

## Field Report – University of Utah, Salt Lake City, America

My stay in Salt Lake City and internship at the University of Utah at the Ergonomics and Safety Laboratory was challenging in many ways, but a great experience I don't want to miss. Since my arrival at October 15<sup>th</sup> 2019, I had to face many situations, I did not prepare for, ranging from higher education English at university to daily living challenges.

From October 22<sup>nd</sup> 2019 to February 18<sup>th</sup> 2020 I worked at the Ergonomics and Safety Laboratory at my research project "Design of a roll over protection feature for the TetraSki (Adaptive Downhill Ski) used by individuals with physical impairments". This research project was part of the TetraSki program, develop by the University of Utah and an adaptive ski manufacturer named Tessier and made available in the US through the Tetradapt Community. For this TetraSki, used by individuals with tetra- or paraplegia, a mountable safety module was designed to prevent a roll over event of this particular sit-ski.

Throughout my time at the University of Utah, I felt welcomed and included in all major actions in the laboratory and had an excellent work climate. My supervisor at the university, Dr. Andrew Merryweather, an associate professor and director of the Ergonomics and Safety Program in the department of mechanical engineering, supported me in my work at university. He tried really hard to make my stay as easy as possible and that I gain the most experience and knowledge possible. The interaction between other students in the laboratory and me were really good. In the beginning it was difficult to connect since I arrived late in October. If someone wants to have a better experience in this field, that person should start their internship already in the beginning of August. There will be orientation weeks and certain events that simplify making connections. The international student and scholar services is supportive for any questions you might have before and during your stay in the US.

In my opinion living on Campus is not always the best solution since the university is on one end of Salt Lake City and the living expenses are rather high. For me it was not possible to use student housing since those are only available for proper students paying tuition. I was an exchange visitor or visiting scholar and not a proper student. Depending on where you live in Salt Lake City, it can get really expensive for living expenses or transportation costs. I was leaving near downtown Salt Lake City in a shared flat and used up to 8000€ for daily living.

Apart from my work life, I enjoy traveling throughout Utah and America. There are many sights that are worth visiting like the national parks or the Great Salt Lake or hiking and skiing in the nearby mountains.

For future students going to visit the University of Utah in Salt Lake City, I recommend to be open for unexpected challenges and you should try to push yourself to connect with as many people as possible. It is going to be one of the best experiences in your life, if you are an up for the challenge. I really don't want to miss the experiences and friends I have made while my time at university, living in Salt Lake City or traveling the US.