

## UNV Assignment Report

Embarking on an internship in a different country was undoubtedly a significant step towards my personal development. While it certainly challenged me to adapt and thrive in the unfamiliar environment, it also greatly enhanced my maturity, independence, and global perspective.

### *Dynamics of Southeast Asia*

During the time in Indonesia as a Junior Communication Consultant of Food and Agriculture Organization of the United Nations, I had the opportunity to be exposed to ASEAN's collaboration among member countries while serving in the host entity. It was impressive to see how they work together towards common goals to enhance the region's development. Due to Indonesia's geographic location, I was able to travel to many major cities across Southeast Asia, where I gained a profound appreciation for the dynamic and diverse nature of the region with each of them offering its own unique beauty and charm. These experiences provided me with a new perspective on how different cultures could come together and contribute to the rich and vibrant character of Southeast Asia.

### *Cultural Bridges and the Interesting Encounters*

Throughout my six months serving in one of the UN agencies, I had abundant opportunities to interact with colleagues and others from diverse cultural backgrounds that has greatly deepened my understanding of different countries and places and enhanced my ability to communicate and connect with people. Some memorable highlights were hanging out with colleagues and spending time together to explore and enjoy the Indonesian landscapes, reconnecting with a friend from a youth programme in Indonesia seven years ago during a UN event, and unexpectedly meeting interns who are also from Hong Kong near the office building one day after work. Regardless of our varied backgrounds, we shared similar values and created meaningful experiences together. Undeniably, these interesting encounters with like-minded individuals added richness to my experience.

### *Adapting Through Difficult Times*

Of course, there were plenty of adversities along the journey that overwhelmed me while adjusting to life in an unfamiliar environment. From dealing with unexpected situations in my living space, handling a power outage while unwell, ensuring my safety as a single woman, communicating when English was not a lingua franca, to managing situations that challenged my concepts of privacy, I developed resilience and resourcefulness and learnt to stay calm under stress. Although there were moments of anxiety, I felt a sense of accomplishment and bravery once I completed these tasks and the assignment.

Reflecting on this half a year, the experiences have inspired me to continue exploring with optimism and confidence, as well as eager to embrace new challenges and opportunities that lie ahead.