

Cardiff EDC Internship Reports

2010-2016

The Cardiff EDC offers full time and part time internships to young people with an interest in Europe, who are looking for a stimulating, responsible and enjoyable work experience within a European environment.

After a full time internship we ask each intern to write a report describing their experience – here you will find the reports compiled since 2010.

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For further information on internships at the Cardiff EDC:

Website: <http://www.cardiff.ac.uk/european-documentation-centre/internships>

Blog: <http://blogs.cardiff.ac.uk/european-documentation-centre/category/internships/>

Facebook: <https://www.facebook.com/CardiffEDC/>

Email: edc@cardiff.ac.uk

Christopher Langen, June-July 2010 (Germany)



Part of my Masters programme 'English Studies' at the Freie Universität Berlin is to analyse contemporary cultural concepts, e.g. national identity and its relation to the Loss of Empire and the European Union. During my work as a Foreign Language Assistant for German in the Vale of Glamorgan, Wales, in 2009-10, I realised that British public opinion towards the European Union differs from that of other European countries I had previously experienced.

This gave me an incentive for research in this field and I had some interesting and informative conversations with Andy Klom, the Head of the European Commission's Representation in Wales, and Ian Thomson, Director of the Cardiff EDC and Executive Editor of European Sources Online (ESO). When Ian Thomson offered me an internship to pursue this research further and to contribute to the existing service of the EDC and ESO I gladly accepted it.

My work at the EDC basically consisted of three major tasks:

- to revise outdated country and miscellaneous ESO Information Guides
- to support the maintenance of the ESO database
- to research and compile a new information guide on Euroscepticism.

All of these tasks require but also enhance computer and internet skills as the work is based on internet research – which can be challenging at times – and integrating information into existing or new files.



In addition, I accompanied Ian Thomson to a planning meeting for the 2011 Wales, Europe and the World event at the headquarters of [Cilt Cymru](#). The event will be held in Cardiff in February 2011, and is intended for children between 12 and 18. I also met a group of EDC librarians from Romania who were visiting the Cardiff EDC in June and joined them as they went to visit the [Representation of the European Commission](#) in Cardiff Bay.

The staff in the EDC are very supportive regarding questions on both technical and content issues. Additionally, you are encouraged to share your own experiences and make suggestions. Ian Thomson is always interested in discussing new or different working procedures and concepts. The atmosphere at work is focused but relaxed and very cooperative.

All the tasks at the EDC are related to European issues; therefore working there helps to broaden one's knowledge about the EU and Europe as a whole, especially through the editing of the country information guides. The maintenance of the ESO database provides a good insight into this specific type of database and fosters competencies in internet search engines and website structures.

As the working language is English, it is an excellent chance to improve both productive and receptive language skills, even though internees should be proficient particularly in the latter. Further

knowledge of European languages can be very helpful but is not obligatory, since all documents are compiled in English.



Even though I was not able to stay as long as I planned initially – due to the fact that I was not granted ERASMUS Student Mobility for Placement funding by my home university – I regard the work at the EDC as highly beneficial. I got good insights into another part of British every-day life and was able to improve my English further by constantly using it on a professional level. Conducting my research at the EDC was a brilliant opportunity, as Ian Thomson was very helpful and is an outstanding resource himself, apart from all the other valuable resources at the EDC. It was a welcome experience to apply knowledge gained throughout my studies and to contribute actively to an information network. To discuss ideas about Europe, the EU, European integration and politics with members of staff was instructive as well as a pleasure.

To live in South Wales for a year was a great experience. The picturesque seaside and valleys, authentic small towns, historic sites and Cardiff itself offer diverse attractions and leisure time activities all in close proximity. To enjoy them fully, a car is helpful but most things, particularly in Cardiff, can be reached by public transport. As I could go on for pages, I will just name my top five attractions. They are, in random order: hiking on the [Valeways Millennium Heritage Trail](#); exploring the [Museum of Welsh Life at St Fagans](#); sunbathing and surfing in [Rest Bay, Porthcawl](#); witnessing medieval spectacles in [Caerphilly Castle](#); experiencing Welsh patriotism during a national rugby fixture at the [Millennium Stadium](#).

Christopher Langen
July 2010

Veronika Brázdilová, August 2010 (Czech Republic)



I'm studying for a Masters degree in Communication at Science Po Paris and I'm interested in the European Union. That is the reason why I have an interest in the European Information and Documentation Centres. And I wanted to come to the UK to improve my language skills. The [website](#) of the European Documentation Centre in Cardiff seemed to me very well done and I got a feeling that the centre is very active. That is why I decided to apply for a month internship.

When I came I was really impressed by the work of the centre, because with only 3 people they are running a huge database and information service called [European Sources Online](#) (ESO), which is - in my opinion – a very good thing. So at first my task consisted of contributing to the ESO database, I made several ESO country information guides and I also indexed some reports of the European Commission.

The second part of my working task consisted of a marketing study on how to find new ESO subscribers. I translated an existing powerpoint Introduction to ESO into French and Czech languages and I prepared several excel files with contact details to Parliamentary and National Libraries throughout all of Europe and to the European information network in Turkey. I would like to continue my cooperation with the centre to find subscribers in France and in the Czech Republic.

I really liked the internship, it met my original expectation. I enjoyed working in a very nice environment with very nice people. I loved my discussion with Ian Thomson about European issues and ESO matters. The month in Cardiff was very beneficial for me from personal and professional point of view. I felt more confident while speaking English and also I obtained very valuable experience in the field of European information. Moreover, browsing of a large number of websites (for example of the European regions or Parliaments) was very valuable to my communication specialisation.

Concerning Cardiff as a city I found it very pleasant place. The city centre is fine although, in my opinion, there are too many shops. I really like the new [public library building](#) and the [Bute Park](#) which is the most amazing park I have ever seen. I also love [Cardiff Bay](#), I walked twice over the [Barrage](#). On one of these walks I went on into [Penarth](#) and onto the pier, which was very lovely. I also tried to profit of my staying in the UK as a tourist - I visited Stratford, Oxford, [Brecon Beacon National Park](#), and I also had brief looks around Birmingham and Bristol at glance.

To sum up: I am very happy that I did this internship!

Veronika Brazdilova,
August 2010

Nadja Kalinna and Felix Franke, August-September 2010 (Germany)

During our apprenticeship in Germany to become specialists in media and information services we did a six week internship in the European Documentation Centre in Cardiff. We wanted to improve our knowledge about libraries, library systems and information / documentation centres. In order to achieve these goals we were given several tasks within the EDC.

At first we were introduced to the EDC as a whole and furthermore to the EDC's own database, European Sources Online. Our first task was the translation of a brochure introducing ESO to its users.



We translated both the short and the long version from English into German. Even though it took a long time, it was very interesting and we got to know ESO even better. Our second task was the revision of country information guides concerning the countries in Europe. We both did several of these information guides on our own, which gave us a better insight on the countries in Europe and the issues concerning them. Each country struggles with its own problems, and it was very enlightening to get to know some of

these problems, for example the independence of Kosovo.

One of our biggest and most time consuming jobs was the exchanging of broken links with functioning ones in the database. If these links do not work, the user is incapable of getting to the webpage and the required information. Additionally we created new records for ESO. That is one of the most challenging tasks in the EDC, and therefore we didn't do it all on our own. We just did a small part of the whole process that is necessary to create new records. Another small job we did was checking in the new periodicals and exchange the old issues with the current ones. We did that once a week.

We had the opportunity to take part in a Mock Council Debate with school children from all over Wales. This took place at the National Assembly of Wales in Cardiff Bay and was launched by the First Minister of Wales, Carwyn Jones. That was very interesting and politically informative.

We also visited some of the other branch libraries of the university. These were the Aberconway Library (serving the Cardiff Business School),



the Arts and Social Studies Library and the Trevithick Library (serving the School of Engineering). We were introduced to the RFID system and the acquisition and cataloguing department. We were also given the chance to visit SCOLAR, the archive collection of the university with its old books and manuscripts, which was very interesting.

The working atmosphere at the EDC is very pleasant. The staff – consisting of only three people: Ian, Ceri and Ronen – are kind and courteous and are willing to help if you have questions. We were integrated into the work processes and given the opportunity to work part time in other branch libraries if we wanted.

In our spare time we enjoyed Cardiff very much. We visited the city and the bay and Castell Coch. We took one day off to go to Bath where we looked at the Roman Baths and other famous sights of the city. We did some shopping in Cardiff and found the prices quite high, at least higher than in Germany (except for certain clothes).

All in all we enjoyed our stay in Cardiff very much as well as our work in the EDC. Cardiff is a lively city with lots of opportunities and very friendly people. We would recommend to everyone to do an internship at the EDC, because the work is both interesting and pleasant.

Nadja Kalinna and Felix Franke
September 2010

Helen Halbert, November 2010 (Canada)



I will be completing a Masters degree in library and information sciences at the University of British Columbia in Vancouver, Canada in 2011 and decided to take the opportunity to combine travel with practical work experience before officially beginning my programme of study, so I applied to Cardiff University to undertake a variety of placements in the field. My internship with the European Documentation Centre during the month of November was the first of three.

During my time at the EDC, I completed research for and contributed editorial content to European Sources Online (ESO), a database and European information service based at the Centre.

I created an information guide for EU nationals on living, working, studying, and retiring in other EU Member States, and a reference list of Canadian sources for EU information, compiling and including press releases and publications from government bodies, university research groups, national think tanks, and First Nations groups.

I also received training in the ESO database and was thus able to index articles, news items, and reports for the system.



My internship served as a comprehensive introduction to library work, allowing me to experience some of the tasks and everyday duties that are part and parcel of running a specialist library, including fielding inquiries at the help desk and familiarising myself with the catalogue system.

I was fortunate enough that my time at the centre coincided with two of the outreach events the EDC hosts annually as part of its overall aim of promoting EU awareness and providing services to the public at large: a welcome evening for ERASMUS exchange students who are currently studying at Cardiff or who are planning to use the programme in the future, and a European film and discussion night to mark the European Year for Combating Poverty and Social Exclusion 2010. I helped the EDC team organise and prepare for the events, as well as greeting guests over the course of the evenings.

I also had the opportunity during my internship to attend, as a guest of Ian Thomson, several informative events such as a Cardiff University library staff briefing session and the annual [Wales](#)



[European Information Network](#) meeting, which featured discussion of Welsh information initiatives and EU activities between representatives from the European Commission Office in Wales, national Europe Direct Centres, public libraries, local government, and other relevant organisations.

I really enjoyed my time working with the small but effective three-person team at the EDC. Ian, Ceri and Ronen were very friendly and welcoming, as well as patient when it came to answering my questions and offering me help as

someone new to both the library and the city of Cardiff.

Helen Halbert
November 2010

George Gurescu, January-April 2011 (Romania)



My internship at the European Documentation Centre at Cardiff University seemed to be like a double challenge for me. First: three months in another country, all alone, in a city where I've never been before. Second: let's say that I am interested in EU issues and politics, but is this enough for me to manage this internship? And now, after those three months (from January to April 2011) spent with the extraordinary team of the Cardiff EDC, I can tell you that I won that challenge.

It wasn't hard at all; the things that you need are commitment and devotion. And I've learned this back home, in my country, Romania. After three years of studying Journalism at the Alexandru Ioan Cuza University in Iasi, Romania and being enrolled now in a Masters programme - Mass-media production techniques - I realised that you must always seek new, exciting challenges and opportunities in order to gain more confidence in yourself.

The internship at the Cardiff EDC has been a great experience. Professionally speaking, I can tell you that I've learned tons of information related to 'how the EU works' or what is the impact of a certain event that happened in Brussels. Working editorially on European Sources Online (ESO) on a daily and intensive basis is like taking an academic course on the EU and is of great value for my future career as a journalist.

I compiled and revised several ESO Country Information Guides, having to browse through the internet for relevant, pertinent and strong information sources that could say something about a certain issue from a certain country. By figuring out which is the most suitable and the most appropriate information source for ESO, I've added to and enriched my own cultural background with new resources.

After that, I had to index and to create 'news' records for ESO. For me, that was proof from Ian Thomson, the EDC director, that he trusted me and he was not afraid that I could fail. Step by step, I started understanding a part of the EU mechanism and this internship was a huge help for me. For my future career - hoping that I will be a journalist - this experience is very useful. I enriched my EU background and I developed new skills by working alongside this small dedicated and committed team of people, Ian, Ceri and Ronen.

In the three months I also participated at several events organised by EDC, or where the Cardiff EDC had been invited as a guest. At the very beginning I went to the first meeting of the newly created [EDC Forum](#), where I had the opportunity to meet people really interested in the EDC's activities from both within and outside Cardiff University. I also went with Ceri and Ian to the Wales, Europe and the World event at Cardiff City Hall in February 2011 where we organised a [Euro-quiz](#) for pupils from Cardiff schools.



One of the most exciting events happened right at the end of my internship, when I went to Bridgend, a small town near Cardiff, and presented, with my part-time intern colleague Silvia, the role of the EU in front of five groups of Year 9 pupils. It was a Personal and Social Education Day (PSE), when all the children from the school participated in a range of presentations organised by their school. It was a challenge - to see if I could actually talk (in English) with so many children about a pretty complex subject - but, after all, I really think that

we did a great job.

Of course, I wasn't at work all those three months so, during my weekends, I went around the city and to places nearby, and I can tell you that Wales has really great landscapes and places to visit.

Sunny Sundays in [Barry Island](#), relaxing afternoons in the open air museum at [St Fagans](#), and day trips to Bath or Bristol, this is what you can get if you stay in Cardiff. What really impressed me here is the cosmopolitan air that surrounds the city. You could say that it's a small city (if we compare it with Manchester, Liverpool, etc.) but it has a wonderful cosmopolitan feel.

A simple coffee in the middle of the park and you will see all types of people from all around the world. It gives you a sense of liberty, cultural diversity and, eventually, you transform this place into your own home.

I could write many pages, but for the next interns that want to come here, I can tell them that the Cardiff EDC is the place from where you can basically learn practical and very useful things about the EU and you will have a dedicated and trustworthy team by your side all the time.

George Gurescu
April 2011



Johanna Kämäräinen, May–September 2011 (Finland)



Part of my studies of International Business in Lahti University of Applied Sciences is an internship done abroad. My interest in the European Union led me eventually to the European Documentation Centre in Cardiff and I was so pleased when I was accepted and given the opportunity to be part of their team for five months from May to September 2011.

My time at Cardiff EDC was very interesting and productive. My work included the translation of the Introduction to ESO presentation into Finnish, revising and updating the ESO Information Guides for different countries, including the creation of a Finnish language version for the Finland guide, and other tasks.

I had the chance to attend events such as Europe Day celebration at the Cardiff Central Library and the Europe Day Quiz at the Cardiff EDC on 9 May 2011, and also the Mock Council at the National Assembly for Wales on 14 September, a debating opportunity for school children from Welsh schools. At these events I got to meet new people, gain more information and improve my conversation skills.

Also a big part of the internship was to be up to date on not only the things happening in the European Union but also all over the world.

In other words, I learned a great deal about foreign affairs. Not just about the functions of EDCs and ESO, but also about the European Union and the whole world.

The team that I worked with, led by EDC Director Ian Thomson, was amazing. They were really helpful and nice. I also met other interns from Wales, Estonia, Greece, France and Italy. Being around supportive, nice and professional people made my work enjoyable and gave new perspectives.



