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My 2-month internship experience has proven to be a transformative journey, offering invaluable insights into the harrowing issues of domestic violence and child sexual abuse.

Before joining WCC, I had never fully grasped the magnitude of these problems in our society. Witnessing firsthand the stories of survivors and the devastating impact of abuse on their lives left a profound impact on me. During staff meetings, I listened to heart wrenching and upsetting cases that were unimaginable. These cases were then further discussed to track the progress and updates of each one. This exposure made me realise that domestic violence is not a distant problem but something that occurs within our communities, affecting the lives of countless individuals. I was able to observe counseling sessions by social workers, which proved to be an eye-opening experience that made me more sensitive and aware when helping clients.

Participating in outreach programmes was also a significant aspect of my internship. I actively contributed to talks and programmes on "Cybersafety" in schools, and I assisted programmes such as "OK TAK OK" (good touch, bad touch) for children in PPR flats. These outreach efforts were crucial in teaching children about sexual abuse prevention and to seek help when needed.

At WCC, interns are encouraged to join meetings discussing on various topics, including animation books, video and notebook designs, etc. This exposure provided me with opportunities to explore and develop new skills. I even had the chance to shoot videos and write scripts on harassment issue, a completely new and challenging endeavor for me. I greatly appreciated the trust placed in me, despite being new and still learning.

Interning at WCC became a time for me to explore my capabilities and challenge myself. I am genuinely grateful for all that I have learned, experienced and for the guidance and support I received. The organisation's commitment to empowering interns and providing them with diverse responsibilities was truly commendable.

All in all, my internship experience at WCC has been a wonderful time. It has given me a profound understanding of the gravity of domestic violence and child sexual abuse and has equipped me with the skills and empathy needed to support victims effectively. This experience has not only shaped my perspective on social issues but has also instilled a sense of purpose in me to make a positive impact in the lives of those affected by abuse.



Charissa Phang

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When it comes to professional growth, there's nothing quite like an internship. My time at the Women's Centre for Change (WCC) was a real journey, where I not only stretched my professional abilities, but also found a deep passion for standing up for women's rights and promoting inclusivity. At WCC, my internship was like a patchwork of activities, each one giving me a unique view of the organisation's big goals. Getting right into the action, I could see how our efforts were directly helping those who needed it. Working alongside a team of dedicated folks was seriously eye-opening. Their commitment rubbed off on me, pushing me to find even more purpose in what I was doing.

The heart of my internship was a bunch of different projects, each giving me a chance to really make a mark on the organization's important mission. From running workshops that opened people's eyes to putting together campaigns that really hit home, to those one-on-one counseling sessions – these gave me a real insight into the complex challenges tied to women's rights and social issues. Being there to listen, empathise, and guide left a strong impression on my professional values.

But my time at WCC was more than just picking up practical skills. It was like taking a crash course in understanding society's problems up close. The way WCC tackled these issues was truly inspiring, and being part of the action gave me a whole new way of looking at things.

The standout moment had to be the deep dive into case counseling, where theory met the real world. Navigating the twists and turns of these sessions taught me how to communicate effectively, backed by empathy and understanding. Bridging the gap between theory and practice showed me just how important emotional intelligence is in the professional world.

Still, the best part of my internship was the incredible atmosphere created by the WCC team. It wasn't just about work – it felt like being part of a close-knit family. Titles didn't matter much; what counted was helping each other grow. This blend of being inclusive while staying professional made every day a great day. As my formal internship drew to a close, a new chapter began. Inspired by WCC's values and driven by a personal commitment, I became a volunteer at WCC Value Shop. Motivated by my desire to keep the ideals of my internship alive, this shows just how much of an impact my time at WCC had on me.

Looking back, my internship at WCC wasn't just a short stint. It turned into a pivotal chapter in my professional journey. A mix of hands-on experiences, heart-to-heart connections, and a lot of fellowship, my time there didn't just teach me things – it sparked a fire in me to make a real difference for women's rights and work towards a more fair and inclusive society. My WCC experience wasn't just an internship; it was a transformation, a learning adventure, and a call to create meaningful change.



Miryam Ibrahim (International intern)

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My 4-month internship at WCC has been an extremely rewarding experience, on a professional as well as personal level. It meant being a part of a team of extremely committed staff working everyday to support victims of gender-based violence and pushing for the improvement of women's rights in Malaysia. I got to be involved in all aspects of WCC's work ranging from service to outreach, as well as advocacy. This involvement in various areas allowed me to get a broad perspective on the realities of the issues faced by Malaysian women in their everyday lives. I also gained a wide range of valuable skills for my professional future.

My first memorable work was my involvement in the drafting of a Penang state policy paper for civil servants regarding the handling of domestic violence. This assignment enabled me to learn more about the Malaysia and Penang legal framework on women's rights, especially domestic violence.

Another milestone is being part of WCC's organising committee for the Men Against Violence public event which garnered 1,500 participants. I was involved at all levels: from the creative process coming up with fun activities for families, to helping managing a game booth on the day of the event, as well as assisting on the preparation of the materials and general logistics for the event. During the organising of this event, I could really feel that my voice was valued not just as an intern, but as a part of the team. Participating in the organising of this event also allowed me to see the challenges faced by an NGO in the organising of a public event and the subsequent importance of flexibility.

My involvement in the service and outreach sectors was also very precious to me, as I got to witness the direct impact of WCC. Attending counselling sessions for clients and observing court proceedings were opportunities for me to have direct contact with the clients, which showed me just how useful and needed WCC's support work is. WCC indeed provides a safe space for clients to heal and rebuild themselves after a sexual traumatic event, allowing them to gain power back into their lives. I also attended outreach programmes in schools, where I saw how vulnerable children are to sexual abuse. This showed me that preventive work through awareness raising is just as important as service work.

My internship at WCC taught me a lot. As an international relations student coming from France, I am very grateful that I got to understand more about the dynamics surrounding women's issues in Malaysia. I also got to work in a welcoming environment with a diverse team of committed staff and volunteers, and learnt a lot about working in a human rights NGO. Thanks to this experience, I am now sure I want to continue my professional career on this path. I am very much inspired by everything I learnt at WCC. For all of this, thank you WCC!