



MY INTERNSHIP JOURNEY

AT TECH FEST

BY LEEN





About Me & My Internship



Hi, I'm Leen, and I recently completed a four-week internship through the Career Ready programme with TechFest.

I chose to take part in Career Ready because I wanted to gain real workplace experience and develop the skills needed for my future career. I was excited to learn what it is like to work in a professional environment, meet new people, and challenge myself by taking on new responsibilities.

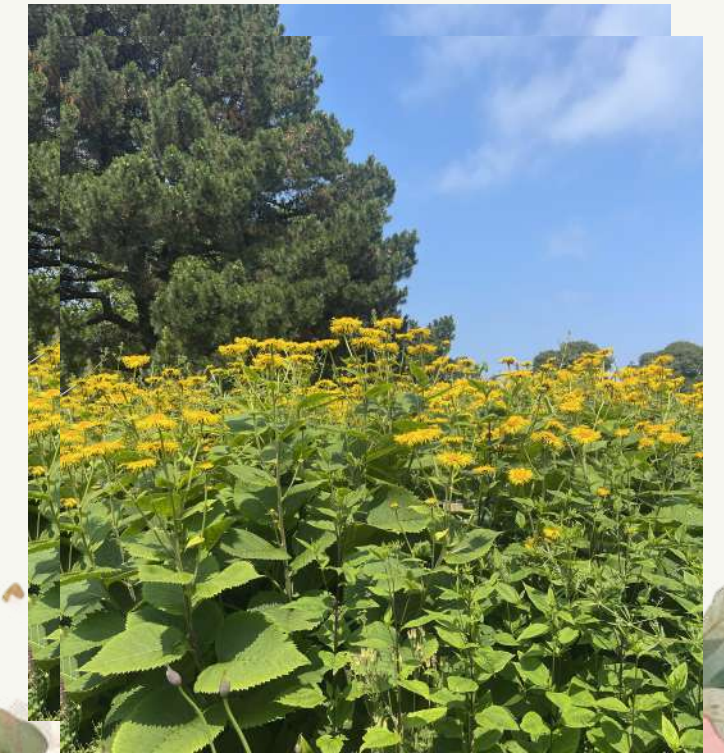
Throughout the internship, I hoped to improve my communication, teamwork, organisation, time management, creativity, problem-solving, and independent working skills. I also wanted to build my confidence, learn from experienced professionals, and gain practical experience that would prepare me for future education and employment.

This blog shares my journey throughout the internship, the projects I worked on, the experiences I gained, and the valuable skills I developed along the way.



WEEK 1 ✨

I began my first week by taking part in an outreach day at a local park, where I observed how activities were delivered and had the opportunity to engage with the local community. This helped me understand how the organisation works with different groups and provided valuable insight into their outreach work. The following day, I completed my induction, which included going through the required paperwork, becoming familiar with the organisation's policies and procedures, and taking part in a tour of the campus. This helped me become more confident navigating the different areas and understanding the workplace environment. I then spent the next day in the office, where I started researching and developing ideas for my projects, including the Winter STEM activity programme. I also had a work-from-home day, which allowed me to continue researching, planning, and creating ideas while developing organisational and independent working skills.



WEEK 2 ✨

I began my week with a work-from-home day, where I continued researching, planning, and developing ideas for my projects. This allowed me to make progress independently while improving my organisation and time management skills. The following day, I took part in an outreach day at Hazelhead Park, where I observed how activities were delivered and engaged with the local community. This gave me a better understanding of the organisation's outreach work and how activities are adapted for different audiences. I then spent the next two days in the office, where I continued completing my work and developing my 24-day Winter Sports activity programme. I focused on refining activities, organising ideas, ensuring the programme was suitable for primary school children. During the week, I also attended a presentation from one of my colleagues about their four-week internship experience. This gave me an insight into project work and allowed me to learn from their experiences.



WEEK 3 ✨

I began the week with an office day, where I continued working on my 24-day Winter STEM activity programme, internship blog, and presentation. I also spent time completing feedback forms and organising my work. The following day, I took part in an outreach event at a park in Banchory, where we delivered a range of nature-based activities and engaged with the local community. I then returned to the office for another day, continuing to develop my STEM programme, presentation, blog, and feedback forms. I finished the week with a work-from-home day, where I continued making progress on these projects while further developing my planning, organisation, and independent working skills.

