



INTERN ABROAD HQ

The World's Most Affordable and Flexible International Internships

Remote and overseas internships
designed for career acceleration



SUU SOUTHERN
UTAH
UNIVERSITY



UNIVERSITÀ
CATTOLICA
del Sacro Cuore



Northeastern
University

GUILFORD
COLLEGE



University of
BRISTOL



Warren Wilson
COLLEGE



Earlham
Institute



COASTAL
CAROLINA
UNIVERSITY



MOTT
COMMUNITY
COLLEGE

» Internships that work for **YOU & YOUR STUDENTS** «

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:



Affordable

We aim to make meaningful international experiences accessible to all. Our programs start at just US\$22/day, including meals and accommodation.



Flexible

Our remote and international internships have year-round start dates, flexible durations, and cover more than 20 different career fields.



Safe

The health and safety of interns is our number one priority. We follow comprehensive risk and emergency management protocols to ensure participants are safe and supported.



Impactful

Our internships are locally-led and support the UN's Sustainable Development Goals. We're a carbon neutral Certified B Corporation with a strong commitment to responsible travel practices.

EXPERIENTIAL » LEARNING CURRICULUM « to reflect, think critically, and build awareness

We believe that experiential learning helps interns to build the broader sense of self-awareness, cultural intelligence, and comprehensive soft skills that employers look for. Our experiential learning approach provides a structured and guided platform for interns to think critically about their internship experiences, and it deepens interns' learning by asking self-reflective questions around the contexts, actions, and outcomes of their placement.

Each weekly reflection topic is connected to universally recognized skills that are core to career-readiness, such as resilience, communication, and cultural intelligence. Weekly themes include:

01 Culture Shock & Settling In

02 Am I Making a Difference?

03 Managing Expectations

04 Cultural Diversity

05 Approaches to Problem Solving

06 Communication & Information Literacy

07 Perceptions of Time & Time Management

08 Conflict Resolution

09 Professional Identity

10 Priming for Success

11 Professional Resilience

12 Ownership & Accountability

13 Commercial Awareness

14 Re-Entry Phase

» WORLDWIDE OPPORTUNITIES «

Choose from 200+ international internship programs
across 20+ destinations

DESTINATIONS

Remote and in-country internships available out of:



South Africa



Spain



Greece



Tanzania



Peru



Jordan



Costa Rica



Bali



Italy



Ireland



Argentina



USA



Zanzibar



Czech Republic



Guatemala



Japan



England



New Zealand



India



Morocco



Jamaica



Israel



Thailand

CAREER FIELDS

Animal Sciences

Veterinary & Animal Care, Wildlife Conservation

Business

Business & Start Ups, Event Management, Finance, Real Estate, Sales & Marketing, Tourism & Hospitality

Creative Arts & Media

Arts, Fashion , Graphic Design, Journalism & Media

Environmental Sciences

Agriculture, Environmental Conservation, Marine Biology

Health Sciences

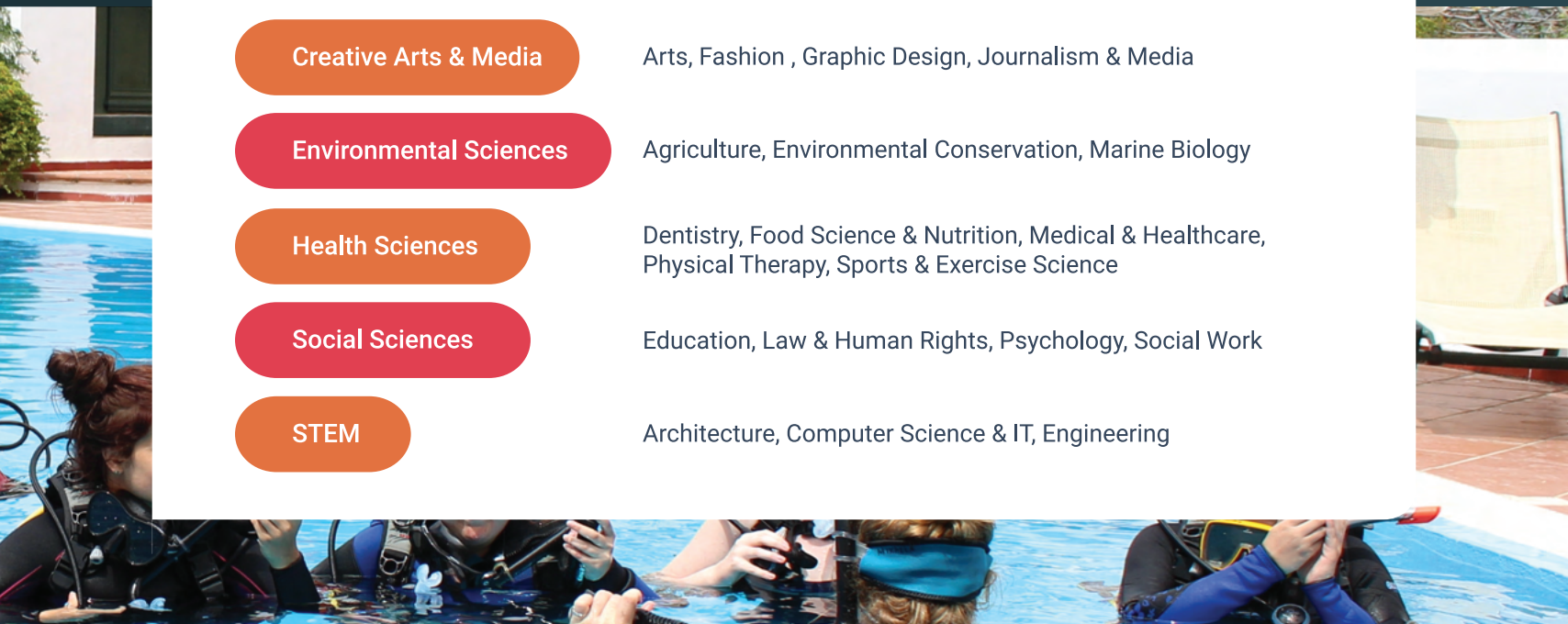
Dentistry, Food Science & Nutrition, Medical & Healthcare, Physical Therapy, Sports & Exercise Science

