



# HIGHER GROUND

## HG **WINTER RECREATION** 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 Recreation:**

- 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 recreation program have the valuable opportunity to spend time with participants 1:1, as well as in group situations.
- Variety! Recreation program interns have the opportunity to work with a broad range of ages, get to know many different disabilities and diagnoses, and engage in numerous activities.

### **Schedule:**

- Winter Recreation internships are scheduled November 15<sup>th</sup> through April 15<sup>th</sup>, a five month commitment. In accordance with NCTRC standards, each RT intern will track hours for a minimum of 14 consecutive weeks during their placement.
- Programming days 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 irregularity of 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.
- Typical work weeks vary depending on the season. Interns can expect to put in about 40 hours a week, which will likely include weekends and holidays (particularly in the winter season). 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 access to the Wood River YMCA and lift passes in the winter, there are certainly plenty of perks that come along with the hard work of an 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 should receive a list of commonly required items to prepare you for your time with HG. You should plan on bringing any personal gear you might need for the season's activities (skis, snowboards, etc.), 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.