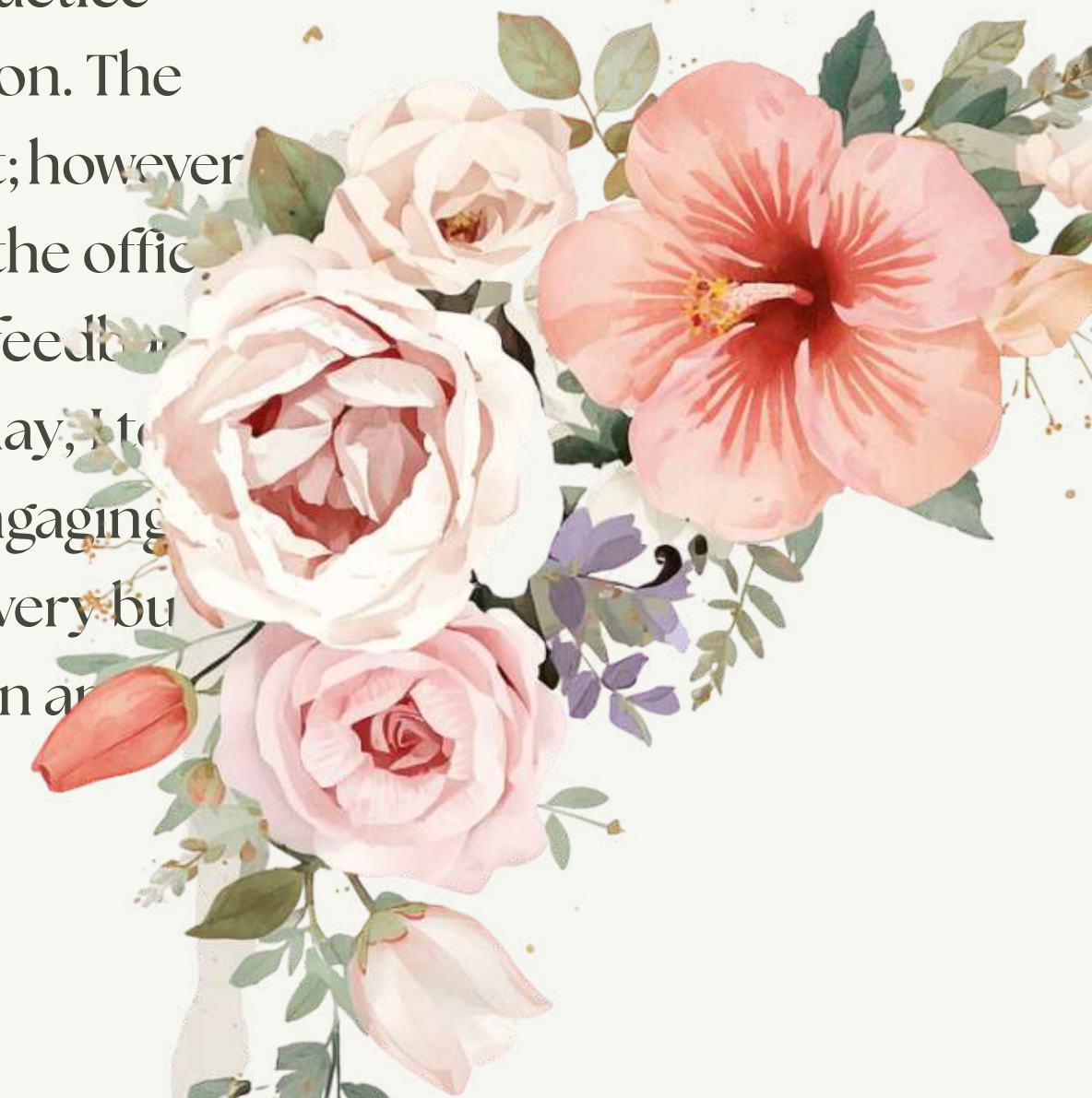




WEEK 4 ✨



I started the week with an office day, where I continued working on my projects, including my 24-day Winter STEM activity programme, presentation, and feedback forms. I also completed my first practice presentation, which helped me prepare for the final presentation. The following day, we travelled to Stonehaven for an outreach event; however due to heavy rain, no participants attended, so we returned to the office and used this time to finish my presentation, continue completing feedback forms, and finalise my Winter STEM programme. On the final day, I took part in an outreach event at Duthie Park, where we delivered engaging anatomy activities focused on the human body. The event was very busy and provided a great opportunity to interact with many children and families.





WHY WOULD I RECOMMEND THE PROGRAM ✨

I would highly recommend the Career Ready programme to anyone who has the opportunity to take part. If you're paired with TechFest, make the most of every opportunity, work hard, and always be yourself.

Throughout my internship, I developed valuable skills such as communication, teamwork, organisation, time management, creativity, and independent working. I also gained real workplace experience, increased my confidence, and had the chance to work on meaningful projects and outreach activities.

I am very grateful for this opportunity, as it has helped me grow both personally and professionally while giving me a better understanding of the workplace. I would encourage anyone considering the programme to get involved—it is a rewarding experience that will help prepare you for your future career.

