



Asociación Fatima

Nutrition and Health Internship

EntreMundos is a non-profit organization working with local projects and organizations in Guatemala to increase its institutional capacities.

The Internship Program is designed to match qualified individuals with organizations that need specific support, ensuring that both parties can benefit to the fullest from this experience.

Host Organization Description:

Since 1988 Asociación Fatima has been providing educational and health services to the most vulnerable communities around Quetzaltenango and San Juan Ostuncalco. Through their medical and dental clinic they implement a variety of programs such as nutrition monitoring and recuperation, workshops on healthy eating and application of fluoride.

Their education program includes workshops on health and hygiene, courses to become small business owners and various trainings for different skills.

Job Description:

The intern will help with the nutrition monitoring and recuperation and some of the dental work.

Nutrition:

Fatima provides canisters of food to a number of families in the communities.

Depending on what is in the canisters and what foods are available in a particular community the intern will have to devise a menu. They will then have to give a workshop discussing the menu and nutritional benefit of each food.

There are 5 different groups of women so 5 workshops in a month.

The intern will also be required to help weigh and measure a number of different groups of children and record their nutritional level. This will be compared to previous data and seen if there has been an improvement or not.

Once a month the intern will also be required to develop a sports day activity for 10 - 15 children promoting the benefits of exercise and healthy eating.

Asociación Fatima has the equipment and space for this workshop.

Dental:

The intern will also need to help apply fluoride to a number of children in local schools. This happens once a month and will be under the supervision of the



dentist. For this activity there is no need to have previous dental experience, as the dentist will train the intern.

Responsibilities will be expected from to the intern, and include, but are not limited to:

- Give nutritional workshops to around 5 different groups of women. *
- Once a month help develop an activities workshop for groups of children between 7 and 15 years old emphasising on the importance of exercise and eating well.*
- Once a month help apply flouride to children from a local public school.*
- Help with some fundraising activities.
- Help with other day to day activities in the organization.

*Please note that even though these workshops are a few times a month a lot of time is needed to investigate and prepare for them.

Requirements:

- Intermediate Spanish.
- Proactive.
- Punctual.
- Be able to use their initiative.

Experience and preferred skills:

The role does not require someone with a lot of experience just someone who is dedication to learn and work.

Benefits offered to interns:

- The intern will learn how to initiate workshops in developing communities in Guatemala.
- They will learn about nutritional issues in Guatemala.
- Diploma
- Letter of reference.

Asociación Fatima can also offer accommodation for the intern at the organization at a minimal charge of US\$50 per month. This is a shared room shared with other (possible) interns, use of kitchen, showers and has limited WIFI. We do advice the person to see the accommodation before committing as it is in San Juan Ostuncalco and the last bus to and from Quetzaltenango is around 6pm.

Costs and Help:

The Internship Program requires a donation of US\$ 100.00 per month up to three months (US\$ 300.00 for 3 months), which will be shared evenly between



the host organization and EntreMundos. This includes the internship placement, pre-departure contact support, a pre-departure information package about Guatemala, contact support while in Guatemala, training, support and evaluations by the internship supervisor and a certificate of completion. Additionally, we will strive to fulfill any bureaucratic functions we can taking into account our capacities as a small and non-profit NGO.

The internship does not include flights, insurance and medical or travel expenses, and living expenses in Guatemala. The basic expenses to live in Quetzaltenango are around \$ 300 per month, which includes lodging and food.

How to Apply:

To apply, send the Internship Program Application, a cover letter written in Spanish, and your CV to volunteering@entremundos.org. If the host organization feels you are potential candidate, our volunteer Programs Coordinator will then contact you and arrange an interview.