

Higher Ground Recreation Internship Fact Sheet



Each recreation therapy 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 put a high level of trust and confidence in recreation therapy interns and depend 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 diagnosis, and engage in numerous activities.

Schedule:

- In accordance with NCTRC standards, each recreation therapy intern will be scheduled for a minimum of 14 consecutive weeks aligning with the program schedule for the given season.
- Typical work weeks vary depending on the season. Interns can expect to put in about 40 hours a week, which may include weekends and holidays (particularly in the winter season). While days can be busy, and hours long, there is some flexibility on specific hours that can be worked out with your supervisor.
- 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. Due to the hard work, however, usually some flexible time off can be organized with your supervisor to get out of the office to catch up on rest (or life!)

Compensation/Housing:

- With lift passes in the winter, access to the YMCA, rafting trips, and a multitude of other adventures in the summer, there are certainly plenty of perks that come along with the hard work of an internship with HG!
- HG offers a modest stipend to interns that is distributed amongst pay checks received twice each month. While it is a small perk, it will not cover many of your expenses.
- HG does not provide housing for interns, however some assistance and recommendations can be provided for those searching from a distance. The best starting point is 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, though there are plenty of outdoor shops in town where you can rent gear you do not already have.
- Your can-do attitude, a willingness to step outside your comfort zone, and the expectation of an incredible season!