

Intern Abroad HQ

PARENT GUIDE

Structured internships
Personalized support
Academic credit opportunities





Because you're not just sending them abroad, you're helping them grow into who they're meant to be.

We empower students and young professionals to pursue their dream careers through impactful international experiences. Through our broad range of in-person and online internships, we can guarantee placements, ensuring students and young professionals have the scope to explore interests, gain practical skills, global perspectives, and the confidence to excel. All our programs offer options to gain US academic credits too, ensuring that students can maximize the benefit of their program.

We understand that it can be daunting to step out into the world and there can be lots of logistics to consider. That's why we make it easy to get started and talk to an experienced team. We're proud to have been named the World's #1 rated intern abroad provider in each of the last three years, as well as Certified B Corporation, and rated 4.8 stars on Trustpilot.

You can be confident that families and universities around the world trust Intern Abroad HQ to deliver safe, meaningful, and life-changing experiences.

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Interning with Intern Abroad HQ has been one of the highlights of my life thus far. I felt well prepared, thanks to the staff that were readily available to answer any questions. The placement itself was absolutely incredible. I never felt unsafe or unsupported. I cannot recommend this experience enough – I have gained invaluable hands-on experience, immense personal growth, and made friendships that will last a lifetime.

Sydney, USA, 20 | Psychology intern in Tanzania

★ Trustpilot ★★★★ 5/5 Review



Explore the world with IAHQ with over 20 destinations.



Project types:

- [Animal Sciences](#)
- [Business](#)
- [Creative Arts & Media](#)
- [Environmental Sciences](#)
- [Health Sciences](#)
- [Social Sciences](#)
- [STEM](#)
- [Trades & Technical Skills](#)

Transparency matters.

Here's exactly what your fees cover.

A deposit of \$499 is required to confirm your participation.
This is subtracted from the Program Fee total.

 Arrangement of your chosen internship placement

 Dedicated Program Manager

 Pre-departure support and orientation

 Airport pick-up

 Meals (for some programs)

 Accommodation

 Comprehensive in-country support

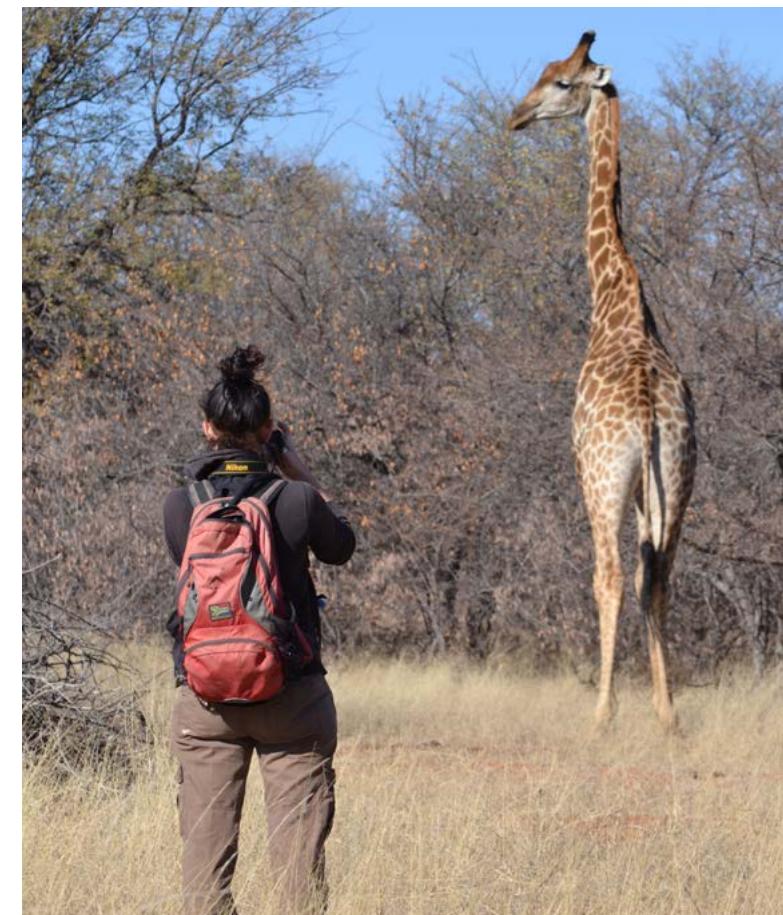
 Access to our experiential learning curriculum

 Access to tours and experiences

 Access to our recommended insurance and flight partners

 The option to earn academic credits

 Earn a professional reference for resume building





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I had a great time and learnt a lot. I had great support from my Program Manager Ms Sarah, especially with coordination and guidance. My accommodation was great and comfortable. The best part is I have made lifelong friends from all over the world.

