The World's Most Affordable, Impactful & Sustainable International Internships

Remote and overseas internships designed for career acceleration
Intern Abroad HQ partners with a wide range of universities around the world to provide students with access to over 200 top-rated in-country and remote internship programs across 20+ destinations. We offer high quality and safe international experiences that deliver personal development and help students explore a career field that best suits their skills and interests. Our experience and scale allows us to provide internships that are:

- **Low cost, accessible & inclusive**
  
  Our programs start at just $20/day for a fully organized internship abroad with accommodation and meals included, and we have a strong diversity and inclusion mission.

- **Customized to meet each student’s individual needs**
  
  Year-round start dates, flexible durations, part-time options, and personalized placement plans that are tailored to academic requirements and career goals.
Deliver tangible experiential learning & cultural immersion

Reflections-based learning curriculum, accommodation with host families, and language lessons available.

Enabled for academic credit

We support students to gain course credit so they can satisfy practical learning requirements.

Support ethical & responsible travel

We're a Certified B Corporation, our business operations are carbon neutral, and our internships align with the UN's Sustainable Development Goals.

Safe, reliable & supported

Comprehensive health & safety, risk management, Covid-19 protocols, and responsible travel policies in place.
WORLDWIDE OPPORTUNITIES

Choose from 200+ international internship programs across 20+ destinations

<table>
<thead>
<tr>
<th>DESTINATIONS</th>
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<tbody>
<tr>
<td>Remote and in-country internships available out of:</td>
</tr>
<tr>
<td>🇿🇦 South Africa</td>
</tr>
<tr>
<td>🇨🇷 Costa Rica</td>
</tr>
<tr>
<td>🇹🇿 Zanzibar</td>
</tr>
<tr>
<td>🇮🇳 India</td>
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CAREER FIELDS

- Social Sciences: Psychology, Law & Human Rights, Social Work, Education
- Health Sciences: Medical & Healthcare, Dentistry, Physical Therapy, Food Science & Nutrition
- Environmental Sciences: Marine Biology, Environmental Conservation, Agriculture
- Business: Sales & Marketing, Business & Start Ups, Finance, Event Management, Tourism & Hospitality, Real Estate
- Creative Arts & Media: Journalism & Media, Graphic Design, Fashion
- STEM: Engineering, Computer Science & IT, Architecture
- Animal Sciences: Veterinary & Animal Care
Ethical & inclusive internships that work towards the UN’s Sustainable Development Goals

Internships that support your university’s commitment to the SDGs

Our internship programs work towards one or more of these goals, giving students the opportunity to develop career experience, while participating in efforts which address vital social and environmental issues.

We champion diversity, accessibility, & inclusion

Intern Abroad HQ’s low cost fees, flexible programs, and commitment to diversity enables students of all backgrounds to secure an international internship. We’re proud to have helped students of 72 different nationalities, including those from minority and LGBTQ+ communities, to gain relevant career experience in just the last 12 months.

We’re Climate Neutral & a Certified B Corporation

As a certified B Corporation, our impact on interns, local communities, and the environment is regularly audited and held to the highest ethical standards. Our business operations have been certified as 100% carbon neutral since 2019 and we were the first global internships provider to declare a Climate Emergency.
We follow comprehensive health & safety, risk management & responsible travel policies

Risk management & health & safety requirements
- Best practice and industry-leading health and safety procedures
- All placements and accommodation have been vetted and are regularly audited
- You can visit our internship programs as part of university vetting requirements or familiarization trips

Additional Covid-19 safety protocols
- All local teams have implemented enhanced procedures to minimize Covid-19 risks
- Evidence of a negative PCR test for all interns upon arrival
- Strict disinfecting and physical distancing

Responsible travel practices
- We identify the potential ethical issues that can arise when taking on an internship abroad
- Clear codes of conduct for working with children and vulnerable adults, animal welfare, selecting care facility placements, making donations, and cultural exchange
WE ORGANIZE EVERYTHING
including accommodation for a single affordable fee

Our internship abroad fee covers the cost of your students’ accommodation and meals during their internship, which ensures these have been sourced and vetted by us. Students participating on free or paid internships have to source and pay for their local accommodation themselves, meaning these may not be as affordable or safe as the options we provide.

What’s included in our fees?

