

The background features several thick, black, irregular lines that create a sense of movement and depth. A solid green circle is positioned in the upper right quadrant, serving as a container for the title text.

DUBLIN INTERNSHIP HANDBOOK

FIE

WWW.FIE.ORG.UK



Our mission is to provide high quality educational experiences to the global community.

In pursuit of these goals, FIE is committed to the development of creative learning environments wherein an understanding of, and appreciation for, the privileges and responsibilities of international citizenship is fostered.

This commitment is driven by the belief that interaction between people of diverse cultures is the base upon which empathy among nations is built.

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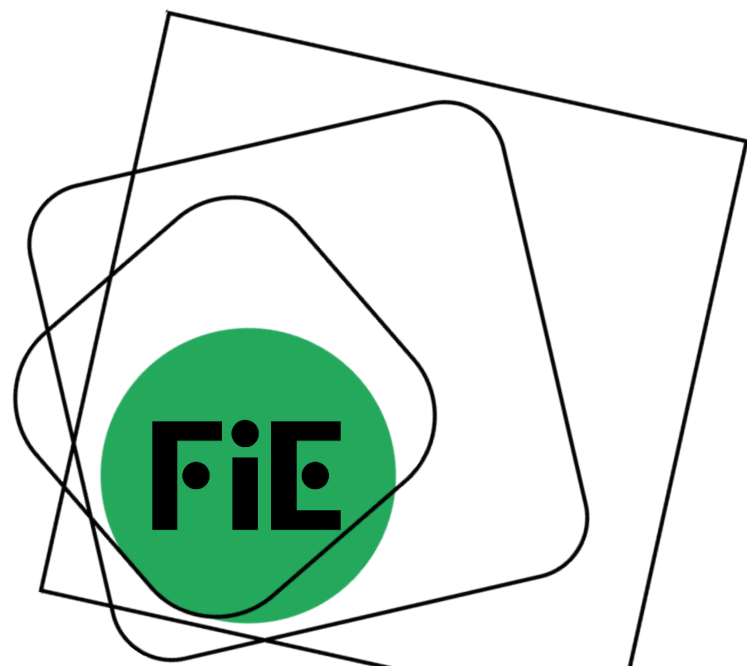
Welcome to Dublin & FIE

Dublin is home to approximately 1.3 million people and is the Capital of Ireland. This charming city with a big village feel is consistently ranked one of the best cities in the world for study abroad – and it's no wonder why. Ireland's capital is edgy, sophisticated and fast growing, all while maintaining its quirky, historic charm.

While Dublin may still be better known for its ancient pubs and famous Guinness Storehouse than as a hub for technology startups, things are changing quickly as Internet heavyweights including Google, Facebook and Twitter have set up shop next to scrappy newcomers such as SumUP, Dogpatch Labs and Dropbox in an area of the city known as the Silicon Docks. For students more interested in old lit than high tech, it doesn't get much better than Dublin. In a single afternoon, a person can walk in the footsteps of giants like Beckett, Joyce and Wilde at the Writer's Museum before delving into their famous tomes housed in the massive National Library.

The city has a charming big-village feel and there's always something to do no matter what your interest. If you fancy a run you can visit Phoenix Park, for some fresh sea air just jump on a 30-minute train to Howth, for the culture vultures the Chester Beatty Library, the famous Abbey Theatre or the National Museum are just some of the museums and theatres available, for sports fanatics a trip to Croke Park is in order to watch Ireland's national sports, Gaelic Football and Hurling and for the shopaholics Grafton Street and Henry Street will have everything you're after.

FIE is delighted to offer internships in a number of these areas too. So, whether you're coming to Dublin to study, intern or both there's a myriad of choices waiting for you.



Who We Are

Established in 1998, the Foundation for International Education (FIE) is a private, independent, not for-profit educational exchange organization headquartered in London, England offering academic year, semester and summer study abroad programs for college undergraduate students at its study center in London, and through several academic partnerships in Dublin, Ireland. At FIE, we believe that interaction between diverse peoples is the basis on which international empathy is built. FIE is guided by and fully committed to the ideal that education broadens horizons and gives perspective on the world outside one's own immediate, individual experience. Our specialized academic and placement programs allow our visiting students to maximize the value of their stay, gaining theoretical knowledge, practical skills, life experience and an international perspective.

The FIE Team

From the beginning to the end of your internship experience, you will be advised and supported by the FIE Team. The team will work with you and your home institution's Study Abroad Office to ensure that your experience is a rewarding and fulfilling one.

