

First Name: Courtney Lockhart

Institution: University of Lethbridge

Academic Discipline: Political Science

Where did you work abroad (city, country): Washington, DC

When did you go abroad: 10 weeks during the summer of 2011

Which work term (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc..): 1<sup>st</sup>



Visiting the State Department  
for the June 2011 Trafficking In  
Persons Report roll-out.

1. What motivated you to seek out an international work term?

*I was seeking out opportunities such as professional and academic growth that are not available to me at my home campus.*

2. How did you fund the travel and other costs associated with this opportunity?

*I received a scholarship from the Alberta government that paid for just over half of the program. The rest was paid for with personal savings.*

3. Can you tell me what steps you took to secure your co-op position? Did you feel it was hard to secure your co-op position and how would you advise other students to make the same effort?

*The internship program I was in was slightly different than a regular co-op placement. I knew my placement in the program was secure right away. I would recommend other students to keep their co-op advisors updated. They can be a valuable resource.*

- When conducting your job search did you find that many of the jobs available were in specific sectors? (ie: corporate, non-profit, government, etc.) Where, or how, would you suggest other students focus their search?

*I would recommend students read the job descriptions carefully, and really try and understand if that position would be a good fit to your current skills and future ambitions.*

- Tell me about the cost of living in (city or country). How did your expenses compare to your income based on the salary you were earning? Were you able to save any money and where did you find savings or discounts which reduced your expenses?

*I worked at an unpaid internship, so my expenses were enormous compared to my income. I would suggest finding the most scholarship money available.*

- How did you find accommodations and what rent can you expect to pay in (city or country)?

*My program at the Washington Center included housing at their Residence and Academic Facility. Housing in Washington is expensive compared to Lethbridge, and I ended up paying about \$1,000 a month.*

- What, if any, cultural barriers did you have to overcome and what were some of these challenges?

*The Canadian, American cultural barrier is small, so there were no significant barriers. I did learn the differences in Canadian and American political paradigms and socially accepted ideas. The International Affairs program included students from across the United States and Canada, so I was exposed to a variety of cultural ideas even within the United States.*

- Did you find it difficult to meet new people? What steps did you take to integrate yourself into your new surroundings and make yourself more comfortable in a new setting?

*There were about 800 other students going through the Washington Center summer semester, and the Residence building I lived in housed many of these students, so it was not difficult to make friends. In order to connect with a new community, it is important to be active and attend networking events and find people who have similar interests.*

- Overall, what advice would you give co-op students who are seeking international opportunities?

*I would advise other co-op students to go for it! It can be a very expensive experience, but I would say it was worth the money. I am a firm believer in getting out of your comfort zone, and experiencing other cultures and meeting new people. Not only will an international co-op open your mind and help you become a well-rounded student, but it will also show future employers that you are a global citizen that understands the world not just from a Canadian perspective.*

- Is there anything else you want us to know about your experience?



Visiting the Saudi Arabian Embassy with the Washington Center—International Affairs Program.



On the steps of the House of Representatives on Capitol Hill.



Meeting Congressman Ron  
Paul.