*Where did you go?*

I was in New York (Port Jervis – outside of the city), in USA. I worked for New York YMCA Camp.

*Was your trip organised by a third party?*

My trip was organized by an organization called Camp Leaders. They helped organize almost everything from visa, to flights and work placement.

*What did you do?*

Almost everything! But mainly teaching kids age 12-15 how to play sports such as tennis, kayaking, canoeing and outdoor cooking. And just to look after their well-being in general, ensuring that they are happy, physically fit, and healthy mind. This job requires you to work 24/7, with two hours break per day and 24 + 12 hours off every two weeks.

*How long did you go for?*

I was working from 17\(^{th}\) June – 7\(^{th}\) September, so 3 months!

*How did you find out about the opportunity?*

I found out about the trip through University of York global opportunity fair and self-internet browsing.

*How was it funded? (Please mention any costs involved if you were not being paid, and how accommodation/food etc. was organized)*

I funded the trip by working part-time along side with university, and I receive £300 funding from University of York travel bursary. My work placement provided food and accommodation while I was working for them.
What was the best thing about your trip?

The best thing about the trip was being able to make a difference to people’s lives in a positive way. Giving and teaching what you know to kids is always an honour because they are our next generation in society and giving them a positive experience could lead them in doing something positive in the future. This kind of opportunity could change their lives in a way that you wouldn’t imagine you could. Also, the chance to explore the country, meet new people and learning about cultures and traditions is always something I love to discover. I’ve learnt a lot of American ways of life and their history, which I was hoping to do before I left UK; so I am really glad about that – it made me see things from a different perspective.

Were there any negatives?

Hmmm... lack of sleep I get daily and working with teenagers. Sometimes, it was difficult when they don’t listen or care, but it is part of the experience so it was fine in the end. This experience as a counsellor is a really good practice for working in a different environment that’s out of your comfort zone.

Did you learn anything new about yourself as a result of this trip?

I’ve learnt that nothing is impossible when you put your mind it. I have also learnt that I am a lot more patient than I thought I was. Definitely has made me appreciate little things more as well.

Any advice for other York students thinking of doing something similar?

Give it a go!!! Travelling and working abroad don’t come to your life as much, so do whatever you can to explore as much as possible. Not only that but you also get to make a difference! Believe it or not but you have more power to change and make a difference than you think! Life is too short to have second thoughts.