FIE's Commitment to Standards

FIE is committed to providing quality and meaningful internship experiences for all its students. FIE achieves this in a number of ways:

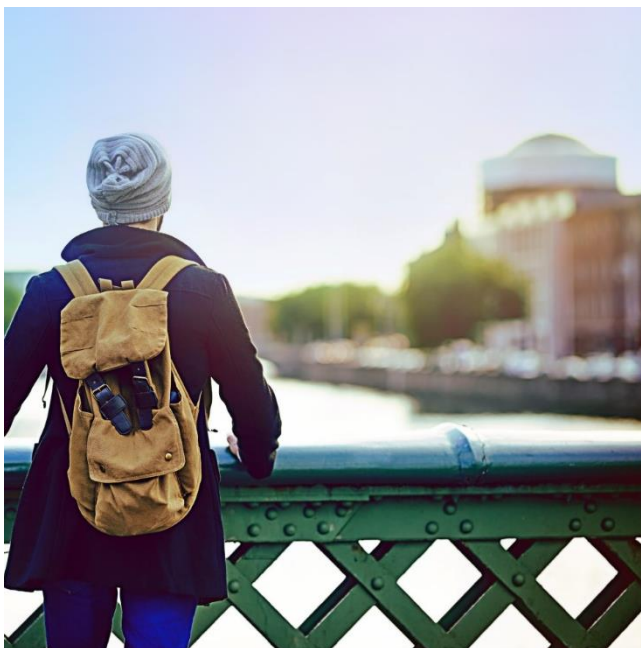
- Managing student expectations.
- Working closely with our internship placement provider in maintaining positive and current relations with our placement organizations, and ensuring health and safety standards at the workplace.
- Providing a comprehensive orientation to ensure that the student is thoroughly prepared prior to placement, including coverage of insurance and liability issues as well as health and safety protocols.
- Providing ongoing support and advice throughout the internship experience.

Interning in Dublin

Internship Objectives

The objectives of the international internship are many, and you will certainly have your own personal goals for the experience. A main objective, however, is to help you develop transferable skills, including general business skills and skills that increase cultural competence. Unlike specific vocational skills, transferable skills are those that can be transported from one context to another and one field to another. Examples of such skills include professional interaction; negotiating meaning; cultural flexibility; and computer, business writing, and research skills. Building these skills in an international and multi-cultural environment will add a crucial dimension to your postgraduation resumé. Success in the international internship and in the overall study abroad experience is heavily dependent upon your ability to manage your expectations and keep a handle on this main objective.

The objectives of the international internship are many, and you will certainly have your own personal goals for the experience.



In addition, your international internship can help you to define what you hope to do with your future. Some interns learn from their time in Dublin that the area in which they have been working is not something they wish to do as a profession. This does not mean they have had a negative experience. Rather, they have learned about where they wish to take their career. Some of the best experiences can be appreciated in

hindsight and this is often true of an international internship

Finally, gaining work experience prior to graduation will enhance your employability. An international internship is a different cultural experience and one that will make you stand out and impress prospective employers.

What Does it Mean to Be an Intern?

It can be said that the most important qualities of any study abroad student are flexibility, open-mindedness, a positive attitude, a sense of humour and a willingness to adapt to difficult, unfamiliar and challenging situations. FIE believes these apply doubly to students applying for the international internship option. Not only will you be required to live and study in another culture, but to work as well.

Work environments and work practices can be very different than those in the U.S. Some students may be coming to the international internship with little or no office experience, and glamorous visions of the world of work may be met with the reality of the daily 9-5 spent in front of a computer.

Differences in Industry

It can be challenging to accept that there are important differences in the way industries are constructed in Ireland, as well as what barriers there may be for international interns hoping to pursue certain avenues within the Irish context. In many cases, your education and work experience will be interpreted differently overseas. Opportunities that might be available to you in the U.S. may not exist in Ireland in the same form, may not be open to international interns, or your educational and work background may not correspond to the needs and requirements of a particular organization or sector. The FIE Team will provide the expertise in terms of developing your choices into the reality of an international internship in Dublin, but potential interns must provide the flexibility and open-mindedness to accept a reality that may be different from expectations.

Education vs. Professional Practice

At universities and within college departments, areas of study are clearly defined and categorized. Unfortunately, life is not as neat and tidy as a major. While students' choices will likely reflect contained areas, the internship may well span over several fields, or even incorporate fields that may not be initially thought of as allied. Though textbooks often present theoretical and conceptual views of the world, which play an implicit role in the workplace, they are not usually an obvious focus in daily practice. Furthermore, practice does not always reflect theory, particularly in different national and cultural contexts. Therefore, the FIE Team in conjunction with our internship placement partners, will identify the best available opportunity for each student within these environments. Please also keep in mind that all placements are entry-level positions. As an undergraduate intern, your tasks will mirror that of a student looking to gain work experience in a field that reflects a future career aspiration. Please be aware that confidentiality policies, qualifications, and union rules could limit your exposure. All students should expect to be involved in a variety of tasks in the work place.

