Internship Program

Internships are designed to provide participants with professional experience for career exploration and development. To ensure a valuable experience, internships should last at least one month. An intermediate level of Spanish proficiency is usually required and, regardless of the Spanish level, we recommend at least one week of the Spanish Immersion course and orientation.

Each organization or specific internship position may have additional requirements regarding time commitment, language proficiency and technical skills.

The internship program includes accommodations in San Jose with a host family (2 meals included), Spanish course and orientation, bi-weekly follow-up and 24/7 support during the program.

Each organization will assign an on-site supervisor and provide a final evaluation of the intern’s performance.

**Participation Fees**

Cost per intern for 5 weeks: US$1850; each extra week: US$250

Fee includes:

<table>
<thead>
<tr>
<th>Accommodation</th>
<th>Home-stays with half-board in a private room</th>
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<tbody>
<tr>
<td>Food</td>
<td>Breakfast &amp; dinner at home-stay</td>
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<tr>
<td>Support</td>
<td>Local in-country team and 24hr emergency support + internship supervision</td>
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<tr>
<td>Airport Transfers</td>
<td>On arrival and departure in San José</td>
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<tr>
<td>Spanish Course</td>
<td>1st week depending on fluency level (participant completes a placement test on first Monday)</td>
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<tr>
<td>Services</td>
<td>Access to telephone, free internet, mail service</td>
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<tr>
<td>Orientation</td>
<td>1st week in San José includes cultural enrichment activities like cooking, dancing, etc.</td>
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<tr>
<td>Pre-Departure Kit</td>
<td>Full project details will be sent following registration</td>
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<tr>
<td>Travel Insurance</td>
<td>Comprehensive travel &amp; health insurance with volunteer abroad coverage</td>
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</table>
Internship Program

Organizations / Projects available for Internships:

**Community Development & Child/Youth Welfare:**

*Casa de los Niños*
This organization provides children of several low-income/high risk communities with the opportunity to have daily meals in a safe environment. They also complement this service with academic and psychological attention to ensure that the children do not drop out of the education system. In addition, they provide special workshops for mothers in the community and other activities focused on community development.

*Fundacion Ana Frank*
This organization provides day care for children in a low income community. In addition, they provide parents and other community members with workshops, lectures and other activities focused on community development.

**Women’s Issues:**

*Fundación RAHAB*
Rahab Foundation focuses on restoring human rights through a holistic recovery program to reincorporate people working in prostitution back into the labor market. A large focus of the program is to heal the areas of their lives that may have driven them into sexual commerce.

The objective of this program is to offer support to adult women who desire to leave sexual commerce and provide their family with a better lifestyle.

On an average, 75 women are involved in the rehabilitation process every year. They each receive individual and group therapy and spiritual counseling. Along with their children, they may receive literacy classes, elementary education and computer training, depending on their needs and interests. Vocational training in micro-enterprise administration, baking, sewing, jewelry-making, quilting and cosmetology is also offered. Follow-up bible study classes are also offered for those women who have finished the basic rehabilitation process.

Rahab also offers a support group for high-risk girls and teens, some of whom are already involved in commercial sexual exploitation. The objective of this group is to prevent commercial sexual exploitation and to offer in-depth support and counseling to these minors.
Internship Program

Health

Carit Women’s Hospital
This hospital provides medical services to a population of approximately 350,000 women from urban and rural areas. The medical center specializes in gynecology and obstetrics, providing services locally and nationally. The hospital has a total of 107 beds.

The mission of this hospital is to provide a comprehensive health program for women, newborns and their families by incorporating social participation, education, rehabilitation, research and empowerment.

Interns can contribute to the following goals:

- Disseminate the health model at a national and international level.
- Strengthen networks between women and the health boards.
- Consolidate institutional processes for model continuity.
- Transfer this model to other hospitals in surrounding areas.
- Carry out gender sensitive research.
- Change the organizational structure of the hospital.
- Establish strategic alliances.
- Human Rights/Children’s Rights

Defensa Internacional de los Niños
Defense for Children International (DNI-Costa Rica) is an independent non-governmental organization that has been promoting and protecting children’s rights on a global, regional, national and local level for 30 years. DNI Costa Rica is recognized by the International Movement for the Defense of Children International and has a national section with local, national, regional and international impact programs.

Some of their local current programs where interns can participate are:

- Project monitoring situation of minors in Juvenile Penal System
- Prevention of child sexual exploitation programs in several high risk communities
- Regional program on child human trafficking
- Communication and media programs

Education

We work with 7 private and public schools (including schools for special education). Depending on their skills and experience, interns can work in administration or assist in educational activities by working directly with the students.