence class, where we learnt more about skills and techniques of being a better chef. We were able to cook for the chefs and we graduated as well. I must say this has been truly an amazing experience and I would love to start all over again."

Khanyisile Mpofu, Zimbabwe

12 month internship in culinary arts at Walt Disney World in Orlando, FL



“During my internship, I really appreciated living with three American roommates in a house with a shared kitchen, living room, bathroom and separate sleeping rooms. I benefited from living with three roommates by having the opportunity to meet their friends. I was also able to improve my English significantly as I was forced to communicate in English all of the time. Furthermore, we became very good friends and we did a lot of activities together. For example, we took trips to Ocean City, NJ. We celebrated Thanksgiving with my roommate’s family in Pittsburgh and attended some of my other roommates shows to watch them act. We had a good time while cooking German and American meals, also celebrating birthday parties with them. These were all unforgettable experiences.

We were also celebrating the 4th of July together. Here I saw the biggest fireworks display I have ever seen and also attended my first All-you-can-eat Ice Cream Festival.

It was a tough decision for me to leave my home area, my family and especially my girlfriend for this long time. But without exaggerating—my time here was one of the best times I ever had in my whole life. Before I did this adventure, I could never imagine to leave my home area for a job or any other reason—I had serious doubts if I will feel comfortable as I didn’t know anybody here. But I was really surprised how easy it was for me to make new friends. I met a lot of great people through my roommates, while playing badminton, floorball, pickleball or joining the local bike club. I was riding my bike more than ever before. I even successfully completed a 100 mile bike ride with some friends from the Philly bike club. I was invited to awesome parties and was able to follow and celebrate the German and American soccer world cup games with my coworkers. I got the chance to play Laser Tag as Barney Stinson with my friends and celebrated my first Halloween with them. My work was exciting—my coworker called me a wizard because of my Excel skills. His family loved me and invited me to all the holidays as Thanksgiving, Christmas and New Year’s eve. My first car I got here was a Ford F-150 truck—a real American car... I also had two Philly Cheese steaks and a hamburger on top for dinner. I once was talking to a German speaking customer and I forgot how to say something in German—I switched to English as I felt more comfortable with it. I felt like a true American after all these experiences.

Altogether—my time here was unforgettable, awesome and my heart also beats for the US now. I will try to take this open minded attitude back to home and come back as often as possible to maintain the friendships that I’ve made here. I’m also looking forward to have my American friends visiting me in Germany to show them also more about the German culture and especially the Bavarian culture.”

Martin Unglert, Germany

7 month internship in logistics at TRANSPOREON Group
in Ft. Washington, PA



“On the last summer weekend we—this year’s Cisco interns—went to Lake Tahoe for hiking. The ascent took 2.5 hours and was very tiring, but the view from the top of the mountain turned out to be even more gorgeous than we thought. I’m really glad we went there because I love hiking and nature very much, and also I find it one of the most beautiful places I saw in my life. Moreover, it was the longest trip in the USA for me so far and I had a wonderful holiday with the nicest people that I met thanks to Cisco International Internship Program and CIEE support.”

Evgeniia Belousova, Russia

12 month internship in computer science at Cisco Systems in San Jose, CA

“This is all a great experience. I am so glad I was able to come here as it has definitely given me the life experience to learn new skills and culture. This experience will definitely help me with my university course as it gave me a lot of overview about management side as well as the staff and customer side of the service.”

Noema Pekarikova, Slovakia

5 month internship in hospitality at the Pine Brook Country Club in Weston, MA

“I liked how the host organization viewed the internship as a learning experience. The tasks that I was assigned all had a goal to teach me something more about the Product Development process and being able to attend meetings and being asked my input on certain subjects made me feel like I was valuable to the organization.”

Brittany Lee-Sue, Canada

2 month internship in product development at Coach in New York City, NY

“I am very interested in renewable energy and my undergraduate final project was about making fuel briquettes from waste material. I knew the Libra internship would be great for me to increase my understanding of both fuel pellet technology and the market. I had the chance to learn even more than I expected. Just going through New York was a great experience because I never imagined seeing myself somewhere like NYC so early in my life and I felt overjoyed to be part of this amazing program. Everything I learned was really valuable. Business is working to help customers by solving their issues; teamwork is the best and most efficient way to proceed.

