

## Speech Language Pathology

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Program	SLP	SLP	SLP
ICI Location	Port of Spain, Trinidad Immortelle Children & Pre- vocational Centre for Special Education Limited	Port of Spain, Trinidad Immortelle Children & Pre- vocational Centre for Special Education Limited	Cameroon, Africa Mbingo Hospital and the Integrated School for the Deaf
ICI Year	March-April 2016	March and April 2017	January 1/2016- February 28/2016
Permission for students to contact	Y	Y	Y
Interest in video	Y	N	Y
What was your favourite experience during your ICI?	Learning how to be culturally appropriate in treatment goals, assessment methods and parent and teacher counselling. Speech therapy in particular required extra sensitivity due to dialectal differences	The ability to work closely with my peers and learn from one another. It was a very good environment for a first placement, as we had to foster independence in our practice from the very beginning. Having my classmates there allowed for a very collaborative learning experience.	Learning to “think on my feet” by applying my clinical knowledge in a setting with limited resources and cultural/linguistic differences
What was your favourite experience outside of ICI hours?	Trinidad has some beautiful hiking and nature excursions – seeing leatherback sea turtles up close (you can even gently touch them according to the guides) was an amazing experience	Hiking through Trinidad and Tobago, and seeing all the natural beauty of the countryside.	Immersing myself into an entirely new culture (trying delicious food and learning Pidgin English) and meeting professionals/visitors/clients from all over the world
Why would you recommend doing an ICI?	International internships provide experience that you simply can’t get when you stay close to home. Both inside and outside clinical practice time, you will learn a lot.	The opportunity to work closely with the teachers and staff within a school setting in Trinidad highlighted the importance of cultural competency in my practice, a skill that is crucial when working in a country as culturally diverse as Canada. It provided an entry-	I believe it contributes to your overall professional and personal growth. It’s an experience that you would not be able to obtain in any clinical internships in Toronto.

		level understanding of how to advocate for the importance of our role as SLPs in a child's development.	
What was the biggest challenge you faced during your ICI?	We had some difficulty liaising with local SLPs – this has been worked out for the future to ensure there is enough support	Highlighting the importance of appropriate language /communication in behaviour management, language modelling and use within the school and home environments.	Adjusting to the cultural differences
How do you think your ICI will impact your future as a professional in the field?	It already has! I moved back to Trinidad after graduation and am now working here as an SLP (yes, that's how much I liked it). In addition I think having an international internship looks great on a resume as it exemplifies the fact that you are willing to push yourself to do something new and potentially outside your comfort zone. It also provides evidence that you can practice in an unfamiliar setting with less resources and do so with cultural sensitivity (needed for most Toronto jobs)	I am more willing to be flexible within my sessions. If something isn't working, I can follow the client's lead and approach the session from a different angle, until I feel as though appropriate progress is being made.	This experience has developed my ability to adapt to fast-paced situations and to tailor sessions to the individual needs of a client. As Toronto is a diverse cultural neighborhood this experience emphasized the importance of considering culture in assessment and intervention
Is there anything you wish you were told prior to completing your ICI?	Again – having the contact with local professionals figured out before we came would have been helpful	Don't be disheartened if you do not see a huge impact during your short period away! Change and progress in a client's care takes time, and the education you will be providing to the clients, their families and teachers is invaluable.	I wished I was told that the difficult part was not being home sick, instead it's not wanting to go home and staying there for a longer period of time!
What is one piece of advice you would give to someone considering an ICI?	I would tell them that this is likely a once in a lifetime opportunity and you should stop considering and apply – it is not very often that you get to go LIVE in another country for an extended period of time and have enough time to experience so much.	Make the most out of the experience! Remember how lucky you are to be seeing a different part of the world and another culture while you learn, and make sure to do and see as much as possible during this time.	Take a leap of faith and listen to your inner travel bug. You will regret it if you pass this opportunity

