

# OVERVIEW & ITINERARY

# VIRTUAL OVERSEAS

# INTERNSHIP



challenges  
abroad



# PROGRAM OVERVIEW



We're not waiting for international travel to return. Our communities need our help now, and students like you need global experiences that will develop your skills and enhance your employability. So, we created our virtual internship!

On our virtual internship you will be working with our charity the FutureSense Foundation and the local community in Cambodia, Thailand or Nepal. Your goal will be to complete a project that addresses an issue affecting the community in one of 4 areas:

- Education/Community Development
- Health
- Environment/Sustainability
- Social Enterprise/Employability

You will have a dedicated mentor working with you throughout your internship to help guide you on your project work and develop your remote working skills. You will connect directly with our overseas teams and local communities, gaining insight and conducting any research you need to complete your project.

You will also get to attend professional development workshops led by industry experts. When you complete your project you'll get a LinkedIn recommendation from your mentor!



## Location

Nepal, Thailand  
or Cambodia



## Program Length

3 weeks full time  
5 weeks part time



## Cost

\$1540 NZD



## Available Dates

Monthly start dates

# TYPES OF PROJECTS

## CURRICULUM DEVELOPMENT

The schools that we work with in Cambodia and Nepal are typically underfunded, under-resourced and struggle to provide a quality education for their students. On top of this, many students have had school cancelled or been unable to attend remote lessons because they lack access to internet or a computer.

You will help develop resources that can be used at our partner schools to teach topics that are lacking from the curriculum, or to address current issues in the community.

You could be creating online sessions or videos to be used in class, lesson plans for hands-on activities, or creating workshops that go into our homework boxes that provide additional educational support to local children. The possibilities are endless!

Topics could include:

- Conversational English
- STEM
- Health and wellbeing
- Sustainability
- Employability

## BUSINESS PLANS

Relevant to our Social Enterprise and Employability Internship, you will be working with a social enterprise or local small business owner to understand the challenges they may be facing. You will develop a business/marketing plan to assist them in overcoming any challenges and planning for the future.

## RESEARCH/NEEDS ASSESSMENTS

Conducting research and needs assessment is crucial to developing programs that will help our communities. You will assist the FutureSense Foundation to gather the information they may require as they are developing, monitoring and evaluating their programs. Based on your findings, you will submit your recommendations that will help improve FutureSense programs.

Specific areas of focus could include:

- Education
- Environment
- Health
- Livelihoods



# INTERNSHIP STRUCTURE

## WEEK 1: ORIENTATION + RESEARCH

You'll begin your internship with an orientation session where you'll learn all about the FutureSense Foundation and the community you'll be working with. You'll gain an in depth understanding of the issues facing the community and how your project is aiming to help.

You'll then have a call with your mentor to debrief and discuss the finer elements of your project and expected outcomes.

Towards the end of the week you'll attend your first community session where you'll meet community members relevant to your project such as healthcare workers, business owners, teachers, principals and members of local sustainability groups. This session will help provide additional context and local knowledge to help your project.

## WEEK 3: FINALISING YOUR PROJECT

This week you will continue participating in the professional development workshops and consolidate everything that you've been working on so far.

At the end of the week you'll present your project to your mentor, the in-country team and key community members.

You'll finish your internship with a completion certificate as well as a LinkedIn recommendation from your mentor.

**On the part time internship, this will be spread across weeks 4 and 5.**

## WEEK 2: PROJECT FOCUS + PERSONAL DEVELOPMENT

This week will be all about working on the key elements of your project. Whether you're helping create a solution to a specific community problem, creating resources or setting up a business plan, this is when you can get stuck in to pulling it all together.

You will have multiple calls with your mentor and the in-country team to provide support and ensure you're on the right track.

You'll also participate in a couple of networking sessions with fellow interns and professional development workshops led by industry professionals and experts which will discuss a variety of topics.

**On the part time internship, this will be spread across weeks 2 and 3.**

## TIME COMMITMENT

The 3-week internship will involve a time commitment of about 16-20 hours per week. This includes approximately:

- 6-8 hours of community sessions and professional development workshops
- 8-12 hours independent work

The 5-week part time internship involves a weekly time commitment of 10-12 hours. This includes approximately:

- 4-5 hours of community sessions and professional development workshops
- 5-7 hours independent work

# WHAT'S INCLUDED?

## THE PROGRAM FEE INCLUDES:

- Internship placement with the FutureSense Foundation.
- Full supervision from your own mentor.
- Challenges Abroad support before, during and after internship.
- Comprehensive orientation and briefing materials.
- Personal engagement with local communities.
- Professional development workshops led by experts.
- Networking sessions with fellow interns.
- Final appraisal from your mentor.
- Certificate of completion.
- Professional recommendation on LinkedIn.
- \$600 voucher for an overseas Challenges Abroad program.

# SCHOLARSHIPS

## \$600 SCHOLARSHIP + FUNDING OPTIONS

This internship has been designed to meet the credit requirements of a number of degrees. We recommend you get in touch with your university to see if you can receive academic credit for participating in this internship and if so, what funding might be available to you.

# HOW TO APPLY

## APPLICATION PROCESS

Each month we will have a small number of internship placements available in Nepal and Cambodia. You will be able to choose from 2 start dates each month.

To apply you will need to complete a short booking form and pay a \$395 deposit. Once you have been accepted to the internship, the remaining program fee (\$1145) will be due 2 weeks before your internship starts.

Applications close 3 weeks prior to the internship start date, or if all places are filled before then. Apply now to avoid missing out on your preferred dates!

\*If your application is unsuccessful, we will refund your deposit.