The experience I gained through all the different meetings with my mentor and other customers will truly prove helpful for me in my future career as an industrial engineer, and the fuel pellet concept in the waste to energy field is something I very much want to introduce in Haiti. The training I was given through this internship will be with me all my life. The important thing about internships is to make every day count. They can go so quickly and feel very short, especially with so much to learn. But always be part of the team, feel that the company is yours within (not working for it but there to improve yourself), and always try to get your hands dirty to make the most of your time there with practical experience. It will stay with you.”

Elice Oreste, Haiti

3 month internship in manufacturing at Greenwood Fuels (a subsidiary of the Libra Group)
in Green Bay, WI

Photo by: Libra Group



“It’s a tough experience to leave family and friends to go live your own life thousand miles away. As I felt supported both by the CIEE and my family, I embraced this new chapter of my life with, I must admit, few apprehensions.

My first week at the American Cinematheque of Los Angeles was the beginning of the most incredible, amazing and extraordinary experience of my life. I found a new family in my coworkers, I discovered a new culture, and it is totally worth it. I met the most incredible, generous and passionate people I will ever meet. They taught me how to rediscover movies, how to be patient and how to make progress in a not-that-dark industry.

After few months, I felt totally adopted by everyone but moreover by your country. I had my very first Thanksgiving, my very first 4th of July and it made me love your country more as I see how much people are proud of it. They gave me that feeling that whatever you’re doing you should be proud of yourself but also of your entourage. They made me feel worthy and significant in the company. They made me feel not only as an intern but moreover as a family member. How I’m grateful for that.

As I’m writing to you today, I still have four months left as I, of course, extended my visa. I want to thank all the people who made this happen to me, who made me becoming this new person, full of dynamism and passion, who made me grow up.

Thank you for allowing an insignificant and snobby Parisian student to become an explorer, an adventurer, and who is now ready to face the world!”

Cecile De Gouyon Matignon, France

11 month internship in cultural management at American Cinematheque in Los Angeles, CA



"I was fortunate enough to be able to participate in many different cultural/social activities at my host organization/ community. I got the chance to do a lot of sightseeing around New York, whilst I also got to attend many of the Firm's social events. Furthermore, I was also taken on a guided tour of some of New York's federal and state law courts."

Tomos Jones, United Kingdom

2 month internship in law at Gibbons PC in New York City, NY

"We have been invited to several Thanksgiving dinners. I have set up a paintball activity for my fellow interns and colleagues (14 total). I have been invited over by my manager and I participated in a local soccer competition and participated in several Rugby practice sessions at the Fort Worth Rugby Club. I also visited San Antonio and the Big Bend national park."

Koen van den Kieboom, Netherlands

5 month internship in aerospace engineering
at Lockheed Martin Aeronautics in Fort Worth, TX

"I went to concerts, Gospel, Museums, cultural events, participated as a volunteer in a movie shoot, created friendships with Americans from all around the country, went to many parades, several places around San Francisco such as Tahoe, Yosemite, Napa, and Santa Cruz. I even created social and cultural activities at my workplace with the help of my organization. For instance, we organized for the first time a Design Challenge with the Academy of Art of San Francisco at the antique shop I am working at. What a great experience! This internship was amazing, culturally and professionally. Thank you for making it possible to happen."

Louis Biret, France

7 month internship in marketing at THE BUTLER AND
THE CHEF in San Francisco, CA

"I'm at Niagara Falls with my roommates!! Niagara Falls was really amazing and the boat ride to Horseshoe Falls was definitely one of the highlights of my stay in the U.S. Add to the beautiful rainbow in the background and this makes the picture look awesome :)"

Yong Hong Goh, Singapore

11 month internship in computer science at Retail-
gence in Redwood City, CA



"I had so many opportunities for activities. We are invited to a lot of events from clients/vendors like brokers' parties, store openings, movie screenings, festivals, lunch and learns, exhibitions, and every time there was something that our supervisor (or colleagues) thought would be interesting she sent us the information so we could attend. I could not be happier with everything I got to do thanks to my internship."

Morgane Gervais, Belgium

6 month internship in architecture at REDDYMAGE DESIGN LLC
in New York City, NY



“The best part of my internship was just meeting so many awesome people in my field of work, having fun and getting inspired by them all. There is an event called ‘CTN’ that is coming up next weekend that I am very excited for as animators from all over are coming to attend it so that should be fun as well.

