

## MY INTERNSHIP EXPERIENCE

### Grace Folley

**I**t is amazing how time flies when you seem to be having so much fun. As humans, we always wish the good and nice things that come our way will last forever but it is always not the case.

An internship with the United Nations Information Centre (UNIC), Accra is one of the opportunities one would be pleased to have and keep forever. The feeling I have as I bring my internship to an end is that of nostalgia.

Working with UNIC Accra has been really an awesome experience, and presented a perfect platform for networking. The experience gained is invaluable and it has also enhanced my communication skills.



Ms Grace Folley feeling good after a hard day's work at UNIC

Each day at work was so exciting and I had the opportunity of doing real work such as, organizing and planning of events. One of such events was the commemoration of the International Youth Day 2014, where I assisted in planning and organizing a successful youth forum at the Accra Psychiatric Hospital in Accra. I felt very happy and fulfilled at the end of the forum.

Aside the prestige that came with working with the United Nations, UNIC Accra presented a platform for everyone to be creative and independent... and you were treated as a colleague and not an “apprentice”.

At UNIC Accra, tasks came in several forms and were not routine. They included media monitoring, drafting news stories, preparing concept notes, drafting of press releases among others. All these made it interesting and challenging.

Aside the prestige that came with working with the United Nations, UNIC Accra presented a platform for everyone to be creative and independent. It also encouraged team work. My ideas and suggestions were welcomed and I was motivated to do more.

I enjoyed our interns’ office where all the interns shared ideas, experiences and jokes. The staff were very friendly and ready to assist in any way they can and you were treated as a colleague and not an “apprentice”. I also enjoyed the conferences, media briefings and programs I attended as they were very timely and impactful.

This has been an awesome experience and I’m really going to miss everyone at UNIC Accra.