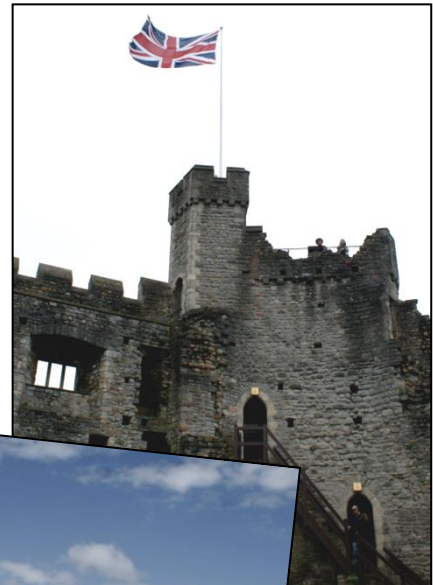
Cardiff as a city was quite nice and lively. The best places I visited in Cardiff were definitely Cardiff Bay and the barrage, and the beautiful country trail at the Cwm George Woods in Dinas Powys. I also recommend places such as Roath Park, Cardiff Castle and the National Museum. The Millennium Stadium is a place for people who enjoy different sports such as rugby and football. Also international artists like Snoop Dogg and Christina Aguilera have visited there. So in Cardiff, there is something for everyone and no one will get bored.

I also had the chance to visit [Fishguard](#) and see places along the Pembrokeshire coast. Places such as the [Aberiddy Blue Lagoon](#) and the [Strumble Head Lighthouse](#) were amazing. And I have to say, that the scenery in Wales and rest of the UK is just breath taking. I hope interns of the future will have the chance to see some of the beautiful places that Wales and UK has to offer. Weekends and days off are perfect for a wander around the countryside and cities.

Over all, my time in Cardiff was superb in every way. Not also did I learn a lot, but I grew as a person and gained more confidence in myself and the work I do. My experience is something I will never forget and I thank Cardiff EDC and the entire team involved in my stay in Cardiff for a lovely time.

Johanna Kämäräinen

October 2011



Jorge Montesdeoca Pérez, October 2011-February 2012 (Spain)



I worked as an intern in the Cardiff EDC for five months. I have spent five incredible months working together with very nice colleagues.

First of all, I came to Cardiff in 2010 in order to take a Masters degree in European Studies at Cardiff University. Even though I had a legal background and I had worked as a lawyer in the city of Barcelona, I have always been really interested in the study of politics, and particularly in the European integration process.

After finishing my Masters degree in the summer of 2011 I was granted some funding by the Canary Island Government with the goal of gaining practical experience in an institution related to the European integration process. Because I felt comfortable in the city of Cardiff I decided to stay here. I was so lucky that I was able to find a place like the Cardiff EDC which met all the requirements for my practical experience.

The centre is within Cardiff University, close to the Business School; therefore you feel part of the university community all the time. The EDC staff are very nice; there are only three people but they are very helpful and friendly. At the same time they have a lot of dedication to their jobs.



One of the most important things is that the EDC at Cardiff is very active, and this fact was definitely a significant asset for me. The centre organises a series of events and the interns always get involved. This allows you to feel like a real part of the EDC family.

For example, I prepared Spanish food for a 'What Europe means to me' event at the Cardiff EDC in December 2011 and spoke of the power of football to unite Europe at the event.

During the autumn of 2011 I attended three external seminars on Wales and Europe with Cardiff EDC Director Ian Thomson. I also helped to compile a European quiz, which took place at an event called 'Wales, Europe and the World' for 300 school children at the City Hall, Cardiff in February 2012.

My internship was very fruitful, not only regarding the new skills I acquired working on the ESO website (including revising English and Spanish language versions of the ESO Information Guide to Spain and creating a Catalan version of the Introduction to ESO), but also because we were constantly engaged in discussions about the current situation in Europe, sharing our different points of view which emerged from different nationalities, ages and educational backgrounds.



Likewise, working on the different tasks in the EDC, I feel I have increased dramatically my knowledge about the functioning of the European Union. This is what I was looking for after the theoretical content of the Masters, namely practical knowledge and a critical approach. I will always be very grateful to Cardiff EDC Director, Ian Thomson and his staff, Ceri and Ronen, for the splendid times I experienced with them, and also, I do not want to forget my intern colleagues H el ene and Lucas.

Regarding the city of Cardiff, I think it is a very enjoyable city with the perfect size and an overwhelming student atmosphere. You can enjoy the tranquility of a medium city, while at the same time you can take advantage of the facilities and the dynamism of a capital. This seems to me the perfect combination. It is also the perfect point to initiate a fascinating adventure in order to discover a beautiful country like Wales and its invaluable culture and heritage.

Jorge Montesdeoca P erez
February 2012



Hélène Louis, October 2011-March 2012 (France)



In order to complete my Masters in European and International Studies at Université Paul Verlaine, Metz, France (now part of the Université de Lorraine), I was required to do an internship. This internship would be the last one before I start working so the first aim was to confirm my professional objectives.

After having completed three internships in the private sector, I decided to pursue my research in a European environment. In the past, I had been to Cardiff twice and really enjoyed the city and Wales in general. So the perfect match seemed to be doing this internship in the European Documentation Centre located in Cardiff. I am really glad with this choice because this internship brought me a lot of knowledge and also confirmed my professional objectives.

The Cardiff EDC is quite a small structure and the team is very pleasant so it's easy to feel quickly part of it. Moreover, the tasks I was asked to do and the events I took part in were really interesting. As part of the job, I was first asked to be up to date with the European news. Therefore, every morning I read several articles related to different topics in order to keep informed and really enjoyed the discussions about some European issues with the team. This helped for the other tasks since I felt really informed and up to date with the European news.

Most of my work consisted of helping with ESO (European Sources Online). I updated several information guides related to countries (for example, France in English and French), EU policies (for example, Consumer Policy) and institutions (for example, European Parliament in English and French). These information guides aim at giving information to people about various fields and also give links to web sites which can help them find information about a particular topic. These guides already existed, however, they need to be checked and updated regularly in case changes occur in a policy or the links redirecting to web sites are broken or new useful sources have been created. Thanks to this task, I learnt a lot about Europe, its policies and institutions. I also learnt to look efficiently for sources of information online.

For example, one of my biggest tasks involved updating the guide about the European Parliament. I had to check every hyperlink to make sure that they were not broken and replace them if so. I also had to check if new important legislation, procedures or initiatives had entered into force since the guide was last updated and create a new section about these developments. While I was updating the guide, the election of the new President of the European Parliament took place so it had to be included in the guide. Once the guide was completely updated, I translated it into French and changed the links to French web pages.

During my internship, I also participated in several conferences at locations in Cardiff such as the Millennium Centre, the Millennium Stadium and the European Commission Office in Wales. These conferences allowed me to learn more about the European Union's actions particularly in Wales, so again, I felt quite close and quite involved in what happened in Europe and Wales. Besides, the

speakers of these events were important political figures within the European and Welsh framework so it was really interesting to listen to them and to learn from them.

As part of my EDC work, I was asked to participate in several events. Hence, I was a speaker at two events organised by the EDC. One was called 'What Europe means to me' in December 2011 in which all the interns talked about Europe and its meaning to them. I talked about European identity. I also took part in an event in March 2012 about the [European Citizens' Initiative](#) in which I talked about making 9 May, Europe Day, a public awareness day within Europe.



These events were really friendly and informal since they were mainly organised by the interns for a university audience. For example, we could learn the point of view of each intern at the Cardiff EDC about Europe, which was rewarding.

We also offered to cook food from our own country so it was interesting to taste food from other countries and to share what we made with others. On top of all that, the atmosphere was friendly with people from different backgrounds.

Though these events were informal, the former Head of Representation of the European Commission in Wales as well as the Senior Political Officer from the European Commission Office in London participated. So there was a real discussion with ideas and a wide range of topics enabling people to open their mind to other cultures.

I took part in other events organised by the Cardiff EDC in 2012 as well, such as the Erasmus Reception and the European Film Night. The events organised by the EDC are really popular and many Cardiff students are interested in participating in them.

My fellow intern Jorge and I were also asked to compile a quiz about Europe and to submit it to children on the occasion of an event called 'Wales, Europe and the World'.

It was challenging since we didn't know the level of the children, we had to aim for approachable but, at the same time, not too easy questions. In the event, the children proved to be quite knowledgeable about Europe.

This internship was therefore really enjoyable and very interesting. I worked with friendly people coming from various backgrounds. I would recommend to anybody interested in the European Union and its issues and also willing to meet people coming from Europe and outside to apply for an internship within the European Documentation Centre at Cardiff.



I also recommend the city of Cardiff which is a very beautiful and enjoyable city. It's mainly a student city so it's a living and bustling city with much going on. Wales is a nice country to live in and visit with easy access to the sea and the mountains. During my stay, I had the opportunity to visit several places in Wales such as the [Brecon Beacons National](#)

[Park, Castell Coch](#), the [National History Museum at St Fagans](#), [Swansea and the Gower Peninsula](#). During each visit, I was impressed with the landscapes Wales offers.

These six months have been really rewarding and allowed me to confirm my professional objectives since my next step is to take the competition to hopefully enter the European function. This internship also allowed me to improve my confidence in English, written as well as spoken, since writing information guides helped me learn new words and improve my rhetoric. Moreover, speaking in public, notably during the events, made me feel more comfortable and confident.

To conclude, I want to thank all the team at the Cardiff EDC for their kindness, openness and availability: Ian, Ceri and Ronen and also Jorge, Chaminda and Lucas, with whom I spent most of my time as an intern here.

Hélène Louis
March 2012



Lucas Goetz, February – July 2012 (France)



Prior to joining the Cardiff EDC for a six month work placement in February 2012, as part of my [European Studies bachelor degree at the Hague University of Applied Sciences](#), I tried to imagine what this work placement would be like. As I reflect back upon it, I am glad to say that the work placement exceeded all my expectations.

The Cardiff EDC is a wonderful place to work. I was lucky to be welcomed by very friendly colleagues from various countries. The work at the Cardiff EDC is very diverse. Upon arriving I was asked to translate the Powerpoint guide to [European Sources Online](#) into Dutch, which allowed me to get acquainted with ESO. Thereafter I started working on ESO, initially creating index records for books recently published. Soon, I was also creating records for what was happening in the news on a daily basis in Europe. Part of the daily routine included going through numerous news websites, for the daily work demanded a sound understanding of recent events. The nature of the daily work at the Cardiff EDC positively enhanced my knowledge of political developments and events taking place in Europe; there was not a day when upon leaving the office I did not feel that I had learned something of value.



Throughout the work placement I also participated in various events organised by the Cardiff EDC. The first event I attended was the European Film evening. The second event was based around the [European Citizens' Initiative](#). Full and part-time interns were invited to provide a brief speech explaining which issue would deserve a European Citizens' Initiative.



Working alongside Ian Thomson, director of the Cardiff EDC, is an intellectually enriching experience. As is well-known, Ian Thomson is a leading expert on European information and is always happy to share his knowledge. Mr Thomson's dedication and vision for the EDC and ESO was definitely a factor that kept the motivation levels high at all times. I fondly remember discussions on all sorts of topics, ranging from culture and sports to politics, with Mr Thomson.

Mr Thomson is always open to suggestions. In April 2012 I suggested that it might be a good idea to organise an event on the forthcoming [French presidential election](#). Mr Thomson agreed, and thus we set forth to make it happen. The event was a great success and I consider it one of the highlights of my work placement. As usual it was an intern-led event: interns who were French or had studied French politics gave short speeches on different aspects of the presidential elections. This was followed by a lively debate with the audience. The event was well attended by a large variety of people, including the honorary French consul in Cardiff. The following day Mr Thomson received a phone call from BBC Radio Wales enquiring if somebody from the Cardiff EDC would participate in the Good Morning Wales radio programme. Mr Thomson asked if I was willing to go and naturally I acquiesced. I was excited to do this live interview and was really happy to hear the podcast later in the day.



Halfway through my work placement I also suggested to Mr Thomson that we could set up a [Facebook](#) page to keep students and members of the general public, nationally and internationally, up-to-date on our activities. Mr Thomson asked me to set up a Facebook page. Throughout the first weeks its content was evaluated to ensure the appropriate content for the intended audience was added and that the page served the objective of raising the profile of the Cardiff EDC and its activities. At the time of writing (February 2013) I see the Cardiff EDC Facebook page has 125 likes and has proven to be a real asset for the EDC.

The above merely constitutes a small fraction of my experiences at the Cardiff EDC.

Wales is an endlessly fascinating country. As a person from the Alsace region of France I had a special interest in this part of the United Kingdom.

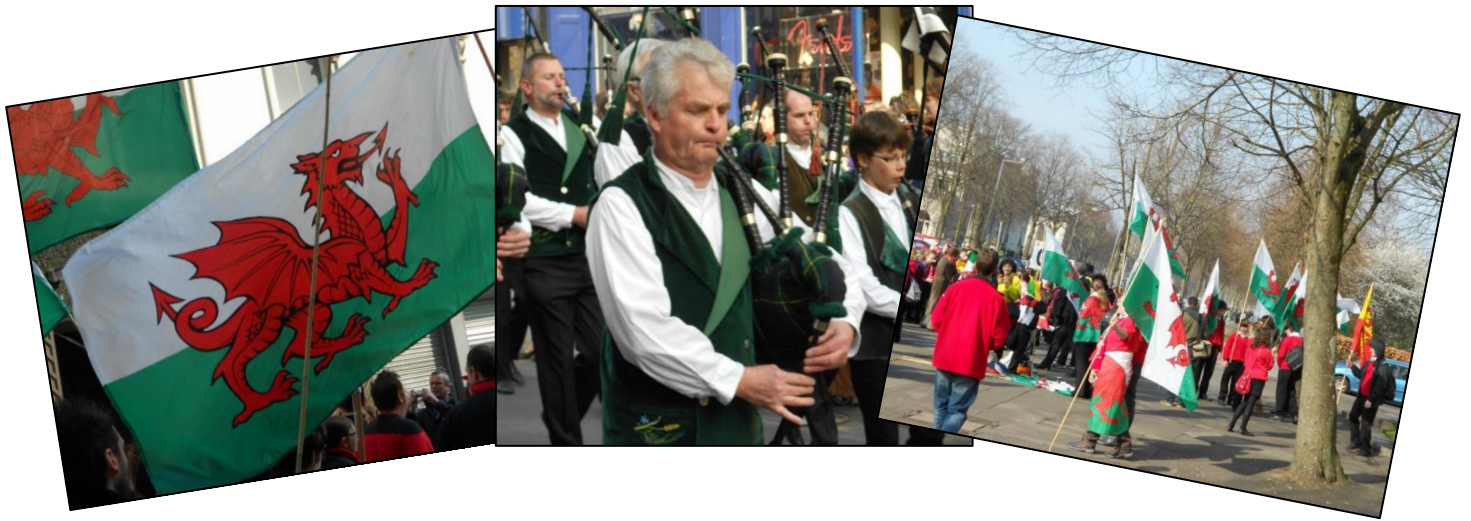
I tried to see as much of the country as possible during my stay. Whilst in Wales I got interested in Welsh poet [Dylan Thomas](#) and undertook trips to places associated with the poet: [Swansea](#) and [Laugharne](#). Wales is also home to a myriad of castles; a great many of them having been built by the Normans. The castles are definitely worth visiting for anybody with an interest in history. Whilst in Cardiff I also attended Welsh language classes at the Welsh for Adults Centre. Although Welsh is a very difficult language to learn, the excellent teachers really helped us understand the basics of this beautiful language.