The cultural highlight of mine was going to Big Bear Lake and Joshua Tree National Park. It was nice being able to experience Californian nature. A very close second was being able to attend San Diego Comic-Con.

My host company is great—they definitely know how to handle things on the business side, making it easy and hassle-free for me to be here as well as being all-around very welcoming and fun.

The best part of my job placement was learning new skills and developing my old ones while in a creative and fun environment. I definitely love the people I work with!

I would absolutely recommend just going out and exploring as much of LA as possible, since it’s so big there’s so much to see and eat. Definitely go out to the desert if you have the chance. I will never stop raving about this: Umami Burger has the best burgers I have ever eaten. So if you are in California, you should go.”

Edlyn Capulong, Canada

12 month training in computer animation at JibJab Media in Venice, CA

“The Institute regularly organized both professional events such as debates and conferences and social events such as informal happy hours and networking gatherings, where I participated. I also attended a lot of cultural events including festivals, theater plays, readings, and conferences as well as Hungarian-American community events.”

Viktoria Zoltan, Hungary

12 month training in public policy at ASU’s McCain Institute for International Leadership in Washington DC

“Right from tailgating and attending a Wolverines game to visiting the Cider Mills in Michigan, I am having a great time in the USA. I have been travelling quite a lot of the wonderful cities and natural beauty that the country has. At the same time, working and talking with the people gives you the real insight of what the culture of the land is. It is in my opinion diverse and open.”

Sinha Anurag Lal, India

4 month training in marketing at ZF Steering Systems LLC in Northville, MI

“Being part of a family for this special day helps us to overcome our experience abroad. The Williams/Mays family welcomed me for Christmas and gave me a special place in their heart, as I gave them one in mine. I will never forget the American hospitality and kindness. Thank you again for making this adventure unforgettable!”

Kamilia Benkhalfallah, France

12 month internship in marketing at DynAdmic Corporation in New York City, NY

“The US-NI Program has afforded me the opportunity to spend a year working with UBS, a leading financial services and wealth management firm, rotating through the Wealth Management Transformation, Banking, National Sales and Operations business groups. The rotational program has enabled me to gain in-depth exposure to key business areas such as data analysis, business strategy, communications & marketing and project management. I have had the opportunity to work on huge projects which affected thousands of financial advisors across the country; this has provided me with unparalleled experience in the fundamental aspects of both running and developing a business on an international scale.

Outside of work, I participated and volunteered in many business networking and fundraising events throughout the year with the American Ireland Funds Young Leaders and the Irish International Business Network, including the New York New Belfast Conference and the IIBN Opportunity Conference. My relationships with these organizations have afforded me the opportunity to network with influential players in the Irish American business diaspora and beyond.

Living and working in New York is truly an incredible experience and I believe I will benefit from what I have learned here for the rest of my career.”

Rozanna Burns, Northern Ireland

12 month internship in financial management at UBS in Weehawken, NJ



“For my last trip before returning back to Estonia, I and my 2 friends decided to conquer Grand Canyon. Saying ‘conquer’ is the most precise word as a 7.1 mile hike down and a 9.5 mile hike up under the summer sun of Arizona is definitely far from a midday walk in a neighborhood park.

However only a second was needed to turn the eyes away from pinkish sand on the trail towards the endless waves of the layered limestone and the mind was blown away by the beauty and strength of nature. And when we did our last steps and reached the top again, no matter what had happened down there and how hard it was to move our feet just 10 min before, this feeling of a hero filled every single muscle with whole new energy.

This two-day hike is a short version of my and (I am pretty sure) many other’s year in USA. First the excitement from a new idea, then the start of a journey without knowing if you have what it takes to finish it and finally the finish at the top even more motivated and craving to experience it again.”

Monika Stoljarova, Estonia

12 month internship in biotechnology at University of North Texas Health Center in Fort Worth, TX



“I was looking forward to six months working abroad. The first stop was Dallas (TX). I visited a friend of mine on a typical western ranch. Like everybody knows, Texas is famous for its cowboy lifestyle and a lot of ranches. I was definitely impressed of the landscape. There are huge areas of paddocks and riding facilities. I recommend everyone travelling to Texas! It's quite different to the other states of America because of its unique lifestyle and great landscape.

In Dallas, on August, 29th 2014, it was time to say goodbye to the last person I knew from my hometown. My heart was bumping and then I realized that I will stay in the US for the next six months. Arriving at my new home I had three days off before starting to work. I got to know more about my living place and met other interns of ZF North America, Inc.

