**Internship form**

Fepsac supports the provision of paid and unpaid temporary internship as a means to increase mobility and improve the quality and breadth of the educational and professional experience within Europe. If you are interested in offering or taking an internship please fill in the form below and submit it to the FEPSAC office. This will be posted online and will be available for supervisors and supervisees to download.

If you found an internship on the FEPSAC website that interests you, please complete your section on the form and send it directly to the other supervisor/supervisee as well as to [office@fepsac.com](mailto:office@fepsac.com)

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| **A. Supervisee details:** | |
| **First name:** |  |
| **Last name:** |  |
| **Telephone number:** |  |
| **Country of residence:** |  |
| **E-mail address:** |  |
| **Qualifications:** | **Completed:** Choose an item.  **Currently enrolled:** Choose an item.  **Topic of studies:** |
| **Funding details:** | Choose an item.  **Additional details of funding ­­­** |
| **B. Supervisor organisation details:** | |
| **Country:** | United Kingdom |
| **Organisation:** | Cardiff Metropolitan University |
| **Address:** | Cyncoed Campus, Cyncoed Road |
| **Cardiff** | CF23 6XD |
| **Postcode:** |  |
| **B. Supervisor details:** | |
| **Last name:** | Crone |
| **First name:** | Diane |
| **Job title:** | Professor of Exercise and Health  Director of Centre for Health, Activity and Wellbeing Research |
| **Telephone number:** | +44(0)29 2041 7092 |
| **E-mail address:** | dmcrone@cardiffmet.ac.uk |
| **Funding details:** | Funding NOT available for internship |

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| **C. Internship project details:** | |
| **1. Internship project title: ACTIF (Active, Connected, Engaged) research project** | |
| **2. Internship type:** | Research |
| **3. Internship length:** | to be discussed |
| **4. Internship period:** | **Any  To be agreed**  **Specific dates:** |
| **5. Internship description:**  The Active, Connected, Engaged, called ACTIF in Wales ([General 4 — Active Ageing Research](https://www.activeageingresearch.org/about-ace)) project is a three and a half year research with three sites: Cardiff and the Vale, Manchester and Birmingham. The study is looking at ways we can support people who are 65 years and older to stay mobile and maintain their independence.  In total, 515 older people will be recruited to the study who are sedentary, community living, with functional limitations, but who can still walk independently. The participants are recruited via GP surgeries and community organizations.  Participants will be randomly assigned to either the ACTIF programme or a comparison group. During the ACTIF programme, volunteers (n=150) will help participants choose a local community-based activities that the participant would like to join. Then, over a 3-month period, the volunteer-participant pair will attend at least three local activities together and volunteers will support the participant to continue attending these activities on the phone The comparison group will receive information about healthy ageing, attend two social events including a health ageing presentation.  All participants and volunteers will complete a set of measures at the start of the study and then 6 and 18 months later. These measurements will include tests of mobility (a balance test, a ‘sitto-stand’ test and a walking speed test), physical activity and questionnaires to measure mental wellbeing, quality of life and how much people use health and social care services.  The intern will gain an insight into the delivery of a multi-site randomized control trial. The intern will support the Research Associate and provide assistance in recruitment, data collection and the delivery of the training delivered to peer volunteers.  The ACTIF project is situated in the [Centre for Health, Activity and Wellbeing Centre for Health, Activity and Wellbeing Research (cardiffmet.ac.uk)](https://www.cardiffmet.ac.uk/sportandhealthsciences/cawr/Pages/default.aspx) and is led by Prof Diane Crone , and delivered by Dr Chris Pugh and Dr Zsofia Szekeres. The internship is therefore located in this thriving research centre with Prof Crone, and Dr’s Pugh and Szekeres. The Centre for Health, Activity and Wellbeing Research (CAWR) is located in the [Cardiff School of Sport and Health Sciences Home (cardiffmet.ac.uk)](https://www.cardiffmet.ac.uk/sportandhealthsciences/Pages/default.aspx) and has a lively and active Early Career Community (ECC) that forms part of the management structure of CAWR. It also organises and hosts its own social and research events, with its own budget. There is an opportunity for internship to become part of the Early Career Community Steering Group and help with organising events, including the annual CAWR conference, and taking part in off-site CAWR writing retreats. There are also opportunities for getting involved in the dissemination and social media side of the research centre, again if this was of interest to the candidate. The internship offers an opportunity to experience not only a large physical activity related trial but also the opportunity to be part of a research centre and learn from the experience of being part of a wider network group of researchers and practitioners.  English language requirements: Full Professional English (or equivalent to the requirement for a Postgraduate course, e.g. IELTS 6.0 and above)  Please find out more about language requirements on the following link: [Applying to Cardiff Met English Language Requirements](https://www.cardiffmet.ac.uk/international/study/applying/Pages/English-Language-Requirements.aspx)  We would expect that applicants seek funding from their own university or identify and apply for any internship grant that can support their living costs (e.g. [FEPSAC Internship Grant – FEPSAC](https://fepsac.com/internships/fepsac-internship-grant/) . If the applicant igentify a grant we would support their application.  For more information please contact: Zsofia Szekeres (Research Associate) zszekeres@cardiffmet.ac.uk | |

*Disclaimer: FEPSAC accepts no responsibility or liability for any loss or damage caused to the supervisors, supervisees, or any third party as a result of any reliance being placed on the information on this form or as a result of the placement itself.*