

# INTERNSHIP AT ADRA LAOS

**"After two months as an intern, I couldn't believe how much I have learned and changed"**

Chanpheng Sonekeo  
A graduating student from Institute of  
Economic and Finance



I first knew ADRA in 2018 when I joined a disaster relief project as a volunteer, packing relief kits at ADRA office to distribute to those who were affected by the dam collapse in Attapeu Province. Through the activity, I became interested in ADRA so I searched for information on websites and asked people I know. When I knew that ADRA is a humanitarian organization and helps people to improve their livelihoods, I was even more interested because I enjoy contributing to society. From then on, I made up my mind that I reached my final year in college, I would intern with ADRA.

Came July 2021, I was accepted to ADRA internship program as I had wished. I interned with the Accounting and Finance Department. I learned about bookkeeping, recording transactions, making bank transactions, and monitoring and calculating vehicles mileage. I prepared activity budget requests and so on. Besides performing accounting and financial tasks, I also helped with some administrative work and attended organizational meetings. Everything I did was new for me. I really appreciate the staff who gave me full attention, coached me, taught

me task process and explained how what we do impacts others, which made me better understand and be able to learn from doing these things.

After two months as an intern, I couldn't believe how much I have learned and changed. In the beginning, I didn't know how to do bookkeeping, but I do now; I was sloppy with Excel, but I know it better now. And the important thing is, from a shy person I am no longer afraid to ask questions and fulfill any given task; I am more confident now. My self-perception has also changed. Before I always thought that I couldn't do certain things. I can do them now. All these learning and improvements wouldn't occur if it weren't for ADRA staff who are always willing to teach me and be a good role models.

I would like to thank all ADRA staff for the chance, time, and new knowledge in these two months. For other students who are looking for a place where you can learn new things, get good experience, and become prepared for a career in the future, I would recommend you come to ADRA. Thank you.