On the first day of work I had to do a lot of paperwork, then got an introduction of my supervisor. If I didn't have an idea how to go on, all team members were very nice and helpful. On the other hand they also asked me to translate some sentences into English and we talked about differences between the German and American culture.

During my internship I got assignments from the accounts payable, accounts receivable and treasury department. As everybody can imagine, I gained a huge insight in the Finance Department. I was really pleased for getting my own projects I could work for. That gave me the feeling to be part of the Finance Department.

We also travelled a lot to get to know more about the American culture and the country. Chicago and Toronto including the Niagara Falls were the first trips we did at the beginning of September. We visited the St. Lawrence Market and the Toronto Island Park in Toronto.

My personal highlight on our Chicago trip was the visit on the Willis Tower. It is the highest tower in Chicago and the second highest in the United States. It was great to have a view all over Chicago and taking a picture in the glass boxes for your memories.

November, 27th 2014 was Thanksgiving. We did a traditional turkey with all other interns one week before. The reason for our “Pre-Thanksgiving” was to go far away during the four days off. We used it for a trip to Nashville. I visited the Johnny Cash Museum and we did a stop at the Jim Beam distillery.

As I wrote this report, I have started to count the days backward. Unfortunately, three months are left. I'm looking forward to celebrate the Christmas days and New Year's Eve with a friend of mine in New York and will enjoy the last three months!

I recommend everyone to stay abroad for a longer time! You will gather a lot of experiences and meet new traditions and cultures! A time full of new experiences and memorable impressions!”

Dominique Bernhardt, Germany
6 month internship in accounting with
ZF America in Northville, MI





“At 23, I’m flying around New York in a Helicopter filming for a dream job. I wish I could go back and tell my 16 year old self, it’s going to work out, actually it’s going to be better than you expected.”

Edelle Kenny, Ireland

12 month internship in media production at North Shore Long Island Health Systems in Great Neck, Long Island, NY



“My journey at The Broadmoor Hotel has been a great one for the past five months. I have been training at The Broadmoor Hotel Main Kitchen and Hotel Bar. My eagerness to learn and determination propelled me in completing all my tasks and being able to work alone as well as in a team. I also enjoyed the trip to Denver where I saw the Red Rocks Amphitheater and Red Rocks Park. I had a great time there. My stay so far in Colorado Springs has been a pleasant one thanks to Mr. Blair Sawyer and Mrs. Joan Sawyer who always invited us for dinner at their home. Taking us for shopping trips and making sure we felt at home while here in America. I am proud to say I have enjoyed working at The Broadmoor Hotel located in the Rocky Mountains of Colorado Springs. The place is so enchantingly beautiful within and outside and the premises are well maintained and you see well-manicured lawns, and beautiful trees and flowers. My journey has been a splendid one thus far even though I miss home but I wouldn't trade my experience at The Broadmoor Hotel for anything.”

Nomcebo Mkhize, South Africa

7 month internship in culinary arts at The Broadmoor in Colorado Springs, CO

“NTSUSA and The Saltire Foundation could not have created a more rewarding, challenging and educational internship. I had so many unique opportunities to learn about new software, business practices, culture and business. I was given lots of responsibility and was valued as an integral member of the NTSUSA team. I had weekly interaction with the Chairman of the Board of Directors, and could approach staff for help with my work when required. I delivered results through a structured plan, while also adapting to changes. It was a wonderful experience, which I will never forget and will always learn from.”

Campbell Hastings, United Kingdom

2 month internship in marketing at The National Trust for Scotland Foundation USA in Boston, MA

“Monday morning when I entered Prezi the first time, I was expecting to get a BIG project to carry out but I was wrong - again. So wrong.

Peter Halácsy, my supervisor at Prezi, told me the following: “You do that on campus every day, you are carrying out research projects. And here, I want you to learn, we want to provide you the environment to learn. I think working in a team for you is better than working on a project alone, totally isolated from everybody. What you need right now is working in a team. “ And then he continued, “ You know what “shadowing” is? When you get a new position at a company, you are learning by following one of the senior developers - their daily routine, their meetings, everything. You will be the shadow of your advisor. You will be Szilveszter's shadow, who is a senior web developer at Prezi.”

