

During my internship, I collaborated with a team of four to implement and evaluate programs aimed at advancing volunteerism and the 17 United Nations Sustainable Development Goals. This involved planning and executing both internal and external projects and workshops in partnership with various UN agencies, local governments, and NGOs, targeting citizens and university students in Nepal. I managed the organization's social media channels and generated communication materials to promote volunteerism. Additionally, I oversaw the recruitment and training of over 80 international and national volunteers, leading community outreach programs and informative talks in multiple provinces. A highlight was facilitating the United Nations Day celebration in 2023, which was honored by the visit of UN Secretary-General Antonio Guterres. Through this internship, I aimed to enhance my cross-cultural communication skills and broaden my international horizons while applying the skills and knowledge I developed during my studies. Despite facing challenges such as cultural shock, language barriers, and the need to adapt to a new environment, I found the experience rewarding. Participating in a choir and embarking on a 12-day trekking expedition in the Himalayas allowed me to engage with the local community and appreciate Nepal's natural beauty. This internship not only fostered my personal growth, making me more independent and resilient, but also helped me clarify my career aspirations.

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