Internship Placements

A Multi-Cultural Learning Experience

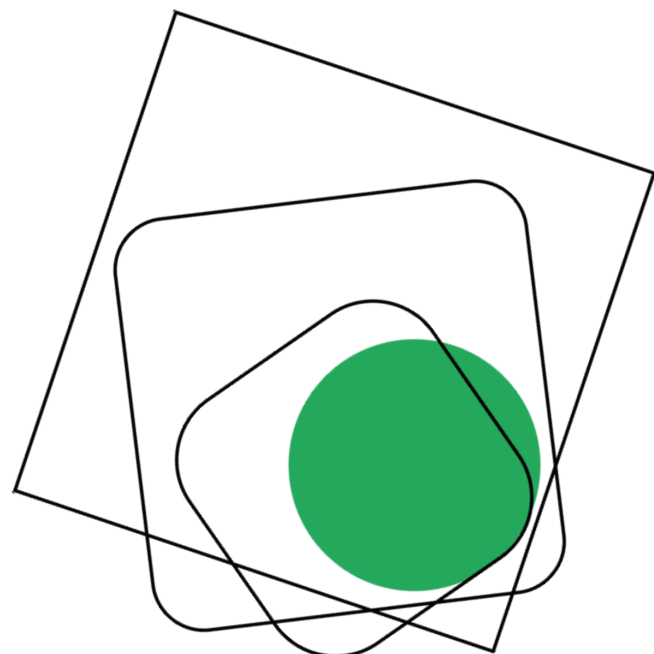
Dublin offers a vast resource for experience-based learning. The work environments available to FIE interns cater to a large number of majors and include the various business sectors, not-for-profit, political, public sector and creative organizations. Through FIE's internship placements, students have the opportunity to build professional skills, increase industry knowledge and experience working in a different culture and in a major global city.

Given the specific requirements and timeframe of your internship through FIE, the opportunities available are limited to those companies and organizations that can comply with our program model. This means that the organizations and businesses we work with are most often small and medium sized enterprises, as opposed to large companies. This is because most large organisations and corporations either do not offer internships at all or run their own closed competitive internship scheme which is not compatible with our program.

We have learned from our extensive experience in internships that in the majority of instances, students get a much more involved and personal experience at smaller placements. This suggests that the functions represented by the areas listed in this document, such as marketing, PR, finance, and accounting, are often departments within businesses and organizations. Therefore, students should anticipate that they may be placed in an organization in which these functions are carried out, like a sports team, an internet-based company, or a not-for-profit organization, not necessarily in a firm whose main business is, for instance, PR or accounting.

These organizations represent a wide range of fields and disciplines. For example, FIE works with organizations in areas such as:

- **Accountancy & Finance**
- **Advertising**
- **Business & Economics**
- **Communications**
- **Film & Television**
- **Historical & Cultural Organisations**
- **Information Technology & Multimedia**
- **Journalism & Media**
- **Legal & Justice Organizations**
- **Politics**
- **Sports**
- **Travel & Tourism**



Selecting Areas of Interest

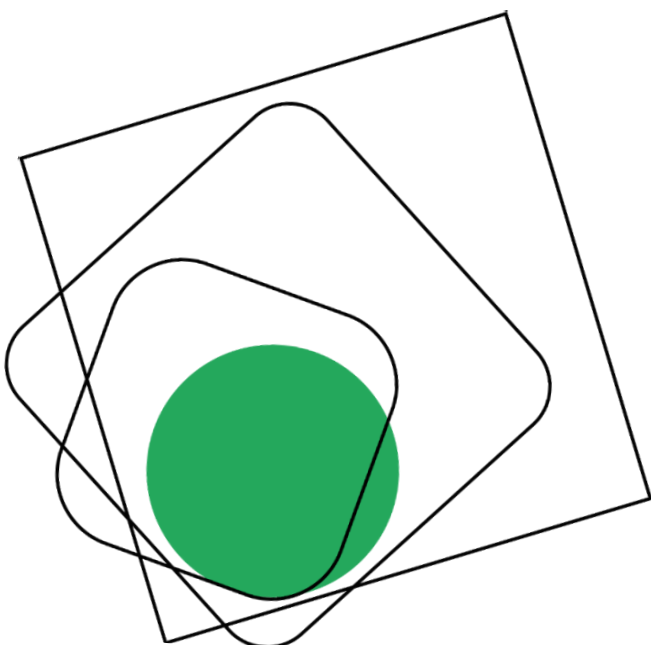
On our student admissions' system, you will write three areas you are interested in interning. These areas should be chosen from FIE Dublin's Placement Areas Document, which can be found on our website. This list, your CV and an online interview with our internship placement providers will ultimately determine where you are allocated. While every effort will be made to place you in your first choice, you must agree to accept the second or third choice if your first choice is not possible. Please have realistic expectations.

