

Legal Intern Testimonial

Ms. Rhianna Bridgelal

LEGAL INTERN
HUGH WOODING LAW SCHOOL



INTERNSHIP PERIOD

01 JUNE 2026 – 30 SEPTEMBER 2026

“ Completing my Legal Internship at the Fair Trading Commission (FTC) was an incredibly rewarding and memorable experience. From the moment I joined the Commission, I was immersed in an environment that encouraged learning, curiosity, and professional growth. I gained valuable knowledge in the field of Competition Law while developing skills in legal research, critical thinking, drafting, communication, and problem-solving. I also learned how to adapt to a fast-paced working environment, approach unfamiliar issues with confidence, and appreciate the importance of collaboration and attention to detail. These lessons have not only strengthened my understanding of the law, but have also contributed significantly to my growth as a future legal professional.

One of the most rewarding aspects of my internship was the opportunity to contribute to meaningful work across the Commission. I participated in multiple merger reviews, assisted in drafting internal policies, researched international standards for Competition Law and suggested potential amendments to legislation, and contributed to a submission for the LACCF. I also had the opportunity to work with various departments, including the Investigations Unit and Communications, which gave me a broader appreciation of the Commission’s work and the different roles that contribute to its mandate. Being able to apply what I had learned in law school to real-world matters was both exciting and challenging, and each assignment gave me the opportunity to learn something new and develop my skills further.

Working under Ms. Krystle Maharaj, Senior Legal Counsel, was a particularly incredible part of my experience. She imparted an immense amount of knowledge to me and consistently provided thoughtful guidance, constructive feedback, and encouragement. Her patience, kindness, and willingness to take the time to explain and collaborate made a lasting impression on me. I am truly grateful for the opportunity to learn from someone who not only challenged me to improve, but also made me feel supported throughout the process. I would also like to extend my sincere appreciation to every member of the FTC family. From the moment I arrived, I was welcomed with warmth and treated as a valued member of the team. Everyone was willing to assist, share their knowledge, and make my experience as enriching as possible.

Throughout my internship, I felt both excitingly challenged and genuinely valued for my contributions. The FTC provided me with an environment where I could learn, grow, make mistakes, ask questions, and ultimately become more confident in myself and my abilities. I am incredibly grateful to every member of staff who played a part in making this experience so special and for the memories, lessons, and friendships I will carry with me long after the end of this internship.

*Thank you to the Fair Trading Commission
for giving me an experience I will always cherish.*

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