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I am majoring in Global Nutrition with an interest to minor in International Agriculture. Having grown up in Nairobi, Kenya, I was exposed to some of the harsh realities associated with the development of third-world countries. As a student, I am interested in anything science, writing, or economics-related. In looking for a placement, I tried to focus on one that suited my interests and in which my knowledge and skills were of best use. I was able to find a placement with Concern Worldwide, who are in Nairobi, Kenya. Concern Worldwide is “an international, humanitarian, non-governmental organization that is dedicated to the reduction of suffering and working towards the ultimate elimination of extreme poverty in the world’s poorest countries”. The Nairobi-branch of Concern has multi sectorial programming for Food Income and Markets (FIM), Education, HIV and AIDS, Health and Nutrition. My placement was in the Urban Nutrition department with the Urban Nutrition team.

During my placement I participated in facility monitoring, On-the-Job-Training sessions, medical education sessions, review meetings, and community health worker meetings. I was also able to participate and facilitate two surveys. Both of the surveys were nutrition-related and carried out in Nairobi’s slums. The first survey was a Sentinel Site Surveillance and took a week to complete. The survey consisted of 18 enumerators properly trained on how to screen for malnutrition. The second survey was a Semi- Qualitative Evaluation of Access and Coverage and took over a month to complete. The survey’s aim was to assess the coverage of the Outpatient Therapeutic Program in Nairobi, and to create area-specific outlines of the Boosters and Barriers associated with the Nutritional Services at the various clinics. Apart from the surveys, I was also able to collect and analyze data from the clinics, and assist in writing reports for Concern. Overall, I spent about half of my time in the office and the other half out in the field within the slums.

I found that this internship definitely enhanced my understanding of nutrition, and opened several opportunities to further my career and studies within the health-care field. I would definitely recommend participating in an internship as it provides you with a refreshing dose of perspective and allows you to explore opportunities within your field.