FIE organizes placements for students based on these preferences as well as students' skills and prior work and study background and your interview with our placement partner.

As with all study abroad experiences, flexibility and open-mindedness are key. We will organize the best available placement for students, but students must be willing to be an enthusiastic and productive participant at the site to which they are assigned.

The tasks that internship students are asked to undertake at their placement are varied and can include: administrative support, event planning and attendance, errand running, data entry, research, letter and report writing and project support. The exact tasks that an intern will be asked to perform are based on the needs of the organization at any given time as well as the skills and attitude of the student. The experience belongs to the student and their commitment to the work site will determine the outcome.

In order to secure a placement, you are required to submit to the FIE Team an electronic copy of your CV, which will then be sent on to appropriate organizations. This section focuses on the importance of this document and some recommendations as to how to create a professional CV in order to make the right impression.



Preparing Your Curriculum Vitae

Writing the CV. What is it for?

A Curriculum Vitae, or CV, (known in America as a résumé) is Latin and literally means “the course of one’s life or career.” The purpose of a CV is to represent you, telling the reader what to expect and what you are hoping to achieve. A CV creates the all-important first impression and will persuade an organization to interview you. You may think that because this is an unpaid experience or because you might have participated in internship work in the past, that organizations are not concerned about who you are but are just looking for “an extra pair of hands.” This could not be further from the truth. The organizations with which FIE works are looking for hard-working, motivated people to actively participate in their work. Providing a placement for a student requires a commitment of valuable time and effort for site supervisors. Moreover, most organizations receive many enquires for placements and can therefore be selective.

“Words can only begin to describe what an amazing internship experience I had in Dublin this past summer. I worked for a small accounting firm during the week and traveled all over Ireland on the weekends. I had the best of both worlds. Dublin is by far one of my favorite cities. The people are very hospitable and genuine.”
University of Florida student

What should my CV look like?

The information contained in your CV must be presented in a clear, concise manner. Take into consideration:

- Order of information: The top third of the page is your prime space and should contain your most important, relevant information to ensure the reader remains interested. The order of your CV should be logical and interesting.
- Content: Make sure spelling, grammar and punctuation are correct. Avoid long sentences and paragraphs. Opt for bullet points and use positive phrases and words.
- Font: Choose a clear, easy to read font such as Times New Roman or Arial using 10 or 12 point. Ensure there is continuity throughout your CV.
- Format: Your CV should be a Microsoft Word document. Refrain from using elaborate graphics or imagery as it may not be compatible with readers’ computers.
- Headings: Use clear headings to define topics and ensure information is easy to find.
- Margins: Ensure your CV is clearly presented, visually pleasing and not too cluttered.
- Length: A CV should not be any longer than two pages. Make sure it only contains relevant information, and if possible condense to one page rather than try and fill two sheets.

What is contained in my CV?

It is important that your CV is targeted to your intended reader – in this instance, a prospective placement site supervisor and the FIE Team. It must be accurate, up-to-date and interesting. The reader is looking for relevant information. It is always tempting to compose a chronological account of your life to date but this is not necessary; organizations appreciate you are a full-time student, so do not expect you to have an extensive work background. The content of your CV will consist of your education, relevant work experience, interests, skills and placement objective. We recommend using the following sections to organize your CV:



Objective: Stating a placement objective at the beginning of your CV highlights your aims and aspirations. It immediately explains to the reader what you are hoping to achieve and it will focus and encourage the reader to continue to read further. However, as your CV may be sent to several prospective placements in different fields, your objective should be very broad.



Education: State which home institution you attend, your major and minor, and most importantly list the relevant classes you have taken. This will demonstrate your knowledge of your chosen field. This section of your CV is the most important.



Work & Volunteer Experience: Starting with most recent first, include any relevant jobs you have had and what your responsibilities were. If you have many part-time jobs you may want to summarize them and what your main tasks were.



Skills: This section demonstrates what you could bring to a position and highlights your transferable skills and industry specific skills. List your computer skills, any languages you speak and with what proficiency.



Interests and Achievements: Include any organizations or clubs you are a member of and any volunteer work you have participated in. This section provides an excellent opportunity for you to highlight any interests and achievements you have that are relevant to the field in which you wish to have an internship experience.

Examples of CVs

Example 1 has been written by Kenneth Small with the intention of securing an international internship within the field of Marketing

The objective is short, yet focuses the reader's attention to what the student wants.

Kenneth Small
181 Palm Dr.
Spring House, Florida, 32802
Phone: 407-246-2188 • Email: ksmall@hotmail.com

Clearly displaying the Education at the top of the CV and listing courses shows that Kenneth will have a good base knowledge of the field.

Objective

To participate in an internship in London where I can apply classroom knowledge to practice in a business environment.

