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**CES Travel-Research Grant Report on EU research visit to Belgium,  
Summer 2023**

I had an amazing opportunity to embark on a research journey in Belgium from July 28<sup>th</sup> to August 5<sup>th</sup>, 2023, which was made possible through the generous support of the Centre for European Studies (CES) travel-research grant. This unique chance allowed me to enrich my master's research titled "Similarities and Differences in Transatlantic Sanctions: A Case Study of Comparing Sanctions Imposed by the EU and Canada Against Myanmar" in ways that would not have been feasible without this financial assistance.

My research adventure began following my participation in the EU Study Tour in May and a two-month (June-July) internship at the European Commission's Directorate-General for Education, Youth, Sport and Culture (DG EAC). During this time, I gathered essential data, prepared for the ethics form, designed the semi-structured interview, and expanded my network as well as established connections with experts and officials in the field. The insights gained from these preparations above greatly enhanced the depth and quality of my research, and the CES grant allowed me to collect first-hand data, extend my stay, deepen my research, and build lasting relationships. I further engaged with trainees, and officers in DG International Partnership (INPA), exchanged ideas, and engaged in critical discussions. These interactions refined my understanding of transatlantic relations and the impact of sanctions on Myanmar, and played a pivotal role in my academic growth, offering fresh perspectives and inspiring new research angles.

Moreover, my time in Belgium was not merely about research; it was a holistic experiential learning opportunity and cultural journey. The CES grant facilitated my exploration of Brussels's vibrant academic and cultural landscape just as the previous students' experiences have testified. Thus, I am immensely grateful to Carleton University, the Centre for European Studies, the Jean Monnet Centre of Excellence, and the Erasmus+ Programme of the European Union for making this research experience possible.

To sum up, the CES grant has been instrumental in shaping my research journey in Belgium. It allowed me to expand my horizons academically and culturally, fostering an experience that transcended mere research. The knowledge and connections gained during this trip will undoubtedly continue to influence my academic and professional pursuits in the field of transatlantic relations. I look forward to applying the insights and experiences gained to make a meaningful contribution to my master's research paper. Once again, I express my sincere gratitude to CES for making this transformative journey possible and unforgettable.