

# ONE LETTER ONE SMILE NGO - INTERNSHIP EXPERIENCE

THIS PRESENTATION HIGHLIGHTS MY INTERNSHIP JOURNEY WITH ONE LETTER ONE SMILE NGO IN FRANCE, A FULFILLING EXPERIENCE THAT ALLOWED ME TO CONTRIBUTE TO A MEANINGFUL CAUSE.



# ONE LETTER ONE SMILE'S MISSION AND VALUES

- **Mission:** To bring joy and connection to isolated elderly people through personalized letters, fostering a sense of community and well-being across the globe. One goal – Create SMILES
- **Values:**

## **SIMPLICITY**

- Emphasize simplicity and ease in all tasks, from writing to delivering letters.
- Aim to create a pleasant experience for everyone, including our team.

## **FLEXIBILITY**

- Focus on continuous improvement and innovation.
- Dedicated to bringing joy to seniors and exploring new methods to achieve this.

## **LOVE**

- Quality over quantity, valuing genuine connections and teamwork.
- One heartfelt smile is more valuable than many superficial ones.

# COLLABORATIONS WITH SCHOOLS & CARE HOMES



**1 Letter 1 Smile** partners with schools that would like to send letters as a class and care homes that would like to receive letters for their residents.



# MY ROLE AS AN INTERN

## Key Contributions:

- Managed letter collection, Excel tasks, website maintenance, and event planning.
- Enhanced operational efficiency to support the organization's mission.







On peut compter sur Hrishi pour préparer nos jolis chapeaux !



# SKILLS DEVELOPED

- Enhanced skills in data management, project planning, communication, cross-cultural understanding, and emotional intelligence.
- Prepared for future roles involving diverse teams and complex project management.





# THE IMPACT OF HANDWRITTEN LETTERS



- Vital connection to the outside world, enhancing emotional well-being.
- Combats social isolation, reducing risks of depression, cognitive decline, and physical issues.
- In nursing homes, these letters boost a sense of purpose and belonging, reminding the elderly they are cared for and remembered.

# THE SOCIETAL IMPACT OF INTERGENERATIONAL CONNECTIONS

- **Reducing Loneliness:** Provides social interaction and companionship for the elderly.
- **Promoting Empathy:** Fosters empathy and compassion, leading to a more tolerant society.
- **Bridging the Generation Gap:** Encourages understanding and respect between age groups.
- **Enhancing Civic Engagement:** Boosts community involvement and social responsibility.





# THE FUTURE OF ONE LETTER ONE SMILE



**1 LETTRE 1 SOURIRE**  
EN TRIPORTEURS



- **1. Global Expansion:** Extend One Letter One Smile's impact by connecting generations across borders.
- **2. New Initiatives:** Explore programs like adult pen pal partnerships and intergenerational volunteer projects.
- **3. Impact Assessment:** Use long-term studies to measure the program's effects on participants.

# CHALLENGES AND OVERCOMING THEM

- **1. Language Barrier:** I overcame communication challenges as a non-native French speaker by learning basic phrases, using gestures, and leveraging translation tools.
- **2. Emotional Challenges:** Working with lonely elderly individuals was tough, but the joy and gratitude they expressed kept me motivated and positive.





# HIGHLIGHTS & MEMORABLE MOMENTS



- Seeing the joy and excitement in the children's eyes as they participated in the programs.
- Witnessing the positive impact of the NGO's efforts, bringing smiles, hope and connection to isolated elderly people .

# PERSONAL REFLECTIONS

- **Rewarding Experience:** My time at One Letter One Smile was deeply fulfilling, especially witnessing the joy and gratitude of the elderly receiving handwritten letters.
- **Human Connection:** I learned the profound importance of human connection and the power of simple acts of kindness.
- **Empathy and Compassion:** The experience instilled a deep sense of empathy and compassion in me.





# RECOMMENDATIONS FOR FUTURE INTERNS



- **Embrace Cultural Diversity** : Be open to different cultures and perspectives, fostering respectful communication and collaboration.
- **Plan Ahead** : Plan tasks and events effectively, managing time and resources efficiently to maximize impact.
- **Seek Guidance** : Don't hesitate to ask for guidance and support from mentors and colleagues, utilizing their expertise to enhance your learning.







# CONCLUSION

My internship at One Letter One Smile was incredibly rewarding. I'm grateful for the chance to contribute to a meaningful cause and gain valuable insights into non-profit work. This experience not only enhanced my professional skills but also deepened my appreciation for human connection and compassion.