I fondly remember Cardiff, a city which at the same time combines the feeling of a capital city and the intimate atmosphere of a smaller town. Cardiff has a lot to offer: a vibrant night life, many cultural events; impressive sights, large parks and a large shopping centre. [Cardiff Castle](#) is definitely an impressive sight and the adjacent [Bute Park](#) has provided me with many hours of walking pleasure. Cardiff is also home to the [National Museum of Wales](#) and [St. Fagans National History Museum](#), both well worth visiting.

Applying for a work placement at the Cardiff EDC was the best choice I could have made. During the work placement I put my theoretical knowledge into practice and I have deepened my understanding of a whole range of topics. Through the work at the EDC and by attending events I met a lot of people with very diverse backgrounds with whom I have had fascinating conversations. Living in Wales has

been a real pleasure and I hope to return there for further studies. I wholeheartedly recommend a work placement at the Cardiff EDC to anybody seeking an intellectually rewarding and diverse work experience.



Audrey Domise, April-June 2012 (France)



In order to complete my Master in British Studies at Humboldt University, Berlin, I decided to do a three-month internship at the European Documentation Centre in Cardiff. I chose to come to Cardiff because, having written my master thesis on the use of the Welsh language in the marketing of Wales, I was very eager to discover Wales myself. I also wanted an internship with a strong European dimension and the EDC was perfect for that.

I really enjoyed working with very friendly colleagues, who were always ready to help and share their ideas. I was part of a small but highly dedicated team. Moreover, the EDC is located on the campus of Cardiff University, which allowed me to get to know students coming from all over the world, for example during the events we organised at the centre.

Talking about the events, the first one for me dealt with the Presidential Election in France, an event in which all the interns could take part, share their views and discuss them with all the participants. Of course, I enjoyed the Europe Day Quiz a lot, which was very instructive and entertaining at the same time.

I also had the chance to attend various external events with Ian Thomson, Director of the Cardiff EDC which gave me the opportunity to meet very interesting people such as the French Consul in Wales or the First Minister of Wales, to name just a few.

And of course, one of the highlights of my stay in Wales was the Welsh language course I attended at Cardiff University. I had so much fun trying to learn this language with teachers who were very enthusiastic about sharing their culture with us.

As for Cardiff, I thought it was an amazing city, very young and dynamic but still promoting its history and traditions very much. Its size made it perfect to stay for a couple of months and you can easily travel by train or by bus to other cities and discover the beautiful landscapes.

All in all, I did enjoy my stay in Cardiff and to work on various interesting tasks, in line with the knowledge I had acquired at the university, in a very warm and friendly environment. So I would like to conclude with a very big thank to the EDC team, you made my time in Cardiff memorable!



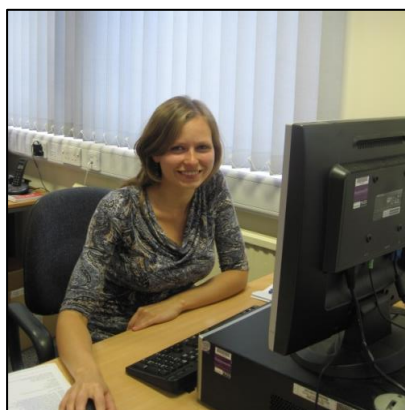
Audrey Domise
June 2012



Ewelina Bruździak and Anna Wilczewska, June-September 2012 (Poland)



We are both students of International Economic Relations at the University of Gdańsk and one of our interests is closely connected with international relations between European countries. That is why we were very pleased to become interns at the European Documentation Centre in Cardiff.



During our internship at EDC we were responsible for a variety of tasks. Being ESO editorial assistants we had an opportunity to expand our knowledge on European Union matters since we were dealing with current EU issues every day. A substantial part of our work was devoted to updating and editing the ESO database which gave us a chance to enhance our computer skills as well as to gain experience in managing an international database. While indexing EU publications and introducing news records to the ESO database, we could familiarise ourselves with a range of valuable sources of information such as Rapid, Eur-Lex, IATE etc.

Our work included also the translation of various information guides into Polish which we found very rewarding as it facilitated using the ESO information service by Polish people. One of our main tasks was also connected with revising, updating and editing the ESO European country information guides and it allowed us to learn more about European countries, the European Union and its relations with the particular countries. Apart from the editorial work we also assisted students with their enquiries. The atmosphere at EDC was friendly and professional. We could always rely on supportive staff members, especially on the Director of the Centre Ian Thomson who was always ready to answer all our questions and resolve doubts as well as discuss different European Union issues with us.

We could also appreciate the multicultural dimension of the work at EDC as we were working with other interns from France, Ireland, Germany and Bulgaria with whom we frequently exchanged our views on Europe and the European Union. We will miss that a lot!



Apart from our work at the EDC we could also get acquainted with Welsh culture and visit many fascinating places in Wales. Cardiff is a beautifully situated city. While living here we could admire the variety of landscapes in Wales, from the grassy hills of the Brecon Beacons to the amazing cliffs of Gower. There were so many interesting places to visit in the area, such as Bath, Tenby and Tintern so each weekend was the source of great entertainment for us. The unique Welsh landscape full of picturesque ruins of castles has left an indelible impression on us.

The internship at the Cardiff EDC proved to be an excellent opportunity to gain practical knowledge related to EU matters as well as valuable work experience in the international environment. Our stay here has broadened our horizons and enabled us to see Europe from a different perspective. It will definitely be an asset in our future career.

Ewelina Bruździak and Anna Wilczewska
September 2012



Marianne Mujunen, October 2012 – February 2013 (Finland)



My name is Marianne, I'm studying for a bachelor degree in International Business at Centria University of Applied Sciences, Finland. As a part of my degree I worked in Cardiff EDC as a full time intern for 4 months. I enjoyed my time in Cardiff and I can recommend this experience for other students who are willing to do a placement in UK.

Cardiff is a great city full of different things for students to do. Although the city is the capital of Wales most of the places are within walking distance. If you are interested in history, there are museums, several castles around the city and one even in the city centre! If you prefer outdoors you can do a day trip to Cardiff Bay, travel to the Brecon Beacons national park or just take a walk in Roath Park. If you are more like me and you enjoy shopping, you will easily spend the whole day in the city centre and finish your evening with a delicious meal in one of Cardiff's fantastic restaurants.

Cardiff is a good starting point to explore the UK by train and bus. London is only four hours away, but don't forget to visit the other exciting cities of the UK. I enjoyed my trip to Bath, which is a beautiful city full of history and famous places from Jane Austin's books. Also I had never been to the South coast of England and a weekend trip to Bournemouth made me realise what a beautiful coastline the UK has. And the famous Stonehenge is just a "stone's throw" away from Cardiff.



Cardiff EDC offered several different work tasks for me. I did a lot of work translating from English to Finnish and Swedish. Also I helped to create records for ESO and to fix broken links. Daily work is full of routines but taking part in different EU related events made a normal work week different. As an



intern I helped the permanent staff when we arranged events in the EDC such as the annual Erasmus reception and "What Europe means to me". Also I took part in the university's EU related events such as "EU: what is it all about" and "European day of languages".

As a full time intern I had the privilege to get to know all the part time interns. Naturally all the interns wanted to get to know each other and I arranged a few meetings with interns outside of work.

We went for meals and ice skating and just before the Christmas break we had a wonderful Christmas meal. Working in Cardiff EDC was great fun and the friendly staff and my intern friends made it a very special experience for me.

For future interns I have only one piece of advice: Get to know the other interns and people working in the EDC and Cardiff University. The greatest memory for you will be the time you shared with the other people and you will be surprised how they will change your own thoughts and widen your world view.



Alessandro Sitzia, March-May 2013 (Italy)



I came to Cardiff in March 2013 for three months to do an internship at the Cardiff European Documentation Centre. I chose this internship because I have a strong interest in the European Union and different European cultures, and I was sure that work in the United Kingdom and in particular an European Documentation Centre will be the best for my first work.

Now in May, three months after my arrival I'm really satisfied about everything - the country of Wales, the city of Cardiff and in particular this work experience at the Cardiff EDC. The environment is fantastic, lots of people from all over Europe in the EDC office and surrounded by students from all over the world in the Centre.

From my work I got the possibilities to learn a lot about Europe from all perspectives and also to learn a lot about my country, Italy, from a different point of view. The work is very involving, and we usually continue to discuss the issues and challenges facing Europe after work, giving us the opportunity to develop our opinion and compare it between colleagues.

The work place is a meeting point of different cultures and it is really common to hear people speaking different languages. All of us are united by the desire to discover something new about other countries and differing opinions.

During the internship I've also had the possibility to participate in several external events, meeting important people and listening to talks from high level speakers. The topics were mostly about Europe, and some of them about the relations between Europe and Wales. This helped me a lot to discover this region of Wales, its history, traditions and language. In these events I discussed my opinion with a lot of different people, discovering the differences and similarities between my country and Great Britain.

Between the part time and full time interns at the Cardiff EDC there was a friendly relationship, we often organised meetings outside the office to help us to know each other better. I discovered a lot about traditions, the cultures and the food from all of Europe. I will never forget the dinners, the parties and the adventures together, in particular the day that we traversed a river in England kayaking or the night watching Champions League and discussing about our football teams.



The United Kingdom is one of the most multicultural countries in Europe and is really easy to find people from all over the world. This has been one of the best aspects of this experience, giving me the chance to create friendships with people from outside of Europe. Here I discovered also a lot about Welsh traditions, discovering my passion for rugby. I feel really lucky for the opportunity to enter inside the Millennium Stadium to watch the Six Nations Wales-England match, one of the best moment of my life, surrounded by 70,000 supporters.



I'm also very grateful to Ian Thomson, the Director of the Cardiff EDC, for giving me this opportunity. He is a really enjoyable person, always ready to help interns and support us during the work. I'm also really grateful for the commitment and patience that he constantly put in his work to create a pleasant work place and a strong work group. If this experience has been so nice it is thanks to him.

Frederico Rocha, February-July 2013 (Portugal)



I started my internship at the European Documentation Centre (EDC) on 1 February 2013. Looking back, it is difficult to fully put into words the magnificent experience I had the opportunity to live in Cardiff for the past half year. Before coming to work with this team, I had just concluded my Master Degree in Political Science from Nova University of Lisbon, and I was seeking a new challenge which could further improve my personal and professional skills. Now that I concluded this chapter, I can say I have achieved that and much more.



I was warmly received by the EDC team, and I was lucky to meet colleagues from several points of Europe and beyond. The friendly international environment I found at the office highly contributed to a vibrant day-to-day activity and clearly eased the integration process both at the EDC and in Cardiff's lifestyle. After some translation tasks which came along with getting used to the workplace, I was quickly introduced to the European Sources Online (ESO), an online platform which gathers information about the most diverse subjects on the European Union and Europe in general. Working with the database would become a daily responsibility throughout most of my time at the EDC, and discovering its potential is definitely the biggest surprise of my internship. Because of this task, I had the chance to intensely increase my knowledge on the political, economic and social reality of the EU and its member-states, as well as on the increasing available literature on these issues. Moreover, in addition to this main assignment and due to special circumstances, I conducted an extensive work at the Centre's library by processing and shelving new books and journals, as well as answering to daily enquiries from its users and updating EDC's Facebook page.

As an intern at the EDC, I also had the opportunity of taking part in several events organised by this team. In particular, I attended a conference about European Regionalism and another about Wales in Europe, besides an internal meeting with other interns where I could explain a bit more about the socioeconomic situation in my country. Moreover, I was provided with the chance of attending several external events in representation of the Centre, namely a reception at the Welsh Assembly and a number of initiatives organised by the European authorities in Wales.



Now that I am concluding my internship at the EDC, I would like to point out how enriching and stimulating it was to work alongside Ian Thomson, Director of this Documentation Centre. His deep expertise allowed me to receive a continuous and detailed formation both in European subjects and in the general procedures of the library. Our daily meetings led to uncountable debates and interesting conversations, truly building-up my learning process. I am thankful for all the open-mindedness Ian Thomson showed from the first minute in taking into account my suggestions to improve the EDC's activity.



Living in Cardiff made me grow up as a person as well. Being my first experience living abroad, I could not have chosen a better place to do it. Its youthful environment, result of a strong university spirit all around the city, as well as its size as an urban area, allowed me to easily get used to it and actually to feel at home. The beautiful Welsh landscape brought a number of opportunities to explore nature and to go hiking at the Brecon Beacons National Park. I also had the chance to visit some Welsh beaches, and the ones in Porthcawl and Rhossilli highly surpassed my best expectations. Unfortunately, I could



not learn any Welsh language while I was living in Cardiff, but I am surprised and amazed by the efforts of the society to keep it alive.

Due to all these reasons, I am extremely happy that I chose Cardiff EDC as the place to open a new chapter in my personal and professional path. Right now I would like to thank Ian, Ceri, Andrew and all the part-time and full-time interns for being part of this rewarding experience I will always fondly remember for the rest of my life.

Ariane Apodaca, July – August 2013 (Spain)

After finishing a master's degree in Marketing and Communication, I wanted to gain practical experience in an editorial position and the Cardiff European Documentation Centre seemed the best place to do so. The internships offered in the centre not only offered me the possibility to do editorial and marketing work but they also allowed me to do so in a multi-cultural environment. Needless to say, I was over the moon the minute I found out that my application had been accepted back in November 2012.

With the sole prospect of learning as much as I could, I finally arrived in Cardiff in July and although I had interned abroad before, nothing quite prepared me to what happened when I walked into the EDC for the first time. To say that I was overwhelmed by the warm welcome that I was given is an understatement. Everyone – and I mean everyone – made me feel like part of the team from day one and needless to say, they all surpassed my expectations of the kind of individuals that I was going to work alongside. Not even in my wildest dreams could I have imagined a more supportive group of people to surround myself with or a friendlier working environment, for that matter. If my time in Wales has been so enriching is partly because of this. I am certain that I wouldn't have learnt as much as I have – both as a professional and as an individual – had Ian, Andrew, Natasha, Anni, Fred and Ceri not been there. All of them were a constant inspiration and helped me broaden my professional horizon in a way that I don't even think they are aware of.

Thanks to Ian's belief in me, I was entrusted with the update of guides on European Union policies; an assignment that helped reinforce my confidence in my copywriting skills in a foreign language. Furthermore, this task gave me the chance to do a fair bit of translations and interestingly enough, although I had never been very keen of translating documents, I quickly found myself enjoying it so much that I am now a translator for a European Commission supported project called AfriCAN Climate. Had I not been asked to revise these documents, I would have never come across this project; let alone would have been able to offer a helping hand. Monitoring the news every morning also made me aware of the many things that happen in Europe, things that unfortunately most of the time and most of us are not aware of, and I can proudly say that on many an occasion, I felt proud to be European; something that is quite rare these days given the economic and political situation that the EU and its countries are going through. Before coming to Cardiff, I guess I had the same sort of knowledge about the EU that most European have, and that amounted to the few things that we learnt back at school in History class. But after two months at the EDC, I am more in touch with what happens in Europe and the work of the European institutions and I am really grateful for this. Last but not least, interning at the EDC also allowed me to travel to different countries



My desk

as I had the chance to update country guides for the European Sources Online system. For a keen traveller like myself, this meant learning about new cultures and different languages, however, the little knowledge that I acquired about these countries will never be able to hold a candle to the many things that I learnt about Wales and the Welsh culture during my time in Cardiff.



