



## INTERNSHIP EXPERIENCES

# BHEERANAT VACHANONDA

ORGANIZATION: UNESCAP

DEPARTMENT: COMMUNICATIONS AND KNOWLEDGE MANAGEMENT SECTION

POSITION: INTERN, PUBLICATION IMPACT RESEARCHER



Firstly, I really appreciate the friendliness and easygoing energy of the staff here. It was the opposite of what I thought, where I expected stiffness and serious emphasis on hierarchy. Instead, I found myself having lunch with other staff members without considering their ranks. This kind of environment would help me to achieve great work throughout the internship period. Secondly, I like the incorporation of remote working from the pandemic. This allows everyone to be more flexible and work-life balance is easier to achieve. In my opinion, this practice has allowed me to be more efficient and lower my stress levels at the same time.

Secondly, so far, I have been assigned to research the implications of the “Economic and Social Survey of Asia and the Pacific” on the ministerial level. Where I have to find policies that are the result or indirectly inspired by the report published by UNESCAP. As it is just the first week of the internship, I was starting to map out and lay down my research outline, so that down the line I will be able to conduct the research with accuracy.

As for the more miscellaneous side of things, I really like the canteen where there are many choices of cuisine, and all of them are delicious. Moreover, I like the fact that there is no use of single-use plastic at all, which is on par with their commitment to SDGs.

All in all, It was a great experience so far and I really enjoyed working here. I am looking forward to the rest of the internship with UNESCAP.

