



THE NATIONAL GAS COMPANY OF TRINIDAD AND TOBAGO LIMITED

MEDIA RELEASE

Focussing on youth through a Vacation Interns Programme

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The National Gas Company of Trinidad and Tobago Limited (NGC) supports several youth development programmes in its fenceline and site communities. These programmes involve development of our nation's youth by equipping them with skills, knowledge and capabilities to ensure that they evolve into well rounded individuals and future leaders.

One such programme is offered to undergraduate students every year and which provides an opportunity for undergraduate students pursuing programmes in tertiary level institutions to experience corporate life, gain hands-on experience that complement their academic course of study, and learn life skills. Though academics are critical to the future growth of these young persons, exposure to non-academic areas also contribute to moulding well-rounded citizens. NGC believes that the professional and personal growth of these young persons will redound to the nation in years to come as they are being groomed into contributing members of society.

NGC Vacation Interns programme began in 1984 and so far, the programme has touched the lives of upwards of 1,000 students. Each year, the programme runs from June to August and it incorporates several workshop sessions and seminars covering a variety of relevant topics geared towards providing interns with a realistic view of the world. This year, NGC is hosting 60 young persons. Beyond the hands-on work experience garnered by being assigned to different work units, specialised sessions were also offered under the NGC Summer Intern Mentorship Programme 2017, managed by Corporate Communications and Human Resources. These included sessions on:

1. Learning NGC's business – A pipeline walk facilitated by NGC's Pipeline Integrity Department where they experience a day in the life of our technicians who ensure the integrity of our pipeline network.
2. Awareness of future options in renewable energy which included exposure to the design and building of the UTT Solar House. The NGC Group of Companies is committed to driving energy efficiency across the country in support of the government's commitment to achieve 10% of energy from renewable sources by 2021. This session provided more than just awareness to the interns but also presented to them another option for electricity that can be developed.
3. Interns are exposed to intense team-building activities developing skills such as communication, planning, problem-solving and conflict resolution.
4. Seminars on Financial Planning hosted by financial institutions from the banking and credit union fraternities provided insight into financial responsibility and planning in order to cultivate a more financially adept future population.
5. Wellness and health workshops that promoted the benefits of healthy eating to avoid such chronic diseases as heart disease, hypertension, and diabetes, many of which are prevalent

in our population. Assisting them in making healthy dietary choices from a young age, while also encouraging them to share the information with others were the goals of this session.

6. A big part of looking for a job upon graduation is knowing how to present themselves via their resumes and so a resume writing and mock interview session was scheduled for each of the students. Facilitated by HR, using in house expertise, this session allowed the interns to develop confidence and skills to put them 'ahead of the field'.
7. Aimed at helping these young professionals to understand how to navigate social situations that are an integral part of the workplace, a hands-on experience on Business and Dining Etiquette provided avenues to build their knowledge on the classic golden rules of workplace and dining.

At the end of the programme the vacation interns are asked to present a report on both their functional duties and the impact of the learning experiences on their development.



The Interns' first Mentorship learning event – Pipeline Walk with NGC's Pipeline crew on the Right of Way



Interns visited the Solar House on a rainy day in July.

For further information, please contact:

**Lisa Burkett – Manager, Corporate Communications
The National Gas Company of Trinidad and Tobago Limited (NGC)
Orinoco Drive, Point Lisas Industrial Estate, Couva
Email: Lisa.Burkett@ngc.co.tt**