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The ability to study and intern in another country has been a dream come true. This experience has given me so many skills for me to gain before I leave Carleton in the next two years. I learned how to be independent, to work in a high intensity environment, and to adapt to a different environment and culture.

My sense of independence increased because of this internship. Before this internship, I always depended on my mom who lives an hour away from Carleton. This was the first time that I was living all alone and had only myself to depend on. I had to be a real, independent adult, which I had never experienced before. I learned what works and what doesn't, (especially what doesn't), and what I can improve on for the future. I gained a new appreciation for myself. Before this experience, I did not know if I could do it, but it turns out I could, which just shows me that I can adapt to any situation. I never knew how hard and exhausting it could be, but now I'm so prepared to live independently long term instead of just two months.

I interned at AgroParis Tech, a research lab, in Paris for the summer. It was a very intense work environment. One of my coworkers is currently working on her Masters degree, so I felt very unqualified at first. But I did not let that stop me because I knew how once in a lifetime this experience is, so I had to use it to my advantage. I worked hard. I was constantly taking notes, and studying them, reading up on their research to be prepared. I had to work with rats and to be honest, I was afraid but I had to get over that fear fast, which showed me that I can work out of my comfort zone and to not be afraid to apply to things that kind of freak me out.

I also learned more about what I want to do with my future after Carleton. I do not think research is something that I would like pursue for the rest of my working life. But research could

be an option if I need a job for a short period of time. This interning experience narrowed down the various careers that I may want to pursue after Carleton, which is very helpful because these chances do not come every day.

It was not just working with rats that was out of my comfort zone but also living in another country and speaking another language and working. I was nervous about how this would play out but I was also so excited to be doing something new. Working eight hours, speaking in French and using vocabulary that I hadn't learned before was difficult. There would be sometimes that I would get almost nothing out of a conversation but I stuck with it and kept working hard. I am lucky that I was in research so my coworkers knew almost perfect English so if it was necessary it was possible to get an English translation early on. By the third week, I did not need them to translate anything. I now feel like Paris is a place where I am comfortable. I am glad that I got the hang of things so easily. I am eager to travel and keep experiencing new cultures because I know now that I can handle it with no problem.

Being that I was out of my comfort zone in this internship, I have a lot of advice to give. I would say first is that you should always ask for help whenever you feel like you need it. Second, stay prepared at all times at your internship because you never know when they may ask you for information or you are asked to do something with it independently. Third, book your Airbnb way ahead of time because not only is it cheaper but you have a lot more options. Lastly, I would say experience the place you are living because when you have to leave you do not want any regrets.

I grew so much as a person throughout this experience. I owe the MultiCultural Alumni Network and the Career Center, as well as Scott Carpenter and Thomas Roman, a huge THANK YOU! None of this would have been possible without their help. I have learned so much and I

am so grateful for the opportunity and the funding because without it I could not have done the internship. I always hated how financial reasons were the reason why I had to missed out on so many great opportunities and I am so grateful that I did not have to miss out on this. SO THANK YOU SO MUCH! I plan to share my experience and knowledge to help people of color, (especially women), to work in science a field which is not a norm and to be able to have these kinds of experiences!

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