

Evaluation form - Internship at TAF- The Animal Fund



Name: Sonia KAUSELE

University: Sciences Po Paris - Campus of Menton

Period of Internship: 2nd semester - February - May

Hours of Internship : 50

Tasks given : educational visits of school, work with media and communication, research for the report

Tasks completed : educational visits of school, work with media and communication, research for the report

What did you like the most about your internship:

My internship at The Animal Fund of Monaco was truly a unique experience.

It was my first real encounter with a volunteer organization operating almost entirely on the motivation and dedication of its team members. I was deeply inspired to be surrounded by people who genuinely love what they do and are committed to making a difference in protecting the environment. This experience not only helped me gain a deeper understanding of ecological issues but also taught me how to create content for social media — an essential tool for modern NGOs. It's an unforgettable impression that will stay with me for a long time.

Did your internship live up to your expectations? 100% yes

Can you recommend others to apply to TAF?

I already recommended it to young students from my university, if they are really interested in action

Which skills did you learn? Video-making, writing of reports, social interactions in school with young people, work in the team

Can your internship and what you learned be of use for you in the

future? Other comments: What I value most about this experience is how it changed my way of thinking. I realized that if we truly want to change things — whether in ecology or any other field — we need to think bigger. It's important not only to focus on everyday habits and small steps, but also to consider how we can take part in large-scale projects and influence systemic change. This experience taught me to think globally and ambitiously, to not be afraid of looking at the bigger picture, and to believe that real change is possible when you approach a challenge with confidence and a strategic vision.

This experience also helped me overcome the fear of taking on responsibilities spontaneously. I found myself stepping out of my comfort zone — for example, speaking in front of an audience on short notice — something that used to feel intimidating. Being part of a motivated and supportive team gave me the confidence to act without overthinking and to trust in my ability to handle unexpected tasks. In many ways, it helped me begin to overcome my fear of public speaking and become more comfortable with taking initiative.

Date 15.05.2015 Signature _____

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