

## Rewarding Internship Experience



Alan Ho Kwan-lok, a Year-4 student in the BSocScEd(GCS) programme, gained valuable experience through a summer internship at The Fred Hollows Foundation Hong Kong, an international development organisation with the aim of eliminating avoidable blindness.

Working in a small temporary office, Alan was surprised to realise that he was one of only four staff members on his first day. This inevitably meant that he needed to take on multiple tasks. As the first intern hired by the Foundation, Alan enjoyed undertaking duties at all levels, despite the scarce resources, over the six-week internship – conducting research on common eye diseases in Hong Kong, giving presentations to guests, translating stories from English to Chinese, offering logistics support for street fundraising events, and devising an education programme targeting local secondary and primary schools, among others.

Speaking of the education programme, which was a significant initiative in raising awareness about the Foundation in the community, Alan was delighted: “I was given much freedom in designing the programme. It all started with compiling a list of targeted schools and then putting relevant photos and videos for sharing, with some suggested activities such as talks associated with the schools’ curricula, into a PowerPoint presentation. That gave me a great sense of

achievement, not only because the programme has become a part of the Foundation's year plan, but also because I noticed that a promotion for it appeared on the Foundation's Facebook page recently". In addition to being complimented for his work, Alan received advice and suggestions from his supervisor and colleagues that helped him grow.

Recalling his choice to work with the Foundation, Alan said that the list of organisations offering internship opportunities contained both non-government organisations and political parties, and this newly established organisation caught his attention. As expected, the internship posed many challenges for him, but also brought with it many new experiences. Although Alan's primary interest – conducting research – only accounted for a small portion of his duties, he did not regret his decision. Just like a year ago when he chose the Czech Republic for exchange, not a popular selection among students, he gained new perspectives.

With the completion of his internship, Alan has become more mature and flexible. Looking to the future, he will keep an eye on the career opportunities offered by NGOs while furthering his studies. *(Source: APS and CO)*

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