



## **Final Experience Report: Internship with No Name Kitchen**

During my internship with No Name Kitchen, I had the opportunity to work alongside a dedicated team of individuals committed to providing support and assistance to vulnerable populations in Ceuta, including minors and people on the move from Morocco and Central Africa. The experience was challenging, but also incredibly rewarding, as I was able to gain a deeper understanding of the complexities and challenges of humanitarian work, as well as the positive impact that such work can have on the lives of those in need.

One of the most challenging aspects of my internship was working with minors who had experienced significant trauma and hardship in their lives. It was difficult to communicate with them, as they often had limited understanding of the local language and culture, and were hesitant to trust adults given their past experiences. Despite these challenges, I found that building trust and establishing relationships with these minors was one of the most rewarding aspects of my work with No Name Kitchen. By providing them with support, assistance, and compassion, I was able to make a positive difference in their lives, and to help them to begin the process of healing and recovery.

Another challenge that I encountered during my internship was the fact that many people on the move were forced to sleep on the streets, especially during the winter months. Witnessing their difficult living conditions and the hardships they faced on a daily basis was emotionally challenging, but also served as a reminder of the urgent need for increased support and assistance for vulnerable populations. It was a humbling experience to work with people on the move, and to be reminded of the resilience and strength that they possess despite the many challenges they face.

Despite the challenges, I was able to gain valuable knowledge, skills, and competencies through my internship with No Name Kitchen. For example, I learned how to use social media and other communication channels to raise awareness about humanitarian issues and engage with a diverse audience. I also gained practical experience in managing donations and supplies, working with partners, and ensuring that resources were distributed effectively and efficiently.

Overall, my internship with No Name Kitchen was a valuable experience that allowed me to gain new knowledge, skills, and competencies in the field of humanitarian action. It has prepared me well for my future career in this field, and I am grateful to have had the opportunity to work with such an inspiring and committed organization. The experience has also reminded me of the urgent need for increased

[REDACTED]

support and funding for NGOs working in the field of humanitarian action, particularly those focused on providing support and assistance to vulnerable populations.

Looking ahead, I hope to continue to work in the field of humanitarian action, and to contribute to efforts aimed at improving the lives of people on the move. My internship with No Name Kitchen has given me the confidence, knowledge, and skills necessary to make a positive difference in the lives of those in need, and I am excited to continue on this path in the future.

In conclusion, I want to express my deep gratitude to No Name Kitchen for providing me with this invaluable opportunity, and to all those who supported me during my internship. I believe that with continued support and collaboration, we can make a meaningful difference in the lives of vulnerable populations, and work towards a more just and compassionate world.

Sincerely,

[REDACTED]