

April 30, 2021

Short testimonial of my experience at London Rangers FC

My name is Chiara Codogno and I started the traineeship at London Rangers at the beginning of February.

For the next three months, I did my traineeship remotely, from Italy. I think that the traineeship I did at London Rangers is in line with my skills, but it also allows me to improve myself and my professional skills.

At the beginning, I had time to get to know and learn how to use the platform. I had time to integrate gradually into a complex association and to know how the association works, thanks to my tutor.

My main task has been research, with the aim of developing short courses about implications of clutter and benefits of decluttering during lockdown. I developed short courses also on fashion industry, fast fashion and recycling clothes. The purpose was that you can take the course on your own, in your home, or in a classroom or in a group. Moreover, I have made an adult version and a simpler one for children.

In this way, I was able to study very well topics that I didn't know before and that I find very interesting, like fast fashion industry and minimalism. Doing research on decluttering during the pandemic period was very interesting. I'm a psychologist and I was also able to explore some of the psychological implications of spending a lot of time at home.

Thanks to the internship, I improved my English language skills, but I also improved my creativity, because it's hard to develop a course, that someone else will have to take on their own without getting bored!

I thought and developed the projects autonomously, in this way my organisational and decision-making skills have improved. I learned how to develop a project from the beginning, also focusing on the details, and I am happy to have acquired these skills.

I learned how to organise my time autonomously in order to achieve the required goals and the deadline. I was able to be creative and develop my ideas in my own projects.

The collaboration with the graphic producer, Jordan, was important, to exchange ideas and be part of a team.

During my traineeship, even if it was remote, the online meeting every Wednesday with my Tutor and other two interns of London Rangers was very important and valuable to me. Even though I wasn't in the same city, I was still in contact and able to cooperate with other people. I felt I was part of a team.

This experience allows me to improve some of my skills that I can use in a working environment.

Thank you for this opportunity.

Kind Regards,

Chiara Codogno