MEANINGFUL AND WONDERFUL CAPSTONE EXPERIENCES IN CAMBODIA

“I joined UNi Credit-bearing Capstone Internship & Experiential Learning Programme in Cambodia in my third year. The experience has widened my horizons and enabled me to apply the knowledge that I learnt in lectures and practical in HKU to the real world situations.

In Cambodia, my groupmates and I prepared a presentation with game in a seminar for the students in Paññāsāstra University of Cambodia. The presentation aimed to educate students in Cambodia to know more about the consequences of misusing plastic to the environment, biodiversity, public health as well as local and global economy. We applied and presented the knowledge learnt in HKU to the students, who then understood the impacts of overusing plastic and the adverse consequences of producing microplastic to the local environment, food chain, biodiversity, local public health and the open ocean. The extend of these negative impacts were closely related to their lifestyles and personal choice. This seminar spread the message to the Cambodian to reduce the use and promote proper disposal of plastic.

Apart from the application of knowledge and skills, I also enhanced my communication and interpersonal skills through this internship. I had to cooperate with different people under different occasions including group mates, local staffs, teacher, tourist guide, Cambodian students and villagers: these experiences enhanced my cooperation and coordination skills. I met so many friendly and nice local student, villagers, staffs and tourist guides in Cambodia and made friends with them. We enjoyed Cambodia cuisine together in numerous local restaurants and exchanged our experience in studying and traveling.

I also got the chance to visit a number of places in Cambodia including Phnom Penh, Siem Reap, Kampot, Kop, Sihanoukville Provinces to know more about the culture, environment and waste management in Cambodia, which were totally different from Hong Kong. Cambodia was a developing country which lacked public education on waste management and environmental protection. I was grateful to have this internship opportunity to share what I learnt and knew about proper waste management and environmental protection with the Cambodia students and villagers, for all these were closely related to their health.

The custom and culture of Cambodia were unique. By visiting the Killing Fields and S21 Tuol Sleng Museum I learnt more about Cambodia’s important historical events. I also visited the native salt fields, Silk Farm and Artisan and attended the handicraft workshop.

All in all, the internship in Cambodia was fruitful by increasing my adaptability to new changes and reminding me to respect different cultures and people. My strength became stronger through adversity under some harsh environments in Cambodia. These ability and knowledge that I learnt in Cambodia was lifelong and valuable, it enhanced my ability of absorbing new things and in exploring my future career in both developed and developing countries.”

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Participant of UNi Credit-bearing Capstone Internship & Experiential Learning Program in Cambodia

These abilities and knowledge that I learnt in Cambodia and in HKU is lifelong and valuable...