

End of Internship reflections from Rowan August 2026

I had the pleasure of working as an intern with RJ Working between September 2025 and July 2026 following a micro-internship. Throughout my time at RJ, I have been involved in exciting and meaningful projects, both in the community and behind the scenes in the charity. From facilitating community conversations about the climate and nature crisis, to writing formal reports, to creating content for our social media page, I have really enjoyed creating positive impacts in my local community through this work.

A core part of my internship was my work on youth engagement with the Local Area Energy Plan (LAEP), which outlines a roadmap of green energy transition for Cornwall. Alongside other RJ Working team members, I delivered workshops to young people in schools and colleges, and co-facilitated circle conversations about green careers and renewable energy in Cornwall. Following these sessions, young people completed a survey reflecting on their motivations and priorities surrounding the LAEP goals. I analysed this data and used it to create RJ's 'Consulting Young People about Cornwall's energy plans' Report, which can be found on the impacts page of our website.

I presented the findings from our report to the Cornwall and Isles of Scilly Climate Commission and answered questions about youth engagement with green energy policy. This was one of the proudest moments of my internship; it felt amazing to showcase all the work we had been doing in workshops to engage young people with the LAEP, and to highlight youth voice relating to climate action (which will hopefully continue to influence the Climate Commissions next steps!). This opportunity was exciting and empowering and has given me the courage to seek systemic change on issues that are important to me.

Another key part of my work as an intern was creating written content for our social media platforms and website. I drafted reflections and updates about some of RJ's projects, from community fundraisers to arts festivals. I also dabbled in graphic design, and made posters, fliers, infographics and accessible reports for use online and at events. These projects gave me transferrable communication and design skills and provided me with a creative outlet.

I have had positive and interesting opportunities throughout my time at RJ. I co-facilitated a workshop in Treloweth Primary school about 'healthy rivers and seas' and worked with young people to create poetry about protecting local waterways. I have particularly enjoyed facilitating in community events, such as the National Emergency Briefing film screening in Redruth, and being part of important conversations about local climate action. These opportunities have made me feel more confident in having difficult conversations about the climate crisis and social justice issues more broadly. More than anything, my time at RJ has taught me how creating resilient, collaborative and restorative communities is a catalyst.

In my time at RJ I have had the opportunity to work alongside so many creative, hardworking, empathetic and inspiring people, who have all encouraged me to take part in new projects and develop new skills. This internship has opened my eyes to the importance of charity sector work and has inspired me to pursue a career in a charity or NGO after I finish my degree. I am so happy I had the opportunity to work at RJ over the past year – it was a great experience!