## Physiotherapy

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Program	PT	PT
ICI Location	Hong Kong Polytechnique University Outpatient Physiotherapy Clinic	Port of Spain, Trinidad Immortelle Children & Pre-vocational Centre for Special Education Limited
ICI Year	July 25 <sup>th</sup> , 2016 – August 26 <sup>th</sup> , 2016	November-December 2016
Permission for students to contact	Y	Y
Interest in video	N	Y
What was your favourite experience during your ICI?	Exposure to physiotherapy practice from a different perspective, which helped me to understand where a Canadian-trained PT graduate such as myself stand among other countries / schools.	I enjoyed working with such a challenging population that really pushed me to think outside the box when delivering PT interventions.
What was your favourite experience outside of ICI hours?	The faculty there has an international exchange initiative, which connected me to local PT students there scheduled to visit Toronto for a placement later into the year. We met up and went hiking, exchanging experiences about our physiotherapy training in our respective countries.	Spending time at the beach while it was winter in Toronto.
Why would you recommend doing an ICI?	If you want to push your clinical reasoning skills and physiotherapy knowledge to the next level, this internship can help you to do that. The Hong Kong work culture drives perfection and	-Helps you gain confidence as it is an environment that allows you to make mistakes and learn from them to become more effective -Learn about how to be creative and adapt concepts learned in class to a new culture, and in an environment that had limited resources.

	<p>continual improvements, so while it can be stressful at times trying to excel, at the end you will have learned a lot.</p>	
<p>What was the biggest challenge you faced during your ICI?</p>	<p>It can be difficult at times to face a continuous stream of criticisms without much recognition of your strengths, but as long as you understand your instructors meant to push you to improve with good intentions, you can overcome this challenging time.</p>	<p>Understanding how I could make a change in individuals who have chronic issues in a short period of time.</p>
<p>How do you think your ICI will impact your future as a professional in the field?</p>	<p>It helped me to get used to evidence-based practice, as it spurred me on to review my knowledge as well as the most updated evidences regarding certain treatment methods.</p>	<p>Increased creativity and increased confidence to work in new environments</p>
<p>Is there anything you wish you were told prior to completing your ICI?</p>	<p>I wish someone emphasized the importance of not being too discouraged from the constant stream of criticisms and a general lack of praise / recognition of your strengths; that said, once you recognize their good intentions, it was motivating to focus on my improvements, which is all that mattered at the end.</p>	<p>A little more about the population to have the opportunity to prepare more.</p>
<p>What is one piece of advice you would give to someone considering an ICI?</p>	<p>Be open-minded.</p>	<p>It is very challenging, but so worth it. Such an incredible experience.</p>

## Occupational Therapy

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Program	Disability Service Programme	Immortelle Children's Centre	Immortelle Children's Centre	Immortelle Children's Centre	Kilimanjaro Christian Medical Centre	Independent Living and Learning Centre (ILLC)/ Rehabilitation and Empowerment of Adults and Children with Handicap (REACH)
ICI Location	Kenya	Trinidad	Trinidad	Trinidad	Tanzania	Manila, Philippines
ICI Year	November - December, 2016	Nov -Dec 2016	April-June 2017	April - June 2017	Oct-Dec 2016	Nov-Dec 2016
Permission for students to contact	Yes	Yes	Yes	Yes	Yes	Yes
Interest in video	No	Yes	Yes	Yes	Yes	Yes
What was your favourite experience during your ICI?	Forming relationships with clinic staff, patients and families (in clinic and community outreach), and observing their progress - particularly during treatment and training week.	Placement in Trinidad was a great way to gain independence and confidence in my occupational therapy skills. Our preceptor was only in Trinidad for the first three weeks, and then after that, we were	My favourite experience during my international placement was having the opportunity to see how occupational therapy is practiced in a variety of settings outside within a different culture. It was exciting and informative to compare and	My favourite experience of my international placement was the opportunity to carry out my own project. I was given the space and liberty to be independent and creative, while still	My favourite experience was working with the families in the pediatric clinic. One day I learned a traditional Swahili song and sang with some of the mothers and children in the clinic. I enjoyed that they shared their culture with me and I felt that I was	Meeting, learning from and working alongside people from ILLC and REACH (clients, staff, families).

