

LONDON, ENGLAND

SOPHIA HOWK

Program: UW in London, Service Internship Track, Spring

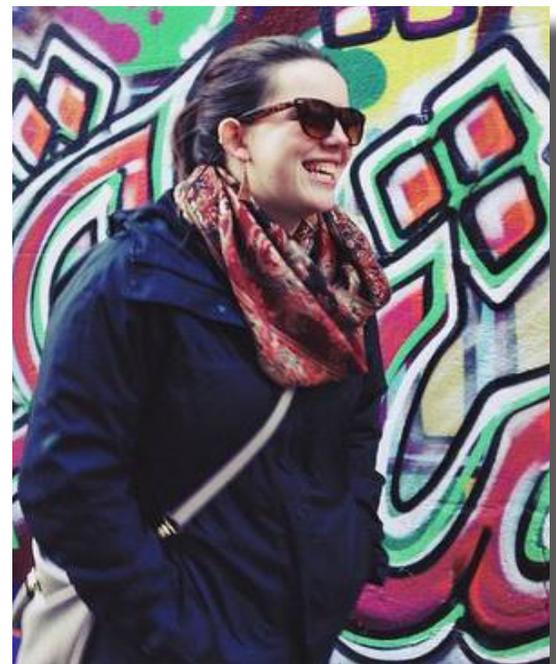
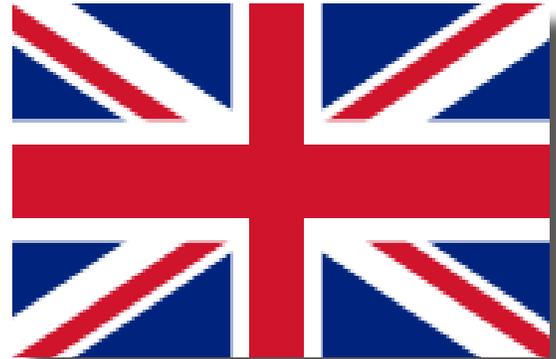
Sophia's Major: Gender & Women's Studies, Global Health Certificate

Academic Life: I took classes that revolved around British Life and Cultures ranging from history to media, to understanding the global diasporas that make up the city of London. Most of my classes were taught by British professors who were experts in their field. One class was taught by a UW professor who stayed with us in London which helped create UW community. All of my professors were very dedicated to using London as a resource and getting us out of the classroom as much as possible which made what we were learning seem much more relevant.

Service Internship: I was placed with a charitable organization called Tender. Tender's mission is to promote healthy relationships and end domestic violence and sexual abuse. By using theater and the arts, they teach young people how to recognize the signs of an unhealthy relationship and how to avoid it. I worked in the office with the education team looking over resources, creating new resources, and inputting data from workshops and writing reports.

Benefits of an Internship Abroad: This internship helped me decide that I want to use my degree in an educational/empowerment setting. I was able to make connections with the organization that I plan to maintain, and possibly use in the future. With the confidence and skills I have gained, I will be able to take initiative and use my experience as a tool in future jobs.

Advice for Someone Considering London: When studying abroad in Europe it's easy to make travel a priority, especially outside the country you are studying. While I had some incredible travel opportunities during my time abroad, I think it is important to also explore your own city or country in order to get everything you can out of your experience.



Sophia walking through "Brick Lane," an area in London known for its street art.

“Interning abroad doesn't only add to your resume, it also adds to your experience.”

