My global field placement took place in Hobsons Bay and Wyndham municipalities of Melbourne, Australia.

The traditional owners of the land are known as the Yalukit Wilu.

The Australian Sports Commission has found that involvement with sporting clubs decreases with age. Their research shows that 52% of primary school-aged children are involved in a sports club, compared to 44% of 14-17 year-olds, and only 22% of 18-29 year-olds. The Australian Bureau of Statistics estimates that people with a disability are 15% less likely to engage in sport and recreation activities.

84% of residents in Hobsons Bay are Australian citizens and 31% were born overseas. An estimated 17% of the community members have a disability.

During my time at my global field placement I developed skills in finding my voice, and overcoming fears of stepping into leadership roles. Another important lesson from this experience was finding patience through understanding that everyone has different learning and processing styles.

1. Do some research on contemporary issues within your host country.
2. Keep an open mind and flexible expectations.
3. Take advantage of activities outside of your placement or internship.