Cardiff Bay Beach

Living here has been an absolute delight; well, minus perhaps the scorching summer that embraced me during the first weeks of my stay as the UK was hit by the worst heat wave since the summer of 1976. And even then, I could buy a 99 on my way back from work or lay down in the grass in one of the many parks around the city. Unlike other European capitals, Cardiff is a walker's city. Everything is within reach and all the main attractions are close to each other. Even Cardiff Bay which seemed so far away from the Millennium Stadium the first time I saw both from the motorway a mere twenty five minutes stroll apart. And Ninian Park, which on any map looks miles and miles

away from the city centre is only half an hour away on foot; and if after being a fair amount of months away from home your hometown football team happens to play there against Cardiff City, then it feels like a pleasant five minutes walk, at most.

With so many venues and stadiums, I always felt that there was something going on and what's more catered to all ages. In fact, no matter what you may be into, Cardiff is very likely to offer it on a silver plate. The diverse activities that were organised during my stay was really mind-blowing and I really found it hard at times to pick between choices. I mean, one morning as I made my way to the EDC I even came across a television crew shooting an episode of the television series 'Sherlock' on the grounds of Cardiff University! How cool is that?

For all these reasons, I can't recommend this experience highly enough to anyone thinking about doing an internship at the EDC. You will surely have a great time here and learn more than you could have dreamt of, not only as a professional but also as a human being. I know I have.

Diolch o galon.

Ariane

Lilla Farkas, September 2013 – January 2014 (Hungary)

When I applied for the internship at the Cardiff European Documentation Centre, I thought that it would be a great opportunity to gain some professional experience, as I am studying towards a Master's Degree in International Relations (with a specialisation in European Studies) at the Eötvös Loránd University in Budapest. Now that I have finished the internship, I can honestly say that this work placement gave me much more than I was hoping for.



During these five months I found it very exciting to put into practice the knowledge I learnt at the university. Also, I learnt a lot of new things about Europe, the European Union and its member states. In the beginning I was working on updating country guides for the European Sources Online (ESO), which is an information service that focuses on the European Union, and the wider Europe. I am very glad I had the opportunity to be part of the editorial team of the ESO which I find extremely useful for everyone who wants to find out more about a European country, an EU policy or other European issues.

Thanks to this internship, it became a daily routine to read the news about Europe every morning and to be up-to-date about what is happening in the European Union. Every day we followed the press releases of the European Commission, the Council of the European Union and the European Parliament. For me it was one of the most exciting tasks to create records in the ESO about the issues these press releases covered. I learnt a lot about the complex decision-making process of the EU, and I got a better understanding of the different policies of the European Union.

During the internship I also participated in the events organised by the EDC. These evenings were always very pleasant, they gave me a great opportunity to meet new people and talk to them about Europe, share ideas on European issues. I was one of the 12 speakers at the 'What Europe means to me' event, and I took part in several other events as well, like the reception for the Consular Association in Wales, the Erasmus reception and the 'Careers in the EU' event. I also had the chance to attend an external event in the Wales Millennium Centre, organised by the European Movement.



I feel very lucky and grateful for all the people who I had the opportunity to work with in the last five months because I know that it is the people who make the Cardiff EDC such a fantastic place. I still remember the first day at the EDC and the warm welcome we received from Ian Thomson, Director of the Cardiff EDC. Throughout the whole internship he was always very supportive, always ready to help. His enthusiasm and passion was very inspiring for all of us interns. I am very glad I had the opportunity to meet and work with Ceri, Fred, Selene and Sophie and all the part-time interns as well.



During my stay in Cardiff I had the chance to join the Cardiff University Symphony Orchestra. It was a great experience to play with other young European musicians and to get familiar with the works of great composers who I did not know so well before. We had two concerts during the semester, one in Llandaff Cathedral and one in Cardiff City Hall.

One of the reasons I had such a fantastic time during the internship was the city itself. Cardiff is an excellent place especially for students, with its lively and youthful atmosphere. If you are looking for cultural entertainment, the city centre and the Bay have a lot to offer. If you are into sports, you can visit the Millennium Stadium. If you are up for outdoor activities, the Brecon Beacons National Park is very close to the capital of Wales and after some hiking you can enjoy the breath-taking landscape from one of the peaks. But you do not even have to go out of the city to enjoy a nice walk on a sunny day in one of the many wonderful parks of Cardiff.



I am very glad I had the opportunity to do this internship at the Cardiff EDC. It was an amazing experience to be part of a fantastic team and to get to know a lot of people from different countries. What did this internship give me? Professional and personal development, a lot of exciting challenges, friendships and lots of wonderful memories which I will never forget. I can only recommend it to everyone who is interested in doing an internship at the Cardiff EDC.

Sophie Lobig, September 2013 – February 2014 (Germany)



As part of my Master degree in British Studies, I came to the European Documentation Centre (Cardiff EDC) in September 2013 in order to gain some working experience in the UK. I chose the EDC because it offers the opportunity to experience the work of a British organisation with a strong European dimension. The EDC provides balanced information about the activities, policies and the impact of the European Union which I find very important, given the strong scepticism the EU is facing in Europe nowadays.

Working at the EDC was a great experience which I can highly recommend. I am truly sorry to leave the Centre and more than grateful that I was given the opportunity of working in such a great team. The director of the Centre, Ian Thomson, warmly welcomed me and introduced me to all the relevant tasks. He is very supportive, patient and always helpful. I also enjoyed working with Frederico and Ceri, the other permanent staff members of the Centre. I felt part of the team from day one and never did I have the feeling that my work was not appreciated. I doubt that you could find such a unique, diverse and warm working environment anywhere else.

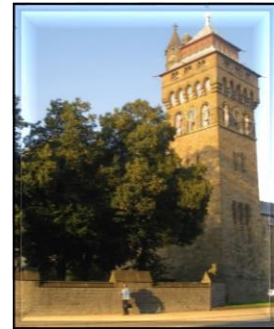


Besides some revising, updating and editing of country guides and PowerPoint presentations, my work at the EDC focused mainly on the European Sources Online (ESO), an online information service that provides information on the institutions and activities of the European Union, its policies and the countries of Europe. As part of the editorial team, I was creating new database entries every day and updated existing ones, always in close dialogue with the other interns working on ESO as well. Monitoring the news every morning helped me to

broaden my understanding about the EU and its institutions tremendously. Combined with the indexing work I was doing for ESO, I was constantly engaged in discussions about current issues in Europe with the other interns and with Ian.

As an intern at the EDC, I also had the opportunity to take part in several events organised by the Centre like the annual Erasmus reception, the “What Europe means to me” event and an event about EU careers.

I also had the chance of attending the external conference “Young - Entrepreneurial - European: The EU means more than just politics!” where I helped representing the European Documentation Centre at the EU Info-Fair. Those events always offered the opportunity of discussing relevant EU issues with a variety of people, which I enjoyed very much.



Living in Cardiff was a wonderful time, although the wettest winter in 250 years made me feel a little less sad when the time to say goodbye had arrived. Cardiff is a lively, young and diverse city with a lot of nice places to discover. The Welsh culture and language is very prominent in Cardiff and I was happy to enjoy a genuine rugby match at the Millennium Stadium.

Culturally, Cardiff has a lot to offer. The Millennium Centre, St. David’s Hall and the Royal Welsh College of Music and Drama are only some places where you can experience extraordinary performances, sometimes even for free. It is definitely worth visiting other places in Wales as well. I can highly recommend a trip to the Brecon Beacons National Park and the Gower peninsula in South



Wales: the nature is breath-taking. If you prefer exploring different cities, it takes only a short train trip to the English cities Bath and Bristol.

I can confidently say that my six months in Cardiff had a huge impact on me, both



professionally and personally. I learned more than I had anticipated. This has a lot to do with the amazing work experience I had at the EDC.

Therefore, I would like to express my deepest gratitude to Ian, Ceri, Fred and the other interns for making my stay so wonderful and special. I can wholeheartedly recommend this internship, you will not be disappointed.



Raphael Tservenis, February-May 2014 (Greece)



The reason that I applied for an internship at the Cardiff European Documentation Centre was a visit in the previous year. I was lucky enough to visit the Centre because of my girlfriend (Paola Sanna) who was an intern here in 2013 and to see by myself that the facilities and especially the people that worked here were great, a fact that Paola confirmed too. When I applied for the internship later in 2013, I thought that it would be just a good way to finish my Master Studies in Political Science at the Aristotle University of Thessaloniki but now that my internship has come to an end, I could definitely argue that this work placement gave me even more than I was hoping for.



During these three months I found it very exciting to learn every day more and more about European politics and Europe in whole, a knowledge that I had not obtained even from the European courses of my university. Mostly my training was concentrated on updating the Greek guide for [European Sources Online](#) (an information service that focuses on the European Union and the wider Europe), and on indexing on a daily basis press releases from European Commission, the Council of the European Union and the European Parliament. Someone might claim that a training

on these subjects could be boring but I can assure you that you can be surprised how much you can learn from such sources, which definitely will broaden your horizons from being an entrepreneur in Europe to being a Professor of European Studies.

If you ask me, the last three months I have been seriously thinking of opening an SME (Small and Medium Enterprise) because of all these advantages and grants that EU offers especially to young people that I had not known of before. The width of issues that you deal with every day is so big that you never know which information or occupation can fit to you until you find it.

During the internship I also participated in some interesting evening events organised by the Cardiff EDC. These evenings were always very pleasant, full of food and wine. But I can admit that in addition to a happy stomach, the events also gave me the important chance to meet new people, discuss with them the current situation in Europe, the European future, ideas and our cultures, some of which I am never going to forget. Moreover, I feel very lucky and grateful for all these people who I had the opportunity to work with. Without them probably this experience would not be the same. From the first day that I arrived here I felt very comfortable (maybe more than I should).

I will always remember the warm welcome that I received from Ian Thomson (Director of the Cardiff EDC), Ceri (Permanent Staff of EDC), Frederico (Permanent Staff of EDC) and the rest of the interns, such as Princy, Sophie, Lilla and Selene.

Throughout the whole internship everybody was always very supportive, always ready to help and last but not least a good friend. I can assure anybody who is a thinker or a dreamer that he will really enjoy

the nice and interesting conversations with Ian about all aspects of life and especially Europe, during the lunch breaks.

Furthermore, my stay in Cardiff was really great thanks to my girlfriend Paola who was with me here, and the great flatmates that I had the luck to have, with who I have spent really nice nights preparing delicious dinners, with dishes from all around the world (Indian, Arabian, Greek, Italian and Spanish Cuisines). As regards the



city of Cardiff, it is an excellent place especially for students, with its lively and youthful atmosphere. If you are looking for cultural entertainment, the city centre and the Bay have a lot to offer. If you are into sports, the Millennium Stadium is absolutely amazing. But according to me, the best place of the city is [Bute Park](#), a huge and marvellous park that I really liked to spend the days there with my flatmates, the interns and even the staff of the EDC when the weather was nice (unfortunately NOT a frequent phenomenon in UK).

To conclude, I am very happy that I had this great opportunity and time here. What did this internship give to me? Personal and professional progress, lots of wonderful memories with very nice people and a better understanding of the importance of European Union and its preservation as a Union for all of the Europeans. So, Keep Calm and just choose Cardiff EDC for an internship, especially if you are interested on European Studies and a career in European Union.

Princy Bourdeaud'Hui, February-June 2014 (Belgium)



During our two years of Master's in Multilingual Business Communication at Université catholique de Louvain (UCL), we have the opportunity to do an internship in order to practice what we learnt during our years of theory at University. That opportunity is one of the strongest assets of the Master's and provides a real plus to its students. It allows them to have a first look inside a company or an organisation and moreover to gain a first experience to write down on the CV.

Learning about the European Union and the countries of Europe are domains in which I have a keen interest, mainly because I would like to work in a 'European environment' after my studies. So, I decided to apply for a trainee position at [Cardiff EDC](#).

The Cardiff EDC (European Documentation Centre) is part of the [Europe Direct Information Network](#), which is set up by the European Commission. The main users of European Documentation Centres are researchers, educators, students, and interested members of the general public who are aware that they will find quality services and information provided by European Union experts through all the documentation that the Centre receives from the European Union. The Cardiff EDC not only offers European Union information but also material from other sources that relate to developments in the EU, the countries and regions of Europe, and the wider Europe.

During my stay at the Cardiff EDC, my main tasks were to index, on a daily basis, press releases from European Commission in [European Sources Online](#) (ESO), which is an online information service that focuses on European Union and related subjects. I helped to organise and participated in many events where I got the opportunity to meet people from many different institutions. I updated and produced presentations and also worked on various French language guides produced by the Centre.



Along with those various tasks, I also met the other interns who I was working with. They come from everywhere within Europe: Raphael, my main colleague was from Greece, Selene from Spain, Gauthier from France, Laura from Finland and all the part time interns. It is a pleasure to get to know different cultures. By the end of my internship, I had discovered numerous aspects of the European Union that I had no idea about and I increased my knowledge in many domains, even some unexpected ones.

I had a very good and interesting time at Cardiff EDC. The staff, Ian Thomson (Director of the EDC) welcomed me very warmly and helped a lot. Ceri and Frederico (permanent staff of EDC) are amazingly nice. The Centre is the place to be to have discussions on topics related to European Union or any other subjects, to make new friends, to get a better understanding of the wider Europe. I cannot tell you how many deep conversations I shared with my colleagues and with Ian.

Regarding the life in Cardiff, it is a nice place and has everything that you could dream of: theatres, cinemas, operas, shopping centres, pubs and restaurants, sport facilities, etc. I assure you a great time in that city. Equally, Cardiff offers an international environment and you can share your stay there with students, workers, and others from everywhere in the world. My housemates were incredible and it was more than a pleasure to spend those five months with them.

To conclude, I encourage you to go and to visit Cardiff, but furthermore, I would advise you to apply for an internship at Cardiff EDC. It will be an experience to remember in every way.

Princy Bourdeaud'Hui

June 2014



Gauthier Monté, May-August 2014 (France)



My name is Gauthier Monté, I'm 19 years old. I'm currently in the second year of my Bachelor degree in Business and Management at Montauban (near Toulouse in the SW of France). I came to Cardiff in May 2014 for three months to do an internship at the Cardiff European Documentation Centre. I chose this internship because I have a strong interest in the European Union and different European cultures and also for improving my level in English language. But, to be honest the main reason why I'm here was to meet other Europeans.

This internship is a part of the program at my school, and I chose to do my internship in Wales, especially in Cardiff, because it's not a mainstream place like Dublin or London. The objectives during this internship and my time in Cardiff were to improve my English and meet a lot of different people from different countries. Furthermore, I came to Cardiff because I love rugby and for me Cardiff, with the Millennium Stadium is like a church of rugby, and the place to be for the people who like the values of this sport such as respect, team working and solidarity.

