

# Intern WALL OF FAME



**Lisa Modera (Exercise Science, Senior)**  
**United Nations Health Intern**  
**United Nations Malawi Mission**

As a current Undergraduate student, I was fortunate enough to obtain a once in a life time opportunity of acquiring an internship at the Malawi Mission to the United Nations. The Malawi Mission to the United Nations is headed by His Excellency Ambassador Brian G. Bowler who was also my appointed site supervisor for this internship.

Malawi is a country located in the Southern part of Africa, sharing borders with Tanzania to the north, and north east, Zambia to the West and Mozambique to the east and southwest. Malawi gained independence in 1964. There is a democratic system of government based on the Republican constitution. What was the country has transformed positively under the current administration, yet it still remains challenged in some areas being one of the Least Developed Countries (LDC).

Malawi is a land of contrasts. Though small, (about 14 million people) Malawi has breathtaking diverse topography and scenery with a natural vegetation mix of miombo woodland, and savanna.

I have always comprised a strong interest in worldly matters, especially in regards to health and wellness for the people. My ultimate goal being to find a link between my Exercise Science schooling and those in need so I can apply my health awareness to try to make a positive influence in someone's life.



Overall, this internship at the United Nations working in the Mission was an absolutely amazing growing experience for me, both personally and professionally. Having the chance to be a part of the Malawi Mission and help in any way I could was the most fulfilling task I've taken on in my life thus far. Having not had much prior knowledge, the entire Malawi Staff was incredibly welcoming and kind enough to guide me through my daily duties. I now see why Malawi is known as "the warm heart of Africa".



In my short time interning at the Malawi Mission, I gained magnitudes of information about various subjects, such as Malawi's history, the UNECEF organization, the prominent issue of HIV/AIDS in Africa, and how the United Nations is organized and systemized. Along with the knowledge attained through research, and conversations, I learned even more through hands-on experiences within the United Nations. For instance I discovered how to interact in a high level business world, wrote a proposal paper for the First Lady's Safe Motherhood foundation,

wrote a progression paper about Malawi's agricultural security success story, and was able to attend various United Nations meetings to take notes on important international information discussed. Everything I was able to see, hear, and comprehend at the United Nations and within the Malawi Mission opened up a whole new and exciting world of opportunity for me.

Through this short three week internship experience, I learned a great deal about myself and the world. What I learned about the world is that there are many important issues within each country, and with the United Nations, every country has something to bring to the table to aid those in need. It is a balanced give and take professional relationship from country to country, each in the progression for world peace, security, equality, harmony, stability, and health. I experienced firsthand progress being made at the amazing United Nations building, both in general meetings and within the Malawi Mission.



No one is defined solely by their academic major. Any choice of studies may give the tools, knowledge, skills, and educational structure to apply to future career choices. Yet, the exposure and hands-on experiences that this internship encompassed, really brought to light the "real world" and helped me discover my individual strengths with opportunities to express them. I would recommend for any student to aspire in obtaining an internship in the career path that truly interests them. For me, these past few weeks at the Mission have facilitated in shaping my future career options to possibly apply to graduate schools to continue my education in international public health or something of that sort. This internship opened a door that stretches worldwide for me to try to develop the skills needed to give back, and I am incredibly grateful for that.

The Career Development Office (CDO) at Fredonia is the ideal location to go to for substantial guidance to help any student acquire the perfect internship. They can give outlines on how to write important papers such your resume or cover letter. The CDO is the place to go to locate an internship and set yourself on a promising career path. What I would say to any student considering using the CDO services is, why wouldn't you? It's your future, and the support and tools the Career Development Office offer are nothing but beneficial.