I really enjoyed the work and I learned a lot from how the team works (meetings, structure, strategies, projects). This was exactly what I really needed.”

Luca Szegletes, Hungary

One month internship in computer science at Prezi, Inc. in San Francisco, CA



“Today it’s exactly 5 months since the first day of my internship. On my first day, SAP has organized an Onboarding Session for all new hires. I met my mentor and was introduced to the team. I was positively surprised by the open space office in the Bay Area, which in my opinion, very much contributes to the great team work in our SAP group. In the first few weeks I learned a lot about the product we are working on: Sales and Operations Planning (S&OP). Reading through all the internal documents, attending the team meetings, and working closely with other interns, with the developers, chief architects, and product managers in my team, turned out to be a key for a successful start. I appreciate the fact that next to a great team work, I was also given the opportunity to work on new topics myself and thus assume greater responsibility.

Besides the amazing working environment, I have made really good friends among the other interns and my colleagues. Every week we have some team activities, e.g. playing basketball in the lunch break on Tuesday, going for a team run on Wednesday morning, or going for a hike on Friday after work. Sometimes we also go out for a team dinner. It is great that interns are considered as part of the team and welcome to participate in all of these activities. Next to all the team activities, SAP organizes diverse company-wide events as well, e.g. an Intern Casino Night, a Bay Area Summer Picnic, an Oktoberfest on all Campuses, the SAP Runners Cup, a Halloween Costume Contest and Party, a Thanksgiving Party, and last but not least an upcoming Winter Party. I look at all of these activities as a great opportunity to get together with colleagues from different teams, different cultures, with different backgrounds and to exchange experience with them.”

Radina Pangelova, Bulgaria

11 month internship in software development at SAP Labs in Palo Alto, CA

“A very grand trip to the Grand Canyon with new intern friends! We travelled for the 4th July weekend and had a great weekend hiking, exploring and generally becoming great friends. I'll never forget the drive back from the Canyon in the dark and pouring rain, where we narrowly escaped hitting two coyotes and an elk! This photo will always remind me of the bonds we made and the things we saw. I know that I will keep in touch with these people even after we all return to our normal lives, and we will not only have our career choices in common, but also an adventurous spirit! America is full of amazing scenery and amazing people!”

Lucy Hutchinson, United Kingdom

2 month internship in clinical pharmacology at Genentech in South San Francisco, CA



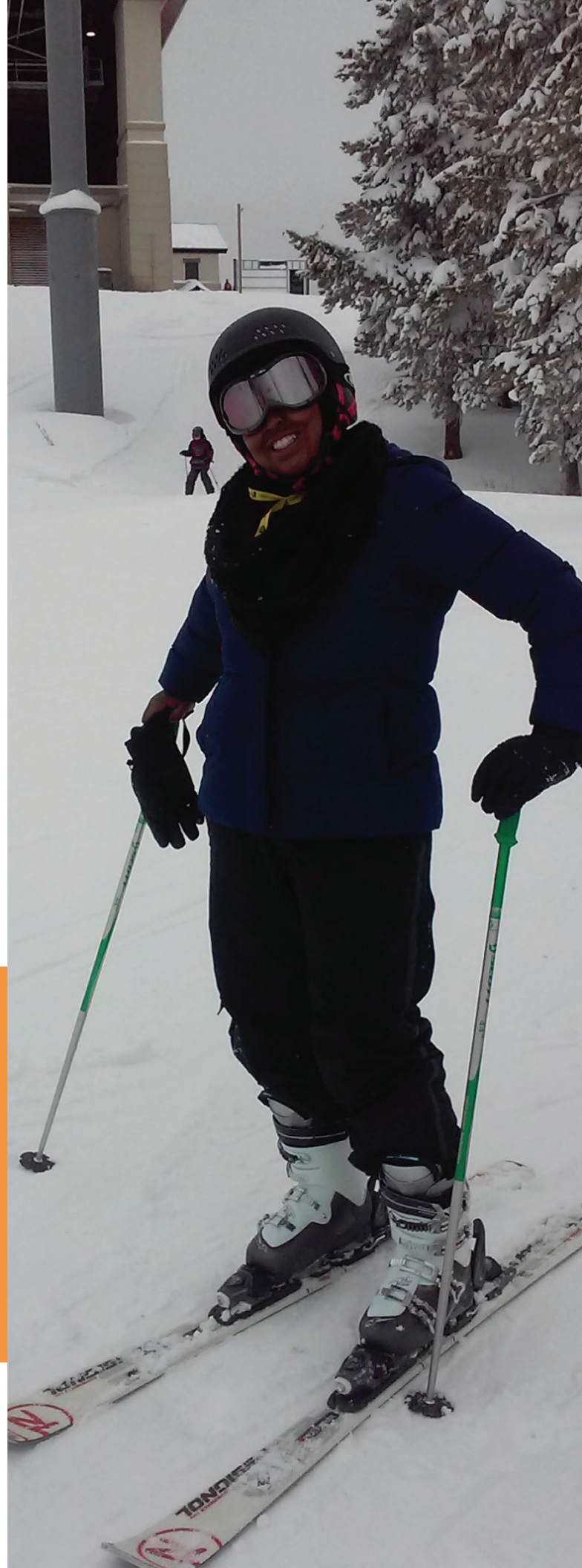
“Through the US-NI Mentorship Program, I secured a position at New York eHealth Collaborative in the Data Analytics and Administration team. The opportunity to work at a technology startup allowed me to work with some of the leading professionals in healthcare IT. I was given real responsibility in a fast-paced work environment—having to adapt to this allowed me to expand my knowledge of the field at an unbounded rate. I have expanded my business network which was aided by helping at their Digital Health Conference, which introduced me to many potential connections.

