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Women in Progress/Global Mamas
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I stumbled upon Global Mamas freshman year and instantly knew that I wanted to intern for them. An internship with Global Mamas would allow me to use both of my majors (Economics and Graphic Design) in a challenging and fulfilling way- and as time went on I became even more passionate about the organization. After three years of applying for the Kellogg grant, I finally received the award second semester of my Junior year while I was studying abroad in Ireland.

Somehow, Global Mamas was able to far surpass any expectations I may have had; I know I will look back on this summer as one of the greatest experiences of my life thus far. The people who worked with me this summer were some of the greatest friends and role models, and the work we did for the organization was incredibly engaging and fulfilling.

Global Mamas is a fantastic internship site for any major. They allow you to design your projects for the summer around your personal skills and interests. Many volunteers even propose new projects. While in Ghana, I worked on designing new products for the Global Mamas 2012 line - I made four new prints for home goods and multiple new jewelry designs. I personally got to see my designs through the sampling process. I also designed layouts for two websites owned by Global Mamas and, together with the other summer volunteers, started a new social media campaign for Women in Progress and Global Mamas. Other interns worked on projects such as book keeping workshops, computer training, health seminars, and marketing. There is some place for every major within this organization, but one must be very self motivated and

independent. There is no one looking over your shoulder and to get the most out of your summer you really have to have a lot of personal drive. I would definitely recommend this internship especially for design majors. There are not many internships available that allow you as much creative freedom as Global Mamas does. I feel lucky to, as just an intern, have had the experience of actually seeing my designs through production.

I felt that I fit in very well with the Global Mamas team and that my work was invaluable to the organization. As part of design team consisting of three people (it varies in size each year) I felt that all of my input was important and meaningful. I truly believe that any type of person would be able to make an impact with this internship, as long as they are willing to put in their all.

As much as I truly believe that I was able to benefit the Global Mamas team I also feel that Global Mamas benefited me. Working with the women here, as well as the volunteers, has blessed me with some incredible friends. The work that I did forced me to become more proactive and self motivated. I was able to learn about the workings of a free trade NGO as well as the design process used in any producing company. Ghanaians themselves have taught me so much about living a happy life. Even though Ghana is a Third World country, I have never encountered such incredibly happy and generous people. The hardships that they have to endure every day never seem to phase them, making them some of the most impressive people I have ever met. The kindness and hospitality that they show visitors to their country is incredible and inspiring.

My days in Ghana were spent working, reading, running, swimming, and traveling (Ghana is incredibly breathtaking and most interns try and take advantage of weekends for traveling around the country). The routine was refreshing and relaxing,

while still being challenging and rewarding. I would definitely recommend the internship to anyone, especially the Cape Coast site.

That being said, Ghana is very different than the US and sometimes traveling, meetings, and general work can be time consuming and frustrating. Most things in Ghana tend to take significantly longer than back in the US. I once had to wait three hours to receive food at a restaurant. Other volunteers had to wait two hours to start their workshops because they were waiting for people to show up. Being late is not considered rude but is more or less expected. Also, although there is Internet at the office and at the hotel it is nothing like the Internet that we are used to; it is very often not working or going in and out constantly. When it is working it is significantly slower than I expected (even after I was told it would be slow). This made a lot of work for which the Internet was necessary so much more difficult to finish quickly. I cannot stress enough the importance of patience when heading off to Ghana. Without it you will be miserably frustrated with the time things take and the cultural barriers. With it, you will potentially have one of the greatest experiences of your life.

There are many other cultural differences than the slower pace, so it is very important to come with an easygoing attitude, but most importantly, a sense of humor. I have known volunteers to have felt bored or annoyed at times but others who have been constantly busy and happy with their time in Ghana. It is really up to how you look at your time here and how you take advantage of the opportunities presented to you. It is what you make it and has the potential to be an incredible experience if you come with an open mind.