		<p>able to contact her via email or video chatting. This gave us support, but also forced us to be more independent with our clinical decision making and running therapy sessions.</p>	<p>contrast the tools, methods, and perspectives used by OTs in Trinidad, with that of OTs in similar practice areas in Canada. I found this eye-opening and allowed me to expand my understanding of how OT methodologies can be applied effectively, although differently, to suit a client's cultural background.</p>	<p>receiving amazing support from the school, ICDR-Trinidad, my supervisor, and fieldwork partner. I taught yoga classes to the students, and it was so fulfilling to see their enthusiasm and progress during each class. It is really wonderful to be able to deliver an intervention you really believe in and see it making an impact.</p>	<p>able to connect with the families in a really meaningful way.</p>	
<p>What was your favourite experience outside of ICI hours?</p>	<p>Traveling to Maasai Mara for a three day safari! Also living with a local family and learning about local culture and traditions.</p>	<p>I loved getting to know local people and trying local food!</p>	<p>I absolutely LOVED driving around the country and visiting the island of Tobago. The beaches and the people were incredible, and spending a weekend lounging on Store Bay and snorkeling in the reefs was an experience of a lifetime.</p>	<p>Trinidad is an exceptionally beautiful country, and it was amazing to explore. Some highlights were: road trip through Tobago, hummingbird high tea, swamp tour, and afternoons at Maracas Beach.</p>	<p>We were fortunate to be able to take advantage of the amazing scenery and wildlife that Northern Tanzania has to offer. My favourite experience was going on safari. We went to three national parks: Lake Manyara, Serengeti, and Ngorogoro Crater. All of them were so unique and</p>	<p>Travelling and island hopping on the beautiful Philipino islands!</p>

					<p>highlighted the beauty of the region and offered incredible wildlife sightings! In the Serengeti, we saw a pride of lions basking in the sun; Lake Manyara seemed like the jungle where elephants would walk through the lush foliage; and Ngorogoro Crater had herds and herds of zebras and wildebeest. It was an experience I'll never forget!</p>	
<p>Why would you recommend doing an ICI?</p>	<p>It is a once in a lifetime experience that truly opens your eyes to the world around you, and allows you to gain important interpersonal skills and cultural competency.</p>	<p>Yes I would! I think it's a great way to become a creative problem solver and culturally competent practitioner. Plus, its fun!</p>	<p>I would recommend doing an international clinical internship because it truly allows you to integrate and apply the information you have learned in an academic setting. The University of Toronto had given me all of the tools I needed to succeed, but the international placement pushed me to organize and apply these tools in ways that I never would have had the opportunity</p>	<p>It is a great way to experience another culture, and build unique skills in problem-solving, cultural sensitivity, and flexibility that you would likely not be able to get on a placement in Toronto.</p>	<p>The most learning occurs when you are challenged while being supported. It was great being at KCMC where we had the support of other OTs but also had a lot of freedom to implement assessments and interventions, all while adapting to a new healthcare system and cultural environment. This experience tests your client-centred practice because you</p>	<p>It is a fantastic opportunity to learn about OT around the world, develop great clinical skills that you will definitely use in future practice (communication, specific practice skills, flexibility and creativity) and to travel abroad!</p>

			<p>to do in Canada. Ensuring treatment plans are client-centered and sustainable are huge challenges to begin with, but when combined with an unfamiliar cultural perspective you gain valuable skills that are translatable to practice back home.</p>		<p>have to move out of your comfort zone to provide care that is meaningful to the client. This process means working through the language barrier and learning about occupations that can look very different from ones here in Toronto. This experience taught me how to creatively problem-solve in a way I wouldn't have learned in a local placement. It is also a wonderful way to collaborate with practitioners from different contexts and perspectives.</p>	
<p>What was the biggest challenge you faced during your ICI?</p>	<p>The language barrier and some differences in cultural norms were particularly challenging at the beginning of the placement, however we became better at navigating these challenges over time.</p>	<p>I think the biggest challenge for me was to be confident in my clinical reasoning when I was alone in sessions. But, looking back, I think this was the biggest learning for me.</p>	<p>My biggest challenge that I faced abroad was learning to be more relaxed. In Canada, the work culture is riddled with time pressures and a drive to be independent while simultaneously working on a team of several health care professions. The atmosphere on this</p>	<p>I had trouble adapting to the lack of structure at the school, and with not having any prior experience in paediatrics. However, these struggles are likely what caused me to grow the most and gain</p>	<p>The biggest challenge was managing the language barrier. I didn't like having to rely on others to translate for me and it could be frustrating after a while. I gained perspective in these interactions - non-English speakers may feel similarly frustrated navigating a</p>	<p>Our biggest challenge was adjusting to the culture at times. We struggled to find a place to live and also found it challenging emotionally when a large fire broke out and affected many of the families that we were working with on placement. These</p>