Shannia, USA | Medical intern

★ Trustpilot ★★★★★ 5/5 Review

Why you should choose Intern Abroad HQ.

-  Guaranteed placement
-  User-friendly and competitive academic credit options
-  Easy to schedule - choose your dates and start when you want
-  Comprehensive in-country day-to-day support and guidance
-  Get your friends on-board to share the experience
-  Refundable deposit option
-  Set up program fee payment installments in advance
-  Popular programs with great social opportunities
-  Short-term internships available, from just 2 weeks
-  Affordable packages and duration options
-  Flexible accommodation options
-  Options to earn academic credit



From curiosity to confidence, we're with you every step of the way.



Your internship application will connect you with a Program Manager at Intern Abroad HQ, so they can receive your formal expression of interest. They'll review your application and respond quickly, to outline the next steps and address any initial questions. From here, you'll have all the preparation and support you need, to make your plans, one step at a time.

Our Program Managers (with additional assistance from our dedicated Campus Support team) collaborate with international internship coordinators and hosts all around the world and have the knowledge to advise you about each of our opportunities. They can help you narrow down your options and address questions about what to expect and how to plan.

Once your internship has actually commenced, your Program Manager remains in touch as a point of contact. However, your support network broadens, since you also have in-country coordinators and internship hosts to assist.

Have a question?

We hear from thousands of parents and guardians every year who are looking for reassurance that their child will be well looked after when they're overseas on an Intern Abroad HQ program. Here's how we answer the questions we get asked most often by parents – which you can use if your family ask you these same questions:

What should interns expect from the application process?

We accept internship applications on a rolling basis, so you can apply year-round, choosing your preferred program, start date and duration. We consider applications as a formal expression of interest. It doesn't cost anything to apply. We make it a priority to respond to applications as soon as possible (your application will be processed by a real person!).

What is the deadline for confirming my internship?

We work "first come, first serve". As we receive hundreds of applications every week, we can't hold spots or make plans for people until they have confirmed attendance. The deposit payment serves as the first installment of the program fee total. The remaining balance is due secondarily (usually 60 days before your chosen start date). Most interns will confirm their participation at least 6 months in advance. When you're organizing your plans early, you'll have more flexibility, such as a refundable deposit option (should you later need to cancel) and the option to set up payment installments.

Can internships be planned at short notice?

In short, yes. Let us know if you're looking for a quick turnaround time on a placement, and we will help.

When will I find out my specific internship placement details?

The speed at which we're able to assign your specific internship placement depends on a few key factors. For example, how quickly you confirm your participation and provide important details (such as your resume and cover letter). If your internship planning requires us to abide by strict placement timelines, let us know in advance.

Will my internship preferences be guaranteed?

We will do our utmost to accommodate preferences but this is always subject to availability. Please consult with our Program Managers in advance. Let us know what you're hoping to achieve, so we can pragmatically discuss your expectations and provide guidance about relevant opportunities. If you have specific requests or academic criteria that the internship must fulfill, just let us know.

Will my international internship be impacted by a language barrier?

English language is the required communication for most of our internships. A few internships may require you to have some Spanish or French language skills. If this is the case, it will be outlined in the internship eligibility requirements.

Will there be other interns?

Usually, yes. The internship experience is quite social (especially if you're planning to join the program during peak participation periods). If you have concerns about the number of other interns who'll be on the program at the same time as you, please let us know. We can give you guidance about the most popular program options and start dates.

Can special requests for various accommodation and/or dietary needs be made?

Yes, this is no problem. Let us know what you need to feel comfortable. If we chat about this in advance, we can give you all the details you need to make an informed decision.

Can I get in touch with other interns?

We don't routinely disclose the contact details of other interns, given privacy legislation. Nevertheless, we want people to make informed decisions about the internships we offer, so you feel set up to have the best experience possible. Please use our team as a resource, to learn about our direct experience and advice. We also publish intern experiences online, which offer excellent insights.



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My dental internship was truly life-changing. The program was incredibly well-organized and supportive – they made sure we were safe, prepared, and placed in meaningful roles. I'm so grateful for the experience and would highly recommend this program to anyone.

