

I'm Sonia Kausele, and I'm a youth ambassador for TAF.  
I grew up in Saint Petersburg and am currently studying political science at Sciences Po.

I aspire to pursue a career in diplomacy. I advocate for collective responsibility and action in protecting marine and wildlife resources.

My believe is that through both everyday actions and global cooperation, we can achieve a more sustainable environmental future.

My internship at TAF-The Animal Fund 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.

**What did I 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 strategic vision.

30.5. 2025 Sonia Kausele