Working at Cardiff EDC was a wonderful experience and I'm very grateful to the staff of the EDC. All the people are kind. And don't worry for your first day! The Cardiff EDC is a wonderful place to work. I was lucky to be welcomed by very friendly colleagues from various countries.

During my internship, my main task was to index press releases from the European Commission and the Council of European Union into a database, [European Sources Online](#) (ESO). I'm a little sad to discover ESO just now, because if I had known this website before, I could have used it for research about the European Union. In fact, ESO is an online information service that focuses on European Union and related subjects. If you need to find something about the European Union, please use ESO because it is a very good online database about the European Union. Furthermore with this task you learn a lot of different things about Europe, and you can also debate with the other interns. It's very interesting to hear different points of view from other European people and the different way of seeing things, according to the country.

I also had the chance to participate in some interesting events, like a European Quiz in the EDC and a Europe Day event at the Europe Direct Centre at the Cardiff Public Library. For me at my young age, participating in these kind of events especially Europe Day was wonderful, improved my open-mindedness and my vision of Europe and European people.

During these 3 months, I met wonderful people from various places in Europe. Special thanks and



gratitude to the others interns who I was working with - Raphael (Greece), Princy (Belgium), Selena (Spain), Laura (Finland) and Iris (Austria). Thank you so much for your kindness! You make me feel more European now.

I described a lot of things during my internship in Cardiff but I didn't just stay in Cardiff. I travelled to Bristol, London and in the summer to Barry Island. It's a beautiful place where there is a beach and a lot of nice activities. I really like

Wales, because of its strong identity, some people speak Welsh and signs and notices are written in Welsh and English. The Welsh people are very proud, and like to meet people from other countries.

There are a lot of things I will miss, for example the “Welsh atmosphere”, the seagulls, the castle, Cardiff Bay, River Taff and going to the pub and parties. But the thing I will miss the most is Bute Park, the rugby field, where I sometimes went after work, and also the charismatic and the colossal Millennium Stadium in the centre of the city of Cardiff. I was lucky enough to be able to participate at the Final of European Cup “Toulon-Saracens” in the Millennium Stadium and it was one of the best moments in my life.



I hope that I could bring some cheerfulness and smiles into the team. The other interns brought me some good things like, maturity and open mindedness and also thanks to them I learned something about Europe and the different ways of life in other countries. I love stereotypes and clichés and the EDC is perfect if you like making some kind of joke about different countries. I mean, Cardiff EDC is perfect for laughing and to have interesting debates with other Europeans who might have a different opinion.

I’m happy that I had the chance to do this internship! I would like to give some thanks to Frederico and Ceri, for their nice attitude and patience with me. I also give thanks and huge gratitude to Ian Thomson, the director of the centre who was very kind, patient and helped me during the internship. The internship in Cardiff helped me a lot to improve my level in English language. Cardiff is a cosmopolitan town and English is the common language.

To conclude, this internship was a huge opportunity to meet different people and learn a lot of things about Europe. Furthermore, this internship helped me to grow - professionally and personally. I encourage you to live do the same thing and discover the beautiful country of Wales!

Gauthier Monté

August 2014



Iris Eibensteiner, July-August 2014 (Austria)



I got the chance to do this internship at the European Documentation Centre in Cardiff as a part of a course at the University of Salzburg/Austria called 'Library and Information Studies' which I finish in October 2014. This gave me the opportunity to improve my knowledge about libraries, library systems and information / documentation centres.

My internship was for two months, from July to August 2014.

I was introduced to the EDC as a whole and furthermore to the EDC's own database, [European Sources Online](#) (ESO). My first tasks included the update of the English and German versions of the 'ESO Country Information Guide' for Austria and the German version of 'Europe on the internet', which helped me to learn more about the European Union and in that context my own country.

Another task of mine was to index articles about Europe in many academic journals. During the vacation of another employee I was also responsible for creating index records of the daily news. This task helped me to get further knowledge about the European Union, its work and challenges. I also worked on the Enquiry desk once a day for 2.30 or 3 hours. I enjoyed the work and the contact with different people and nationalities.



I got a very warm welcome at the EDC and especially enjoyed the get together at another intern's house on my first weekend here in Cardiff. I was fortunate enough to meet some great people during my time here at the EDC and at the student housing.

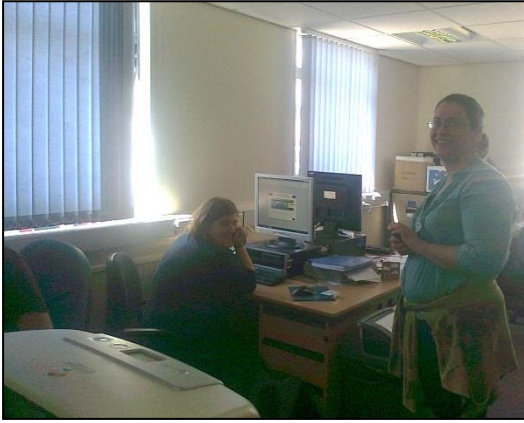
The working atmosphere at the EDC is very pleasant. The staff - consisting of only three people: Ian, Ceri and Fred - are kind and courteous and are willing to help if you have questions. I am also very grateful to the other interns here at the EDC- Selene, Laura and Gauthier. It was a pleasure working with all of them.



Dinner at Selene's house, with Fred and Selene and Laura



Food after work with Gauthier, Selene,



My 2nd week working in the EDC

Working at the Cardiff EDC was a great experience and I would recommend it to everybody who has interest in the work of the European Union.

During my stay I was lucky enough to be able to travel to Pembrokeshire, Swansea, Fishguard, Pembroke and Carreg Cennen Castle (Wales) and Glasgow, Highlands (Scotland). I am very glad that I had the chance to meet all these amazing people and see a little bit of this beautiful country.

A visit from my mother



Selene Moscardó Navarro, September 2013 – September 2014 (Spain)



My name is Selene, I am 25 years old. I am studying my last year of my Bachelor's Degree in Library Science at Universitat Politècnica de Valencia (Spain). I started my internship at the European Documentation Centre (EDC) at Cardiff on 2 September 2013 and it lasted a year. I think this was one of the most wonderful experiences I have ever had. I do not think I can express in words all that I experienced this past year.

I applied for the internship at the Cardiff EDC, which is part of the University Library Service at Cardiff University, because I thought that it would be an extraordinary opportunity to gain some professional experience, as I am studying Library Science. Besides, I wanted to improve my English skills. I think during this year I have gained a lot of knowledge that may be useful in the future, besides having great experiences and meeting wonderful people.

The Cardiff EDC is part of the [Europe Direct Information Network](#), which is established by the European Commission. It is running a database and information service called [European Sources Online](#) (ESO). The main users here are educators, researchers, students, and interested members of the general public. The Cardiff EDC offers:

- European Union information
- Material from other sources that relate to developments in the EU,
- Information about the countries and regions of Europe, and the wider Europe.

In addition, the EDC organises a series of events every year, such as an Erasmus Reception or Europe Day Quiz, in order to raise the profile of the Centre and reach users.



I was very well received at the EDC. Everyone was very friendly which helped me to integrate better into the place. Also, I had the opportunity to meet many people from different countries. There were interns from other places like Lilla from Hungary, Sophie from Germany, Princy from Belgium, Raphael from Greece, Gauthier from France, Laura from Finland and Iris from Austria.

As an intern at the EDC, I had the opportunity to work with a great team and learnt a lot. I acquired a different perspective on how to run a library. I could also participate in various events organised by the centre. I am very grateful that I was able to do this internship because I think with this internship I grew up as a worker and as a person.

In addition, the EDC organised a training course on how to contribute to ESO; and welcomed six EDC Librarians from Italy, Spain and the United Kingdom. The course took place in June 2014, as a continuing part of the EDC Network - ESO Project. I was able to attend this event, to help with the training and got the chance to meet EDC librarians from other EDCs and learn about their own centres.

Furthermore, during this year I had the opportunity to participate in the [ERASMUS Staff Development Programme](#) in early April. There were 24 librarians from nine countries, and they travelled to Cardiff for a week of visits, presentations and networking. The programme featured a range of library-related topics, including approaches to social media; the University's Special Collections and Archives (SCOLAR); information literacy; and Open Access publishing. I am very happy to have been involved in this amazing program that taught me a lot about libraries.



Cardiff is a beautiful city. It is a beautiful place full of life, culture and fun: with large parks where you can walk, its great stadium where you can watch rugby, museums, castles...

People in this city are very sympathetic and friendly. When I arrived in Cardiff I was afraid that my English was very bad, but the people there were very nice, so I did not have many problems and was able to meet many people.

The internship at the Cardiff EDC proved to be an excellent opportunity to meet new and different places and people, expand my knowledge of libraries, improve my English, develop my sociocultural skills and grow as person.

I recommend this experience, this city and this centre to all those who have initiative, desire to see the world and want to advance in their way.



Selene Moscardó Navarro

September 2014



Laura Paatelainen, June-October 2014 (Finland)



I arrived in Cardiff at the end of May 2014. It was late, outside it was dark and rainy, and I was sitting in a bus on the way to what would be my hometown for the next few months, not knowing what to expect. I had lived abroad before, but was still feeling nervous. What if I wouldn't be any good at my job? What if I would be lonely and unable to make any friends? Luckily, four months later I am able to say that my fears were unfounded and that I had a wonderful time at the Cardiff EDC. Now the only thing left to do is the difficult task of writing a report about my experiences.

Where to start? In Finland I am studying for my Master's Degree in Intercultural Communication, and an internship period was a mandatory part of my studies. I applied to Cardiff EDC because I wanted to learn more about Europe and the European Union and because the EDC offered me the chance to work as a part of an international team. And of course, those glowing reviews written by previous EDC interns didn't hurt either!



At the EDC my daily work consisted of following the news published by the European Commission and the Council of the European Union and adding the news sources from those institutions to the European Sources Online database. I found it both interesting and useful, as in order to create records to ESO I had to first understand what I was reading – thus ensuring that by the time my internship was over, I had learned a lot about European Union and Europe in general! In between creating these records I was also doing other tasks, such as translating

and updating guides on the European Union from English to Finnish, reviewing interesting think tanks and answering to enquiries at the EDC enquiry desk.

I absolutely loved the working environment at the EDC. Everyone at the EDC was very friendly and welcoming and made me feel like a part of the group from the very beginning. We were working hard, but at the same time the working atmosphere was quite relaxed – I didn't have to feel bad about having a nice cup of tea while reading the news in the morning, and there was always time for interesting conversations with co-workers.

At the end of my internship I am happy to say that I have learned a lot – about Europe, about the European Union and why it actually matters. It has been interesting to discover that I had no idea of how much is constantly happening at the EU level. I have also learned a lot about other cultures through discussions with my fellow interns. It has been nice to find out that behind all the cultural stereotypes we are all quite similar – a group of young people living away from home and wanting to discover new things and enjoy ourselves.



Through my work at the EDC I have also gained new ideas on what I might want to do after graduating from university. For starters, when I return to Finland I will take up European Studies as a minor subject – and I wouldn't be averse to the idea of working for the European Union someday, either. Finally, I have also learned a lot about myself and gained more self-confidence after living and working in another country for four months.

In my free time I spent a lot of time exploring Cardiff. It is a very vibrant city with lots of things to do, from visiting the Cardiff Castle to touring the Doctor Who Experience (or trying to spot the TARDIS in the city centre while they are filming the series!) Some of the highlights of my stay in Cardiff were seeing a musical at the Millennium Centre, enjoying the sunny summer days at a beautiful park and having afternoon tea with friends (don't have lunch beforehand – you've been warned!) For anyone who enjoys reading I would recommend the Cardiff Central Library; you can get a library card even if you are in Cardiff only temporarily, and their selection of books is excellent.



I also did some trips outside Cardiff during my stay. Wales is an absolutely beautiful country, with magnificent mountains and coastline. While travelling in Wales does take some effort, it is truly worth it. My insider tip to future interns would be to go and visit Rhossili beach – it's only a couple of hours by bus, and one of the most beautiful places I have ever seen.

So – that's it. Finally, I would like to thank Ian, Ceri and Fred, as well as all the interns I worked with during these months, for making me feel so welcome and making my internship period in Cardiff so special. I had a lovely time living in Cardiff and working at the Cardiff EDC, and I recommend the EDC to anyone who is interested in learning more about Europe and the European Union and gaining some work experience in a friendly environment.



Laura-Paatelainen
September 2014

Aysylu Gimranova, September - November 2014 (Russia)



I am a Master student of [Centre for British Studies](#) at Humboldt University in Berlin, and a three-month internship in the United Kingdom is an essential part of our programme. When I was deciding on a place for the internship, Cardiff EDC was my first choice as it offered an opportunity to work in an international atmosphere and gain knowledge about the European institutional framework, EU law and current affairs in the European Union. Also a decisive factor was the fact that there were two other students of the Centre for British Studies participating in Cardiff EDC internship programme in previous years, and they both were very pleased with their experiences here.

To begin with, my journey to Cardiff was very adventurous: I decided to take a bus from Germany and spent the whole day travelling. My accommodation during my placement was also a bit unusual. I was living outside Cardiff, in a more quiet area in the valleys. Mostly I was content with the location as it didn't take me long to commute to EDC by train. My first impression of Cardiff was also positive, I quickly felt like at home there. People were all very open and sociable, and the nature was indeed beautiful.



I really enjoyed working in the EDC as the atmosphere here is relaxed and positive, at the same time everyone is working a lot. From the first day I received good assistance and training for contributing to the European Sources Online database from the Director of the EDC, Ian Thomson. All my colleagues were also helpful and always ready to answer questions concerning work here, so I felt integrated into the working process from the very beginning. My work in the EDC was mostly connected with indexing different articles, reports and news for ESO. While reading materials from different areas of expertise, I noticeably increased my knowledge about EU Member States and EU institutions. My other task was the completion of a Russian country guide for ESO, correcting and translating it from English into Russian. I found this task especially beneficial for me as I improved my translational skills and found out more about my native country.

Being a full-time intern at the Cardiff EDC, I had an opportunity to join some of the EDC events: the annual Erasmus Reception, 'The role of national parliaments in the EU' and an informal get together of EDC interns. Participation at these events was a brilliant chance to meet new people from different cultural backgrounds and discuss current relevant developments in the EU.

Living in South Wales definitely brought many positive moments for me. I went hiking to the [Brecon Beacons National Park](#) during my first month (my first hiking ever), visited [Cardiff Castle](#), [National Museum of Wales](#), [Doctor Who Experience](#), and generally explored the city.

I spent my free time walking in the parks with friends or reading books from the Central Library (the membership is free for everybody). I was even lucky to see the Russian Mariinsky opera at the [Wales Millennium Centre](#). On several weekends I took trips to London and Bath, which let me do some sightseeing with my friends and discover the UK. As for food, I highly recommend [Welsh cakes](#) from the market in the city centre and the [afternoon tea](#) party (better not eat anything before that).