Emma, USA, 19 | Dentistry intern in Tanzania

★ Trustpilot ★★★★ 5/5 Review

Advance your education while traveling abroad.

Academic credit is available on every Intern Abroad HQ program, no matter your destination, placement type, or length of stay.

Make your time abroad count toward your degree. With Intern Abroad HQ, you can earn academic credit for interning abroad through accredited US and UK institutions. Combine your internship with recognized university credit and gain global experience that enhances your studies and career. Whether you're interning for a week or a semester, Intern Abroad HQ makes it simple and affordable to earn credit while making a positive impact overseas.

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For me, getting my dive certification was the most important aspect, but to also obtain academic credits along the way topped it all. I'm going on another internship with Intern Abroad, but this time to Greece. Thanks for 8 weeks of adventure!

**Rachel, American, 21
Marine Biology internship
in Costa Rica**



Why earn credit with Intern Abroad HQ?



Earn university-recognized credit through accredited US and UK institutions



Affordable online courses starting from \$125 USD per credit



Study before, during, or after your program



Build your resume or CV with hands-on international experience



Connect classroom learning with real-world impact

Our first priority is to make you feel welcomed and informed.

It's only natural to feel nervous before stepping out of your comfort zone.

If you're determining whether an internship abroad is a good move, doing your research is the first important "pre departure" step.

The good news is that Intern Abroad HQ was named as GoAbroad's Top Rated Internship Provider of 2024 (and has been consistently rated as the Top Intern Abroad provider since 2021). Our team is well accustomed to supporting interns, of all backgrounds, from all walks of life.

We empower students and young professionals to pursue their dream careers through impactful international experiences. Through our broad range of in-person and online internships, we can guarantee placements, ensuring students and young professionals have the scope to explore interests, gain practical skills, global perspectives, and the confidence to excel.

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We understand that it can be daunting to step out into the world and there can be lots of logistics to consider. That's why we make it easy to get started and talk to an experienced team.

You can be confident that families and universities around the world trust Intern Abroad HQ to deliver safe, meaningful, and life-changing experiences.

Remember that there's always help available. It can be challenging to navigate the unknown but you're not alone in doing so - there's such an amazing community of help and support available, you just have to communicate, keep an open mind, and good intentions at heart.

Dallas | Program Manager

The first step is often the scariest but the most exciting one you can take! You're not alone as we're here to support you. It's normal to have feelings like anxiety, doubt or uncertainty but it's important to press on. Show mutual respect to other cultures, be receptive and flexible in understanding that things do not operate as they do back home - but that's where the beauty in diversity lies.

Karen | Program Manager

Safety is the first consideration in everything we do

We follow a comprehensive approach to health, safety, risk, and quality volunteering.



Health, safety, and risk management

- ✓ All programs maintain an up-to-date risk assessment to identify potential hazards and implement mitigation strategies.
- ✓ Interns are provided pre-departure resources, in-country orientation, and access on-going support.
- ✓ Placements and accommodation have been vetted and are regularly monitored for safety and security.

Emergency and serious incident response

- ✓ Interns have access to comprehensive in-country support and an emergency line. Local staff 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 policies

- ✓ We connect interns with local leaders who are best suited to handle portfolios of internship opportunities in their region
- ✓ Our responsible volunteer 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 volunteering abroad and implement strict codes of conduct on-site.



Get career ready while travelling the world.



When a young person interns abroad, they step into a world where connection matters more than comfort, and purpose replaces routine.

They'll learn resilience, empathy, and independence while being guided and supported 24/7 by our in-country support team.

Interning abroad isn't just about helping others; it's about unlocking potential and growing with purpose.

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Before arriving, I was skeptical that it was too good to be true.

However, the experience exceeded my highest expectations. I highly, highly recommend this to anyone. You will receive multiple layers of support. All questions and concerns were addressed promptly, in a friendly, supportive manner. There were always opportunities to grow personally and academically, in more ways than I could expect. And just remember – the impact and what you take away from this is largely up to you

Kieran, South Africa, 21

GIS & Reserve Management intern in South Africa

★ Trustpilot ★★★★ 5/5 Review



Experience. Integrity. Impact. That's what sets us apart.

Five Reasons Families Trust IAHQ:

1



Safety-first approach

2



More than 155,000 participants since 2007

3



Certified B Corp
4.8/5 Trustpilot rating

4



Local partnerships + support local communities

5



Measurable impact

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This has been my second internship with Intern Abroad HQ and I am so glad that I was able to pursue this experience.

