

## Industrial Placement Scheme

### My internship in Telefield

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Last year, I decided to join the Industrial Placement Scheme (IPS), which includes three phases (Industrial Project, Summer Placement and the Final Year Project), in Telefield International (Holdings) Ltd..

During the training period, I commenced with a comparatively easier project, Thermoelectric Cooling with Temperature Control. It was extremely useful to improve my technical skills on circuit design and to build up some basic knowledge on thermoelectric cooling system.

I started my 3-month summer internship, in which I was assigned to further improve my design of a health-care application. I started by writing an MCU program as well as drawing schematic diagram and designing the PCB layout for the circuit. Apart from this project, I was also assigned to do some testing on company products and mobile applications so as to check the product performance.

Based on the experience I gained during my internship, I have decided to use Product Development of Therapy Pad for Health-care Purpose as my final year project. I have implemented some extra features, such as LCD display, timer, buzzer notification, mode or temperature selection by buttons and switch, etc. in order to make the product more user-friendly. In addition, I have conducted a lot of experiments to evaluate the performance of the device and some clinical experiments to prove the effectiveness of cold and hot therapy respectively.

This IPS scheme has provided me a lot of opportunities to transfer what I have observed to my own knowledge in my study. Furthermore, it has helped to improve my problem solving,

analytical and communication skills. Through this project, I have gained practical experience, which will better prepare me for my future career. I would like to thank my nice and friendly colleagues and supervisor for their guidance and for sharing their experience with me. Therefore, I highly recommend this scheme to other students.

## Exchange Study Programme

### Exchange Experience in Aalto University, Finland

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BENG3-INFE, Yr 4

#### My Pre-departure Checklist

- Application for student visa
- Insurance
- Application for pre-approval credit transfer (major/GE courses)
- Learning agreement/ Proposed study programme
- Flight ticket
- Luggage
- Check the weather/ bus routes
- Contact your tutors for picking you up on the arrival day

#### Just Arrived...

*January 1, 2015 – My first day in Helsinki*

After 11 hours of flying away from home, I eventually arrived at my exchange designation - Helsinki, Finland.

- In the company of other exchange students from CityU
- Feel curious and excited about everything
- Weather is super cold. First time experiencing snowing
- Daytime is short from 9am to 3pm in winter
- Visited my host institution/ apartment/ tutors

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### Orientation

I joined the orientation offered by the host institution few days after I arrived. It was useful for me to:

- Interact with the exchange students and make friends with them
- Get to know more about the host institution/ departments, what clubs/activities you can join during the semester, and the annual big events in the university/ country

### My First Class

The learning and teaching styles are totally different compared to CityU as I took almost all the master courses which were taught in English. The master courses are more project-oriented. They require you to study lots of reading materials and there is no examination. I had to spend most of the time on self-study and group projects. The learning atmosphere was good and all the foreign students were attentive in lectures. They were active in answering questions. The interaction between the teachers and students was strong.

### People I Met

In the first two months, I usually made friends with the exchange students from European countries since most of the activities were organized for the non-local students. Fortunately, I started to meet a lot of local students in the third month since there were some local events starting from March such as “sitsit” and “wappu”. After getting to know the local students better, I got to know more about the local traditional culture. For example, my Finnish friend invited me home for the traditional Easter dinner and cooked dishes that I had never tried before. The 4-hour fancy and formal Easter dinner was an absolutely memorable night for me.

### Out of Classroom

They have different and diverse extracurricular activities like what we have in CityU. I joined student trips to St. Petersburg, Lapland and Stockholm for sight-seeing. Unfortunately, most of the internship opportunities were left for the local students since they prefer candidates who speak Finnish.

### Goodbye

It is always hard to say Goodbye. I would never ever forget all the memorable days.

### Home Sweet Home

This was a golden opportunity to gain a better understanding of foreign cultures, I had the chance to grow when confronting challenges outside of my familiar support network and comfort zone. The difficulties associated with everyday life during a semester abroad truly taught countless life lessons that I had never learnt before.

### Sharing

Everything was worthwhile in this past 6 months. The exchange gave me opportunities to:

- Meet lots of friends from around the world
- Learn to be more independent
- Make my own decisions
- Experience culture shock
- Know more about myself

### Overall Rating

5 (5 being the most satisfied)

