Having recently completed an undergraduate degree at UWI Cavehill in Economics and Accounting, I could not have asked for better opportunity to effectively cement my knowledge of economic theory with reality. My internship session, which was organised by CARTAC, took place in the Research Department of the Eastern Caribbean Central Bank in St Kitts and Nevis during the summer of 2012. The prime objective was to write and present a policy brief paper with the goal of adding not only to development of myself as a budding economic practitioner but also the capacity building of the ECCB staff.

Admittedly, the process leading up to the completion of the policy brief, for me, was a challenging one, filled with, inter alia, clueless moments and late nights. To this end, overcoming these challenges to complete the task was the most rewarding part of my stint at the ECCB. Apart from the many skills garnered while undertaking the policy brief, I harnessed a multiplicity of knowledge on the eight member states of the ECCU through weekly presentations made by the Research Department at the seminar series, among other internal meetings. I also learned a lot about the Island of Saint Lucia as a result of writing the surveillance report for that country on a weekly basis. The qualities which I feel most fortunate to take away from the training are; setting aside personal problems and getting on with the business of work, and most importantly, working with others to help to achieve the goal(s) of the ECCB.

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