

Nadia Zaman, 1st Year Medicine

The Charity:

[Interpal](#) is a British charity Palestinian Relief and Development fund. Interpal works closely with their partners in Palestine, Lebanon and Jordan, with the aim of moving the poor and needy in its areas of operation away from the culture of dependency and encourage a culture of self-sufficiency, and to promote peace and stability within the communities to which the beneficiaries belong.

The Project:

I worked alongside the National Events and Volunteer Manager to construct, from scratch, a nationwide volunteer's network, creating a database with names and contact details of various volunteers in different cities across the United Kingdom.

I can confidently say that I have learnt a lot about the world of work in these four weeks, and I wouldn't exchange these experiences for anything. I've witnessed how different departments of charities, such as the sponsorship, administration and fundraising departments, all work together towards the common goal. It has helped me to see that no two days are the same, and I enjoy the diversity that this brings.

I have found that the job is quite technical, and I have had to learn many terms and intricacies that are essential to the role, but I enjoy learning, so it has been an eye-opening experience for sure.

At first I found it challenging to pluck up the courage to speak to strangers on the phone. After I sat through a few phone calls with my supervisor, I quickly gained confidence, and felt more comfortable with this. It is an important life skill to have, and I am glad that I have been practising it.

I have enjoyed the work that I have been doing, and I understand that the potential benefits could be huge, so it is nice to feel like I have made a difference.



Highlights:

- I've definitely enjoyed the versatility, for example of attending meetings, working on the computer for a while, doing some research, followed by learning more about the charity through informal conversations.
- Stepping out of my comfort zone and experiencing new things, such as meeting people that I do not know and presenting in front of them, I have found very beneficial. I have gained new skills and my confidence has increased.
- Meeting the amazing people that work here, and seeing their drive and determination to do good- it is really inspiring!

