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Having being exposed in my young life to tales of interns being "glorified errand people" I was pleasantly surprised that said tales were not brought to fruition for my short sojourn at the Eastern Caribbean Central Bank (ECCB). The three months spent at ECCB definitely brought a new learning experience everyday and ultimately allowed me to reawaken some of my dormant ambitions. I also think that the experience had the added benefit of making me a better informed Caribbean and ECCU citizen.

My first week at ECCB constituted orientation so I was introduced to security and emergency procedures as well as employees from the different departments. The environment, within which I would spend the next three months, was quite friendly and a little overwhelming initially. However, as the time passed we established a nice routine where we expected to learn something new everyday. Be it from our more experienced co-workers in other departments, the economists, our supervisors or from the numerous presentations we attended, we learnt something new. All this new knowledge being garnered drove home to me that those of us leaving the universities today hold the potential for generating solutions to the problems ailing our small developing nations, with the appropriate training.

I, along with another intern also from Cave Hill Campus, was attached to the Research Department and more specifically the Country Economist Unit. I was assigned to an economist, who would become my mentor for the duration of my internship, while cordially informed that all of the other economists were available to

help whenever possible. The tasks we were assigned included firstly, a policy brief. The brief was essentially a policy recommendation to a contemporary economic issue in the ECCU. I tackled the issue of low growth with my topic "*Stimulating growth: Leveraging the EPA to enhance growth in the knowledge based creative industries in the ECCU*". This research involved three different presentation of our findings and proposal to the research department and then at a seminar series. The brief was tuned and retuned from suggestions at the presentations as well as from our mentors and supervisors. Secondly was surveillance on the individual ECCU countries. I was assigned to the country of Dominica. This constituted a weekly report which was submitted every Friday. We were "prepared" for this task with a practice run at constructing the report in the early days of the internship alongside our mentors. Then, I composed the report weekly and submitted it to my mentor who would edit as necessary. Thirdly was helping our mentors with their tasks where possible. For instance, I assisted my mentor with a preliminary summary of the Dominica's budget presentation and the report from the Expenditure Review Commission.

While being attached to the research department, we were simultaneously being exposed to the operations of the bank, one department at a time. When I left it was with a better understanding or how the bank functioned as an entire institution and how the different aspects were expected to gel together. I was also fortunate to experience the practicality of the Economics taught in the classroom.

For all the knowledge garnered, new friendships that were struck up, the better understanding of our small developing nations and the other benefits that are too much to name, I express my sincere appreciation to CARTAC, Dr Moore, The ECCB and everybody else who are instrumental in the internship programme.