



# HIGHER GROUND

## HG **MILITARY** Internship Fact Sheet

Each recreational therapy (RT) intern will be supervised by a Certified Therapeutic Recreation Specialist (CTRS) and incorporated into as many aspects of the assessment, planning, implementation, and evaluation (APIE) process as possible.

### **Why HG Military:**

- HG staff puts a high level of trust and confidence in RT interns and depends on them as an integral part of the team.
- Interns with the military program have the valuable opportunity to spend time with participants 1:1, as well as in group situations.
- In addition to working with Service Members and Veterans, military interns also have the unique opportunity to work with their supporters – close friends, family members, or significant others.

### **Schedule:**

- In accordance with NCTRC standards, each RT intern will be scheduled for a minimum of 14 consecutive weeks aligning with the season's camp schedule.
- Camp weeks are the heart of what we do. They require energy and enthusiasm, but are very rewarding on a personal and emotional level! Because of the long hours it is difficult to schedule regular obligations outside of your HG responsibilities. We do not recommend attempting to hold another job, or take classes during your internship.
- There are typically 3-5 weeklong camps during each military internship.
- Typical work weeks in the office are 8a-5p, Monday through Friday. Interns can expect to put in about 40 hours a week, which may include weekends and holidays. While days can be busy, and hours long, some flexible time off can be organized with your supervisor to catch up on well-deserved rest (or life!).

### **Compensation/Housing:**

- With lift passes in the winter, access to the YMCA, and weeks away in the summer (think, floating down the river in the middle of a 2.4 million acre wilderness, or a sunrise paddle through the mist on a near-private mountain lake) there are certainly plenty of perks that come along with the hard work of a military internship with HG!
- HG offers a \$500 stipend to interns that is distributed across pay checks received twice monthly. Additionally, HG will reimburse up to \$300 a month for each intern's housing expenses.
- HG does not provide housing for interns, however some assistance and recommendations can be provided. The best starting point is [www.mtexpress.com](http://www.mtexpress.com) where they keep the classifieds from the paper up to date. The paper comes out every Wednesday & Friday, so you may see new postings on those days.

### **What to Bring:**

- Prior to your internship, you will receive a "what to bring" list that is typical for the given season. You should plan on bringing any personal gear you might need for the season's activities, though there are plenty of outdoor shops in town where you can rent gear you may not already have.
- Your can-do attitude, a willingness to step outside your comfort zone, and the expectation of an incredible season!

ADVENTURE. SUPPORT. BELONGING.