



Factsheet on Science Undergraduate Laboratory Internship (SULI), Community College Internship (CCI) and Visiting Faculty Program (VFP)

Ames Laboratory, USDOE
Program dates: 5/29/12 to 8/3/12

Getting Started

Our programs begin on Tuesday, May 29, 2012, and run through Friday, Aug. 3, 2012. Each student will be paired with an Ames Laboratory/Iowa State University scientist/mentor for their internship; however, students should also expect to work closely with graduate students. Our program is 10 weeks in length. Each student/faculty will be required to write a 6-8 page research project report make either an oral or poster presentation.

While your internship will naturally revolve around your work in the research laboratory, there will be other opportunities to expand your scientific knowledge through tours and presentations. A calendar including these events will be available at a later date. Students will also meet with the internship coordinator once each week, if needed, to discuss any issues related to their internship. There will be several dates on the calendar marked specifically for meeting deliverable dates. These will be explained fully on the first day of the internship, which is dedicated to orientation and training.

Visit our Web page

Your first stop should be to the Ames Laboratory Web site so you can familiarize yourself with our education program's history. That site is www.ameslab.gov; click on Educators and then SULI, CCI or VFP.

What We Provide

- \$425 per week stipend for students (other for faculty) – **you will be paid by Iowa State University. Your first check will arrive on or about June 30 and your second will arrive at the end of the program, so plan accordingly.**
- Housing in Iowa State University Guest Housing – note that apartments are two bedroom, with two single beds in one room and a double in the other. Apartments will be divided up according to gender. Students will determine who gets the double beds and who gets the single beds. We will assign you to an apartment before you arrive. All apartments have kitchens, linens, towels. You do not need to provide any of this. All apartments have computer access, however, there is only one access point per apartment, which means you will have to coordinate use of computers. There will be places to park your cars, for those who will be

driving to Ames. Parking is not provided at the Ames Laboratory. You are encouraged to walk, take the bus or ride your bike.

- You will be reimbursed up to \$500 for travel to/from the Ames Laboratory. You will make your own travel arrangements. There is no travel reimbursement for those travelling less than 50 miles from the Lab. Since you will be arriving during the Memorial Day weekend, you can move in May 26-28. **Call our office at 515-294-9557 and ask for Deb Samuelson by April 14 to confirm your travel plans. This is very important if you want to be reimbursed!** This will also help us coordinate travel to and from the Des Moines airport (see below) and arrange apartment key distribution.
- Transportation to and from the Des Moines airport will be provided. We will arrange to have you picked up at the airport and dropped off at the apartment complex. Arrival times will need to be coordinated with Deb.
- Laboratory coats and safety glasses and lab notebooks are required for work in the laboratory.

What we do NOT provide

- Meals – you are on your own for all meals, except those we designate we will provide – apartments have kitchens, pots and pans, dishes, etc.
- Transportation in and around Ames – city buses are available – we will provide you with a bus schedule.
- Payment for any outside activities, such as ball games, canoe trips, etc. will be the responsibility of each student.
- Arrangement of travel to Ames – you must make your own flight arrangements.
- Membership in Iowa State University fitness facilities – students can purchase their own passes for this, however.

When do I move in?

You will be living in University Village Guest Apartments. **You can move in beginning Saturday, May 26.** The main housing office will not be open, but we will pick up keys on Friday for your distribution throughout the weekend. On the following Tuesday, you will need to check in with the main housing office and sign a check-in form. Move-out day will be Saturday, Aug 4.

What do I bring with me?

Bring yourself and your clothes (final poster presentation requires business attire and labs require close-toed shoes). Everything from linen to kitchenware is provided with the apartments. This also includes computer hookup and cable TV. Bring your own computer. Go to this Web page to see a floor plan of an apartment www.iastate.edu/%7Edor/living/apartments/ufh/rooms.html. Beds will be single beds; not the bunk beds or queen beds shown. There are coin-operated laundry facilities.

What are the living arrangements?

Faculty will have their own apartments. Each apartment contains two bedrooms, one with a double bed and the other with two single beds. Students will share apartments.

There can be up to three students in each apartment. Students can work out sleeping arrangements.

What about meals?

You are on your own for meals. Your apartments are equipped with full kitchens. Fredrickson Court, which is just up the road from University Village, features the Hawthorn Market Café, which is a full-service café. The university also sells meal plans in increments of 10-40 meals. These meals are served in the Friley Hall dining area, which is near central campus. Meal plans are not provided by Ames Lab. Ames Lab does not have a cafeteria. In addition to the previously mentioned food courts, there is also one in the Memorial Union.

Where do I park?

Each apartment will have one parking space close by. Any other cars will have to park in the 2nd car area, which is farther away from the building. Parking permits will be handled on Orientation day. Bring the make, model and license plate number for your car if you need apartment parking.

Is it easy to get to the Lab from my apartment?

Yes. The distance is less than one mile, which is an easy walk or even easier ride by bike.

What will happen the first day at the Lab?

On orientation day, Ames Laboratory and Iowa State University require a check-in process that we will lead you through. This includes training. Bring a government (photo) ID and green card for non-U.S. citizens. We will also have lunch with mentors. You will report to your laboratories on Wednesday, May 30. Orientation details will be e-mailed closer to May 29.

What will my weekly schedule include?

Forty hours a week is the normal work week. It will be up to you and your mentor to determine your schedule. Also, we are planning a weekly progress meeting and possibly some “out-of-Laboratory” activities. In addition to your research experience, we may enjoy some leisure activities.

Additional information:

Steve Karsjen, Ames Laboratory, 515-294-5643 or karsjen@ameslab.gov
Deb Samuelson, Ames Laboratory, 515-294-9557 or debsam@ameslab.gov

WELCOME TO THE AMES LABORATORY AND IOWA STATE UNIVERSITY!