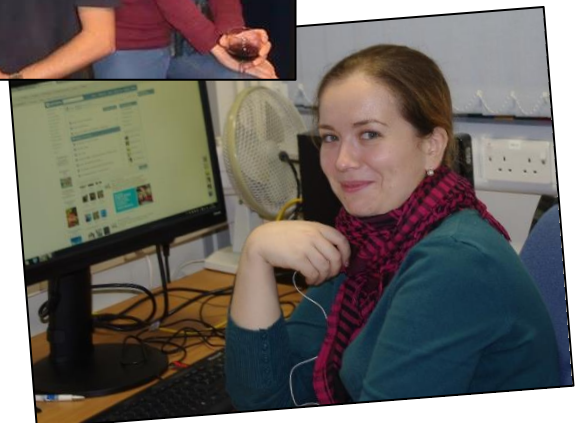
After three months in Cardiff, I can confidently say that now I know much more about Europe and the EU. Creating records from the websites of the European Commission and the Council of the European Union on a daily basis made me more aware of the political and economic situation in the EU. From now on, I will definitely try to stay up-to-date with the latest news. When I return to my studies in Germany, I am planning to complete my Master thesis on human rights and migration, and also find an EU-related placement there. I am more optimistic now about it, as I feel that the experience and knowledge I gained in the Cardiff EDC will serve as a solid basis for my

subsequent career.

I am very pleased to have met nice people in the Cardiff EDC and I hope to keep in touch with them after I leave Cardiff. I want to thank Ian Thomson, the Director of Cardiff EDC, Ceri, Fred and the other interns, with whom I worked during these three months, for being friendly and supportive throughout my stay here. I would certainly recommend this place for an internship as it is a valuable experience and an excellent opportunity to fulfil your potential.

Aysylu Gimranova

November 2014



Anita Zalaldinova, January – April 2015 (Russia)



I did my work placement at the [European Documentation Centre](#) at Cardiff University in Wales, UK. A work placement in Ireland or the United Kingdom is an essential part of the [Master in British Studies at Humboldt University, Berlin, Germany](#).

Wales is a predominantly rural region with little industry. Magnificent scenery and coastline is a feature, which is especially advantageous if you decide to go there in spring – summer, as well as wonderful valleys and forests. Living in Cardiff is nice in two ways: firstly, there are not so many citizens (ca. 350,000) but you still find yourself in a developed modern city with a variety of cultural, shopping and entertainment places to visit. Moreover, living in Cardiff is significantly cheaper than in other parts of UK. Before coming to Cardiff I would recommend to prepare yourself for the oddity of weather (and never trust weather forecasts) and right-hand driving, which might turn out to be quite dangerous for people from the continent in the first several days or weeks.



The Cardiff EDC is part of a network of 400 centres around the EU called the Europe Direct Information Network. The centres provide information and expertise on the European Union so that people could use them for education and research. One of the particular features of the Cardiff EDC is that it is the editorial base of an electronic information service [European Sources Online](#) (ESO) helping both Cardiff University researchers and students, plus anyone else in the world, to find out about the EU. The Centre is directed by Ian Thomson, there are two other permanent employees and several interns, both full- and part-time, helping out with various tasks. Being a full-time intern, I spent 3 months working at Cardiff EDC every day 9.00-17.00.

Due to the small size of the Centre and extremely friendly and helpful colleagues it was very easy to integrate and feel yourself at home. On the very first day I was introduced to my work tasks, everything was explained and the transition from simple tasks to more difficult ones was always smooth and with help from the colleagues.

On the tasks connected to the ESO database we always worked in a team, discussing the details, and there were always individual tasks, like updating or translating country guides, when you could work independently and follow your own plan.

The days usually started with checking the official EU websites for new publications and adding them to database, and then we turned to our individual tasks, though continuously checking the EU sources for updates.

I did not take any language courses before going to the UK. The working language at the Centre was English so I did not experience any problems with that. Surely my language ability improved a lot after my placement. We did not only talk about work matters but also discussed common topics and issues both with native speakers and foreign students, and this allowed me to master my English language skills a lot.

I would definitely recommend my work placement provider, Cardiff EDC. It is an incredible experience of working in the international friendly environment in one of the most beautiful parts of the UK and learning so much about the EU politics, economics, culture and tendencies. If you are interested in the European issues and want to connect your future career with the EU, then it would be a perfect place to make a first step in this direction. Otherwise, it would be just a very interesting and insightful work to spend some time on.



Cardiff has a lot of attractions to offer: museums, castles, parks, theatres, night life. Most of the museums are free of charge; at a lot of other places of interest you can get a discount with your student card.

There are several beautiful parks where you can do some sports or go for a picnic; also you can walk to [Cardiff Bay](#) and enjoy beautiful views. If the weather is nice you can go hiking in the [Brecon Beacons national park](#) or drive to the coast.



I visited [Cardiff Castle](#), which impressed me a lot and where you can enjoy a view of Cardiff from the Roman keep. I also liked walking in the parks ([Roath Park](#) is an amazing place to stroll through the rose garden and around the lake); I watched the opera 'The Magic Flute' (Die Zauberflöte) at the [Wales Millennium Centre](#), visited the [National Museum of Wales](#) and went to London for weekends.

Anita Zalaldinova

April 2015

Roberta Facchinetti Forlani, February – April 2015 (Italy)



My name is Roberta Facchinetti Forlani and I am currently studying for a Master's degree in Modern Languages for International Communication and Cooperation in Italy.

An internship was part of my course of study and I absolutely wanted to do it in the UK, as I have got a passion for the English language and the British culture. While looking for an opportunity, I came across the Cardiff EDC [website](#). After reading the purposes and the work of the Centre, I thought it could be a great experience to me as I have always had an interest in European issues but I have never had the chance to take a course about them at university. It could also be very interesting for me to understand how the Centre works and to directly deal with the communication of issues of interest at international level, which is an aspect related to my studies.



Concerning my personal experience at the EDC, from the very beginning I had a great impression of the environment; Ian, Fred and Ceri welcomed me and made me feel comfortable, and they managed to make this experience constructive and pleasant at the same time. They are such kind people that are rare to find nowadays.

The first week was mostly an introduction to the work that I would undertake in the following months. I started updating some [guides](#) available on ESO, and then I was introduced to the creation of records for ESO of press releases from the European Commission and the Council of the European Union websites. This became the central task of my daily work at the EDC.

Most of my work then focused in indexing many publications related to European issues taken from a wide range of websites of different institutions. It gave me the opportunity to understand what the European Union is currently focusing on, and the search of related records on ESO made me understand the complexity of the system, how things are related to one another and how they are presented from different points of view. I found this work really inspiring as I started understanding the hard work which stands behind the European Union, a tangled network which allows this Union of countries to work for the best.

Another of my tasks was to spend some hours every day at the Enquiry desk which I personally liked a lot as it is a dynamic task. The EDC has kind of two faces, on the one hand it is a Centre which provides information related to the European Union, while on the other it offers services to students as it is part of the university library. Thanks to those hours at the Enquiry desk, I had the chance to understand how the Centre works from the point of view of its belonging to the university library, and I liked the fact that I was there to help students with their requests or questions.

In these three months, I also had the opportunity to attend two events: [“Careers in the EU”](#) and [“What Europe Means to Me”](#). The former was very interesting, as there were guests who gave useful information and tips on how to have working experience in European institutions. The latter was interesting as all the interns had an active part presenting their topic. It was a real challenge to me as I had never made a presentation before, but I felt a sense of achievement afterwards.

As for the city, I can say that Cardiff is a great place to live in. It is a beautiful city, not too big and not too small, and it offers a lot in terms of culture and heritage. There is the bay, wonderful parks, the castle and museums. Moreover, the city has good links with some of the major British cities, but it is located in an area surrounded by the countryside, which makes it perfect to easily visit both cities and also explore the magnificence of nature. During my stay in Cardiff, I had the chance to visit Bath, Rhossili beach, St. Fagans museum and Bristol.



This internship gave me a lot in terms of technical knowledge, but also it gave me the opportunity to meet special people.

Now that my internship has come to an end, I must thank Ian to whom I am grateful for the opportunity he gave me and for the trust he placed on me. I must thank also Fred and Ceri because they were always there to help me when needed, and thanks also to Anita, Elisa and Lisa who made every day enjoyable.

To anyone who is interested in doing an internship at Cardiff EDC, I do recommend it. At the end of it you will not be disappointed at all.



Elisa Patassa, March – May 2015 (Italy)



I arrived in Cardiff at the end of February 2015. The first impression was very good, except for the weather. Indeed, the city welcomed me with hail, but just a few weeks later, daffodils started blossoming everywhere and I was very surprised when I discovered that spring does exist here as well!

Last February, I graduated in “Promotion of Italy abroad”, a Master’s Degree in the field of Modern Languages for International Communication and Cooperation. To promote Italy abroad, a good knowledge of Italy is not enough, having a deep understanding of other countries and cultures is also vital. That’s why I have chosen the multicultural environment, which characterises the Cardiff EDC to get a first work experience in an English speaking country.



The Cardiff EDC is one of the 400 Europe Documentation Centres which are bodies designated by the European Commission to collect and spread information on Europe and the European Union. The added value of the Cardiff EDC is its [European Sources Online](#) (ESO), a massive electronic information database consisting of records from a wide range of primary and secondary information sources, including news sources. When I was introduced to this service for the first time, I loved the idea that for the following three months, I would be creating ‘trees of information’ by applying a rigorous and reasoned method.

At the EDC my daily work consisted of creating index records for the ESO paying particular attention to the news released by the European Commission and the Council of the European Union. Reading and understanding such prestigious publications every day was extremely useful because it allowed me to deepen both my general knowledge and my linguistic skills. Thanks to this internship I became more aware of what is going on in the world and it is now easier for me to take a stance on global issues.

In addition to this main duty, I carried out other complementary tasks, which included revising or translating some ESO Information Guides and PowerPoint handouts, staffing the Enquiry Desk and reorganising the library shelves. I had also the chance of planning and attending two events held in the centre: “[What Europe means to me](#)” and the “[Europe Day Quiz](#)”. Both of them were very challenging and I liked the fact that I always played an active role. For the former, I prepared a topic on immigration and migration in Greece and I presented it to the public. For the latter, I received the guests, organised the teams and learned a lot of curiosities on Europe in a ludic way.

The working environment at the Cardiff EDC is very friendly. I worked under the guidance of Ian Thomson, Cardiff EDC Director, and two Senior Library Assistants: Fred and Ceri. From the very first day, I felt welcomed and integrated into the Centre and that’s also thanks to the other full-time and part-time interns I had the pleasure to meet and enjoy conversations with. I really loved the international atmosphere you can feel in the centre, especially during the social events which are like gatherings of Europeans willing to share their ideas and cultures.



Cardiff is a green and vibrant city, full of students and kind Welsh people who are always greeting you with “Cheers!”

I loved reaching the city centre walking through the trail in Bute Park that runs alongside the imposing castle. I was also lucky enough to be in Cardiff while the Dirty Dancing musical was on stage at the

[Millennium Centre](#), in Cardiff Bay. That night, I definitely had the time of my life!



To be fair, I have chosen this city mainly for its proximity to the sea. As I live in the centre of Italy, I am not used to going to the sea quite often and I liked the idea of living close to the unspoiled landscapes which characterise Wales. And I must say that I have explored a lot of wonderful sites, including Rhossili, Llantwit, Penarth and Barry Island. On the weekends, I have also had the opportunity to travel to London, Bristol, Chepstow and Bath.

Now that my internship is over, I would like to thank Ian for his generosity and cordiality, Fred, for his kindness and patience, Ceri for her helpfulness, Roberta, Lisa, Anita, Jess and Lucy for all the fantastic moments we spent together. I am really happy to have invested three months of my life in this experience and to have shared it with those wonderful people.

At the end of this adventure I can say that I am very pleased with my choice. I would definitely recommend this internship to open-minded people who have a particular interest in European issues and wish to work in a multicultural environment.

Elisa Patassa

June 2015



Lisa Kleiber, April – August 2015 (Germany)



My name is Lisa Kleiber and I'm a student from Germany. Currently I'm studying [European Administrative Management](#) at the Harz University of Applied Science in Halberstadt, Germany.

An internship abroad is part of my course of study and I decided to apply for an internship in an English speaking country to improve my language skills. The reason I chose the Cardiff EDC for my internship was that it was related to my course of studies, which contains lots of courses about European policy, law, economics and the structure and fields of activities of the European institutions.

My first days at the Cardiff EDC were basically an introduction to the structure and the functioning of the Cardiff EDC. The Cardiff EDC is part of the [Europe Direct Network](#), an initiative of the European Commission. The Cardiff EDC is part of [Cardiff University](#) and is based in the Guest Building, a small building at the edge of the campus, close to the much bigger Aberconway Building, which houses the Cardiff Business School and a large library.

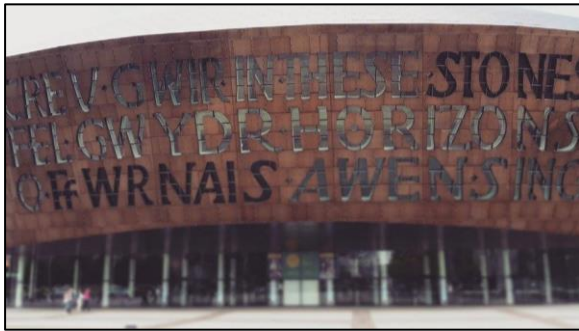
Basically the work of the interns is divided into two parts. The work at the enquiry desk, which is part of the public part of the library and the work in an office with three workplaces. The interns switch their workplace once a day, to support one of the staff members at the enquiry desk. So interns work at the enquiry desk for four hours and in the office for another four hours. I really liked the work at the enquiry desk. The main task at the enquiry desk is to reply to the enquiries of people who visit the EDC or/and use the library. This work is very helpful to gain better language skills and to get used to the use of another language. Furthermore the interns at the enquiry desk have to occasionally answer the phone.

Moreover, the Cardiff EDC provides people who are interested in the European Union and Europe in general, with information, including the very latest information. News, published by European Institutions and newspapers are uploaded to [ESO – European Sources Online](#), which is a database, created to collect and collate important information about the European Union and the countries and regions of Europe. The key task of the full time interns is to create records from Press Releases, Statements or Speeches, published daily by the [European Commission](#) and the [Council of the European Union](#) and upload these records into ESO. We also create index records for more specialised information sources and help the Cardiff EDC Director update and revise various ESO Information Guides and powerpoint presentations. Finally, we also help to take part in and operate a number of Cardiff EDC events.

The Cardiff EDC consists of three staff members. Ian the director of the EDC, Ceri and Fred were very friendly and helpful from the very beginning. Furthermore many full-time and part-time interns from different countries work at the EDC. Thus EDC staff are already very used to working with interns from many different countries. That is the reason why they are very relaxed and help wherever they can. Everyone has an appreciation, for example, for language problems during the first days. Especially when you work abroad for the first time, it is very helpful to work in a smaller environment with people who are already used to working with people from different countries. When I started working at the

EDC I really appreciated the work environment, because it was very helpful to overcome my doubts about the proper use of the English language and it was easy to get used to the different way of working.

I arrived in Cardiff in April and it was very easy to settle here. During the first weeks I worked with two other interns from Italy, Roberta and Elisa. They were very friendly, helpful and invited me immediately to spend time with them. That is the reason why I felt very welcome from the very beginning. Also the weather was very nice during the first months and so we visited several places and spent a lot of time together.