Bria, USA, 21 | Remote Developmental Psychology internship



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I am very satisfied with my experience with Intern Abroad HQ. It was everything I was looking for...I felt very comfortable with all the logistics leading up to my start date. Questions and concerns were always addressed with kindness and detail. The active checklist was super helpful, keeping me on track for everything I needed to get done...I have had the experience of a lifetime!

Jade Lynn, USA, 24
Physician Associate intern in Spain

★ Trustpilot ★★★★ 5/5 Review

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My main focus was to gain practical field experience collecting and analyzing data. **This internship gave me just what I was looking for.** I feel the field work, methods of data collection for various species and different surveys I participated in will give me the much-needed experience that future employers will look for.

Hillis, American, 46
Environmental Research & Conservation intern in Greece

★ Trustpilot ★★★★ 5/5 Review



Where will your internship take you?

You'll be in good company, discovering our most popular internship destinations and experiences.

Most popular internship destinations:



Spain



Greece



Tanzania



Japan



South Africa



Costa Rica



Australia



Ireland



Indonesia

Most popular internship fields:



Medical



Psychology



Law & Human Rights Support



Conservation



Business, Marketing, & Finance



STEM

You're in good company!

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As being overwhelmingly anxious before setting off to this new experience I have to say I could not be any more satisfied with the turn out. Getting to build real connections with people in a new country and in a different language allowed me to realize how wonderfully simple being human is and that nothing is too far out of reach. **Hailey, American, 20 | Physical Therapy intern in Costa Rica**

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My supervisors were absolutely amazing! They were the most knowledgeable instructors I could have asked for. I have nothing but positive things to say about them! We spent a lot of time diving and learning important things in the classroom. It was a well-built internship and a great overview of what marine biology looks like in the field. I also loved the hostel—its owners are super sweet, and I made friendships and connections in Los Cristianos that will last forever. I'm actually going back there for Christmas. I definitely recommend this internship to anyone! **Thalie, Canada, 19 | Marine Biology intern in Spain**

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My medical internship in Athens was truly an unforgettable experience. Being able to witness such a wide range of procedures gave me valuable insight into medical practices that I wouldn't typically have access to in the U.S. Beyond the hospital, I was able to explore the beautiful country of Greece, meet incredible new friends from around the world, and immerse myself in a different culture. **Cyana, American, 22 | Medical intern in Greece**

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When I first started co-op, my goal was clear: I wanted an international placement – whether in Canada or anywhere else in the world. After having little luck in the Canadian job market, I applied for an internship with Intern Abroad HQ in Bali, and it turned out to be one of the best decisions I've ever made. Intern Abroad HQ arranged my housing and I interned at a high-end Design Studio. A huge thank-you to Intern Abroad HQ for making this experience so meaningful. I can't wait to visit again soon. **Sydney, Canada, 24 | Business & Marketing intern in Bali**

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I really enjoyed the opportunity to socialize and take part in activities with other interns, which created a strong sense of community and made the experience even more enriching. This internship also gave me the chance to travel and see the world through a new lens – experiencing life from the perspective of Spanish culture, which broadened my outlook both personally and professionally. My host family was very welcoming and made me feel right at home. **Joe, UK, 22 | Graphic & Web Design intern in Spain**

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My experience was incredibly smooth, organized, and simply one I will never forget. I will definitely be interning abroad again one day with Intern Abroad HQ. **Jeff, Canada, 26 | Reserve Management and Research intern in South Africa**

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Probably the easiest travel experience I've ever had! **Thomas, USA, 25 | Psychology intern in Spain**



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My medical internship in Barcelona far exceeded my expectations. I've gained hands-on experience with injections, surgical prep, and patient care by shadowing both nurses and plastic surgeons. This internship directly supports my goal of entering the healthcare field. I've developed technical and soft skills that will serve me well in nursing school and clinical practice. I've also learned the value of kindness, professionalism, and being respectful, which leads to greater opportunities and stronger relationships.

Peyton, American, 21
Medical intern in Spain

★ Trustpilot ★★★★ 5/5 Review

Real stories from real interns.

Click on each blog to read testimonials from our interns.



Let's plan a life-changing experience together.

The best way to contact us is by submitting an [online application](#) or by sending us an email at info@internhq.com.

We aim to respond to all online inquiries within one working day.



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