- Accommodation
- Customized internship placement
- Support and supervision
- 24/7 local support
- Experiential learning curriculum
- Meals (varies by destination)
- Airport pick up
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<tbody>
<tr>
<td>Bali</td>
<td>-</td>
<td>-</td>
<td>$2,774 = $38/day</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>$1,357 = $96/day</td>
<td>$1,913 = $68/day</td>
<td>$2,695 = $32/day</td>
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<td>Czech Republic</td>
<td>-</td>
<td>$1,759 = $62/day</td>
<td>$2,599 = $30/day</td>
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<td>Greece</td>
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<td>$2,921 = $104/day</td>
<td>$6,800 = $80/day</td>
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<td>-</td>
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<td>Ireland</td>
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<td>$2,801 = $100/day</td>
<td>$5,112 = $60/day</td>
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<td>-</td>
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<td>$7,371 = $87/day</td>
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<td>Japan</td>
<td>-</td>
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<td>New Zealand</td>
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<td>-</td>
<td>$4,359 = $51/day</td>
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<td>$994 = $71/day</td>
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<td>$1,694 = $60/day</td>
<td>$3,005 = $35/day</td>
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<tr>
<td>Tanzania</td>
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<td>$1,569 = $56/day</td>
<td>$2,464 = $29/day</td>
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<tr>
<td>Zanzibar</td>
<td>$1,468 = $104/day</td>
<td>$1,804 = $64/day</td>
<td>$3,335 = $39/day</td>
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We consistently get 5-star reviews from faculty & students

Intern Abroad HQ has been our primary international internship provider since 2018. They have proven to be one of the best in terms of value and placement options in various countries, for a variety of majors and career interests. It is a relief for me and the university to know that our students will be given a robust pre-internship orientation and placement supervision, and if a problem should arise, they will work on it until a suitable solution is found.

Robert Bulsza, M.A., LPC
Director of Internships and Service Learning
Coastal Carolina University Career Services Center

In partnership with Intern Abroad HQ we developed a Semester in Cuzco: Internship & Spanish Language Immersion. While abroad, students can earn up to 12 credits while they take Spanish courses and complete a semester-long internship. While there are many language schools and companies to consider when planning a study abroad, Intern Abroad HQ stood out for their professionalism and willingness to accommodate our program’s needs.

Dr. Iliana Portaro
Associate Professor of Spanish
Department of Languages and Philosophy
Southern Utah University

Intern Abroad HQ has been an active partner of Northeastern since 2017. In the past 4 years this agency has offered exceptional onsite programs to Northeastern students that meet the standards of experiential education in our university. The agency’s employers offer interdisciplinary assignments of high quality and appropriate duration and the support services (meals and lodging, orientation, reflections) are of excellent value.

Aspa Papanastasiou
Associate Director | Global Partnerships
Employer Engagement and Career Design
Northeastern University
I interned through Intern Abroad HQ in Peru for a semester study abroad through my university. It was one of the best things I have ever done in my life! Intern Abroad HQ did a great job at organizing everything pre-departure as well as checking up on the group of us throughout our time in Peru. Within the first week, the staff already felt like my family away from home. My host family was absolutely incredible. They were the kindest, self-less, and most inspiring people I have met. Leaving them was so hard and I cannot wait for the day I can go back.

Alex Curtis
Utah, USA, 22
Marketing & Communications intern
Abroad internship in Peru

I conducted my Medical internship in Athens, Greece, in a top private hospital with cutting-edge technology. As a medical student, this internship supported my long term goals, as I gained a lot of new clinical and hands-on experience, while also further developing skills I already had. Everything I learned during the hospital internship placement will be useful in my future career as a clinician. It will also help me to complete my medical degree.

Francesco Conrado
Italy, 23
Medical intern
Abroad internship in Greece

My remote internship role was as a finance intern. I gained analytical skills and experience, which can be directly applied to the career path I would like to pursue. When I was assigned tasks for the internship, I realized there was a lot of new knowledge that wasn't taught in school, which I needed to develop. This internship experience made me more sure of my self-learning ability.

Yuhan Zhou
China, 20
Remote Finance intern
Remote internship hosted out of Spain
Get in touch with our campus team

Looking for personalized internship recommendations for your students? We can customize our flexible programs to meet the academic requirements of your institution. We can also attend campus events upon request to talk to your students first-hand.

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