Living in New York has been one of the most rewarding experiences of my life. The events and opportunities that are available are unrivaled and I have had the opportunity to travel to many other states during my time here. I have made friends who will stay with me forever and being involved in events with the Irish Network of New York, Irish International Business Network, New York Digital Irish, American Ireland Funds and the Irish Arts Centre introduced me to some incredible people who will continue to be an inspiration to me throughout my future career.”

Alexandria McGrath, Northern Ireland
11 month training in data analysis at the New York eHealth Collaborative in New York City, NY

“Wednesday I went to snow ski. I had lots of fun especially being the first time. The ski boots were so heavy on my feet, I couldn’t even walk. When I put on the skis, it was difficult—my body was unbalanced the moment I got on a hill. It was a great adventure. It was a magical fantastic day to remember. Thank you for making my dream come true because I always wanted to do skiing”

Tshepiso Masoka, South Africa
12 month internship in culinary arts at The Broadmoor in Colorado Springs, CO





“When I started my internship at One To World, I was expecting it to be a learning experience both professionally and culturally; I had no idea what an adventure I was about to embark upon! As a member of the ‘Enrichment Programs Team,’ that organizes programs and services to help international students experience New York City, I have had the opportunity to gain in-depth insights into the city and local culture by co-leading our programs. For example, in October we organized a walking tour of Harlem and it was an incredible opportunity to learn more about the history and culture of the neighborhood I live in, beyond the common stereotypes. More recently, we organized an Employment Workshop that was specifically designed for international students and led by a professional international business consultant; I learned valuable tips on how to stand out during job or internship interviews.

Thanks to my internship, I am fully immersed in an international environment both by working with a mainly American team, which helps me to understand American culture, and by interacting daily with students from around the world. I feel that this experience, which is unique in every way, allows me to be more creative, flexible and thorough in my work while being able to thrive in diverse environments.

While all of the programs this fall have been amazing, my favorite experience has been my homestay with an American family in Lancaster, PA over Thanksgiving. Being an international student in a city as big as New York can be hard at times, especially when it comes to making local friends. By spending one of the most traditional American holidays with locals, it helped me get a closer look at American culture and connect with American people. Over the course of the trip I discovered the friendliest people, beautiful landscapes and a culture completely different from what I’m used to in New York City. The area is also unique because of the large Amish population that lives in and around the community. Our families made us, myself and my fellow students, feel like part of their families and warmly welcomed us into their homes. Even though it was only a four-day trip, we bonded deeply and it was very hard to say goodbye. I connected so much with my host family that they invited me to spend Christmas with them this year! I couldn’t be happier as it’s going to be my first Christmas away from home. Thanks to my American family, I’m now looking forward to these festivities again!”

Salome Cornely, France

11 month internship in international education at One-to-World in New York City, NY



Founded in 1947, CIEE is the world leader in international exchange, delivering the highest-quality programs that increase global understanding and intercultural knowledge. We provide participants with skills, competencies, and experiences that elevate their ability to contribute positively to our global community.

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