

GLOBAL OPPORTUNITIES NEWSLETTER

JUNE 2020

Welcome to Issue #1 of the Global Opportunities Newsletter

While the world has been turned on its head at the moment, it's always worth thinking about your next steps, and these might include deciding to work, study, or volunteer abroad.

Having an international experience, whatever that may look like for you, is something that will stand out on your CV. It's something that not every student has, and shows that you are independent, have intercultural awareness, have good communication skills, maybe even that you can speak a second language. These are all things that employers love to hear about!

With universities and workplaces worldwide re-thinking what a "global experience" will consist of in a post-COVID world, you might be part of the generation that shapes what this looks like.

Some of you will be familiar with what ongoing projects we run, and some might not be. Here's an overview of a few of the projects that you could take part in.

Erasmus study



Cardiff Met has over 100 European partner universities, where you can go and study for either your whole second undergraduate year or a semester of your second year, and come home carrying the credits you earned out there. You receive Erasmus funding towards your costs, and this is an amazing way to broaden your horizons, boost your CV, while having a fantastic time. (Email erasmus@cardiffmet.ac.uk for more details). *Photos: Samantha Williams and Scott Williams, both 2nd year Fine Art students, carried out their Erasmus studies in Berlin and Venice*

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Erasmus Traineeships



For those of you who are graduating this summer, or if you've missed out on your summer placement plans due to the lockdown, this could be a fantastic option. You can apply for Erasmus funding towards carrying out a work placement within Europe (paid or unpaid) that takes place up to a year after graduating. This is a great opportunity to get a whole new perspective on your field of work, and to have a unique experience (Email erasmus@cardiffmet.ac.uk for more details). *Photo: Holly Hughes, Marby Torres, and Thomas Burden - 3rd year Biomedical Sciences students with their Erasmus traineeship certificates*

Santander Scholarships



For the last few years we have been sending out large groups of students to European partner universities for a week-long course and a chance to experience another culture. Last year saw us take around 40 students to Leuven, Belgium. While we couldn't do our planned trip this spring, we can confirm that we will be back bigger than ever in 2021, being able to take twice the amount of students to Lyon, France! (Email santander@cardiffmet.ac.uk for more details). *Photo: Santander trip to Leuven, 2019*

GO Global Bursary



1 - Melissa Fitzmaurice, 2nd year Psychology student.

If there's a particular project that you want to work on, whether it's volunteering in Vietnam or a research project in Portugal, you can apply to our GO Global Bursary, which can provide up to £500 towards your costs. The project can take place anywhere in the world; it just has to last seven weeks or fewer. (Email gobursary@cardiffmet.ac.uk for more details). *Photo: Sean Rawlings, 3rd year Computer Science student, used the GO Global Bursary towards his volunteering placement in Indonesia.*

Global Wales Discover



This amazing project runs for Welsh-domiciled students only. With GWD funding we run a large trip each year, and students can also apply for funding for individual projects in any European Union country, Canada, USA, China, India, Japan, Vietnam, UAE, Qatar, and Argentina. (Email globalwalesdiscover@cardiffmet.ac.uk for more details). *Photo: City of Arts and Sciences, Valencia, Spain*

Virtual Placements



While your summer plans may have to be put on hold due to the lockdown, maybe you want to consider carrying out a virtual placement over the summer. Organisations such as [The Intern Group](#), [CRCC Asia](#), and [Think Pacific](#), are offering innovative ways to help you still get some valuable work experience under your belt. Keep an eye on our [Twitter](#) and [Instagram](#) pages for updates on what's available!

Aimee's Experience Volunteering in Fiji



Aimee Margetts, a 3rd year BSc Sport and Physical Education student, spent 6 weeks volunteering in Fiji last summer. This was partially funded by our GO Global Bursary, which any student can apply for. See her story below.

In July 2019, along with 25 other volunteers, I spent 6 weeks volunteering and living with a family in rural Fiji alongside the charity 'Think Pacific', whilst having the best experience of my life. Living in Naselai village was definitely the toughest yet most rewarding part of the project and was completely different to any of my expectations before leaving for Fiji. However, I was so grateful to live with another amazing volunteer and incredible family who welcomed us so warmly into their home.

As part of the project, we helped to teach in Nuku District school which I found so rewarding, and the small wins we were all achieving with our children kept our motivation and enthusiasm high throughout. In the school, we would have lessons in the morning where we would take the slower learners outside for 1 to 1 learning in English and Maths, and in the afternoon, we took different classes for sports (E.g. Netball, Rugby, Gaelic football, Zumba, Judo etc) which the children loved due to their extremely high energy, and the fact that they don't normally have sport as part of their school day.



Seeing how grateful the teachers of Nuku District school were for our help with the children made us realise not only the impact we had in Fiji, but also the impact this experience had on us. I was also proud of how much my confidence in leading lessons and sports sessions grew in such a short time and am now able to see how much this has helped me in my final year at University and understand how it will also help going forward.

If you have studied, worked, or volunteered abroad during your time at Cardiff Met, or you are an Erasmus or exchange student studying at Cardiff Met, we would love to hear your story! If you would like to be featured in our next issue, please email us at globalopportunities@cardiffmet.ac.uk.

Booking an appointment with the Global Opportunities Team



We launched our [bookings site](#) shortly before lockdown started and we began working from home! When we're all back at Cardiff Met in the Autumn, you can use this to book an appointment with us if there are any Global Opportunities questions you have, whether it's planning where you want to go, talking about funding, or just getting a form that you need signed. This is a much simpler system than the old one - no back and forth with emails, you can just see when we're free and find the slot that's best for you. We can't wait to start seeing your lovely faces again once it's safe to do so!

Social Media



Twitter [@cmetglobalopps](https://twitter.com/cmetglobalopps)

Instagram [@cmetglobalopps](https://www.instagram.com/cmetglobalopps)

If you have carried out a Global Opportunity, why don't you also check out our recently launched LinkedIn Global Opportunities alumni page? We've created this as a place to keep in touch with everyone who has had a Global Opportunity at or with Cardiff Met, as a space to keep in touch with each other as you graduate and move on to bigger and better things. Feel free to connect with us - [Cardiff Met Global Opportunities Alumni](#).



Congratulations to all of you graduating. We can't wait to see what you get up to next!

If you would like to contribute to the Autumn issue of the Global Opportunities newsletter, drop us an email at globalopportunities@cardiffmet.ac.uk