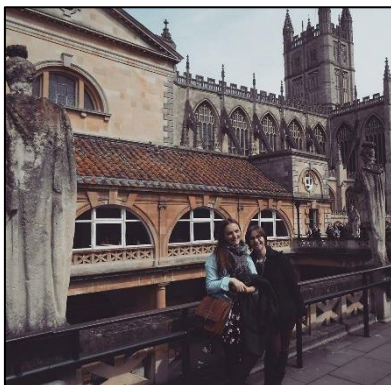


[Wales](#) has plenty to offer. On the one hand you can find cities like [Cardiff](#) with shopping centres, cultural sights, restaurants and pubs and on the other hand you can find incredibly stunning landscapes, which invite you to go for tranquil walks.

[Wales Millennium Centre](#), Cardiff Bay



[Rhossili](#) on Gower



Lisa and Elisa in [Bath](#)

What I really liked about Cardiff is that it still seems very small and quiet despite it actually is a pretty big city, with more than 350,000 inhabitants. I can highly recommend to visit [Rhossili](#), one of the most beautiful places I have seen during my stay here. Also the public transport in Great Britain is comparatively cheap. For that reason I had the opportunity to visit lots of big cities in England as well, like Bath, Oxford and London.



[Oxford](#)

During my internship I lived in a shared a house with seven other people from Great Britain. This was a great opportunity to get to know people from another country and their way of living. It was very interesting to see that there are so many differences compared to the way of living and the behaviour of German people. Everyone I met here in Wales was very friendly and helpful and I had the feeling that people here really make an effort to get along well with everyone. After four months in Wales I can say, that I have a very positive image of the people who live here and I can highly recommend Wales. Moreover I was able to improve my language skills because I had to speak English all the time.

In the end I can say that I am very happy that I have chosen Wales for my internship abroad.

Lisa Kleiber

August 2015

Sedef Asli Topal, July – August 2015 (Turkey)



I'm Sedef Asli Topal from Turkey. I graduated from [Dokuz Eylul University](#) this year. I studied in the department of International Relations. I'm really interested in current affairs, politics, history and philosophy. There are lots of related issues to these topics on which I plan to conduct comprehensive research. Therefore I aim to continue my postgraduate education to be an academician at a reputable university which could provide me with good opportunities to create research fields. I think that to have a chance of doing detailed research in my field, I have got to apply for MA programmes abroad, because the language of science in whole world is recognised to be English. Consequently, I firstly needed to improve my skills in English. Also I was looking for an internship programme which was relevant to International Relations to enhance my knowledge and experience in politics. The internship opportunity in the [European Documentation Centre \(EDC\) of Cardiff University](#) was ideally suited to my target. For this reason, I applied for the Erasmus internship programme of Cardiff University EDC.



Cardiff EDC operates as a source of European expertise. This includes compiling an online data system called [European Sources Online \(ESO\)](#), which provide access to regularly updated information from the websites of the EU Institutions and many other sources. In addition, there are a lot of records consisting of current news about Europe and the member and candidate countries of the EU.

The Cardiff EDC is in the Guest Building, close to the Arts and Social Studies Library and the Cardiff Business School. There is a large space at the entrance of the building for events. On the left side there is a small library that comprises books, documentation and journals about the EU. On the right side, there are study rooms that students can book for use. Also, there is an enquiry desk and an office for the interns.

Interns generally work at both enquiry desk and office during the day. I was working in the office before noon and the enquiry desk in the afternoon. Our main tasks are checking the daily news, creating records from the reports of EU Institutions, updating previous records by following recent affairs in Europe and uploading them to ESO. In addition, there might be some translation work of presentations and information guides which have to be compiled or updated. I translated the English version of the major presentation *Europe on the Internet* into Turkish and also the ESO Country Information Guide to Turkey. It was very beneficial for me to improve my English.

Before I came to the United Kingdom, I had never been abroad. I couldn't have any opportunity to practice English in an English speaking country. I learned how to speak, write and read in English during my undergraduate education on account of the fact that the instruction of education of my faculty is in English. Due to the lack of experience and practice in English abroad, I was afraid of how I could get over the problems I would run into and how I could deal with the difficulties I would have. However, although I had many doubts before I started to live and work in Cardiff, they disappeared suddenly the first day I was in Cardiff EDC thanks to many positive comments I received.

Cardiff EDC has three main staff members. Ian Thomson, the Director of Cardiff EDC, and Ceri and Fred - very helpful and thoughtful people. Most of the interns are from different parts of the world. I was working with a German intern whose name is Lisa and an Italian intern whose name is Beatrice. Both of them were really friendly and compatible to get along with. We became very good friends in the duration we were working together. To work with the people from the varied countries which have different cultures and traditions helped me have a broader perspective and become a more open minded person. Also, I'm feeling more self-confident now after I had the experience of living and working in a foreign country.

During my internship programme, I stayed in Cartwright Court which is one of Cardiff University's student residences. Living in Cardiff is quite cheap in comparison to other cities in UK. In addition, Cardiff is a small, quiet and very lovely place to live like all of Wales. Wales also has a natural beauty that is absolutely worth seeing. I'm really glad to have been an intern at Cardiff EDC and really sad to leave here.



Brecon Beacons National Park with friends!



Cardiff City Hall



Oxford University

Beatrice Emanuele, June – September 2015 (Italy)



My name is Beatrice Emanuele. I come from Florence, Italy, and I am a European Studies student at King's College London.

I arrived in June for a three-month internship at the Cardiff European Documentation Centre, and was warmly greeted by the EDC team as well as by the Welsh weather, which allowed for quite a few days of sun and blue skies. Upon my arrival I was already familiar with the main areas of [Cardiff](#),

and was happy about being able to work there because it is a great university city that is geared towards student life and activities.

The main reason I chose to do an internship at the Cardiff EDC, however, was the possibility of working in a European Documentation Centre and learning about how it operates from the inside.

The Cardiff EDC belongs to a wider network of [Europe Direct](#) centres, which are present across Europe and which were created by the European Commission to provide the general public with access to information on the European Union and official EU publications. There are two main types of local centres: information centres and documentation centres. I was particularly interested in the role played by EDCs as they are primarily linked to the academic world and can provide in-depth material for students and researchers.

My choice was equally influenced by the desire to develop my professional skills and enhance my CV, and interning at the Cardiff EDC not only enabled me to do that, but also gave me the opportunity to pursue my personal interest in European Union politics.

One of the benefits of the experience was being able to work alongside other interns, particularly Lisa from Germany, Sedef from Turkey and

Roberta from Italy, in a very multicultural environment. The EDC staff, composed of director Ian Thomson, Fred and Ceri, were extremely kind and helpful, guiding me and teaching me all there is to know. It was very important for me to be able to interact with everyone both on a professional and on a personal level- whether it meant discussing current affairs with Ian or following everyone around with my questions!



Roath Park, Cardiff

As an intern, I was fortunate to carry out a variety of different tasks throughout the three months. In addition to sitting at the enquiry desk and interacting with the public, I was able to update and translate into French and Italian a number of information guides published by the EDC. This proved to be a very informative activity, as I worked on a number of guides concerning citizens'



Bute Park, Cardiff



Castell Coch, north Cardiff

rights in the European Union as well as on a guide on the European Parliament and one on the United Kingdom. I was also able to pick up many good tips on researching and finding information online.

Overall, the responsibility I enjoyed the most was that of updating the Cardiff EDC's online database on European information, known as ESO - [European Sources Online](#). The aim of ESO is to provide up-to-date facts and figures on the European Union and Europe as a whole. Interns are charged with monitoring the European Commission and the Council of the European Union, and with creating online records for ESO based on the latest press releases issued by the institutions. Working on ESO definitely helped me consolidate my knowledge on policy-making in the EU, and it was extremely interesting to gain in-depth expertise on some of the most critical topics that were making the headlines of the news.



In my free time, I explored Cardiff and met many interesting people from all over the world- which ultimately resulted in eating a lot of delicious food at international dinners or restaurants! I became particularly fond of going to run or read in some of the city's beautiful parks, such as Bute Park and Roath Park - where you can go rowing in the lake on nice days.



Wells Cathedral, Wells

On the weekends, I was lucky to travel and take day trips to London, Bristol, Bath and the very lovely city of Wells, the smallest city in England. One of the places nearby Cardiff



which I really loved visiting was [Castell Coch](#), a picturesque late nineteenth-century castle built by the architect William Burges. To whoever enjoys cycling I would also recommend the [Bristol and Bath Railway Path](#), a route that runs between the two cities through the beautiful countryside.

Overall, my experience at the Cardiff EDC was extremely worthwhile and I am very grateful for all that I learned and the good times with the EDC team. I will most certainly keep following the activities run by the centre and will definitely come back to visit!

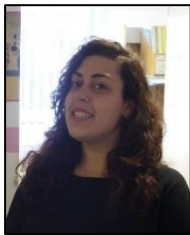


Welsh National War Memorial, Alexandra Gardens, Cardiff

Beatrice Emanuele

September 2015

Roberta D'Agostino, September – December 2015 (Italy)



My name is Roberta D'Agostino and I am a 24-year-old girl from Italy. I am pursuing my Master's degree in European Studies at the University of Florence "Cesare Alfieri".

In September 2015 I started my internship at the European Documentation Centre (EDC) in Cardiff, where I was warmly greeted by the EDC team that at the end has turned out to be my second family here in Cardiff. I was lucky to find an international environment working alongside other interns from all over Europe and the world.

I chose to do an internship at Cardiff EDC to improve my knowledge about the European Union - learning how it operates from the inside - and my language skills.

What were my tasks? I followed the news published by the European Commission and the Council of the European Union and added the news sources from those institutions to the European Sources Online database. I can say that thanks to this work, I've reached the aim I wanted to. I was also doing other tasks, such as translating and updating guides on the European Union, reviewing interesting think tanks and answering enquiries at the EDC enquiry desk.



I also took part in events organised by the EDC. In particular I attended "The European Day of Languages and European Year of Development" held at Cardiff Central Library on 26th September and the event held at the EDC itself on 19th November, "What Europe means to me: Attitudes to immigration, refugees and asylum seekers", where each of the interns explained the attitude of one member state of the EU.

What about Cardiff? It is a beautiful city and I fell in love with it from the first time I set foot in it and you can't imagine how amazing it is at Christmas time. I fell in love with its parks, its streets, its Bay, its arcades and so on. People are friendly, funny and deeply in love with their country and origins. I was lucky enough to live the amazing experience of the Rugby World Cup 2015 and it is indescribable the atmosphere I breathed during the whole month.

I'm happy to have chosen Cardiff EDC and I want to thank the EDC Team – Ian Thomson, Ceri and Frederico – and all the interns for such a beautiful and worthwhile experience.

I definitely recommend the EDC. I've already written it is a great place, well organised and with qualified staff. Don't be scared to make some mistakes, the colleagues are always ready to help and patient explaining the work to do.

Roberta D'Agostino

December 2015



Irina Eremenko, January – April 2016 (Russia)



I am Irina Eremenko, a student of Humboldt University of Berlin. An internship in a British institution is an essential part of my programme, MA in British Studies. As I was performing better in the policy-related subjects, I chose the Cardiff European Documentation Centre as the place for my internship. Another reason which influenced my decision was a meeting with placement providers, held by the Centre for British Studies. There I had an opportunity to talk to students from my programme, who have already completed their placements and Mr Ian Thomson, the director of the EDC. Also, I always wanted to visit Cardiff.

My first working day started from a detailed introduction of organisation of the EDC and my responsibilities. I was to check updates of the European Commission and the Council of the European Union/European Council's websites on daily basis and index them for ESO (European Sources Online) database. This task provided me with insights into the EU political institutions activities and improved my European Union political awareness. Besides, I was given several background tasks related to Russia. I was amending the Russian version of "Europe on the Internet" websites selection and revising Russian and English versions of the Country Information Guide on Russia. As I hold a BA in Linguistics

from Russia, the latter task was very useful and important to me, as it let me apply my knowledge of the theory and translation skills and obtained during my Bachelor studies. Moreover, I was happy to share my knowledge of Russia by enlarging the collection of sources gathered by the former Russian-speaking interns.

During my placement term, I attended and participated in the events organised by the EDC, namely “EU Career Events” and “What Europe Means to Me”, where I had a chance to share my opinion and thoughts on current affairs in Europe, meet new people and enjoy small talks with European experts and professionals.

What I liked about the EDC and its permanent staff members most of all was a gradual manner of presenting new tasks and desire to teach their interns. Ian Thomson, Ceri and Frederico were always happy to answer questions or help in solving difficulties occurred in the working process. The friendly environment created by the staff members allowed me to deal with tasks, even the challenging ones, without feeling nervous.

My life in Cardiff was full of pleasant moments. I was renting a private room, sharing a common space with my hosts that gave me a warm welcome and helped me find new friends. Together we supported the Welsh national rugby team several times and visited the Burn’s night event where we were taught to dance.

I was absolutely fascinated about the city of Cardiff. I discovered many wonderful places such as Cardiff Castle, National Museum, Doctor Who Experience and Cardiff Bay. There are plenty of shops, restaurants and clubs for any budget. Thanks to the city’s good transport linking, I managed to travel across the United Kingdom: I took trips to London, Edinburgh and Glasgow.

All in all, I can say I am completely satisfied with my placement at the Cardiff EDC, as it helped me to significantly enhance my computer skills, extend my knowledge of the EU, improve my English, explore the UK and become more confident. I am sure that the experience I gained through working at the EDC will be useful for writing my Master Thesis and further career prospective. I could not dream of a better first-time visit to the English-speaking country!

I thank Ian Thomson, Ceri and Frederico from the bottom of my heart for opening the doors of the Cardiff EDC to me and recommend it for everyone!

Lisa Robillard, February – June 2016 (France)



My name is Lisa Robillard, I am 22 and I have just completed my degree in European Studies at Blaise Pascal University in Clermont-Ferrand. In order to complete my degree, I needed to do my last year abroad, one semester in university and the second semester doing an internship. As my degree is related to the European Union, I wanted to find a placement in an organisation dealing with this subject.

I started my internship at the European Documentation Centre in February 2016. On my first day, I was introduced to the EDC itself and to the European Sources Online (ESO) database. I was given several jobs: editing information guides on given countries, indexing articles from EU-related think tanks and indexing press releases and speeches from the European institutions. I was also sitting three hours a day at the Enquiry Desk and I had to answer enquiries from students coming to the library.

During my time at the EDC, I also took part in two events. The first one was called 'What Europe means to me: Europe in our daily lives'. For this event, all the interns were asked to explain what Europe means to them and how it affected their daily life. The second event in which I took part was the Europe Day Quiz, held on 9th May, which is also Europe Day.

I was quickly and warmly integrated into the team. Ian, Frederico and Ceri were really helpful to me. Working at the EDC was also a great opportunity to meet interns from all of Europe. What I enjoyed the most were the morning talks about the news – the EU Referendum for the most part – and the debates we had about these issues.

Concerning Cardiff, I really liked living in this city. As I arrived there in September, I really had the time to explore the city and do some trips elsewhere in Wales or in England. There are a lot of places in Cardiff I will miss!

People there are also really friendly and helpful with foreigners, which is quite pleasant. During my time in Cardiff, I was living in a house with other people. It was a good way of meeting new people and new cultures and we made a lot of international friends who were studying at Cardiff University.

In short, I truly enjoyed my time in Cardiff and at the EDC and I highly recommend it to students looking to improve their knowledge of the European Union and their language skills. This placement has been a real added value to my studies and it was also a good introduction to the world of work.