Social Sciences

Education, Law & Human Rights, Psychology, Social Work

STEM

Architecture, Computer Science & IT, Engineering



Our professional internships support cultural exchange, personal growth, and sustainability.



We're committed to the United Nations' Sustainable Development Goals

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



We champion diversity, accessibility, and 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 traditionally under-represented populations, to gain relevant career experiences.



We're climate neutral and 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 approaches to health, safety, risk, and responsible volunteering

Health, safety, and risk management

- ✓ All programs maintain an up-to-date risk assessment to identify potential hazards and implement mitigation strategies.
- ✓ Interns participate in pre-departure training, an in-person orientation, and on-site training with a focus on health and safety.
- ✓ Local teams are trained in first aid. Placements and accommodation have been vetted and are regularly monitored for safety and security.

Emergency and serious incident response

- ✓ Interns have 24/7 access to local staff who can provide access to necessary resources, including evacuation, in the event of a serious emergency or crisis.
- ✓ All incidents are reported within 24 hours and IAHQ Program Managers and senior staff can escalate support, as needed.
- ✓ Feedback from interns and local teams is continually reviewed and used to revise our approach to risk and emergency management.

Responsible internship policies

- ✓ We connect interns with local leaders who are best suited to identify the most pressing needs and ways to meaningfully get involved in their communities.
- ✓ Our responsible internship policies are in place to protect children, vulnerable adults, the environment, and welfare of animals.
- ✓ We identify the potential ethical issues that can arise when interning abroad and implement strict codes of conduct on-site.

» WE ORGANIZE EVERYTHING «

including accommodation for a single affordable fee



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

INTERNSHIP DESTINATION	PRICE FOR 4 WEEKS INCL. ACCOMMODATION	PRICE FOR 8 WEEKS INCL. ACCOMMODATION	PRICE FOR 12 WEEKS INCL. ACCOMMODATION
Africa (4 countries)	\$1,669 = \$60/day	\$2,144 = \$38/day	\$2,564 = \$31/day
Asia (3 countries)	\$2,424 = \$87/day	\$2,739 = \$49/day	\$3,429 = \$41/day
Central America (2 countries)	\$1,720 = \$61/day	\$2,248 = \$40/day	\$2,720 = \$32/day
Europe (6 countries)	\$2,458 = \$88/day	\$3,452 = \$62/day	\$4,446 = \$53/day
Middle East (1 country)	\$3,078 = \$110/day	\$5,158 = \$92/day	\$7,248 = \$86/day
North America (1 country)	\$6,149 = \$220/day	\$8,024 = \$143/day	\$10,079 = \$120/day
Pacific (1 country)	-	-	\$4,509 = \$54/day
South America (2 countries)	\$1,434 = \$51/day	\$2,019 = \$36/day	\$2,634 = \$31/day

Please note: All prices are listed in USD.

» ACADEMIC CREDIT «

to support your students' degree plans

With your institution

- ✓ We regularly work with university faculty and staff to support students who have additional steps to complete before their placement with Intern Abroad HQ is approved.
- ✓ We can provide extensive documentation to satisfy your university travel policies, including health and safety management, risk mitigation, insurance information, and individualized agreements / MOUs.
- ✓ Our local teams provide supervision and can complete student evaluations, assessments, or other required student forms.

Through our School of Record

- ✓ We offer a credit-bearing internship course, which is available across all internship destinations and projects.
- ✓ Participating students complete self-reflections and written assignments during their internship experience and then receive a letter grade based on their submitted coursework.
- ✓ At the end of the course, a transcript for upper-division internship credits is awarded by University of Montana (1-5 credits) or Warren Wilson College (6-16 credits), our School of Record partners.

Students are encouraged to discuss all credit-bearing opportunities with their academic advisor and obtain approval prior to enrollment. Let us know how we can help by messaging campus@volunteerhq.org!

We consistently get 5-star reviews from faculty and 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
Career Services Center
Coastal Carolina University



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

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.



JENNIFER GAY

Director of Campus Partnerships
jennifer@volunteerhq.org



CAMPUS PARTNERSHIPS TEAM
campus@volunteerhq.org

www.internhq.com