Education

Spring House College, Orlando, Florida

- BA in Business Administration, expected graduation May 2009
- Marketing major and International Business minor
- Current Grade Point Average (GPA) of 3.6/4.0

Related Courses

- Principles of Economics, Marketing and New Media, International Business Theory, Intercultural Communication, Marketing and Branding, Advanced Spanish Conversation

Work Experience

Assistant Manager, Banqueting, May 2007- present
Central Marriott Hotel, Vista, Florida

- Manage up to 10 banquet staff per shift
- Oversee the food service for up to 300 guests per event
- Maintain accurate shift records

Office Assistant, June 2005 – May 2007

Spring House College Food Services, Orlando, Florida

- Coordinated deliveries with suppliers
- Effectively responded to queries via phone and email
- Researched and implemented marketing and advertising strategies for the 'Healthy Campus' campaign

Marketing Volunteer, Summer 2006

Environment Matters

- Publicized community environmental events
- Continuously updated contact profiles in Microsoft Access
- Wrote, edited, and distributed a weekly electronic newsletter

Activities and Achievements

- Awarded employee of the month on two occasions at the Central Marriott Hotel for excellence in customer service
- Earned the Certificate of Technology for Expertise in Microsoft Excel, 2005
- Active member of the Spring House College chapter of Save the Earth Awarded
- Top Young Amateur DJ competition at Spring House College, 2007

Additional Skills

- Read, write and speak Spanish well
- Proficient in Microsoft Office, internet and email applications
- Strong technical skills in music mixing and DJ-ing

Citing previous jobs and duties highlights 'transferable skills'. In this example it is evident that Kenneth will have good customer service skills.

Including information such as Kenneth's skill and experience with DJ-ing and languages is important as this could provide the Internship Team with additional possibilities for placement.

Examples of CVs

The objective indicates clearly what Corinne is looking for, but without being too specific.

Corinne Anderson

404 East Lake, Maple Lake, Illinois 60572
canderson@maplemail.edu • 630.375.1772

Objective

To obtain an international internship within a non-profit organization focusing on social issues in London.

Education

Maple Lake College, Maple Lake, Illinois • Expected Graduation May 2009
Major: International Relations • Minors: French, Philosophy
Grade Point Average: 3.54/4.0

Related Courses

International Communications, Francophone Cultures, Environmental Policy, Conflict Resolution, Intro to French Literature

Work Experience

Coordinator, September 2006 - present

Habitat for Humanity, Maple Lake College

- Organize monthly volunteer projects for Maple Lake students
- Create posters and promotional materials for upcoming events
- Assist in planning for hurricane Recover and Rebuild trips

Resident Assistant, September 2006 - May 2007

Residence Life Association, Maple Lake College

- Advised residents on issues concerning the residence hall
- Encouraged residents to follow health and safety policies
- Planned and coordinated hall programs and events

Swim Coach and Lifeguard, January 2005 - May 2005

Maple Lake Boys and Girls Club

- Gave swimming lessons to children ages 5-11
- Ensured safety of pool and took responsibility for all swimmers
- Assisted with adult swim classes

Achievements and Awards

- Dean's List, all semesters
- Omicron Delta Kappa Leadership Society
- Valley View High School Outstanding Senior Award

Activities

- Maple Lake College Scholars
- Intramural Women's Soccer Team T
- Totally Tempo (co-ed a cappella group)

Skills

- Certified in CPR and First Aid
- Proficient with MS Office programs and the Internet
- Intermediate writing and speaking skills in French

Interests

Travelling, Judo, clarinet, poetry

By mentioning Related Courses, Corinne demonstrates that she has a strong academic background within her chosen field.

By including both paid and volunteer experience, readers are able to see Corinne's relevant commitments outside of her studies.

Listing skills can show potential employers what students have to offer in the workplace. Here, Corinne shows she would be able to utilize her language and computer skills.

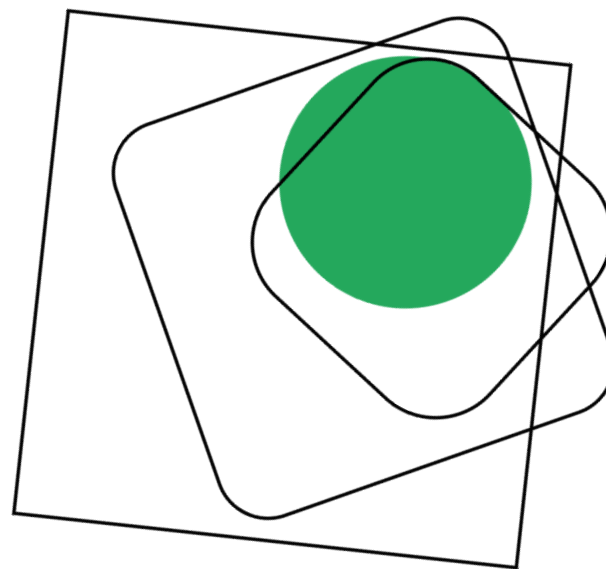
Example 2 is written by Corinne Anderson, who is looking for an international internship in the non-profit social sector. She needs to demonstrate to the reader her suitability for this field.