Again, I thank Ian, Frederico and Ceri for the good times I had back there and I also thank all the interns, full-time and part-time, I have been working with for all the good chats and laughs!

Kuan Huang, June – September 2016 (China)



My name is Kuan Huang. I am from China, but I came to the Cardiff EDC via my university in Germany. I have been studying a Masters Degree in British Studies at Humboldt University of Berlin.

I arrived in the middle of June for a three-month internship at Cardiff EDC. The main reason I chose to do an internship here was the opportunity to work in an EU related institution

and to develop a deeper insight of the relationship between the UK and EU. Interestingly, I experienced the 'Brexit' time while doing the internship in Cardiff. There are so many discussions going on and obviously it has never been such a critical moment between the UK and EU.



(Cardiff Castle)

Regarding accommodation, fortunately enough, I did not need to search for a room when I arrived because I found one when I was still in Germany and everything went well. The location was pretty good, which meant just a 10-minute walk to the university and a 10-minute walk to the city centre.

One thing about Cardiff I like a lot is its walkable size but still full of cultural events and wonderful student lives. If your accommodation is not too far from the city, you can easily save the transportation expenses.



(Bristol)

Cardiff EDC is a major source of information and policies of the EU, offering access to substantial academic materials for general public. If you are interested in EU institutions or EU policies, Cardiff EDC is definitely a place you cannot miss.

The permanent staff members are Ian, Fred and Ceri, who are very friendly and helpful colleagues. And there were three full time interns this summer, including Michaela from Czech Republic, Bruno from Italy and myself. This international environment created lots of interesting discussions about current affairs and our home country issues. I feel very lucky to be their colleagues and share my opinions and experience with them.

I was assigned with a variety of different tasks during this three months. I helped to create an information guide on EU information in China, with relevant EU organisations and institutions in China. I indexed publications from the European Commission's Directorate General for Economic and Financial Affairs for the ESO database and some relevant EU academic journals. Another one of my responsibilities was where I had the chance to read about the areas I was interested in. And I also helped to correct broken hyperlinks on the system in order to provide the public with more useful and accurate academic sources. Additionally, we needed to take turns to take care of the enquiry desk which was part of the library service. Overall it was a very helpful experience developing my knowledge in EU politics.



(Beacon Brecon National Park)

In the weekends, I liked to explore the city and try out new cafes with my housemates, which was always fun and relaxing. Visiting nearby cities is also a very good plan for the weekends. I have been to Barmouth (North Wales), Bristol, Bath, London and Edinburgh. If you come at summer time and want to chill out at the beach, Barry Island and Ogmore by sea are good choices which are not far from Cardiff. For those who like hiking, Beason Brecon national park is a good choice which you can easily reach by bus. Besides travelling, going to cinemas and theatres was also my favourite. It costs only three pounds to watch a movie with student ID. There are also many nice bars with live music every night in the city centre.



(Barry Island)



(Ogmore by sea)

I had a very nice summer here and I am very grateful for this internship opportunity, which gave me brand new life experience in Wales. I am proud to be living in Cardiff and working at Cardiff EDC. I wish the centre all the best and recommend EDC to anyone who are interested in EU politics and academic research!

Kuan Huang
September 2016

Michaela Mejdrová, July - September 2016 (Czech Republic)



My name is Michaela Mejdrová and I come from the heart of Europe, from the Czech Republic. I recently graduated from the Faculty of Law at the Masaryk University in Brno and because I wished to prolong the time of my studies, as well as to enhance my professional portfolio, I decided to do the Erasmus+ traineeship.

During my studies I really enjoyed subjects dealing with the European Union and its external relations and they were also part of my final state examination. So when I found the advertisement from the European Documentation Centre at the Erasmusintern.org website, I felt like it had been tailored exactly for me.

I was intern at the EDC from July until September 2016. The main task was to keep track of the press releases by selected European Union's institutions on the daily basis. In my case I was monitoring the websites of the European Commission, the European Council / Council of the European Union and the European External Action Service. I was saving this information to the EDC's system, European Sources Online, and writing a small introduction to them and if possible also connecting them with the previous related records, to add value. I felt really honoured to be given this kind of job, as it enabled me to see how the Union's Law work in practice and how complex the whole system is.



A view at Cardiff from the Castle



Sandy beach in Swansea Bay

Secondly, I was in charge of indexing some journals and articles from websites of different organisations or think-tanks, which came in handy too, because I discovered interesting source of information and I am pretty sure they will be useful while completing my Master degree.

Furthermore, I was checking, and if necessary also correcting, some broken hyperlinks in ESO. Last but not least, I did some editorial and translation work too, for example Czech and Slovak translations of

ESO Information Guides for certain countries. Finally, after a couple of weeks of settling in, I took my turn with the other interns to staff the enquiry desk with a permanent member of staff to answer the questions received by phone or personally.

Not just the internship, but also my spare time in Cardiff was really pleasant and literally flawless. Although Cardiff is a small city, the options how to spend the time here are almost endless. I really enjoyed walking and running around the Cardiff Bay, discovering the hidden arcades in the city centre, reading and sipping coffee in the parks (for that I highly recommend Bute park, Alexandra Gardens and Penarth Pier). When it is raining, various libraries are open, some of them also during the weekend such as the Central library, and offering nice and cosy environment for studying.



Tides at Cardiff Bay



A trip to London

A good way how to find out more about the history of the city is to visit the Cardiff Story museum, but I also liked the National Museum of Wales, because of its collections of paintings. The highlight landmark of Cardiff to see is definitely Cardiff Castle and if you wish to eat something local, like the amazing Welsh Cakes, the Cardiff market should not be skipped neither.

The city has a good location, so I was also able to do some trips beyond its boundaries too. My first journey was to Swansea, which has a nice sandy beach to walk. My second trip was to London that has a really good bus connection from Cardiff.

Looking back, I think the reality overreached my expectation. I improved my language skills in daily life but also in academic field, I enriched my knowledge about the European Union, I got to know another beautiful part of the United Kingdom and I believe that this experience will help me to reach my dream job.

The time there flew and I enjoyed every minute there. At this point, I would like to thank Ian for giving me this chance and all the advices and his time during my internship. The big thanks belong also to Frederico and Ceri for their readiness and willingness to help and to my “alma mater” for choosing to fund my application.



Llandaff Cathedral

Michela

Cardiff, September 2016

Bruno Conte, August 2016 - September 2016 (Italy)



I am Bruno, an Italian law student at the University of Catania.

I arrived in Cardiff for my two-month internship in August and the Welsh capital welcomed me with an unforgettable rain shower. By the way, the weather was nice – according to the British standards – for the whole summer.

I received a much warmer welcome by the Cardiff EDC staff. Ian, Ceri and Fred have been of great help to me. I have to say thanks to them for what they have taught me and also for the interesting and constructive conversations on European issues - and much more. With the other



interns - Kuan from China, Michaela from Czech Republic and Inma from Spain - we formed a lovely multicultural team.

I carried out different tasks during my stay at the Cardiff EDC. In addition to creating new information guides for the European Sources Online (ESO) database and updating the already existing ones, one of the main tasks was to index academic articles from several European law journals for ESO. More particularly, as a law student, I have found it very stimulating to create an abstract and to select



carefully the most useful keywords to be inserted into the record, in order to let the user more able to find the text he is looking for. Moreover, I dealt with public relations duties as I have sat at the Enquiry desk of the library, answering questions from students and in general taking care of the building. Of course, being updated on a daily basis with what is going on in Europe is necessary to work efficiently at the Cardiff EDC.

Talking about Cardiff, it is a nice city to live in. It is suitable for an Erasmus or any other internship experience because it is neither too big nor too small, and living costs are not as high as other British cities. Although the main attraction is the huge and dominant Cardiff Castle, maybe the Cardiff's most distinguishing characteristic is the number of charming shopping arcades located in the city centre, I really loved them. In cloudless days going to drink or eat something in Cardiff Bay is extremely recommended, while having a relaxed walk in Bute Park is the best therapy against the noise of the city centre.



In regard of the accommodation, for August I booked a room at Cartwright Court, a residence that Cardiff University makes available for summer students. Even if a bit pricy it was a good option, since finding accommodation for a short-term period in Cardiff could be very challenging especially during the summer, when landlords are more willing to rent a room for those students who can stay for at least six months or, even better, for a whole academic year. I spent also few weeks in a house with local people, and I suggest this kind of solution if you aim to get more familiar with the English language.



In conclusion, I had a very good time here at the Cardiff EDC and in Cardiff. I suggest this experience not only to those who consider themselves 'Europeans', but also to those students who simply for any reason display an interest in European matters, and intend to satisfy such a hunger of knowledge in a working and multicultural environment.

Inma Moreno, September-December 2016 (Spain)



As a recent graduate in Law and Politics from the Autonomous University of Madrid, I was determined to take advantage of the last grant I could apply for as a university graduate (Erasmus + placement scheme). Moreover, I was also meaning to do an internship in an English-speaking country in order to improve my English skills which is a must for us young Europeans nowadays!

I had not heard of what a European Documentation Centre was or how it worked until I first browsed the Cardiff EDC website. By looking at their pictures and reading the [internship description page](#), plus their [blog](#) and [facebook](#) I knew it would appeal to me as the atmosphere I could grasp from them reminded me of my lovely time as an Erasmus student in England two years before. In addition to that, I was going to live in a new nation and a new city which I had already visited once and had got excellent vibes about it!

My main tasks at the EDC were the following:

- My very first assigned task was to check and update the '[Europe on the Internet](#)' [Spanish version](#) PWP. At this point I learnt how to add and amend broken hyperlinks.
- Secondly, I was introduced to the ESO database by Fred who thoroughly told me how it works and how to create a record. From that moment onwards, until the other interns arrived in early October, I started indexing press releases, statements, fact sheets, speeches, memos and the like published by the European Commission, the European External Action Service and the Council of the European Union.
- Following the other interns' arrival we set up a rota in order to keep track of these institutions one each per day. Thirdly, I was requested to start staffing the enquiry desk. It was my first work experience in this aspect in which you have to assist the library users' enquiries, put books back to their corresponding shelves, pick up the phone should none of the other staff members be around at that moment, and deal with the library's hourly headcount.
- Concurrently, as a background task I started indexing articles of academic journals. The first one I indexed was an online journal whereas the remainder were printed versions. As other additional background tasks, I also created records for available

recent e-books on the Oxford Scholarship Online catalogue along with checking if there had already been records created for some of these books. After that, I indexed briefings which had been published by the Scottish Parliament on their webpage and were EU- related, dating back to 2014. Prior to that, I had to check if previous existing records contained a working hyperlink; otherwise I had to replace it for the current one since the webpage had been recently revamped.



-And last but not least, I took part in two EDC events: the [Erasmus welcome reception](#) in mid-October and the [‘What Europe means to me?’ \(Brexit reactions in other Member States\)](#) in mid-November. For the latter one we had to deliver a brief speech in English- which was my first ever speech in a foreign language!

My internship has boosted my English skills, has dusted off my European Union Law knowledge, has built up my vocabulary range regarding legal and political technical terms, and to top it off, it has made me feel engaged and getting to grips with what is going on in the EU, in the Wider Europe and in the European neighbour countries.

Outside my internship, it is to highlight the lovely international and multicultural atmosphere which is embedded both in Cardiff and in the EDC. Cardiff is a medium-size city where most places are within walking distance, the Welsh are extremely welcoming and friendly, the cost of living is cheaper than in other main British cities, the pace of life is quiet and chill, there are plenty of cosy tea rooms and cafes, its main two parks (Roath Park and Bute Park) are extremely beautiful and refreshing, and the city market is both charming and well-endowed with lots of local produce, cakes, pastries, sweets, clothes and the like!

With regard to the cultural sphere, Cardiff has lots to offer for students! They offer a wide range of concerts, musicals, plays, live music and cheap cinema tickets throughout the academic year! Hence, I would advise everyone to make the most of it while on their internship!

In my opinion, remarkable tourist attractions, apart from the above mentioned, would be Cardiff Bay, Penarth, the Millennium Centre, the Principality Stadium, Castell Coch, Cardiff's castle, the arcades in town, Llandaff Cathedral, Brecon Beacons, St Fagans National History Museum and Bristol (the closest main English city to Cardiff).



I must thank Ian, Fred and Ceri for having taken me as an intern! It has been a marvellous and fruitful experience which has nurtured both my mind and my spirits. I am indeed taking glorious memories back

Artemis Koutsopoulou, October-December 2016 (Greece)

My name is Artemis Koutsopoulou and I am a law student from Athens, Greece. I arrived in Cardiff for my internship in the beginning of October and stayed until the end of December 2016. Having a particular interest in European and international affairs, I was very pleased to be accepted as an intern by the Cardiff EDC. During these three months, I had the opportunity to expand my knowledge on the legislative process of the European Union and familiarize myself better with its system and policies, while working in a very friendly, multi-national environment.



Cardiff Bay



Brecon Beacons

My main task at the EDC was to monitor, alongside the two other full time interns, three European Union institutions: the European Council/Council of the EU, the European Commission and the European External Action Service. Every day we would check their latest updates and create relevant records on European Sources Online, the EDC's online database. Naturally, this process, not only allowed me stay up to date with the latest developments on an EU level, but also to understand better how a piece of EU legislation is created and what is the EU's policy on a large number of issues.

Besides that, I did some updating and translation work on some of the EDC's information guides. Additionally, I helped index articles and studies from journals or EU Directorates, as well as proposals, reports and communications

Cardiff Castle

from the European Commission. I also enjoyed very much my participation in both EDC events which took place here, during my three-month stay. On the first event, the Erasmus Reception, it was great to meet other Erasmus participants from many different countries and discuss with them. For the second event, all EDC interns had to do a short presentation about the perception of Brexit in different EU

countries. My assignment was Ireland and I was very glad to learn more on that topic, to present my conclusions to the participants of the event and engage in very constructive conversation afterwards.



St Fagans National History Museum

As far as life in Cardiff is concerned, I had a wonderful experience as an Erasmus trainee here! Cardiff is a very student-friendly city. In my free time, I had a chance to explore the city centre, the arcades, Cardiff Market, the castle, Cardiff Bay, Bute Park and more. Towards the end of November, the whole city was adorned with Christmas decorations, giving a warm festive feeling! I also got to enjoy the Christmas Wonderland, as well as the Christmas Market with local products and festive treats. There are plenty of delicious traditional recipes to try, such as welsh cakes, bara brith, lamb cawl and rarebit!

Furthermore, Cardiff's location allows for many day-trips to explore both Wales and England. Personally, I tried to make the most of that fact by travelling to Bath, Brecon Beacon's National Park, St Fagans National History Museum, Bristol, the Pembrokeshire Coast and London. Wales has a truly magnificent countryside and I would highly recommend taking the time explore it, while being in Cardiff.



Pembrokeshire Coast

Overall, my time in Cardiff will definitely be a very fond memory for me! Having learnt a lot on my field of studies, having made new friends from all over the world, having had the chance to explore a beautiful place, I consider myself lucky to have had this opportunity!

Artemis Koutsopoulou, December 2016





The Cardiff EDC provides a professional and neutral information service on the European Union and the wider Europe

Enquiry service – Find information: [European Sources Online](#) – Events – Internships - Training

Further information: <http://www.cardiff.ac.uk/european-documentation-centre>

Blog: <http://blogs.cardiff.ac.uk/european-documentation-centre/>

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