



THE BEST IS YET TO COME!

INTERNATIONAL INTERN GUIDE

2017 & BEYOND

ETSU: U.S. OLYMPIC TRAINING SITE

GETTING THE BEST OUT OF YOUR EXPERIENCE

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Welcome to the experience of your life. As the athlete aspires to compete at the Olympics so is the aspiration of the sport practitioner to work within an Olympic training setting. *The professional experience.*

So, you applied and later received notice that you are accepted into the Internship program. Excited? You should be! You then purchase your ticket, but how do you get started to peruse the Johnston City diaspora?

When you get to [TRI-Cities Airport](#) and no one is picking you up, you can contact: **F & L transportation (423-245-0856 or www.fandlilimo.com)**.

Brian Gfeller was my driver, very nice fellow. I paid \$50 USD to get to Buc Ridge Apartments, ETSU. *(This cost is to give you a rough estimate of what to budget for airport transfer)* Also keep in mind [Uber](#) now services the Tri-Cities area and might be cheaper.

In terms of accommodation, [Econo-lodge Inn & Suites](#) is very reasonably priced for an extended stay especially if your internship period falls within the school term that there is no room available on campus.

At Econo-lodge you are surrounded by stores such as Target, TJ-Max and a variety of fast-food places and restaurants, all walking distance. Need I not forget to mention, The Johnston City Mall which is within walking distance as well.

Ensure that you sign up for **Choice Privileges** to get a good price on your stay.

If you choose to stay at Econo-lodge Inn & Suites the public transport system is what you want to get familiar with. The buses are usually on time. So, check out the [JCT \(Johnston City Transit\)](#) online.



My experience: I stand outside Pier 1 store at the bus-stop and I await the gold line or blue line bus, the blue line usually comes first. If you leave at 23 minutes after the hour with the blue line (\$1) you arrive at the bus station at 45 minutes past the same hour (22 min ride time).

At the station, you get the purple line bus (you get a transfer ticket from the blue line bus on departure) which would take you to the traffic lights just outside the Mini-Dome at ETSU, should arrive at 52 minutes after that same hour.

Press the bell and await the signal to cross the road safely. It cannot get any easier than that.

If you choose to get a **cab** (\$8), ask the front desk attendant to give you a trusted contact number, or again, you can try Uber.

To return, you get the bus at [Earth Fare](#) just walking distance from the Mini-Dome. The same \$1 applies and you get your transfer ticket to the gold line to drop off where you started.

INTERNSHIP CONSIDERATIONS

- **Read & Research:** this expands the mind, greatly influences your thought pattern and logic
- **Volunteer:** you may be inspired or you may inspire someone

- With time, integration becomes seamless
- Observe and respect space
- Question and create discussions with the aim of understanding and constructively contributing
- Communicate, talk to people to get a better understanding of who they are and to understand why they do what they do
- Engage in self- reflection, looking within and at the grand scheme of things
- Build relationships doing the little things
- Find time to engage in personal organization as this influences work done and opportunities
- See and appreciate the opportunities for networking
- Engage in daily recording of work done
- Respect and appreciate the contributions of others, especially from different professions
- TAKE RESPONSIBILITY OF YOUR EXPERIENCE



*Summer intern from Trinidad & Tobago
and Fall interns from Taiwan and
Japan meet.
Networking at its best!!!*