In-Country Preparation

Internship Orientation

All students undertaking an internship placement will participate in a comprehensive orientation in Dublin, which will include the following topics:

- An introduction to the culture of work in Ireland
- Practical advice about transport, money, dress codes and conduct.
- An introduction to your internship course work and seminars
- Information about Irish cultural differences.
- Emphasis on the concept of an internship as a learning process



Preparing for Your Placement

Participating in an internship placement can be a life-changing experience. It may be challenging at times, yet the rewards are plentiful and we hope that you will learn from this experience in many ways. You will develop new skills, increase your knowledge base and social awareness, and experience working in a new culture. This experience can help define your future goals and ambitions and provide you with a lifetime of memories.

Site supervisors are looking for students who can make a difference and contribute to their organization. It is up to you to show site supervisors what skills and knowledge you have to offer. Ensure that you are familiar with the organization you will be working with; check their website before your first day and read any brochures or literature that they may provide.

Placement Notification

The FIE Team will be communicating with you prior to departure. Students will be notified of their placements before the beginning date of the placement, barring circumstances beyond FIE's control. Students will not be informed of their placement until it is confirmed, and this can occur anytime between arrival and the beginning of the placement.

Starting your Placement

Students will usually begin placements within the first week of the semester. Shorter summer programs often start their placements soon after arrival.

Work Schedule

The days you spend in your internship each week, as well as the duration of your internship experience, will be decided prior to your arrival. This will vary from program to program, but the typical semester student works a minimum of two full-time days per week. On summer programs this is usually four days a week. The time and commitment you are able to dedicate to your placement directly impacts upon the success of your experience.

Typical hours of work in Dublin are 9am — 5pm or 10am — 6pm. You will be entitled to have up to an hour's break for lunch each day. However, the needs of the company and/or special events may require that students work outside these hours. It is expected that students will take advantage of such opportunities to further their learning goals as well as to benefit their company.

At your placement

Do not be afraid to ask questions, especially when being assigned tasks. A site supervisor would always prefer to have a student who asks questions and gets the task right the first time, than one who did not ask and made lots of mistakes!

Take advantage of this opportunity. What are you hoping to achieve from your internship experience? You will certainly have your own goals and expectations, but do not forget to be realistic. Take the time to set yourself personal goals, whether it is to learn the names of all of your co-workers by the end of your first week, or to apply your theory-based knowledge in your new environment.

You may be assigned tasks that seem less exciting or relevant than ones you had anticipated, but remember that every task has its purpose even if it is not immediately apparent. You should approach all aspects of the placement with a positive attitude. Remember that this is not a job for life. You are working for a short period of time and your tasks will reflect this. It is unlikely you will be given major responsibilities.

There may be tasks and specific aspects of the organization in which you have not yet had the chance to be involved. Ask your site supervisor if taking on additional tasks would be possible, providing you complete all the work you have been assigned. This will show your willingness and enthusiasm.

After Hours

Introduce yourself to your co-workers. Take the time to get to know them, and try to understand what their role is in the organization. If you are invited to attend after work socials, whether it's a drink in the pub with co-workers or a work-related activity, seize the opportunity. You might make a contact you could use in the future.

Commuting

Depending on where your placement site is, you could be walking, cycling or using public transport to and from work each day. Traveling during Dublin rush hour is all part of the internship experience. Commuting with other work-bound passengers is a unique experience, and students should expect to commute to their placement. Traveling to and from the internship placement can take from 15 minutes to an hour and 15 minutes, as does traveling to work for most Dubliners. All students will be accompanied by an FIE staff member to their placement site before their first day of interning.

What to Wear

You should expect to wear professional office attire during your internship. In general, the type of clothing worn in the workplace will depend on organization you will be working for and will reflect the industry you will be interning in. Finance, legal and business placements require more formal dress, and if you are an intern in these areas, you may be required to wear a suit every day. Creative industries such as media or the arts tend to be less formal. Nevertheless, all interns should be prepared to dress nicely for their first day, wearing a suit if necessary. All students should bring at least one business dressy or formal outfit (a suit and tie for men; dress or jacket and trousers for women). Once you're in the placement you'll get a feel for what the daily expected attire is.



Work Life in Dublin

Differences in the Workplace

Cultural differences will make participating in an international internship very different from working in the U.S. Learning about different cultures and behaviors is all part of an international internship experience.

