
FIRST YEAR INTERNSHIP REPORT

September 21, 2023

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In my first year, I had the opportunity to embark on an exciting journey into the world of work through an internship at **RENTREEDISCOUNT**. During this internship, I worked as a warehouse assistant, specifically focusing on processing orders for school supplies for the upcoming school year of 2023/2024. This report will provide an overview of my experiences, challenges, and insights gained during this 7-week internship.

At the outset of my internship, I was assigned the role of a warehouse assistant with no prior experience. My primary task was to prepare orders for school supplies using a handheld scanner. These orders were displayed on the scanner, and my job was to navigate the warehouse quickly and efficiently to locate and collect the required items. The goal was to meet the daily targets set by the company.

One of the most significant challenges I encountered during my internship was maintaining a fast-paced rhythm. I worked continuously for six hours each day, with only a 30-minute unpaid break after the first three hours. The physical demands were intense, and it was tough to sustain this level of activity. However, as time passed, I gradually adapted to the demanding routine.

As my internship progressed, I had the opportunity to transition to a different role within the warehouse. This role involved packaging items for shipment. My responsibilities included filling boxes with products from various suppliers, ensuring they were well-protected with bubble wrap, and passing the boxes through a sealing machine. While this role was less physically demanding, it required extreme speed and arm strength to keep up with the pace of production.

My internship at **RENTREEDISCOUNT** provided me with a unique opportunity to explore the inner workings of a company. I gained insights into various aspects of the business, such as employment contracts and payroll records. This exposure allowed me to understand how these essential elements function within a company.

Throughout my internship, I had the chance to interact with team leaders and warehouse managers. These interactions were valuable in helping me understand the dynamics of the workplace. I learned how to communicate effectively with supervisors, seek guidance when needed, and contribute to the overall success of the team.

In conclusion, my internship at **RENTREEDISCOUNT** was an invaluable experience that provided me with a glimpse into the world of work. Despite the physical challenges and demanding pace, I was able to adapt and learn valuable skills. I also had the opportunity to explore the inner workings of the company, understand employment contracts and payroll, and interact with team leaders and managers. This adventure marked the beginning of my journey in the world of work, and I am grateful for the opportunity to learn and grow during my time at **RENTREEDISCOUNT**.



Figure 1: RENTREEDISCOUNT Warehouse