			<p>Caribbean island was much more laid back, with work only being accomplished once respect and a relationship had formed first. It was incredibly valuable to practice this process of relationship building as it forced me to be more conscientious of how my timelines can differ from others.</p>	<p>valuable skills.</p>	<p>Canadian system without being proficient in the language. It is important to have patience and make the effort to connect as much as possible. I also did learn more Swahili and some non-verbal strategies to communicate which will be beneficial in the future.</p>	<p>challenges have definitely made us stronger personally and as clinicians.</p>
<p>How do you think your ICI will impact your future as a professional in the field?</p>			<p>My international clinical internship impacts my practice daily. I am more crafty when it comes to the use of resources to create therapeutic tools and equipment, and am more aware of the impacts of funding and financial restraints that exist for families.</p>	<p>I think it has progressed my confidence and independence moving forward. I completed my international placement for fieldwork 3, and my fieldwork 4 supervisor commented right away that she was impressed at the level of independence I had right away in the placement. It has also opened my mind and enhanced</p>	<p>I am sure that I will take many of these experiences and skills forward with me in my career: creative problem-solving, communication, client-centred practice, and inclusion of the family. I have also always been interested in global health and hope that I can build on this experience to continue learning about rehabilitation in a global context.</p>	<p>I use skills I learned in Manila daily! I think my international placement really helped me to develop my communication skills (especially when working with families who do not speak English well or may have different values and cultural norms). It also helped me to develop my therapeutic use of self and ability to be adaptable. Working with limited resources is a great way to build creativity,</p>

				<p>my empathy for the difficulties people from other cultures may face when integrating into Canadian culture. This is an important trait to possess when practicing in Toronto, given it is the most multicultural city in the world.</p>		<p>flexibility and learn how to use the tools you bring without toys or equipment to form therapeutic relationships.</p>
<p>Is there anything you wish you were told prior to completing your ICI?</p>			<p>I wish I was told that you can't park on a curb in Port of Spain without being towed and having to pay \$100 to get your car back! But in all seriousness, I wish I had been told to start from step one with everyone involved with your client; this being the student, the parent, the teacher, and the school administrators. People are more willing and open to supporting new ideas and treatments if they understand</p>	<p>I wish I had been better versed in some of the unique differences with laws in Trinidad- particularly for driving and parking. We had some hiccups along the way that could have been avoided (e.g. having our car towed), but it was also an important lesson in not making assumptions that the laws in Trinidad</p>	<p>Trust your instincts, you know more than you think.</p>	

			you as a person first.	will be the same as the ones in Canada!		
What is one piece of advice you would give to someone considering an ICI?	Choose Kenya! Take the opportunity, and don't be afraid of missing out on more "typical" or "structured" placements in Toronto. The learning you will experience internationally cannot be beat.		I would 100 percent encourage anyone on an international internship to journal while they are abroad. It not only keeps track of all of the amazing things you do, but helps reflect upon the more challenging aspects that you may encounter on placement. It is also amazing to look back and be able to see how much you have learn and grown.	Take advantage of the opportunity to have increased independence and be creative, and really put yourself out there. Also, be open to the fact that sometimes stressful moments will arise and you will have to be adaptable, but these experiences are what with ultimately help you grow the most as an individual and a practitioner.	My one piece of advice would be to reflect on the reasons that you are considering going. I think it is important to be aware of your own biases and challenge these. Try to move away from the "I'm going to help" mindset and instead see the experience as an opportunity for collaborative learning. I would also say to embrace the feelings of discomfort or not knowing - be curious and tune into what is making you uncomfortable, it's usually a great learning opportunity!	Enjoy every second of it! It is an amazing, once in a lifetime opportunity that you will learn so much from and the time flies by so fast! I wish I could do it all over again.