Humor

The Irish have a unique sense of humor. It can often be self-deprecating. The Irish will often make fun of themselves or those around them, which can seem strange and offensive, but it's often a sign of collegiality and friendship. It's commonly referred to as 'slagging'. Irish humor is not intended to be malicious or hurt other people's feelings. It may take you time to get used to this.

Tea Culture

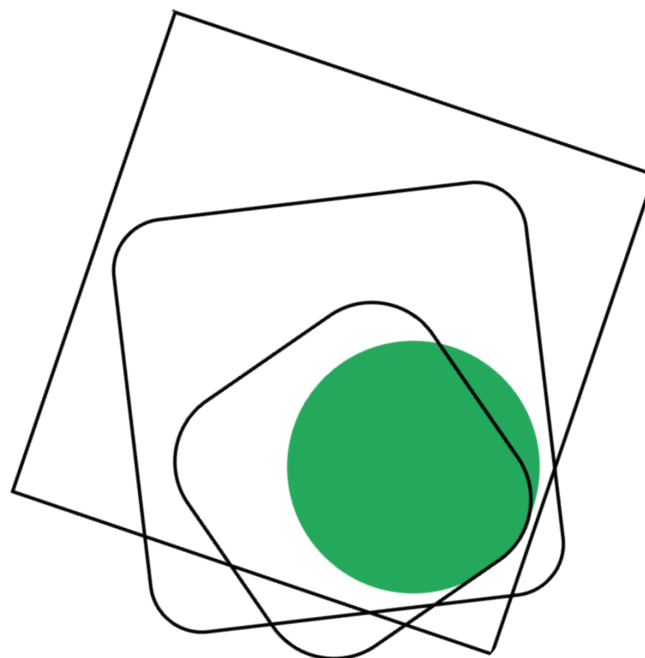
Tea drinking is a big part of office life and making tea is a task that is carried out by all members of staff. Do not be offended if you are asked to make tea for your colleagues as it is not considered a demeaning task. If you are unsure of how to make tea, ask your colleagues. They will be pleased to show you. It will be a great way to get acquainted in your placement. Coffee culture has slowly but surely crept into Irish life too so you may have to make the odd trip to the coffee shop for the Cappuccinos!

Pace of Work

In the workplace you may find the pace of work slower than you are used to. Irish workers tend to take time out of their day to talk to each other, and building relationships in business settings is an important cultural feature. However, this does not necessarily mean that less is achieved in an Irish office. Every office is different and some will be less chatty than others.

Pub Culture

Going to the pub to relax and socialize is a big part of working and living in Dublin. Visiting the pub after work is common. It is perfectly acceptable to go to the pub and not drink alcohol.



Rules & Regulations – Conditions of FIE's Internship Provision

FIE expects students to fully comply with the instructions and guidelines contained within this International Internship Handbook. It is important for students to understand that the consequences of misconduct within the workplace might result in dismissal with no recourse to a further placement or program refund. Additionally, dismissal may result in loss of academic credit. Please read the following guidelines carefully and refer to them during your placement if you have any questions.

Pay

In compliance with Irish immigration regulations, the placement is an educational experience for which you are earning credit; it is not employment. All internship experiences are unpaid.

Concerns

Any concerns about your placement or conditions of work must be discussed with the FIE Team and, when necessary, your site supervisor. Only in exceptional circumstances will a placement be changed, and only after a thorough assessment of the situation by the FIE Team.

Class Conflicts

Every effort is made to schedule required class components outside of regular working hours. If students have evening commitments at their placement, required class sessions will take priority. However, the student may consult with his/her instructor to see if special arrangements can be made.

Absences

Authorized Absences:

In the case of a minor illness that necessitates an absence from the workplace, students are required to contact both their site supervisor and the FIE Team each morning of the absence. If a student cannot participate in their internship placement for more than two weeks due to prolonged illness, disability or personal reasons such as bereavement, the FIE Team communicates with the student and their home institution in order to arrange a suitable academic alternative.

Unauthorized Absences:

Students cannot absent themselves or resign from their placement without prior discussion with the FIE Team. Students who walk out or leave their placement without due notification will be dismissed from participation in a placement.

Holidays & Leave From Placement:

Students are expected to work the days and hours that have been designated for their placement except in the case of illness, Irish bank holidays or excused programme absences (Reading week and mandatory study tour weekends). Leave for other reasons is not permitted.

