



Student Checklist for Engaging with UNSDGs when Participating in International Work Experience

This checklist is designed to guide students through a thoughtful and engaged participation in an international work experience, with the focus on contributing to and learning from sustainability initiatives in a workplace setting. It encourages students to actively engage, reflect, and share their experiences related to the UNSDGs, leveraging their international work experience as a platform for personal and professional growth and for making a positive impact in line with global sustainability goals

1. Pre-Departure Preparation

- Research the host organisation, its mission, and any sustainability initiatives it may have.
- Understand the professional and cultural work environment of the host country.
- Set personal and professional goals related to the UNSDGs for your internship.

2. Educational Engagement

- Prepare questions and topics for discussion related to the UNSDGs to engage with your colleagues and supervisors.
- Plan to attend or participate in workshops or seminars offered by the host organisation or local institutions focusing on sustainability and global challenges.

3. Local Community Interaction

- Seek opportunities within the organisation to contribute to projects or initiatives that align with the UNSDGs.
- Network with professionals and community leaders who are actively involved in sustainability projects.

4. Cultural Immersion and Adaptation

- Adapt to and respect the professional culture, understanding its significance in the context of sustainable development and workplace dynamics.
- Engage in local professional networking events or forums to broaden your understanding of how different cultures approach sustainability and business.



5. Professional Development and Contribution

- Apply your skills and knowledge to contribute meaningfully to the organisation's sustainability goals or UNSDG-related projects.
- Seek feedback and reflect on your professional growth and contributions to the UNSDGs during your internship.

6. Reflection and Contribution

- Document your professional experiences, projects, and insights related to the UNSDGs in a professional blog or portfolio.
- Share your professional journey, the work culture, and your contributions to the UNSDGs on social media using relevant professional hashtags and tagging the host organisation. Tag relevant organisations and use hashtags like #UNSDGs, #GlobalGoals, #WSULearningAbroad, #SustainableWSU, and #WSUGlobalCitizens to increase visibility and engagement.
- Create content such as posts, videos, or infographics that highlight your contributions to the UNSDGs and encourage discussions among your network

7. Post-Program Engagement

- Prepare a report or presentation for your home institution highlighting your contributions to the UNSDGs during your internship.
- Reach out to your host organisation for future collaboration or sustainability projects that you or your home institution could engage in.
- Continue to build and maintain your professional network with contacts made during your internship to foster ongoing collaboration on sustainability initiatives.

8. Feedback and Continuous Learning

- Offer constructive feedback to your host organisation about integrating and promoting the UNSDGs within their operations and intern programs.
- Reflect on how the internship experience has shaped your understanding of global challenges and your role in addressing them, sharing key learnings and insights with peers and through your network.