Conduct

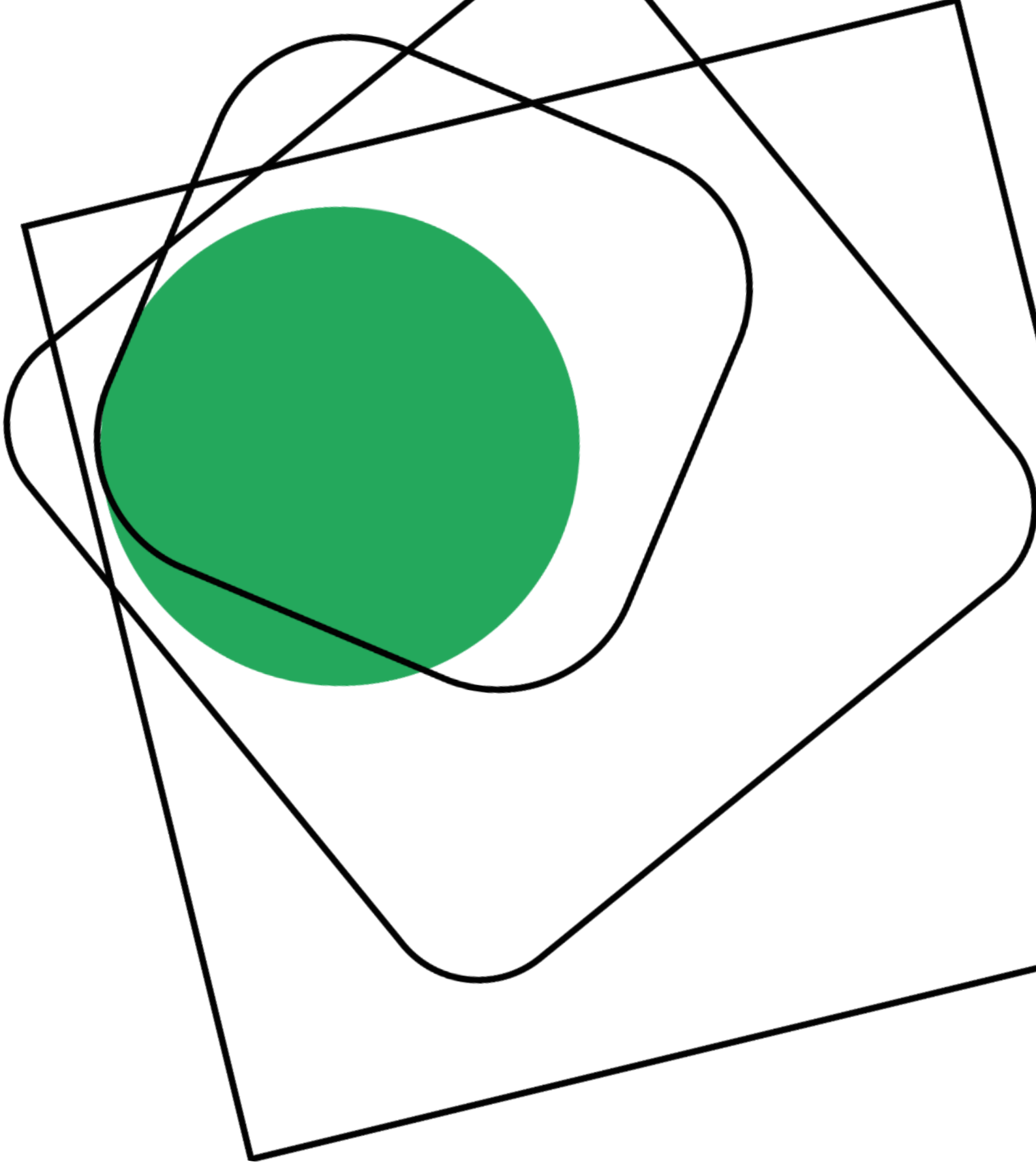
While in your placement, you must remember that at all times you are a representative of your country, your home institution and FIE. Students are expected to maintain a professional and respectful demeanor in interactions and correspondence with anyone associated with their placement, including FIE staff.

Dismissal & Consequences

Both FIE and the placement site supervisor have the authority to remove any student from a placement due to unsatisfactory performance or unacceptable behavior. In such instances where a student is dismissed or removes themselves from their placement, FIE reserves the right to remove the student from the program (including housing) and therefore require the student's immediate return to the U.S. Students will in this case receive an "F" grade for the placement course.

Reverse Culture Shock

Many students returning from study abroad programs experience what is known as reverse culture shock, meaning they find it difficult to reintegrate into their home country and way of life. Studying abroad and interning will help give you insights into your own way of life and you may have a new perspective into your own culture. Your experiences with FIE in Dublin will have changed you. You may have new habits, behaviors, values and friends, and find your confidence has increased. Your friends and family may notice personal growth and changes also, and may be unprepared for the new you. This can often lead to feelings of isolation and difficulties in relating to people who have not had the same experiences as you. Remember reverse culture shock is a phase, and you will soon settle back into a routine. To help alleviate this transitional period, stay in touch with any friends that you made while in Dublin who can relate to your Dublin experiences. Contact your study abroad office for advice and support, and above all, don't worry - these feelings will pass! Don't forget, you can always visit Dublin again, and your study abroad and interning experience will be one you will value for years to come.



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